



RED HAWKS ROMP



SEPTEMBER 5 & 6, 2009 • NORDIC MOUNTAIN SKI AREA • MT. MORRIS, WISCONSIN

MIDWEST COLLEGIATE CYCLING CONFERENCE • HELD UNDER USA CYCLING PERMIT

SATURDAY, SEPT. 5: CROSS COUNTRY

CATEGORY	START TIME	DISTANCE (APPROXIMATE)
Men C/D	9:00 a.m.	10 miles (2 laps)
Women B/C/D	9:05 a.m.	10 miles (2 laps)
Men B	10:30 a.m.	15 miles (3 laps)
Women A	10:35 a.m.	15 miles (3 laps)
Men A	1:00 p.m.	20 miles (4 laps)

The 100 acres on and around the slopes of this small ski area are home to one of the finest cross-country race courses in the Midwest. The course will be an adaptation of the **Wisconsin Off Road Series** Subaru Cup course and includes a challenging mix of climbs, forested single-track, fast descents, rock gardens and fast traverses while providing options for racers of all abilities. Racers will pass through the area in front of the ski lodge several times providing great views for spectators. Laps are approximately 5 miles in length.

SATURDAY, SEPT. 5: DOWNHILL

CATEGORY	START TIME	DISTANCE
All Riders	2 p.m.	2 runs*

The downhill times from both runs will be added together to get the final results. The downhill course will be open at 10 a.m. for practice runs with lift service available. The race will be self seeding, and all categories will complete their first run before the second run will begin.

SUNDAY, SEPT. 6: SHORT TRACK CROSS COUNTRY

CATEGORY	START TIME	DISTANCE
Men C/D	9:00 a.m.	20 minutes +2 laps
Women B/C/D	9:40 a.m.	20 minutes +2 laps
Men B	10:20 a.m.	25 minutes +2 laps
Women A	11:10 a.m.	30 minutes +2 laps
Men A	Noon	35 minutes +2 laps

The short track race will feature an approximately 0.7-mile lap that includes challenging climbs and fast descents on the wide open slopes of the ski hills with a few more technical and tighter spaces thrown in for good measure.

REGISTRATION

Race entry fee is \$13 per race. Registration opens at 8:00 a.m. and closes 15 minutes before the start of each race. Riders must have a valid USA Cycling Collegiate license. One day (\$10) & annual licenses (\$30) will be available for purchase on site.

DIRECTIONS

From Chicago, follow I94N to Milwaukee. Follow 894 (bypass) around Milwaukee to US Hwy 41/45. Follow 41N to Oshkosh. Take Hwy 21 west toward Redgranite. Once through the town of Redgranite, turn right on Cty Rd Z. Turn left on Cty Rd S. Turn right on State Road 152. Turn right on Cty Rd W. Follow Cty Rd W approximately 1 mile. Nordic Mt. is on the left hand side.



For more information, including lodging options and more detailed directions, visit www.ripon.edu/cycling or contact Ric Damm at dammr@ripon.edu or 920-748-8322