



**Lindsey Wilson College
Cycling Team
Mountain Bike Race Weekend
September 12-13, 2009**



MIDWEST COLLEGIATE CYCLING CONFERENCE

HELD UNDER USA CYCLING PERMIT

Saturday, Sept 12: STXC

Category	Start Time	Distance
Mens A	9:00 A.M.	20Min+2Laps
Mens B	9:35 A.M.	15Min+2Laps
Womens B	10:20 A.M.	15Min+2Laps
Womens A	10:20 A.M.	20Min+2Laps
Mens C	11:00 A.M.	15Min+2Laps

STXC: Our short track course is located on the same land that our Dual Slalom 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.

Saturday, Sept 12: Dual Slalom

Category	Start Time	Distance
All Categories	12:00	Aprox 30 Sec/Lap

DS: New and improved! The flowly DS track is designed for all riders in mind where turning is the key. The track consists of step downs, step ups, doubles, rollers, and 18 different berms. Note: All the jumps are roll-able and have been filled in with dirt to allow beginner level riders to enjoy!!



Sunday, Sept 13: Cross Country

<i>Category</i>	<i>Start Time</i>	<i>Distance</i>
<i>Mens A</i>	<i>9:00 A.M.</i>	<i>24 Miles</i>
<i>Mens B</i>	<i>9:10 A.M.</i>	<i>16 Miles</i>
<i>Womens A</i>	<i>9:20 A.M.</i>	<i>16 Miles</i>
<i>Womens B</i>	<i>9:20 A.M.</i>	<i>8 Miles</i>
<i>Mens C/D</i>	<i>9:30 A.M.</i>	<i>8 Miles</i>

NOTE: Starts times may change to avoid all riders on the course at once, depending on the field sizes, so be flexible and prepared for either eventuality.

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.

<i>Entry Fees</i>
<i>\$13.00 per race</i>

<i>Directions to STXC/Dual Slalom Course:</i>
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 pass the post office on your right, go another tenth mile and turn left onto Grady Loop. Behind the church, turn left into the woods and you will be in the field where the races begin.
Garmin Coordinates: N 37.09412 37 5.647
W 85.31423 Or 85 18.854

<i>Directions to XC:</i>
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 pass 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 pass 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.

Address for your Garmin:

Green River Lake State Park
179 Park Office Road
Campbellsville, KY 42718-9351

Lodging:

Best Western Columbia Inn 270-384-9744
Dreamland Motel: 270-384-2131

Camping:

Holmes Bend : 270-384-4425) (located between the cross-country and slalom race sites)

Cabins:

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

Contact Information

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