



Mizzou Mountain Regionals

Saturday, Oct. 3, XC/DH - Sunday, Oct 4, ST/DS



Cross Country*

Category	Start Time	Laps	Distance
Men A	9:00 a.m.	3	24 miles
Men B	9:10 a.m.	2	16 miles
Women A	9:20 a.m.	2	16 miles
Women B	9:20 a.m.	1	8 miles
Men C	9:30 a.m.	1	8 miles

The XC race will be held at Rockbridge Memorial State Park, just south of campus. The trail is a combination of challenging medium length climbs, flowing and rocky single track, long creek crossings, and grasslands. Laps are approximately eight miles long.

Directions - From east of Columbia, take I-70 West through Columbia to Highway 63 South. Exit off at Grindstone Parkway and head west. Turn left heading south onto Providence Road and turn left (east) onto 163 after two miles. Look for race signs and the entrance to Rockbridge State Park at the second curve.

Downhill

Category	Start Time	Laps	Distance
All	3:00 p.m. Self Seeding	2	1-2 minutes

Mizzou's first-ever downhill course features bumpy single track off the start, dumping into a steep, spectator-ready rock garden, continuing across the slope with a smaller rock section, drop, and finishing with a creek gap. XC bikes not recommended. Fastest time wins. Midwest gnar.

Directions - DH will be near the DS course on campus. From College Ave (runs north/south from BS70 to Stadium Blvd), turn east when you get to Ashland Rd. From there, signs will be posted, directing you to parking and the courses.



*If rain is forecasted, clubs will be notified of the course location change by the MWCCC listserv prior to the race weekend. Please check this before leaving for the weekend.

For more information contact Brent Davidson at brentdavidson1@gmail.com, 608-698-8488 or visit our website at www.mizzoucycling.com



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Short Track

Category	Start Time	Distance
Men A	9:00 a.m.	25 minutes + 2 laps
Men B	9:35 a.m.	20 minutes + 2 laps
Women A	10:20 a.m.	25 minutes + 2 laps
Women B	10:20 a.m.	20 minutes + 2 laps
Men C	11:00 a.m.	15 minutes + 2 laps

Short track will be the only course not seeing changes this year. That means it still includes the pain and despair climb. Double points regionals suffering.

Directions - Same area on campus as DH and DS

Dual Slalom

Category	Start Time	Laps	Distance
All	Self Seeding	2	1-2 minutes

Redesigned for 2009, the DS course lies on the same path with all new features. Those include extra tall berms, step up, large triple, step-on/step-off into berm, dirt drop, and flat corner.

Directions - Same area on campus as STXC/DH

Lodging

Best Value Inn
(573) 442-7908

Super 8 Motel
(573) 474-8488

Motel 6
(573) 815-0123

Travelodge
(573) 449-1065

Red Roof Inn
(573) 442-0145

Registration

Entry fees are \$13 per race with the \$3 insurance surcharge included. Opens at 8:00 a.m. and closes 15 minutes before the start of racing. Riders must have a valid USA Cycling Collegiate license. One day (\$10) & annual licenses (\$30) will be available for purchase on site.

Held Under USAC Permit # 2603

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