



november 1, 2009

CROSSNIACS NATIONAL SYNDICATE PRESENT THE
FRIDLEY FALL BACK
Fridley Middle School
 benefitting the FMS Physical Education Program

Entry Fees:

- \$20 for licensed races.
- \$5 for licensed Jr.'s.
- \$5 for second race

Reg Opens: 9:30am and closes 15 minutes before each event.

Course open for riding: 9:30am

One-day USCF + NORBA licenses available. Mtn. bikes with removed bar ends are permitted.

Held under USA Cycling permit (pending).

Course features all the great reasons to race cyclocross, so just dont worry about it.

DIRECTIONS: From 694, Exit 38B. First left onto Medtronic PKWY. First right on West Moore Lake Rd. Park at Fridley Middle School at the end of the road.

<p>RACE 1 10:30 30min race -MEN CX CAT 4 (CASH AND OR PRIZES TOP 3 PLACES) -WOMEN CX CAT 4 (CASH AND OR PRIZES TOP 3 PLACES) -JUNIORS 15-18 (CASH AND OR PRIZES TOP 3 PLACES) -JUNIORS 10-14 (CASH AND OR PRIZES TOP 3 PLACES)</p>
<p>RACE 2 11:15 NON-LICENSED YOUTH RACE GRADES 5-7TH (revised course) SPECIAL GIFT FOR ALL ENTRANTS</p>
<p>RACE 3 11:45 45min race -MEN CX CAT 3 (CASH AND OR PRIZES TOP 3 PLACES)</p>
<p>RACE 4 12:45 NON-LICENSED YOUTH RACE GRADES 7-9TH (revised course) SPECIAL GIFT FOR ALL ENTRANTS</p>
<p>RACE 5 1:15 60min race -MEN CX CAT 1 + 2 (CASH AND OR PRIZES TOP 3 PLACES) -MASTERS 35+ CX 1, 2, 3 (CASH AND OR PRIZES TOP 3 PLACES)</p>
<p>RACE 6 2:30 45min race -WOMEN OPEN (CASH AND OR PRIZES TOP 3 PLACES) -MASTERS 45+ (CASH AND OR PRIZES TOP 3 PLACES)</p>

No cash payout shall exceed \$499 for any category

BRING BIKE PARTS TO DONATE TO "BIKES TO IRAQ"

www.crossniacs.com

