

McDowell Meltdown presented by Grease Monkey

SATURDAY January 9, 2021

■ Blue (10-miles) Sport > Tech > Long ▲ Black (5.5-miles) Sport/Tech ▲ Red (33-miles)

Start Time	Category	Laps	
8:30	Marathon Men Open A	1 ▲ 1 ■	No Leg Marking
8:33	Marathon Men Open B		
8:36	Marathon Men 45+ A		
8:39	Marathon Men 45+ B		
8:42	Marathon Men Single Speed		
8:45	ALL Marathon Women (Open / 45+ / SS)		
9:00	Elite Men	4 ▲	
9:03	Expert Men 15-16 / 17-18		
9:06	Expert Men 19-29 / 30-39		
9:09	Expert Men 40-49 / 50+		
9:12	Expert Single Speed Men / 45+		
9:15	Elite Women	3 ▲	
9:18	Expert Women 15-16 / 17-18		
	Expert Women 19-29 / 30-39 / 40-49 / 50+		
10:30	Intermediate Men 15-16 A	2 ■	
10:33	Intermediate Men 15-16 B		
10:36	Intermediate Men 17-18		
10:39	Intermediate Men 19-29		
10:42	Intermediate Men 30-39		
10:45	Intermediate Men 40-49 A		
10:48	Intermediate Men 40-49 B		
10:51	Intermediate Men 50-59 A		
10:54	Intermediate Men 50-59 B		
10:57	Intermediate Single Speed Men / 45+		
11:00	Intermediate Boys 13-14		
11:03	Master's Men 60-69 / 70+		
11:06	Rock Crusher Men		
11:09	Plus Bike Men		

* Marathon 3.5-hr cutoff. Must cross finish line before 3.5-hrs in order to go out for another lap.