

**Lindsey Wilson College**  
**Mountain Bike Invitational**  
**September 16 and 17, 2006**



**Contact Information:**

Coach: Jeni Huff

Lindsey Wilson College

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270-384-8173

## **Schedule of Events:**

**Racing is on Central Standard Time**

**Saturday: XC**

9:00am Men's A 24 miles

9:10am Men's B 16 miles

9:20am Women's A 16 miles/Women's B 8miles

9:30am Men's C 8miles

**Sunday: STXC/Mountain Cross**

**Racing is on Central Standard Time**

9:00am STXC Men's A 50mins

9:35am STXC Men's B 40mins

10:20am STXC Women's B 30mins/Women's A 40mins

11:00am STXC Men's C 30mins

12:00pm Mountain Cross Start Qualifying

### **Course Descriptions:**

**XC:** Our cross country course is located at Green River State Park. The trail runs along the Green River Lake and offers beautiful views. The course is an 8 mile loop that consists mainly of single track and has some technical sections and technical down hills. This course provides challenges for all levels. The trail is similar to the races in past years for Regional Championships and other NCCA sanctioned races.

**Mountain Cross Course:** Our mountain cross course is comparable to any professional course that our country has to offer. The course is located on private land and has plenty to offer for those that want to test their skills as a gravity rider. The burms are high and the jumps are wide enough to drive your car through. Although they are very "roll able" for the beginners in the sport. The course is long and can take up to 4 plus minutes to finish.

**STXC:** Our short track course is located on the same land that our mountain cross course is. The STXC will start in the mid section of the slalom course and start with a small decent. The course will then level out and then start on a climb. The climb is not significant but will cause pain for the riders. At the top of the climb you will then be back at the start/finish area.

### **Directions to XC:**

**From Louisville:** Take I-65 south to exit 91 follow south to 210 (follow posted signs for Campbellsville and Columbia) 210 turns into 55 south stay on 55 south past Campbellsville. After you past Campbellsville follow the signs to Green River State Park. Make the left turn at the signs. You will see the Green River State Park sign and a small airport runway, turn left and on that road you should see the signs for the race. It is on the right.

**From Lexington:** Take the Bluegrass Parkway west to 55 (exit 34) Follow 55 through Springfield, Lebanon, and Campbellsville. After you past Campbellsville follow the signs to Green River State Park. Make the left turn at the signs. You will see the Green River State Park sign and a small airport runway, turn left and on that road you should see the signs for the race. It is on the right.

### **Directions to STXC/Mountain Cross Course:**

Follow directions from Louisville and Lexington. You want to remain on 55 south (do not turn to Green River) follow signs to Columbia. You will arrive in Columbia on 55 when you get to the town square you will go half way around to Burkesville Street. About a mile from the town square you will see Columbia Pharmacy on the left. Park in the parking lot and the course is north (you can walk to the course from the parking lot).

### **Lodging:**

Best Western Columbia Inn      270-384-9744

Dreamland Motel:                      270-384-2131

### **Camping:**

Holmes Bend: 270-384-4425

(these camping spots are located between the cross-country and slalom race sites)

### **Cabins:**

Holmes Bend: 270-384-4425 (some cabins have 3 rooms and can fit your whole team and are on the lake front)