Square Lake Road Race

NEW COURSE

An MCF ROY Event

Presented by

Birchwood Cycling Team

Birchwood CAFE good real food

Staging at Square Lake Park in May Township, Washington County, MN ($5 parking fee applies)

We have merged parts of the old Square Lake RR course with new, good quality dirt roads to create a course that is approximately 70% paved and 30% dirt. The new course will challenge riders both technically and physically.

Mountain bikes are not recommended as the road sections are very fast at times. The dirt sections can be safely ridden on durable road tires. There are no sections of deep gravel; off-road sections are almost entirely packed dirt.

As always, Birchwood will provide neutral water on the course for all fields. Chip timing provided at no additional cost.

This event is held under USA Cycling event permit. All USAC rules apply.

USCF licenses are required. A one day license can be obtained at registration for $10. Men one day license holders may race in the men category 5 or masters 4,5 races. Women one day license holders may race in the women cat 4 race.

Additional information available at www.birchwoodbiketeam.com

Category	Registration	Fee	Start Time	Distance	Prizes
Morning Wave					
JrF 10-14 JrM 10-14	7:30 - 8:30	$10 $10	9:00	12 mi (1 lap)	Top 3 - Medals Top 3 - Medals
M 1/2	7:30 - 8:30	$30	9:15	72 mi (6 laps)	50, 40, 30
M 3	7:30 - 8:30	$30	9:20	72 mi (6 laps)	50, 40, 30
M 35+	7:30 - 8:30	$30	9:25	60 mi (5 laps)	35, 30, 25
W 3/4* JrF 15-18 W 40+ 3/4	7:30 - 8:30	$30 $10 $30	9:30	36 mi (3 laps)	35, 30, 25 Top 3 - Medals Top 3 - Medals
JrM 15-18	7:30 - 8:30	$10	9:35	36 mi (3 laps)	Top 3 - Medals
Afternoon Wave					
M 4	11:00 - 12:30	$30	1:30	48 mi (4 laps)	35, 30, 25
M 50+	11:00 - 12:30	$30	1:35	60 mi (5 laps)	35, 30, 25
W 1/2 W 3*	11:00 - 12:30	$30 $30	1:40	60 mi (5 laps)	50, 40, 30 50, 40, 30
M 30+ 4/5	11:00 - 12:30	$30	1:45	48 mi (4 laps)	Top 3 - Medals
M 5 (not ROY)	11:00 - 12:30	$30	1:50	48 mi (4 laps)	Top 3 - Medals

* ROY for W3 awarded only in W 1/2/3 field.

