



Presents:



# Tuesday Night Training Criteriums

Ever Tried Racing?  
Want to know what  
it is like?

What is a Criterium or Crit: Criteriums are cycling races held on a closed street course. The laps are usually less than a 1-1/2 miles but vary in length. For these sessions the course is about 0.40 miles long and the duration tends to around 10-20 laps. For these events the typical format will be series of short races for each of several category. Each

Seasoned veteran  
needing some extra  
training time?

rider will have the opportunity to participate in 3-5 events per night. The events will be track-style racing -- points race, miss & out, point-a-lap, etc

Depending on the number of riders that show up for each session we will break the groups down by experience. With juniors almost always riding in races separate from the adult riders.

Because this is a USA Cycling Event all riders will be required to have a valid USA Cycling license and minors will be required to have a released signed by a legal guardian. There will be NO EXCEPTIONS. A one-day license may be purchased at the event for \$5.00. Entry fees will be \$2.00 per day or \$10.00 for the entire series. Any proceeds (and they will be small) will benefit the Central Ohio Bicycle Club Junior Team.

**Special Note for Younger Riders:** The Central Ohio Bicycle Club will be holding general bike handling and racing training sessions in conjunction with this event.

Bad Weather: When it rains this course becomes very slippery. We will assess the course conditions at that time and we reserve the right to cancel the racing should the organizers feel the conditions are not safe.

- **When:** 6:30 Pm June 10, 17, 24 and July 1, 8 and 15
- **Where:** OSU at the West Student Parking (see map below)
- **Cost:** \$2.00 per day or \$10.00 for the 6 day series
- **Experience Levels:** Open to all riders—A valid USA Cycling License will be required (one-day licenses will be available for \$5.00. See reverse side)
- **Age:** Separate events will be held for juniors.

This a USA Cycling  
Sanctioned Event  
Permit # 2008-1490



Still have Questions? Email Rich Jones @ [RTJones@NationalEngineering.com](mailto:RTJones@NationalEngineering.com)

