

ROLLIN' THE RAPIDS

Bicycle Race

Sunday, January 17, 2010

Start Time 12:00 noon

Registration from 11:00 a.m. to 2:00 p.m.

At

GOLD POINTE FITNESS CLUB

80 Twixt Town Road, N.E.

Cedar Rapids, Iowa



(Behind the Best Western Longbranch Hotel & Convention Center)

Check out their web site
www.goldpointefitnessclub.com

Prize List: \$260

Class/Category	1 st	2 nd	3 rd
Senior 1, 2, 3	\$30	\$20	\$15
Senior 4	\$30	\$20	\$15
Women	\$30	\$20	\$15
Master 40+	\$30	\$20	\$15
Junior 15-	Awards		
Junior 16-18	Awards		
Senior 5 / Citizens	Awards		
Tandem	Awards		

Entry Fee: \$15 (includes \$3 USCF Ins. & \$1 IBRA Fee.) Juniors pay only \$4 USCF license required.
A one day license may be purchased for \$10 the day of the race.
Annual licenses will not be sold on site.

Rules: All riders will ride on the Kreidler Headwind Roller system for 2 miles competing for the fasted elapsed time in their category.
Riders will ride in the approximate order of registration.
All USCF rules apply and **Helmets are Required.**

Promoted by: Hawkeye Bicycle Assoc.
Cedar Rapids, Iowa

Contact: Larry Howe, Cell phone: (319) 329-7052
Email: larry.howe@mchsi.com

Held under USA Cycling Permit