

Headwinds Cycling Club

Coulee Cruiser 2010 May 8, 2010

This mountain bike race is held in the coulees of the Oldman River Valley in Lethbridge, Alberta. It will consist of about 6 km of winding in, out, up and down the coulees. Some coulees will be leg burners but no “hike-a-biking” has been incorporated this year. The course will be pretty much the same as the year before except for changes made to the start-there will be a front row seat view of a working gravel pit! The race is being held in May this year to avoid any issues with Mother Nature (snow and rain come to mind).



Coulee Cruiser 2010 Map

Location:

This year's Coulee Cruiser will be held at the Tollestrup Construction Inc gravel pit. This is located on the east side of the Oldman River, just north of Highway #3 as you approach Lethbridge from the west. If you are approaching Lethbridge from the west then take the exit on the right as you past the river. This will loop around towards the parking lot. When you go under the highway you will see the gates to Tollestrup. If you are approaching from the east then you will take the exit to the right before you cross the river. There will be a stop sign. Go right and you will see the gates. Go left and you will see the parking lot.

The race venue is on private property, which we have been allowed to use without charge so please respect it.

Parking at the race site is south of Hwy #3. Race participants and spectators are asked not to park on the Tollestrup property.



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Race Schedule:

Pre-riding the course can be done on Friday evening, May 7, 2010 and the morning of the race, May 8, 2010. The race locale is a working gravel pit so please; do not ride the course until after closing, (6:00 pm) on Friday afternoon unless you want to challenge a big dozer... you will lose.

Sign-on/license check will start at 9:00 am and close 30 min before your race start.

Registration:

Please note that this year there will be **NO Race Day Registration**. All race entries must be complete and submitted via [Karelo](#) by **midnight of Thursday, May 6, 2010**. No registrations will be accepted after this time.

Cost: \$45 (\$35 for Youth)

All participants must have a current ABA/UCI license, or a general membership plus a Day License to race this event.

Day Licenses are available to purchase at a price of \$10 for riders who are general members or are part of ABA-affiliated clubs. Day Licenses should be paid for via Karelo and will be provided race day. All day-licensed racers must have an ABA affiliated club membership or an ABA general membership. Unlicensed racers with no club affiliation, and who are not general members, must register with a club, or contact the ABA to become a general member no later than Thursday, May 6, 2010.

You can call the ABA toll free 1-877-646-2453 or 1-780-427-6352 during regular business hours.

This is the first mountain bike race of the season thus you not be able to provide your ABA race plate number when registering. This will be provided to you the day of the race by the ABA.

Categories:

Novice Youth (age 10-16): U13 Novice, U15 Novice, U17 Novice

Sport Youth (age 10-16): U13 Sport, U13 Expert, U15 Sport, U15 Expert, U17 Sport

Novice (age 17+): Junior Novice, Senior Novice, Master Novice, Master 40+ Novice

Sport (age 15+): U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport

Expert (age 17+): Junior Expert, Senior Expert, Master Expert, Master Expert 40+

Elite (age 18+)



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Race Distances & Start Times (race laps are subject to change):

Sign On: 9:00 am-until 30min prior to your race.

First Start: 11:00 am	Laps	Pre Ride Time for Second Start 12:45 am
Novice Men	2	-But not a minute before ☺ unless, you want a \$1million dollar fine ☹
Sport Women	2	Second Start: 1:30 pm
Novice Women	2	Laps
Sport Youth Men	1	Sport Men
Novice Youth Men	1	Expert Men
Sport Youth Women	1	Expert Women
Novice Youth Women	1	Elite Women
		Elite Men

Mechanical and Feed Zones:

Maximum of two people per racer or team will be allowed to provide - food, water, and eyewear only.

Teams and racers are reminded to bring your own water to meet your needs, as none is available at the site.

Post Race:

Snacks and drinks will be on hand following the race.

Prizing:

All participants will be eligible for draw prizes. There will be cash prizes for Elite racers. Prizes will be presented after completion of all races. Approximately 4:00 pm.

Local Lodging and Food Services:

The City of Lethbridge has a number of lodging opportunities to fit all budgets and needs. Please contact the Chinook Country Tourist Association at 1-800-661-1222 or go to <http://www.chinookcountry.com>.