



2010 WASHINGTON STATE SENIOR CRITERIUM CHAMPIONSHIPS and LANCE ARMSTRONG JUNIOR RACE SERIES Points Race (LAJRS)

Held under USAC PERMIT #2010-1791

Sponsored by: **EMDE SPORTS CYCLING TEAM** and **ZUSTER CYCLING TEAM**

JUNE 19, SATURDAY - (downtown) CHENEY, WA (15 miles West of Spokane)

TOTAL PRIZE LIST \$1500.00

Course Description: A fairly technical 8-corner, .85 mile loop with a 3 block gradual climb and downhill with turns back to a straight and long start/finish. This closed course includes a loop through historic downtown Cheney and up to the campus at EWU. To view the course map, go to: <http://www.gmap-pedometer.com/?r=3622601>

Directions to the race: From East or West I-90, take the Four Lakes/Cheney Exit 270. Follow Hwy. 904 for approximately 5 miles in to Cheney. Continue past Betz Road (Holiday Inn Express) on Hwy. 904 for just under 2 miles to downtown Cheney. Parking is on the streets on 1st Avenue and the blocks surrounding the course.

State Championship for Senior categories and a LAJRS points series race: WA State Senior champions will receive medals 3-deep. This race also features points towards the LAJRS points series races for Juniors. Junior Men and Women race together but are scored separately.

Prize List and Awards: Cat 1-2 Men (\$750 cash) will go 7 deep, Cat 1-2 Women (\$750 cash) will go 7 deep. Only WA state riders can win state championship medals but all riders are eligible for cash prizes.

Entry Fees: \$26.00 (except Junior's \$17.00) includes USAC insurance surcharges of \$3.00. No refunds and race is held rain or shine.

Pre-Registration and Registration: Pre registration is encouraged and will be available at www.signmeup.com/70016. Additional surcharges will apply for online registration. Day of race registration closes 30 minutes prior to the start of your race. A USAC annual license is required to race (www.usacycling.org) and unattached riders will be charged an additional \$5.00. Registration will begin at 8:00 am on race day near the start finish area at Owl Pharmacy on 2nd Ave. Master Cat 5 men or Master Cat 4 Women MUST have annual licenses for championship events--no one day licenses for championship events. Online registration will be available until June 14th. Late charges of \$5.00 apply on day of race. **Send paper entries to:** Spokane Regional Sports Commission - 714 N. Iron Bridge Way #202 - Spokane, WA 99202. All riders must sign waivers on site the day of race.

Race numbers: Please wear both WSBA numbers on the left and right side of the torso. Frame numbers should be used as well. WSBA Number rentals will be available for a \$5.00 deposit. WSBA membership and race numbers are available at www.wsbaracing.com. LAJRS series racers will be issued separate bib numbers.

Field limits: Cat 5 Men are limited to 50 riders and Cat 4 women are limited to 50. All other field limits are 100. The promoter reserves the right to combine fields as necessary.

Rules: Free lap rule in effect until the last 5 miles/laps (8k) of the race and neutral support will be provided. Helmets are required and all USAC rules will be in effect. The promoter reserves the right to combine, modify or eliminate races as necessary.

Support: Joe Sandschulte will be providing support and it will be wheels in/wheels out. Two pits will be available on the course.

Timing: GC Racing will be providing results for the event.

Contact: For more information contact Marla Emde at marlae@spokanesports.org Contact phone: 509-363-6825
OR go to: www.spokanesports.org

For information regarding the State Sr. Championship Road Race on June 20, go to www.spokanerocketvelo.com.

Thanks to our supporters... The City of Cheney, Spokane Regional Sports Commission, Hammer Nutrition and the Holiday Inn Express Hotel and Suites. Special thanks to Owl Pharmacy!



Host Hotel: The Holiday Inn Express in Cheney

111 Betz Road Cheney, WA 99004

Local number: 509-235-1100

Reservations: 1-888-235-1104

Hotel Amenities include: 24 hour indoor pool, wireless internet, refrigerators, coffee makers, microwaves, 24 hour Fitness Center, guest laundry, and more!

They feature a complimentary continental breakfast and are within 2 mile of the course! For special rates let them know you are with the "[State Cycling Championships](#)". **Room rates will be \$109.00 until 30 days prior to the event so book your rooms now!**

SCHEDULE OF EVENTS:

Category	Start Time	Time	Entry Fee	Prizes
Junior C/D - LAJRS (C ages 13-14, D ages 10-12) boys and girls scored separately	9:00 am	20 minutes	\$15.00	Medals 1-3 and Merchandise
Junior A/B - LAJRS (A ages 17-18, B ages 15-16) boys and girls scored separately	9:30 am	30 minutes	\$15.00	Medals 1-3 and Merchandise
Cat 5 Men	10:15 am	30 minutes	\$26.00	Medals 1-3/Merch
Cat 4 Men	11:00 am	30 minutes	\$26.00	Medals 1-3/Merch
Women Cat 4	11:45 am	30 min	\$26.00	Medals 1-3/Merch
Women Cat 3	12:30 pm	40 minutes	\$26.00	Medals 1-3/ Merchandise
Women Cat 1-2	1:10 pm	50 minutes	\$26.00	Medals 1-3 \$750.00 Cash 7 deep
Cat 3 Men	2:10 pm	60 minutes	\$26.00	Medals 1-3/ Merchandise
Cat 1-2 Men	3:25 pm	75 minutes	\$26.00	Medals 1-3 \$750.00 Cash 7 deep

