

SUNDAY AUGUST 2

XC Race Schedule

Category	Age	Time	Laps
Pro/Semi-pro. Men & Women	ALL	11:00 am	2
Cat 1 Men	ALL	11:05 am	2
Cat 1 Women	ALL	11:10 am	2
Cat 3 Men	ALL	11:15 am	1
Cat 3 Women	ALL	11:20 am	1
Cat 2 Men	19-39	12:45 pm	1.5
Cat 2 Men	40+	12:50 pm	1.5
Cat 2 Men	13-18	12:55 pm	1.5
Cat 2 Women	ALL	1:00 pm	1.5
Single Speed	ALL	1:05 pm	1

- Categories will NOT be combined
- Course distances may be adjusted to match weather on race day.

RACE DAY REGISTRATION OPENS AT 9:00AM

Directions

- Younger's Creek Trails are located 7 miles East of Elizabethtown, Kentucky on Miller Road.
- From Louisville and points North: South on I-65 to exit no. 105, follow Rte 61 South. Turn right onto Rte 62 (West), turn left onto Rte. 583 (Old Younger's Creek Rd.) turn right onto Miller Rd.
- From Nashville and points South: North on I-65 to exit no. 93 onto Bluegrass Parkway East. Take first exit off of Bluegrass Parkway turn left onto Rte. 583, turn left onto Miller Rd.
- From Lexington and points East: Bluegrass Parkway West to exit no. 10, turn right onto Rte. 52 North, turn left onto Rte 62 West, turn left onto Rte 583, turn right onto Miller Road.

HELMETS MANDATORY

Make check payable to: Central Kentucky Wheelmen

I, by signing this form, and my successors, do hereby waive, release, hold harmless, and promise to indemnify and not sue the organizers, sponsors, and those associated with those persons and organizations responsible for preparation, planning, or operation of this race series and its associated activities. I recognize these events are potentially dangerous and I assume all risks associated with participating in this sporting event

www.ckwheelmen.org

SWITCHBACK ATTACK '09

REGISTRATION

Name: _____
 Address _____
 City _____
 State _____ Zip _____

TEAM: _____
 E-Mail: _____

KY POINT SERIES PARTICIPANT

- Pro/Semi-Pro Men (open) (1)
 Cat 1 Expert Men <18 (2)
 19-29 (3)
 30-39 (4)
 40+ (5)
 50+ (6)
 Cat 1 Expert Women <18 (7)
 19-29 (8)
 30-39 (9)
 40-49 (10)
 50+ (11)
 Cat 2 Sport Men <18 (12)
 19-29 (13)
 30-39 (14)
 40-49 (15)
 50+ (16)
 Cat 2 Sport Women <18 (17)
 19-29 (18)
 30-39 (19)
 40-49 (20)
 50+ (21)
 Cat 3 Beginner Men <18 (22)
 19-29 (23)
 30-39 (24)
 40-49 (25)
 50+ (26)
 Cat 3 Beginner Women <18 (27)
 19-29 (28)
 30-39 (29)
 40-49 (30)
 50+ (31)
 Single Speed (open) (32)

\$25 Competition Entry Fee

Competitor Number

 Competitor Signature

 Parent / Guardian Signature