

PRIDE Inc.



Cyclocross & 5K Run Series

Rock Springs Park - September 12

Glazebrook Park - October 10

La Vista Park - October 24

Gordon Moore Park - November 7

Registration opens at 10:30 am, closes 20 minutes before each race.

One-day \$10 USA Cycling licenses available.

Event held under USA Cycling event permit

Entry fees: Runners -\$15/ Beginner Riders - \$20/ Riders \$25

| Race | Start Time | Duration | Prize List |
|------------------------|------------|----------------------|--------------------------------|
| 5K Run | 12:00 Noon | Approx.5K (2-3 laps) | Category Ribbons 1st, 2nd, 3rd |
| Men's Beginner Cat 4 | 12:45 pm | 25 min. plus 1 lap | 3 places/Ribbons |
| Women's Beginner Cat 4 | 12:46 pm | 25 min. plus 1 lap | 3 places/Ribbons |
| Men's Cat 4 | 1:20 pm | 30 min. plus 1 lap | 3 places/Awards |
| Women's Cat 3 & 4 | 1:21 pm | 30 min. plus 1 lap | 3 places/Awards |
| Men's Cat 3 & 4 | 2:00 pm | 40 min. plus 2 laps | 3 places/\$60, \$40, \$30 |
| Women's Open | 2:01 pm | 40 min. plus 2 laps | 3 places/\$60, \$40, \$30 |
| Men's Cat 1, 2, 3 & 4 | 3:00 pm | 50 min. plus 2 laps | 3 places/\$100, \$80, \$60 |

Rock Springs Park: From 367 (Clark Bridge): Turn left off of bridge on Landmarks Blvd. Go straight through all stop lights (4) for 1.7 miles. Turn right on to College Avenue at stop lights. Go half way around circle and continue on College avenue. Turn left at main entrance for parking and registration at Rock Springs Park (1 mile).

Glazebrook Park: From 367 (Clark Bridge): Turn Left off bridge on Landmarks Blvd. Go straight through all stop lights for 5.4 miles. Merge on to Godfrey Road (at stop lights). Go 0.5 miles on Godfrey Road. Turn left at Stamper Lane (at stop lights). Go 0.3 miles and turn left into Glazebrook Park for parking and registration.

La Vista Park: From 367 (Clark bridge): Turn left off of bridge on Landmarks Blvd. Go 0.8 miles. Turn left at W. Broadway/ IL-100 (at stop lights). Go 4.6 miles on Great River Road. Turn right at Clifton Terrace (at stop light). Turn right at top of hill on to W. Delmar Ave/ IL-3. Go 1.1 miles. Turn right into La Vista Park for parking and registration.

Gordon Moore Park: From 367 (Clark Bridge): Turn right off of bridge. Go 0.1 miles. Turn left at Broadway/ IL-140 (at stop lights). Go 0.7 miles on Broadway. Turn left at Washington Ave./ IL-140. Turn Right on College Ave/ IL-140. Go 3.7 miles. Turn right into Gordon Moore Park for parking and registration.

Contact: Gear Up Athletics at (618) 462.8390 www.gearupathletics.com
Wild Trak Bikes at (618) 462.2574 www.wildtrakbikesracing.com



USA CYCLING