



OLD CAPITOL  
CRITERIUM

29TH ANNUAL

# OLD CAPITOL CRITERIUM AND CHRIS LILLIG MEMORIAL CUP

## SUNDAY - APRIL 30, 2006

IOWA CITY, IOWA  
USCF PERMIT PENDING

### Race Schedule

| Start Time | Category  | Distance        | Places/Prizes | Entry Fee |
|------------|---|-----------------|---------------|-----------|
| 9:30 am    | Juniors<br>(Men/Women each separated into age categories 10-12, 13-14, 15-16, 17-18. All juniors start together.) | 20 min + 1 lap  | 3/Medals      | \$10      |
| 10:00 am   | Women 4   | 20 min + 1 lap  | 4/\$200       | \$25      |
| 10:30 am   | Sr. Men 5   | 20 min + 1 lap  | 3/Medals      | \$15      |
| 11:00 am   | Masters 40+   | 40 min + 2 laps | 10/\$500      | \$25      |
| 11:00 am   | Masters 50+<br>(All Masters start together. The category you register for is the money you are racing for.)       | 40 min + 2 laps | 5/\$300       | \$25      |
| 12:00 pm   | Women Open  | 40 min + 2 laps | 12/\$800      | \$25      |
| 1:00 pm    | Kid's Races (ages 0-9)  | One Block       | Medals        | FREE      |
| 1:30 pm    | Sr. Men 4/5   | 30 min + 2 laps | 10/\$500      | \$25      |
| 2:15 pm    | Sr. Men 3   | 45 min + 2 laps | 15/\$1200     | \$25      |
| 3:30 pm    | Sr. Men Pro/1/2<br>Chris Lillig Memorial Cup  | 70 min + 2 laps | 20/\$2500     | \$30      |

### Registration

Online registration available at <http://www.oldcapcrit.com>. Onsite registration opens at 8:30 am and closes 20 minutes prior to each race. Entry fee as listed. **\$5 late fee for entries received after April 20, 2005 except for Juniors and Sr. Men 5 races.** Late fee applies to day-of-race registration. Make checks payable to Old Capitol Criterium.

#### Register Online Today!

Avoid the lines by registering online. Plus choose to pay with PayPal or Credit Card (via PayPal) when registering online.

<http://www.oldcapcrit.com>

### Course/Instructions

Start/Finish is at the intersection of Clinton & Washington Streets in downtown Iowa City, Iowa. Course is a challenging 1-kilometer loop with one major climb and a fast descent. Free lap rule applies. All USCF rules apply. Promoter reserves the right to combine and limit fields if necessary.

### More Info?

The Old Capitol Criterium is presented by the Iowa City Cycling Club. If you need more information, check out any of these websites!

<http://www.oldcapcrit.com>

<http://www.ic-cycling.org>

<http://www.bikeiowa.org>

### Questions?

Need a place to stay? Somewhere to eat? Questions about the race? Drop us a line and we'll help you out!

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