

WWW.HIGHSPEEDCYCLING.COM

REALLY GOOD TRAINING SERIES

**A SPRING TRAINING SERIES FOR MOUNTAIN BIKE RACERS
NOW FOR RUNNERS, DUATHLETES, TRIATHLETES and
ADVENTURE RACE ADDICTS TOO!!!!**

*FOUR WEEKS of mountain bike training races,
XC running races, and off-road Duathlons!*

March 6, March 13, March 20, March 26
(note that's Sun, Sun, Sun, SAT!!)

Oesterling Farm, 100 Country Creek Rd, Marysville, PA 17053
(Take 11/15 to Marysville, turn onto Route 850 West, travel for approx. 1.5 miles, turn Left onto Holly Road, where Holly Road bends left follow gravel road straight to parking)



A Series of fun, cheap, short training events to get you on form for the coming Mid-Atlantic Super Series, Mid-Atlantic AMBC Series, Xterra events, Triathlons, Duathlons, Adventure Races, Running races, and more!!

NEW FOR 2005!



XC Running and Tri/Du/Adventure Racing Training Races

XC running races for any and all runners, riders looking for an extra bit of exercise and the option of a block training race session for you Du/Tri/AR types. (You can even bring your suit and do some laps in the pond if that floats your boat).

Costs: \$15 RGTS MTB Race \$10 XC Run \$15 Duathlon

Schedule: Registration Open 8:00AM XC Run & Duathlon @ 9:00AM MTB races @ 10:00AM

Categories: **A and B categories for MTB, and Duathlon, Men and Women categories for XC Run** (B is typically for women, jrs, master racers; A is for Sr men – but race what you want!!)

Distances: The distance and course will vary slightly week to week with the races getting slightly longer over the course of the month (as you get more fit we make it harder on you!). Figure that the runs will be between 5 and 10K and the rides between 10 and 20 miles depending on your category and the week of the series.

Mountain bike A riders will typically race three to four laps of our course with B riders doing one lap less. Duathletes will do part of the same run as the XC runners then hop on their bikes for a lap or two and then its back to the feet to finish with a run.

Prizes: It ain't gonna be nuthin' special...we're making these cheap for you so we won't be able to award you sexy prizes, but sometimes winners will get stuff and other times everybody will probably go home with a little something. Past awards have included such keepsakes as boxes of cereal, fruit, and painted Emu eggs!!

EVENTS WILL BE CANCELLED/POST-PONED IN EVENT OF FOUL WEATHER. CHECK www.highspeedcycling.com FOR RACE INFORMATION THE EVENING BEFORE THE RACE.

MORE INFO AND DIRECTIONS AT OUR SITE - or Call Mike at 717.350.1029

WWW.HIGHSPEEDCYCLING.COM