



RAFY SANTIAGO FARMERS



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SUMMER CRIT TRAINING SERIES

Located at the Safety Training Center in Tulsa, OK

Tuesday Nights April 6 through Aug 31, 2010



Event Director: Chris Cauthon, (918) 747-2710, weeklycrit@tulsawheelmen.com

Date Exceptions: June 22nd & 29th will be Lady's Night, with an additional 30-minute women's only category at 7:10 (cat A will take place afterwards). There will be **NO** event on June 15th. Please attend Speedwheel instead. The Summer Criterium Training Series is subject to change/cancellation due to weather or City of Tulsa Training Center needs. When possible, cancellations will be announced on the Tulsa Wheelmen website by 4:55pm.

Description:

Come out and try your first criterium. Learn about cornering, strategy, and tactics. Improve speed, fitness, and get ready for the next big event. Course is flat and changes each week.

Directions: Use 10759 E Admiral Pl, Tulsa, OK for directions online.

From Downtown Tulsa: Take I-244 East and exit Mingo Road. Turn south on Mingo. Go approximately 2 blocks to Admiral Place. Take the traffic circle at Admiral Place three-quarters around and stay east on Admiral Place. Go about 1 mile and turn left on 109th East Ave into the Safety Training Center.

From Broken Arrow: Take highway 169 north and exit on Admiral. Go east on Admiral to 109th E. Ave. Turn north into the Safety Training Center.

From Arkansas: Take Hwy 412 to I-244. Exit Garnett Road in Tulsa. Turn left on Garnett and go approximately half a mile to Admiral Place. Turn right on Admiral Place and go about 3 blocks to 109th East Ave. Turn right into the Safety training facility.

Registration: Opens by 5:30pm and will be open until the start of the last event. There is NO pre-registration. USAC license required. One-day USAC licenses may be purchased for \$5. Confused? Don't worry. Show up and we will help you through registration.

	Category	Start	Length	Fee
C	one-day, cat 5, W-3/4 (Beginner)	5:50 PM	30 minutes	\$5
B	Cat 4/5, 40+, Women open	6:30 PM	40-45 min	\$5
A	P/1/2/3	7:15 PM	50-60 min	\$5

Start times may vary! This is a non-competitive training event - No prize money is available. All USA Cycling rules apply - helmets are required. Parents and guardians must sign release forms for riders under 18. Promoters reserve the right to combine classes and adjust course length and start times. You may only register for one category per night. Held under USA Cycling event permit #2010-pending.