

# Square Lake Road Race



An MCF ROY Event  
Presented by  
Birchwood Cycling Team  
Saturday, May 21, 2011



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

Category	Registration	Fee (Day Of)	Start Time	Distance	Prizes
<i>Morning Wave</i>					
Jr Girls 10-14 Jr Boys 10-14**	7:30 - 8:30	\$10 (\$10) \$10 (\$10)	9:00	12 mi (1 lap)	Top 3 - Medals Top 3 - Medals
Men 1/2	7:30 - 8:30	\$30 (\$35)	9:15	72 mi (6 laps)	50, 40, 30
Men 3	7:30 - 8:30	\$30 (\$35)	9:20	72 mi (6 laps)	50, 40, 30
Masters 35+	7:30 - 8:30	\$30 (\$35)	9:25	60 mi (5 laps)	35, 30, 25
Women 4 Jr Girls 15-18**	7:30 - 8:30	\$30 (\$35) \$10 (\$10)	9:30	36 mi (3 laps)	35, 30, 25 Top 3 - Medals
Jr Boys 15-18	7:30 - 8:30	\$10 (\$10)	9:35	36 mi (3 laps)	Top 3 - Medals
<i>Afternoon Wave</i>					
Men 4	11:00 - 12:30	\$30 (\$35)	1:30	48 mi (4 laps)	35, 30, 25
Masters 50+	11:00 - 12:30	\$30 (\$35)	1:35	60 mi (5 laps)	35, 30, 25
Women 1/2 Women 3**	11:00 - 12:30	\$30 (\$35) \$30 (\$35)	1:40	60 mi (5 laps)	50, 40, 30 50, 40, 30
Men 5 (non-ROY)	11:00 - 12:30	\$30 (\$35)	1:50	48 mi (4 laps)	Top 3 - Medals

\*\* Field scored separately for MCF ROY

Welcome back to the same course used in 2010! As a reminder, the course is approximately 65% pavement and 35% dirt road. Bring your sense of adventure!

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; please leave the Zipp 202's with 19 mm rubber at home.

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.

**Pre-Register online:**

[www.sportsbaseonline.com](http://www.sportsbaseonline.com)  
Closes Wednesday, May 18, 2011

**Optional Packet Pick-Up and  
Pre-Registration at Birchwood Cafe:**

Friday, May 20, 2011  
5 pm—8 pm

Follow race updates at [www.birchwoodbiketeam.com](http://www.birchwoodbiketeam.com)