

**2004 Pennsylvania State Cyclocross Championship
Presented by Yellow Breeches Racing**

Saturday, November 13, 2004

Yellow Breeches Middle School, 4 Forge Road, Boiling Springs, PA 17007

Proceeds benefit the Carlisle Family YMCA

USAC permit number 2004-2068

The course: Situated on the grounds surrounding Boiling Springs High School, the Mike Hebe-designed course will be a challenging mix of twists, turns, ups, downs, power sections, and surface transitions. The venue is VERY spectator-friendly.

Time	Class	Duration	Prizes	Fee (**)
9:00	Lil' Belgians	1 lap	Merchandise	Free
9:30	Men C	30 minutes	Medals & Salsa	\$15
9:31	Women B	30 minutes	Medals & Salsa	\$15
9:32	Juniors 10-16	30 minutes	Medals & Salsa	\$10
10:30	Juniors 17-18	45 minutes	Medals & Salsa	\$10
10:31	Men 35+	45 minutes	Medals & Salsa	\$15
10:32	Men 45+	45 minutes	Medals & Salsa	\$15
11:30	Men B	45 minutes	Medals & Salsa	\$15
12:30	Relay*	4 laps	Pride	\$5/racer
1:30	Women A	45 minutes	Medals & Salsa	\$15
2:30	Men A	60 minutes	Medals & Salsa	\$15

*: Relay teams must consist of at least 1 junior, 1 woman, and no more than 1 Elite male rider...lest you be assessed a three-minute-hold-at-the-start penalty.

**: \$5 discount for additional races (except for the relay).

Registration/eligibility: Out-of-state riders are welcome to compete. Race day registration opens at 8:30 am and closes 15 minutes before race start. Online registration is available at www.bikereg.com until 8:00 pm Thursday, November 11. **Note: your racing age is your age as of December 31, 2005.** \$5 fee for day-of registration, \$5 fee for one-day USAC license. Juniors MUST have parent's signature on release. To register by mail, send standard USAC release and payment (check payable to: "Carlisle Family YMCA – YBR") to Mark Laser, 21 Woodcrest Drive, Carlisle, PA 17013.

Notes: 'Cross bikes, mountain bikes, and road bike may be used for this race. MTBs must have the bar ends removed. No recumbents. Helmets are mandatory, even when warming up.

Results: Results will be e-mailed to the PA cycling list and to www.bikereg.com within 24 hours of race completion.

Amenities: Food (in conjunction with the South Middleton Community Bazaar), indoor registration, restrooms, and showers will be available at the venue.

Sponsored by: Bob's Salsa, Carlisle YMCA, and Louis Garneau.

Thanks to: Mike Hebe, South Middleton School District, and our fine crew of race volunteers!

For additional info: Contact Mark Laser 717-245-2423 or woodcrest21@aol.com. School district information can be found here: <http://www.bubblers.k12.pa.us/>