

McDowell Meltdown presented by Grease Monkey

January 13, 2024

● Green (3-miles) Sport ■ Blue (10-miles) Sport > Tech > Long ▲ Black (12-miles) Sport then Tech then Long ▲ Red (33-miles)

Start Time	Category	Laps	Leg Marking	Awards
Wave 1				
8:30	Marathon Men (Open / 45+ / SS) *	1▲ 1■	1 / 2 / 3	12:40
8:33	Marathon Women (Open / 45+) *		4 / 5	
Wave 2				
8:40	Elite Men (Pro)	1▲ 1■	A	11:00
	Expert Men 15-16 / 17-18	1▲ 1●	B / C	
8:43	Expert Men 19-39 / 40-49 / 50+	1▲ 1■	D / E / F	
8:45	Expert Men Single Speed		S	
8:50	Elite Women (Pro)	1▲ 1●	G	
	Expert Women 15-16 / 17-18	1▲	H / I	
	Expert Women 19-39 / 40-49 / 50+	1▲ 1●	J / K / L	
Wave 3				
10:00	E-Bike Men/Women	2■	Y / Z	1:30
10:02	Intermediate Men 13-14	1■ 1●	A	
10:04	Intermediate Men 15-16		B	
10:06	Intermediate Men 17-18		C	
10:08	Intermediate Men 19-39		D	
10:10	Intermediate Men 40-49	E		
10:12	Intermediate Men 50-59	2■	F	
10:14	Intermediate Men 60-69 / 70+		G / H	
10:16	Intermediate Men Single Speed		I	
10:18	Rock Crusher Men (200+ lbs)		R	
Wave 4				
11:30	Beginner Men 15-16	1■	A	2:30
11:33	Beginner Men 17-18		B	
11:36	First Timer Men		C	
Wave 5				
11:45	Beginner Men 19-39	1● 1■	D	
11:48	Beginner Men 40-49		E	
11:51	Beginner Men 50-59		F	
11:54	Beginner Men 60+		G	
Free Kid's Race (6 & Under) 12:30 PM				
Wave 6				
1:00	Beginner Women 15-16 / 17-18 / 19-39 Beginner Women 40-49 / 50+ First Time Women	1■	A / B / C D / E F	3:30
1:10	Intermediate Women 13-14	1● 1■	G	
1:13	Intermediate Women 15-16 / 17-18		H / I	
1:16	Women Single Speed Intermediate Women 19-39 / 40-49 Intermediate Women 50-59 / 60+ Athena Women (165+ lbs)		S J / K L / M W	
Wave 7				
2:00	Junior Boys 13-14	3●	1	4:00
2:02	Junior Boys 11-12	2●	2	
2:04	Junior Girls 13-14	3●	3	
2:06	Junior Girls 11-12	2●	4	
2:08	Junior Boys 9-10		5	
Wave 8				
3:00	Junior Girls 9-10	2●	6	4:00
3:02	Junior Boys / Girls 6-8	1●	7 / 8	

* Marathon must complete red loop in 3.5-hrs in order to go out for blue lap.