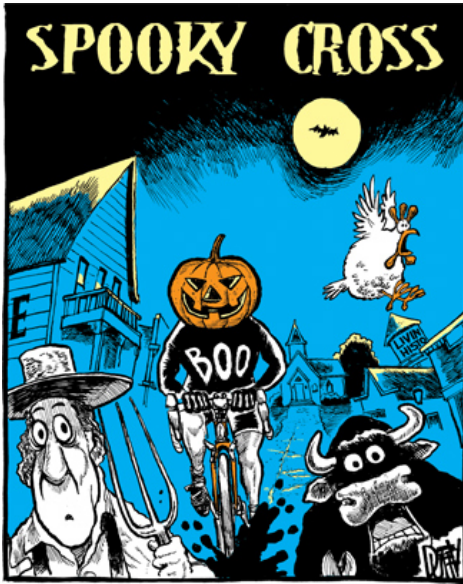


Spooky 'Cross 2009

...powered by



Held under USA Cycling event permit: *pending*

When: Saturday, October 31st & Sunday November 1st
Where: Living History Farms Urbandale, IA
More Info: jj@getzoomperformance.com || nicholstony1@yahoo.com
 register online @ www.BikeReg.com/events/register.asp?EventID=9433

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Category	Start Times		Length	Entry Fee	Daily Prize List
	Saturday	Sunday			
Masters 35+, 45+	Noon	10:00 am	45 min + 2 laps	\$25	\$50/\$35/\$30/\$25/\$20
Men's CX 3	Noon	10:00 am	45 min + 2 laps	\$25	\$75/\$50/\$40/\$30/\$25
Men's CX 4	1:15 pm	11:15 am	45 min + 2 laps	\$25	\$55/\$40/\$30/\$25/\$20
Juniors	1:15 pm	11:15 am	30 min + 2 laps	\$15	schwag
Women's CX 1/2/3, CX4	2:45 pm	12:30 pm	45 min + 2 laps	\$25	\$125/\$75/\$50/\$30/\$25
Men's CX 1/2/3	4:00 pm	1:45 pm	60 min + 2 laps	\$30	\$200/\$125/\$75/\$50/\$40

Saturday: Driving Directions from I-80/I-235

1. Head north on I-35 N
2. Take exit 126 for Douglas Ave toward Urbandale
3. Turn left at Douglas Ave
4. Continue on Douglas Pkwy
5. Look for a sign on the left (south) side of the street for the Living History Farms Conference Center – enter here



Sunday: Driving Directions from I-80/I-235

1. Head north on I-35 N
2. Take exit 125 for Hickman Rd/US-6
3. Turn right at Hickman Rd/US-6
4. Turn left at 111th St
6. follow signs for Living History Farms parking lot

