



SUNDAY, AUGUST 22, 2010

Course Description:

A 1.4 mile semi-closed course with two gradual climbs adding up to 100 feet of climbing per lap. Course will not be open for warm up.

Registration:

Race day registration only. Opens at 8:00 am and will close 30 minutes before each race. Fields will be limited to 100 racers. Make checks payable to Haul'n Ass Race Team.

Results/Prizes:

Results will be posted 15-minutes after each race with a 15-minute protest period.

Directions:

I-25 (South from Denver, Boulder and Fort Collins: North from Colorado Springs) to Arapahoe Rd. (Exit #197).

Turn east on Arapahoe Rd. Turn right on to Lima St. Continue straight at Inverness Dr. East.

Turn left at Inverness Way South.

Turn left at Inverness Way East. Turn right into parking lot.

Additional Information:

- Chief Referee: Jay Morse • ACA Permit: CO-1045 • All ACA Rules will be in effect • Race will be held rain or shine
- An ACA license is required, one day licenses available for \$10. • Participants must complete and sign an ACA Standard Release Form • Helmets are mandatory
- For additional information, contact David Harrison by email at david.r.harrison@lmco.com or by phone at, 303-977-3509

Race Schedule:

Category	Entry Fee	Schedule	Duration	Prizes/Places
Jrs (10-12/13-14/15-16)	Free	9:00-9:20 am	20 min	Merch/3
SM 4	\$30	9:35-10:40 am	65 mins	Merch/3
SW 3,4	\$30	10:55-11:40 pm	45 mins	Merch/3
SM (35+) 3,4	\$30	11:55-12:45 am	50 mins	Merch/3
SM P, 1, 2	\$30	1:00-2:15 pm	75 mins	\$500/8
SW 1, 2, 3*	\$30	2:30-3:20 pm	50 mins	\$150/4*
SM 3	\$30	3:35-4:50 pm	75 mins	Merch/3

* SW 1/2/3 Prizes will be \$400/8 deep if racer numbers exceed 40 entries.

\$10 additional fee for second race

Free lap rule in effect with up to 5 laps to go. Generous primes and second (and third) pack primes will give every woman a chance to win prizes.

SW Pro1/2/3 and SW3/4 races are presented by Defined Fitness Training.

Special women's prizes and cash donated by Defined Fitness Training.

