

2010 HELLBENDER CRITERIUM – STAGE 1 FORT LEONARD WOOD, MISSOURI MAY 15, 2010



PRE-REGISTRATION AT [HTTPS://STLBIKING.COM/GO/HOME](https://stl biking.com/go/home)

☐ SORRY, NO REFUNDS

☐ **REGISTRATION OPENS FEBRUARY 25, 2010**

☐ ON LINE REGISTRATION CLOSING MONDAY, MAY 10 AT 6:00 PM CST
“HELD UNDER USA CYCLING EVENT PERMIT”

Category	Start	Race Time	Awards/Places	Fee see below
Women 4	9:00	20 min.	Medals/5*	pre:\$35/\$45 race day
Men 4/5	9:30	30 min	100/3*	pre:\$35/\$45 race day
Men 5 ¹	10:10	35 min	Medals/5*	pre:\$35/\$45 race day
Women 40+	10:55	35 min	100/3*	pre:\$35/\$45 race day
Masters 40+	11:40	40 min	100/3*	pre:\$35/\$45 race day
Masters 50+	12:30	40 min	100/3*	pre:\$35/\$45 race day
Women 1, 2, 3	13:20	40 min	100/3*	pre:\$35/\$45 race day
Men 3	14:10	45 min	100/3*	pre:\$35/\$45 race day
Men 1, 2	15:05	55 min	180/3*	pre:\$35/\$45 race day

¹ Field limited to 50 riders. ALL participants race the same course. All plans (except date) are subject to change

Course

- **Criterion** - A closed course located on the Fort Leonard Wood Military Installation. Course is a 1.4 mile clockwise loop; generally flat to rolling with a few areas with slight elevation
([http://rollamultisportclub.org/Hellbender_Criterium_Course_\(May2010\).pdf](http://rollamultisportclub.org/Hellbender_Criterium_Course_(May2010).pdf)).

Directions

- **Fort Leonard Wood, Missouri:** Interstate 44 (I-44); Exit #161

From St. Louis (East) - Drive west bound on I-44 about 135 miles. Exit interstate at Exit #161. At the stop light turn left onto Missouri Avenue. Drive approximately 3 miles at the end of the public road will be the Fort Leonard Wood Main gate. [Map and directions](#)

From Springfield (West) - Drive approximately 86 miles west towards St. Louis. Exit interstate at Exit #161 and make a right onto Missouri Avenue at the stop light. Drive approximately 3 miles at the end of the public road will be the Fort Leonard Wood Main gate. [Map and directions](#)

Access to Fort Leonard Wood – The following items are required to gain access to the Fort Leonard Wood Military Installation:

- Drivers License (Vehicle Operator)
- Valid Photo Identification for all vehicle occupants
- Proof of Insurance
- Vehicle Registration

Registration†

- **Pre-registration:** <HTTPS://STLBIKING.COM/GO/HOME>
- **Race day registration:** Lamb's Donuts; 115 Gateway Circle; Saint Robert, MO 65584. Registration opens at 6:30am and will remain open until 12:00 noon. ALL participants must check-in at Lamb's Donuts. Participants will be issued a race number and will be provided a strip map to the staging/parking areas. Lamb's Donuts is located just outside of the Fort Leonard Wood, MO Main Gate. See directs above to get to the Main Gate.
- Entry fee includes USAC insurance and MOBRA fee. Non-licensed riders must purchase a USAC one day license for \$10.00.

Questions?

- **Criterion** — Contact Paul Joyner at: 573-429-2272 (day or evening), joyner@fidnet.com. See the web site for information on registration, maps, profiles, etc: www.rollamultisportclub.org

2010 HELLBENDER ROAD RACE – STAGE 2

NEWBURG, MISSOURI MAY 16, 2010



WWW.ROLLAMULTISPORTCLUB.ORG
MAP, PROFILE, PICTURES, MORE INFORMATION

PRE-REGISTRATION AT [HTTPS://STLBIKING.COM/GO/HOME](https://stlbiking.com/go/home)

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□ **REGISTRATION OPENS FEBRUARY 25, 2010**

□ ON LINE REGISTRATION CLOSING MONDAY, MAY 10 AT 6:00 PM CST
“HELD UNDER USA CYCLING EVENT PERMIT”

Category	Start	Distance/Laps	Awards/Places	Fee [†] see below
Men 1, 2	10:00	70/2	180/3*	pre:\$35/\$45 race day
Men 3	10:10	70/2	100/3*	pre:\$35/\$45 race day
Master Men 40+	10:15	70/2	100/3*	pre:\$35/\$45 race day
Master Men 50+	10:20	70/2	100/3*	pre:\$35/\$45 race day
Men 4/5	10:25	70/2	100/3*	pre:\$35/\$45 race day
Women 1, 2, 3	10:30	70/2	100/3*	pre:\$35/\$45 race day
Men 5 ⁴	10:35	35/1	Medals/5*	pre:\$35/\$45 race day
Women 40+	10:40	35/1	100/3*	pre:\$35/\$45 race day
Women 4	10:45	35/1	Medals/5*	pre:\$35/\$45 race day
Juniors ^{1, 2, 3}	10:45	35/1 ⁵	Medals/5*	pre:\$35/\$45 race day

