

Missouri State Mountain Bike Championship

Saturday July 11, 2009

Start/Finish at Sherman Beach County Park

Race will Use Castlewood Park Trails:

Al Foster, Stinging Nettle & Cedar Bluff (Blue Ribbon) Trails



Cat 3 (Beginner)/Marathon/Jr Start 11:00 AM

Cat 2 (Sport)/Cat 1 (Expert) Start 12:30 PM

Race Categories

Cat 3 (Beginner): Men 19-29; Men 30-39; Men 40+;
Women 19-29; Women 30+

Cat 2 (Sport): Men Under 19-29; Men 30-39; Men 40+;
Women 19-29; Women 30-39; Women 40+

Cat 1 (Expert): Men 19-29; Men 30-39; Men 40-90; Men
50+; Women 19-29; Women 30-39; Women 40+

Marathon: Men Open, Women Open (State Title Only)
Singlespeed: Open (State Title Only)

Junior:

Men: Under 14; Cat 1: 15-16, 17-18; Cat 2: 15-16,
17-18; Cat 3: 15-16, 17-18;

Women: Under 14; Cat 1: 15-18; Cat 2: 15-18;
Cat 3: 15-18

Payout and Prizes:

80% cash payout for Marathon, Singlespeed, Cat 1

Prizes for top finishers in each overall race group

USA Cycling Mountain Bike License # required to be eligible for State Championship title.

Cat 1/2/3/Junior license holders will be eligible for USAC National Championships

Fees:

Junior - \$15 (USAC Mountain Bike 1 day license \$5 extra)

Cat 2, Cat 3, Singlespeed, Marathon - \$20 (USAC Mountain Bike 1 day license \$5 extra)

Cat 1 - \$30 (USAC Mountain Bike License # required)

(\$3 insurance and \$1 MOBRA fees are included in the entry fees)

Registration Onsite on Race Day – Cash/Check Only, Opens 9AM, Closes 15 mins before each race.

Trail Information and Map:

<http://www.stlouisco.com/parks/trailmaps/trail-sherman-beach.pdf>

<http://www.mostateparks.com/castlewood/map.htm>

Directions:

FROM CASTLEWOOD MAIN PARK

Take Kiefer Creek West out of Castlewood

Turn Left onto St. Paul Rd.

Turn Left Ridge Rd (Left is St. Paul Rd.)

Go down the hill, cross the railroad tracks,
park will be on the left.

From Hwy 109 or Manchester Road

-Take Hwy 109 to Old State, head East

- Or from Manchester Rd., head West/South on Old
State

From Old State, turn South on Ridge Road

Continue on Ridge South (ie-don't turn left) as it turns into
St. Paul Rd.

Go down the hill, cross the railroad tracks, park will be on
the left.

Helmets and USA Cycling Mountain Bike License Required

1 Day Licenses available onsite

Race Website: <http://www.mobra.org>

Contact: james_nelson@miner.mst.edu

USA Cycling Permit Pending