



October 3-4, 2009

University of Missouri - Columbia
MWCCC Mountain Bike Regionals

Featuring XC, DH, DS, & STXC

Saturday October 3 – Cross Country and Downhill **Sunday October 4** – Short Track and Dual Slalom
Held Under USAC Permit # 2603

Start Times

Registration opens at 8:00 AM

Men C, D – 9:00 AM, 1 Lap

Women B, C – 9:05 AM, 1 Lap

Men B – 10:15 AM, 2 Laps

Women A – 10:20 AM, 2 Laps

Men A – 12:30 PM, 3 Laps

DH - 3:00 PM

Registration:

Entry fees are \$13 per race with the \$3 insurance surcharge included. Registration opens at 8:00 a.m. and closes 15 minutes before the start of each race. Riders must have a valid USA Cycling Collegiate license. One day (\$10) & annual licenses (\$30) will be available for purchase on site.

XC & DH races at Rockbridge State Park in Columbia, Mo. The XC course laps are approximately 8 miles.

Directions: From east of Columbia, take I-70 West through Columbia to Highway 63 South. Exit off at Grindstone Parkway and head west. Turn left heading south onto Providence Road and turn left (east) onto 163 after two miles. Look for race signs and the entrance to Rockbridge State Park at the second curve.

Start Times: Dual Slalom

Registration: 8:00 am

Open for foot inspection all weekend.

Practice – 9:00 AM

Qualifiers – 10:00 AM (All categories)

Finals – High noon (All categories)

Start Times: Short Track

Registration: 8:00 am

Men C – 9:00 AM, 20min +2 laps

Women B – 9:30 AM, 20min +2 laps

Men B – 10:00 AM, 25min +2 laps

Women A – 10:40 AM, 25min +2 laps

Men A - 11: 10AM, 30min +2 laps

STXC & DS races are on MU's campus, same location as past years.

Directions: From College Ave (runs north/south from BS70 to Stadium Blvd), turn east when you get to Ashland Rd. From there, signs will be posted, directing you to parking and the courses.

In the event of rain Saturday, the XC event will be moved to *Cosmopolitan Park. The STXC course will be similar to past years. It will have some technical sections and cyclocross bikes will probably not survive or do well. The DS course will bear resemblance to last years, but has had design changes.

Lodging:

Best Value Inn - (573) 442-7908

Super 8 Motel - (573) 474-8488

Motel 6 - (573) 815-0123 or (573) 445-8433

Travelodge - (573) 449-1065

Red Roof Inn - (573) 442-0145

Or save your team some money and contact us about lodging for the weekend.

For more information contact Brent Davidson at 608.698.8488 or brentdavidson1@gmail.com

*If rain is forecasted, clubs will be notified of the course location change by the MWCCC listserv prior to the race weekend. Please check this before leaving for the weekend.

Directions to backup XC course on Saturday:

Take I-70 West through Columbia to the Stadium/Rt. E exit. Exit North on Stadium/E and take the first right, onto Business Loop 70. One half mile on the left is the entrance to Cosmo Park (intersection Cosmo Pl). Signs will be posted at the entrance directing you to parking in the far back of the park next to the skate park.