

McDowell Frenzy presented by Absolute Bikes

SATURDAY May 6, 2023

● Green (4-miles) ■ Blue (12-miles)

Start Time	Category	Laps	Leg Marking	Awards
Wave 1 Start in Venue @ NW end of 4 Peaks lot				
7:30	Junior Boys 13-14	3 ●	1	10:00
7:31	Junior Boys 11-12	2 ●	2	
7:32	Junior Girls 13-14	3 ●	3	
7:33	Junior Girls 11-12	2 ●	4	
7:34	Junior Boys 9-10		5	
7:35	Junior Girls 9-10	2 ●	6	
Wave 2 Start @ Sport Loop in Competitive track parking lot				
8:00	Junior Boys / Girls 6-8	1 Sport Loop	A / B	10:00
Wave 3 9:00 AM Start on Pavement *				
Corral 1	Elite Men	2 ■	A	12:30
	Expert Men 15-16 / 17-18 / 19-29 / 30-39		B / C / D / E	
	Expert Men 40-49 / 50+		F / G	
	Expert Single Speed Men / 45+		S / +	
	Marathon Men (Open / 45+ / SS)	3 ■	1 / 2 / 3	
Corral 2	Elite Women	2 ■	G	
	Expert Women 15-16 / 17-18		H / I	
	Expert Women 19-29 / 30-39 / 40-49 / 50+		J / K / L / M	
	Marathon Women (Open / 45+ / SS)	3 ■	4 / 5 / 6	
Corral 3	Intermediate Men 15-16	1 ■	AA	
	Intermediate Men 17-18		BB	
	Intermediate Men 19-29		CC	
	Intermediate Men 30-39		DD	
	Intermediate Men 40-49		EE	
	Intermediate Men 50-59		GG	
	Master's Men 60-69 / 70+		HH / II	
	Intermediate Boys 13-14		JJ	
	Intermediate Single Speed Men / 45+		SS / ++	
	Rock Crusher Men		R	
	Plus Bike Men		P	
Corral 4	Intermediate Women 13-14	1 ■	WA	12:00
	Intermediate Women 15-16		WB	
	Intermediate Women 17-18 / 19-29		WC / WD	
	Women Single Speed		WS	
	Intermediate Women 30-39 / 40-49 / 50-59 Master's Women 60+ / Plus Bike Women / Athena		WE / WF / WG WH / WP / AA	
Corral 5	Beginner Men 15-16 / 17-18	1 ■	K / L	11:30
	Beginner Men 19-29		M	
	Beginner Men 30-39		N	
	Beginner Men 40-49		O	
	Beginner Men 50-59 / 60+ First Time Men		T / U F1	
Corral 6	Beginner Women 15-16 / 17-18 / 19-29	1 ■	V / W / X	11:30
	Beginner Women 30-39 / 40-49 / 50+		Y / Z / BB	
	First Time Women		F2	

* Wave 3 will begin on McDowell Mountain Park Dr. at the Four Peaks/Comp Lot intersection for a 4-mile prologue lap. Beginning up the paved road, turning right onto Pemberton, then right onto Shallmo.