¹ Junior gear restrictions apply ² Juniors will be categorized: 10/14 Males and Females, 15/18 Females, 15/18 Males ³Some Junior categories may be run together – they will be scored separately ⁴Field limited to 50 riders ⁵ Junior distances will comply to USA Cycling guidelines where practical. Some age groups will have another start location – ALL participants race to the same finish line. *Award ceremony in yard next to the Houston House 15 minutes after standings are official. If you can not participate in the awards ceremony arrangement must be made with the promoter to receive them at a later time. The excitement, color, and spectacle of the day is important to our host city – show them you appreciate their support by participating in the ceremony. All plans (except date) are subject to change

Course

- **Road Race** - A 35 mile clockwise loop starting in Newburg on quiet, scenic rural roads through the Mark Twain National Forest, traversing the Big and Little Piney River watersheds. The most scenic and challenging road course in the state
[http://rollamultisportclub.org/Hellbender_Road_Race_\(May2010\).pdf](http://rollamultisportclub.org/Hellbender_Road_Race_(May2010).pdf).

Directions

- **Newburg, Missouri:** Exit #179 at Doolittle on I-44. Travel south 3 miles on Highway T to the railroad tracks in Newburg.

Registration[†]

- **Pre-registration:** [HTTPS://STLBIKING.COM/GO/HOME](https://stlbiking.com/go/home)
- **Race day registration:** At the Houston House at 8:00 in Newburg
- Entry fee includes USAC insurance and MOBRA fee. Non-licensed riders must purchase a USAC one day license for \$10.00.
- **Free post-race showers** courtesy of the Rolla Recreation Centre – drive home clean! Or, take a dip in the Little Piney River.

Questions?

- **Road Race** — Contact Paul Joyner at: 573-429-2272 (day or evening), joyner@fidnet.com. See the web site for information on registration, maps, profiles, etc: www.rollamultisportclub.org

Welcome to the 2010 Hellbender Road Race

The Race director, staff, and volunteers are excited about bringing you the 2010 Hellbender-Road Race. While partnering with Morale, Welfare, and Recreation (MWR) on Fort Leonard Wood, we have been able to add a criterium the day before the most scenic and challenging road course in the state. In an effort to bring the families, racers, and spectators the best two days of racing we have hired Ultramax Timing for results and timing.

Hellbender Event Hotel

Baymont Inn and Suites Rolla 1801 Martin Springs Drive Rolla, MO 65401 (573) 364-7000	Baymont Inn and Suites Fort Leonard Wood/Saint Robert 139 Carmel Valley Way Saint Robert, MO 65584 (573) 3336-5050	Hampton Inn Saint Robert/Fort Leonard Wood 103 Saint Robert Boulevard Saint Robert, MO 65584 (573) 336-3355
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Registration Fees

Pre-registration is \$35.00 an event or \$65.00 if register for both. (Pre-registration link)

Race day registration is \$45.00 an event or \$85.00 if you register for both.

\$4,100 in Cash/Prizes

The prize list will be distributed based on the rider's final overall cumulative time on individual stage placing based on the tables below. All prizes must be picked up prior to leaving the race venue or arrangements must be made with the promoter to receive them at a later time.

Stage Prize Money - Criterium and Road Race

Winner receives bottle of wine (or grape juice) and medal.

Place	Men 1, 2	Men 3	Men 4 & 5	Men 5	W 1, 2, 3	Women 40+	Men 40+	Men 50+	Women 4	Juniors*
1	75.00	50.00	50.00	Medals	50.00	50.00	50.00	50.00	Medals	Medals
2	60.00	30.00	30.00	Medals	30.00	30.00	30.00	30.00	Medals	Medals
3	45.00	20.00	20.00	Medals	20.00	20.00	20.00	20.00	Medals	Medals
4				Medals					Medals	Medals
5				Medals					Medals	Medals

*Road Race Only

GENERAL CLASSIFICATION PRIZE MONEY*

Place	Men 1, 2	Men 3	Men 4 & 5	Men 5	W 1, 2, 3	Women 40+	Men 40+	Men 50+	Women 4
1	280.00	160.00	110.00	Medals	145.00	145.00	145.00	145.00	Medals
2	140.00	80.00	55.00	Medals	72.50	72.50	72.50	72.50	Medals
3	93.33	53.33	36.67	Medals	48.33	48.33	48.33	48.33	Medals
4	70.00	40.00	27.50	Medals	36.25	36.25	36.25	36.25	Medals
5	56.00	32.00	22.00	Medals	29.00	29.00	29.00	29.00	Medals

*In addition to prize money the Top three winners receive bottle of wine (or grape juice) and medal