

# 3rd Annual JOHNSTON GREEN DAYS CRITERIUM

Proceeds Supporting:



JOHNSTON, IOWA

June 20, 2009

CATEGORY	START TIME	RACE LENGTH	Entry	PRIZE LIST
Juniors 10-14 (LAJORS)	1:00 PM	15 min + 1 lap	\$5	3-Medals/gift certificate lottery
Juniors 15-18 (LAJORS)	1:25 PM	20 min + 2 laps	\$5	3-Medals/gift certificate lottery
Master 40+ *	2:00 PM	30 min + 3 laps	\$20	3-Trophies/gift certificate lottery
Master 50+ *	2:00 PM	30 min + 3 laps	\$20	3- Trophies/gift certificate lottery
Master 60+ *	2:00 PM	30 min + 3 laps	\$20	3-Trophies/gift certificate lottery
Women's Open	2:50 PM	25 min + 3 laps	\$20	3-Trophies/gift certificate lottery
Kids Race – Tricycle	3:30 PM	100 yards	Free	Medals
Kids Race – Bicycle	3:35 PM	1 lap	Free	Medals
1/2/2003	3:50 PM	35 min + 3 laps	\$20	3-Trophies/gift certificate lottery
Cat 4	4:45 PM	30 min + 3 laps	\$20	3-Trophies/gift certificate lottery
Cat 5/Citizens	5:30 PM	25 min + 3 laps	\$20	3-Trophies/gift certificate lottery

\* These categories will race at the same time. Riders may place in only one category which is declared on their registration before the race. One-day race licenses are available for a \$10 charge in addition to entry fee. USCF Permit Applied For.

**Helmets are required for all races (Even kids). No Exceptions!!!!!!!!!! No aero-bars.**

On-site registration only on race day opening at Noon and closing 15 minutes prior to each race. Entry fee as listed- unlicensed riders except Kids, +\$10 for 1-day license.

#### COURSE DESCRIPTION

.7 mile course on both sides of a divided 4 lane parkway with 180-degree turns at each end. A staging area will be in a parking lot near the course.

#### DIRECTIONS

From Interstate 80/35 on the north edge of Des Moines take the 86<sup>th</sup> St exit north into Johnston. Go right (East) on NW 62<sup>nd</sup> St to Pioneer Parkway. Turn right (South) on Pioneer Parkway which curves and goes by Pioneer Hi Bred. The registration and parking is by Pioneer Hi Bred. This route will avoid barriers on Pioneer Parkway that will be set up for a parade Saturday morning and for the race Saturday afternoon.

#### For More Race Information:

Joe Bechen  
515-249-0190  
[tjbechen@mchsi.com](mailto:tjbechen@mchsi.com)

Jeff Mertz  
(515) 710-3163  
[jeffmertz@studio37design.com](mailto:jeffmertz@studio37design.com)

#### For DMCC Race Team Information

Randy Catron - Team Director  
(515) 480-7030  
USA Cycling Elite Coach/NSCA-CSCS  
[catronfamily@mchsi.com](mailto:catronfamily@mchsi.com)

**PRESENTED BY:**

