

2010 SouthWest Idaho Cycling Association  
Criterium Training Series At *Expo-Idaho*  
(Glenwood Street south of Hawks Stadium)

Presented in Cooperation with

Team FCA (5/4-5/11-5/18)  
Team ICO (5/25-6/1-6/8)  
Team BobsBicycles.com (6/15-7/6-7/13)

*(\$10 Learn to Race/Upgrade Clinics at the Fairgrounds Thursday Nights May 6 & May 13  
Special Learn to Race Tuesday June 29-Details to come)*

\$8 a race, \$5 for the second race on any given night  
(*You must be in one of the categories in a flight to race in that flight*)  
Unlimited **season pass** for all races for which the racer is eligible is \$50 and  
available at Sportsbaseonline ONLY until 5/17/10. (\$3.50 service fee added)

Day-of Registration ONLY for nightly races-starts at 5:15  
(*Race duration and start times are approximate and subject to adjustment on-site by the Chief Referee*)

**A-Flight**

Men Cat 3 - Master Men 35+A (1/2/3) - Men Pro 1/2  
Start 8 pm  
50 minutes

**B-Flight**

- Women Cat 1/2/3 - Master Men 35+B (3/4/5) - Men Cat 4  
Start 7:15  
40 minutes

**C-Flight**

Master Men 45+B - Master Men 55+  
Start 6:40  
30 minutes

**D-Flight**

All Juniors - Women Cat 3-4  
Start 6:15 pm  
20 minutes

**E-Flight** (*new in 2010*)

Men Cat 5 - **New Racers**  
Start 5:45  
25 minutes

These are race together/score together races. SWICA points are awarded to the racer in his SWICA category for his overall finish position as if the race was a single category. Series champions will be tracked using SWICA BAR Series points.

For more information contact idahobikeracing@yahoo.com

USACycling permits # 2010- pending