



PRESENTED BY



FFC
Fit Families for Cenla



In Support of our friend and teammate Silvia Smith

Held Under USACyclingEvent Permit (LCCS EVENT)

2011-1446

Racing Rapides 2011

Stage Race

May 21-22

Alexandria, La

Presented by Fit Families for CENLA and S3 Racing Team

In Support of our friend and teammate

Silvia Smith



\$9,000 Total Prize list*

*Prize list will be reduced by 10% if registration is below 171

Saturday Road Race Stage 1

| | | | | |
|--------|-------|----------------|----------|--|
| May 21 | 8:30 | Cat 1/2/3 | 82 miles | |
| | | Masters 40&55+ | 61 miles | |
| | | Cat 4 | 40 miles | |
| | | Women | 40 miles | |
| | 10:15 | Cat 5 | 20 miles | (Starts after 1/2/3 and Masters 2 nd loop.) |
| | | Juniors | 20 miles | |

Saturday Time Trial Stage 2

| | | | |
|--------|------|----------------|---------|
| May 21 | 5:30 | Cat 5 | 3 miles |
| | | Women/Jr | 3 miles |
| | | Masters 40&55+ | 3 miles |
| | | Cat 4 | 3 miles |
| | | Cat 1/2/3 | 3 miles |

Sunday Criterium Stage 3

| | | | | |
|--------|------|----------------|-------|--------|
| May 22 | 7:30 | Cat 5 | 8:00 | 30 min |
| | | Juniors | 8:50 | 20 min |
| | | Womens | 9:30 | 40 min |
| | | Masters 40&55+ | 10:30 | 50 min |
| | | Cat 4 | 11:40 | 50 min |
| | | Cat 1/2/3 | 12:50 | 60 min |

All Categories except Category 5 and Juniors are a Stage Race for time.

The Category 5 and Junior races will be a Points Omnium.

Overall Winners

| Category | Entry Fees | Place/Prize |
|------------------|------------|-----------------------------|
| Cat 1/2/3 | \$65 | 20 deep \$3500 |
| Masters 40 & 55+ | \$65 | 10 deep \$1000 8 deep \$650 |
| Cat 4 | \$65 | 8 deep \$650 |
| Women | \$65 | 12 deep \$1150 |
| Cat 5 | \$65 | 3 deep Bike gear |
| Juniors | \$15 | 5 deep Bike gear |

****\$1000 Team bonus will be awarded to the team with the most LAMBRA points accrued over the weekend. LAMBRA points will be scored as posted to the LAMBRA web site. (S3 RACING IS NOT IN CONTENTION FOR THIS AWARD)**

****\$500 Silvia Smith "Tuff Stuff" awards will go to the winner and runner-up of the Women's stage race (\$300/\$200) and the Cat 1/2/3 stage race (\$300/\$200). All female racers will be given a TUFF STUFF t-shirt at packet pick-up.**

Register online at: <http://www.bikereg.com/events/register.asp?eventid=13109> Registration is \$65. Pre-Registration will close online, Thursday May 19th at 11pm. You may register in person and pick up packet Friday, May 20th. from 5pm-8pm at: Academy Sports 3205 S Macarthur Dr, Alexandria. Saturday packet pick up starts at 6:30 am till 30 minutes prior to your race. Registration online fees apply. **THERE IS NO RACE DAY REGISTRATION!!**

Free Kids Race on Sunday May 22.

Fit Families for Cenla and S3 Racing Kid's Race. It's FREE; parents are welcome to participate with your children by following and encouraging them to the finish line, training wheels optional. Kids 12 and under are welcome! Goodie bags and finisher medals given to each participant as well as drawings for kids helmets.

- 5yr old and under 200 meter race starts at 10:15am. Immediately following the Women's race.
 - 7yr old and under 400 meter race starts at 11:15am. Immediately following the Master's race.
 - 9yr old and under, one lap of race course (.8 mile) at 12:35. Immediately following the Category 4 race.
 - 10-12yr old beginner, two laps of race course starting at 12:35pm. Immediately following the Category 4 race.
- *Please wear a helmet! Helmets are required to race.**

Special thanks to all of our sponsors.

