



WISPORT

FRIENDLY CENTURY OR LESS AND CYCLING CLINIC



**WILLARD, WISCONSIN
APRIL 18, 2009
\$15.00 Registration Fee**

**50 regular Wisport series age category points to all participants
For information contact Kevin Syth 715.267.6580 email: opelt_syth@wildblue.net
Volunteer clinicians are needed. Registration waived**

Schedule:

- 9:00 a.m. Registration and continental breakfast in Willard Athletic Hall.
- 10:30 a.m. Start of Friendly Metric Century and Cycling Clinic Presentations.
- 11:30 a.m. Start of 60K ride with on road cycling clinic applications.
- 12:30-1:00 p.m. 100K and 60K riders should arrive in Thorp for food/liquid stop.
- 1:00 p.m. Start from Thorp by those who want to "race" back to Willard (about 19 miles).
- 3:00 p.m. Post race lunch. Award presented to first "racer" back to Willard.

Cycling Clinic:

- Clinic topics may include instruction on: pack riding, courtesy, drafting techniques, pace line, cornering, hill climbing, sprinting, shifting, recovery, aerodynamics, time trial techniques, nutrition, hydration, training, bicycle equipment/maintenance, and others.
- Experienced racers will give short presentations in the Willard Athletic Hall from 10:30-11:30 a.m.
- Experienced racers will be assigned to small groups made up of those participants who signed up for clinic participation.
- The small groups will experiment on the road with clinic topics during their 60K ride.
- The 60K ride is predominantly flat with some rolling hills.
- Yellow line rule is in affect at all times.
- Stop signs must be observed.
- 60K riders will arrive in Thorp (a food/liquid stop) about the same time as the 100K riders.
- Last 19 miles of the 60K and 100K course can be a race format with no restriction on speed.
- All participants should be back to Willard by 3:00 p.m.

Friendly Metric Century:

- The metric century is predominately flat with some rolling hills.
- Historically, the pace of the 100K route runs 20 to 22 mph to the rest stop at Thorp.
- There will be a mandatory food/liquid stop after 25 miles (40K).
- Last 19 miles of the 100K and 60K course can be a race format with no restriction on speed.
- First male & female racer to Willard from the 1:00 p.m. Thorp start will receive an award.
- Yellow line rule is in affect at all times.
- Stop signs must be observed except for the last one (intersection of GG & G) before Willard's finish line.
- Sags will be available.
- Finish time for the "race" is about 2:00 p.m. at the Willard Athletic Hall.
- All participants should be back to Willard by 3:00 p.m.

Mail with \$15 registration fee payable to Lead Butt Racing to: Kevin Syth, W6381 Mann Road, Greenwood, WI 54437

Name _____ Male Female Wisport Member yes no

Address _____ City _____ State _____ Zip _____

Telephone _____ Email _____ Distance: 100K _____ 60K _____

I will participate in the Wisport Metric Century and Cycling Clinic and thereby waive, release and dismiss all claims from damages and personal injury of which I may incur before, during or after the above named event against any and all event officials involved with the event, including all persons or organizations in any way involved with the race. I also hold harmless Clark County Wisconsin, the township of Hendren, and the village of Willard, including all departments and persons. I further certify that I am physically fit to participate in the above named event and understand that bicycling is a potentially dangerous activity.

Signature _____ Date _____ Parent Signature if under 18 _____