

The Onondaga Cycling Club  
presents the

# 2009 Syracuse Cyclocross Grand Prix

in Memory of Jim Konski, founding president of the Onondaga Cycling Club

Sunday, October 18, 2009  
Longbranch Park at Onondaga Lake Park, Liverpool, NY  
Held under USA Cycling Event Permit (#2009-2775)



### Schedule:

Time	Category*	Duration	Field Limit	Entry Fee
11.00 a.m.	Open Women	45 minutes	100**	\$20
11.00 a.m.	Master Women (40+)	45 minutes	100**	\$20
11.00 a.m.	Master Men (40+)	45 minutes	100**	\$20
11.00 a.m.	Master Men (55+)	45 minutes	100**	\$20
11.00 a.m.	Juniors (14-18)	45 minutes	100**	\$5
Noon	Kids (10-14)	15 minutes	50	Free***
12.30 p.m.	Open Men	60 minutes	75	\$20

\* Organizer reserves the right to combine fields, if participation requires

\*\* A field limit of 100 applies to the Open Women, Masters Women, Masters Men, and Junior Categories combined

\*\*\* License for the Kid's race will be free of charge; however, participants in the Kid's race and the Juniors category need to provide a waiver signature from parent or guardian.

### Registration:

- Register at [BikeReg.com](http://BikeReg.com) or pay applicable fees by check and send along with filled-out Entry Release Form/Entry Release with 1-Day License Application (both can be downloaded from <http://www.usacycling.org>) to:  
Onondaga Cycling Club; P.O. Box 6307, Teall Station; Syracuse, NY 13104;
- Race Day Registration opens at 9.30 a.m. and continues until 15 minutes before start
- USAC licenses required; One-Day Licenses available at registration (US\$10)

Rules: All USA Cycling rules apply; mountain bikes with handle-bar ends removed are allowed

Course: Mix of gravel, grass, pavement, and a sandy hill

Prizes: Medals and Merchandise

Info: Visit our website (<http://onondagacyclingclub.org>) or contact Jochen Woicke at 315-682-7841 or [woicke@me.com](mailto:woicke@me.com)

see reverse for Directions to the park

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**Directions:**

From East or West: take NY State Thruway Exit 39 to 690E

On 690, take Exit No. 2: John Glenn Boulevard

Turn right at first traffic light: Van Vleck Rd, becomes Long Branch Rd  
Course is on the left (before bridge)

From North: coming on I 81S, get on NY State Thruway W and follow directions above

From South: coming on I 81N, get on I 690W

On 690, take Exit No. 2: John Glenn Boulevard and follow directions above



We thank our generous Sponsors!



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