

Flagstaff Frenzy presented by Absolute Bikes

May 11, 2019

● Green (4-miles) Junior ■ Blue (8-miles) Short ▲ Red (20-miles) Long

Last updated:  
1/27/2019 8:00 PM

Wave 1		Awards 12:00		
8:30	Elite Men	1 ▲ 1 ■	A	
	Expert Men Open	1 ▲ 1 ■	B	
	Expert Men 17-18	1 ▲	C	
	Expert Men 15-16	1 ▲	D	
8:33	Expert Men 45+	1 ▲	E	
8:36	Expert Single Speed Men	1 ▲	S	
8:39	All Marathon*	2 ▲	M	
8:42	Intermediate Men 17-18	1 ▲	G	
8:45	Intermediate Men 15-16		H	
8:48	Intermediate Men 19-29		I	
8:51	Intermediate Men 30-39		J	
8:54	Intermediate Men 40-49		K	
8:57	Intermediate Men 50+		L	
9:00	Intermediate Single Speed Men		N	
	Intermediate Single Speed Men 45+		O	
9:03	Master's Men 60+		Q	
9:06	Plus Bike Men		P	
9:09	Rock Crusher Men	R		
Wave 2		Awards 1:00		
10:30	Beginner Men 19-29	1 ● 1 ■	2A	
10:33	Beginner Men 30-39		2B	
10:36	Beginner Men 40-49		2C	
10:39	Beginner Men 50+		2D	
10:42	Beginner Men 60+		2E	
10:45	Beginner Men 17-18		2F	
10:48	Beginner Men 15-16		2G	
10:51	First Time Men		F	
Wave 3			Awards 2:30	
11:30	Elite Women		1 ▲	3A
	Expert Women Open	3B		
	Expert Women 17-18	3C		
	Expert Women 15-16	3D		
	Expert Women 45+	3E		
	Expert Single Speed Women	S		
11:33	Intermediate Women 17-18	2 ■	3F	
	Intermediate Women 15-16		3G	
11:36	Intermediate Women 19-29		3H	
	Intermediate Women 30-39		3I	
11:39	Intermediate Women 40-49		3J	
	Intermediate Women 50+		3K	
11:42	Intermediate Single Speed Women		3L	
	Intermediate Single Speed Women 45+		3M	
	Plus Bike Women		P	
11:45	Beginner Women 17-18		1 ■ 1 ●	3N
	Beginner Women 15-16	3O		
11:48	Beginner Women 19-29	3P		
	Beginner Women 30-39	3Q		
	Beginner Women 40-49	3R		
11:51	Beginner Women 50+	3S		
	First Time Women	F		
Wave 4		Awards 3:00		
1:30	Junior Boys 13-14	3 ●	4A	
1:32	Junior Girls 13-14		4B	
1:34	Junior Boys 11-12	2 ●	4C	
1:36	Junior Girls 11-12		4D	
1:38	Junior Boys 9-10		4E	
2:30	Junior Girls 9-10		4F	
2:32	Junior Boys/Girls 6-8		1 ●	

\* Marathon - after completing two red loops go to finish.