

## STONY CREEK METROPARK

Stony Creek Park is North of Utica & East of Rochester, Michigan.

**To get to the park:** Take M-59 to M-53 and go north to 26 Mile Road. Go west on 26 Mile Rd past Mound Road and follow the signs to the left into the park. **OR ALTERNATELY**, You can take M-59 to Dequindre Rd and go north to 25 Mile Rd (Runyan Rd). Turn right (east) on 25 Mile and go about 1 mile to Shelby Rd. Turn Left (north) and follow the signs into the park.

**Park Info:** The trail system for mountain biking includes some less technical, and some very challenging sections. If you have not experienced these trails yet, come on out! (Park Office: 586/781-4242)

**Park entry is \$4 per car** on race day, or an annual permit is \$20.

### COURSE INFORMATION

The race course is approx. 6-1/2 miles of exciting single-track and two-track trails. It has challenging hills, technical single track, fast flats and lots of FUN! Trails are open to mountain bikes daily...

Elite Men racers	→ 5 loops	10:00a
Expert racers	→ 4 loops (Men & