

Please complete form, sign waiver, include entry fee and mail to: Bedford Co. Parks & Rec 780 Bedford Ave. Bedford, Va 24523

Name (please print)

Address

City

State

Zip Code

Phone Number

Emergency Contact

Racer Code

Age (if under 18)

E-MAIL PLEASE

Participant Waiver

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, and successors. I waive, release, and discharge from any and all liability for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter accrue to me including my traveling to and from the event, the county of Bedford, individual race sponsors, their directors, officers, employees, volunteers, representatives, agents, event holders and event sponsors. I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential of death, serious injury and property loss. The risks include but are not limited to those caused by terrain, facilities, temperature weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and event monitors, and the lack of hydration. I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors, and organizers, in which I may participate and that it will govern my actions and responsibilities at said event. I, as undersigned parent and natural guardian, do hereby represent that he/she, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim, or damage whatsoever that which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

PRINTED NAME OF PARTICIPANT

SIGNATURE OF PARTICIPANT OR PARENT/GUARDIAN

DATE

Presented by:
Bedford County Parks
and Recreation
www.bedfordtrails.wordpress.com



Bedford County Mountain Cross Race Series 2009

Mountain Cross!....what is it?

The **Mountain** part refers to many of the same aspects that you might encounter in a mountain bike race. There will be single track with rocks, roots and log overs but will only make up approximately 50% of the course.

The **Cross** is similar to a cyclocross race mixing in grass paths, short sections of pavement or gravel road and similar lap distance. The racers will also be required to dismount to clear barriers on the course. The race course will be 1.5-2 miles per lap and will be changed for each race.

When combined these two cycling disciplines mesh nicely to make up what we call **Mountain Cross**. The races are short, intense and loads of fun! We will adopt the **Equalizer Format** to score these races. This is similar to the golf handicapping system. In golf, players of different abilities can play fun and competitive rounds against one another. Since their handicaps equalize their scores the golfer that plays his or her best, regardless of their level of experience, can win!

The **equalizer format** allows riders/racers of all ages and ability levels to race for the overall race win.

(A bonus of the format is that fast experienced racers who normally only have to worry about finishing ahead of the other top racers now have to push themselves to compete with beginners!) The winner is the racer who does the most laps. Series winners will be the racers completing the most laps combined from all the races. In the event of a tie the racers with the most laps in the least amount of time wins. (Ex. 20 laps in 1:55:05 beats 20 laps in 1:59:00)

Start categories and race lengths for each.

Class	Start	Race Min.	Code
First Time Jr Boy (12-13)	0	55	FJB12
First Time Women Jr Boy	0	55	FW
Beginner Woman	-1	54	JB12
First Time Jr Boy (14-15)	-1	54	BW
Masters Woman Jr Boy (14-15)	-2	53	FJB14
Veteran Woman	-2	53	MW
First Time Jr Boy (16-17)	-3	52	JB14
First Time Jr Boy plus 2, (10-11)	-3	52	VW
Jr Boy (10-11) plus 2, (17-18)	-5	50	FJB16
First Time Jr Boy (17-18)	-7	48	FJB10
Jr Boy 16	-8	47	JB10
First Time Men	-8	47	FJB18
Sport Women	-8	47	JB16
Beginner Men	-9	46	FM
Masters Men(45+)	-9	46	SW
Expert Woman	-10	45	BM
Vet. Sport Men	-11	44	MM
Masters Expert Men	-12	43	XW
Sport Men	-13	42	VSM
Vet. Expert Men	-14	41	MXM
Pro Women	-16	39	SM
Expert Men	-16.5	38.5	VXM
Pro Men	-17	38	PW
	-20	35	XM
	-22	33	PM

When?

Race Dates: Sunday-February 1, 2009

Sunday-February 15, 2009

Sunday-March 1, 2009

Start Times: Race will start at 2:00 p.m.

Where?

Falling Creek Park, Bedford Va.

Registration:

Online at bikereg.com or fill out entry and mail.

Pre-registration for the series is preferred* as these races will be limited to 50 racers per race. Fields larger than 50 will be broken down into smaller heat races.

Entry fees: \$35 to register for the series.

Race day entry fee: \$15 per race by 1:30 p.m.

No registrations will be accepted after 1:30 on race day.

Thanks to these sponsors::

