

LADYS AND GENTALMEN, BOYS AND GIRLS



TUESDAY NIGHT CYCLOCROSS!!!

**COME SUFFER IN THE MUD & COLD
ROADIES AND MTB FOLK UNITE!!!**

**WE'LL KNOCK OUR ANAEROBIC THRESHOLDS FOR A LOOP!
MOUNTAIN, CROSS OR EVEN SINGLE SPEEDS!
NO THIS IS NOT A SANCTIONED RACE - NO BARRICADES**

WHEN: TUESDAY NIGHTS, STARTING **OCTOBER 7TH**

DEPARTURE TIME: 6:00PM

MEET AT: WASHINGTON PARK [NEAR INTERSECTION OF PARK STREET
& SOUTH GRAND AVENUE ... BY THE WEE LITTLE PARK BENCH]

**COURSE: 'CHURCH' TRAILS, 'LAKE' TRAILS, LINCOLN
PARK... BASED ON GROUND CONDITIONS**

REMEMBER: LIGHTS HIGHLY RECOMMENDED!!!!

DON'T FORGET YOUR TIRE REPAIR KIT!

FOR INFORMATION CALL JEFF WILLEMVANHUFFELPOPPEN - 217-546-8819