

FOREST ACRES SPRING CRITERIUM

March 14th 2010



FOREST ACRES

a city apart

Course Description: The course is a challenging 1-mile circuit in the heart of Forest Acres. It begins with a sharp right-hand turn from the start-finish line, followed by a .6-mile winding, nicely paved downhill, which leads to a downhill right-hand turn, then into a moderate uphill, a .2-mile curve, and a 90-degree right-hand turn back onto a wide, fast, slightly downhill finishing straight.

Race number two of a bike racing weekend in Columbia, South Carolina

Race Information

| CATEGORY | START | LAPS/TIME | PRIZES | PLACES | ENTRY FEE |
|---|-----------------|------------|---------------|--------------------------|-----------|
| Cat 5 Men | 9:00 AM | 30 minutes | Medals | 5 | \$20.00 |
| Junior Men/ Women (scored separately) | 9:35 AM | 30 minutes | Medals/Prizes | 4 for men 2 for women | \$5.00 |
| 45+ Men | 10:10 AM | 45 minutes | \$250.00 | 7 | \$25.00 |
| 35+ Men | 11:05 AM | 45 minutes | \$250.00 | 7 | \$25.00 |
| Women | 11:55 AM | 40 minutes | \$250.00 | 7 | \$25.00 |
| Satchel Ford Challenge | 12:45 - 1:15 PM | 5 Laps | Certificates | ALL | Free |
| Pro 1 - 2 Men | 1:25 PM | 60 minutes | \$1,000.00 | 15 | \$30.00 |
| Cat 4 Men | 2:30 PM | 45 minutes | \$250.00 | 7 | \$25.00 |
| Cat 3 Men | 3:20 PM | 45 minutes | \$300.00 | 7 | \$25.00 |



A. C. Flora High School



Contact Tom Sunday for more information:

tsunday@sc.rr.com

803 743 9314

NOTE

- All USCF Rules and Regulations apply.
- Races held rain or shine. Promoter reserves the right to combine fields or cancel events due to weather.
- No aero bars. US DOT, ANSI, or other approved helmets required for all races, including warm-up and cool-down.
- One-day and annual license applications will be available at registration.
- Water bottles, banana peels, gel wrappers, etc. may NOT be discarded on the course or parking lots (relegation or DQ will result). Wheels in/wheels out, if available.
- Standard release forms can be found at http://www.usacycling.org/forms/waiver.php?url=rider_release.pdf

Registration Information

Pre-registration:

- mail current USCF Standard Athletes Entry form with a check (payable to Forest Acres Cycling Team) to Tom Sunday, 6012 Ashwood Road, Columbia, SC 29206. Mailed registration must be received by March 9, 2010.
- OR go to www.Pre-reg.com and register online. Online pre-registration ends March 11, 2010.

Day-of-event registration:

- Registration opens at 7:30 AM and closes 30 minutes prior to each category's start time.
- There is a \$5 fee for day-of-event registration.

Directions to Forest Acres

Take Exit 12 of off I-77. Go east on Forest Drive to the intersection of Trenholm Road where you will take a right. On Trenholm, go north until you come to Reamer Road; this will be the third left on Trenholm. Make a right onto Satchel Ford Road and follow it until you come to the race course where you will be instructed to park. You can also Google directions to Satchel Ford Elementary School, 5901 Satchel Ford Road, Columbia, SC 29206; this will get you to the race course.

Parking

Parking will be on the interior of the course, therefore you will need to be given permission to come on to the circuit. Please follow the Google map link below for directions about getting to the course and how to get to parking.

[Google
map link](#)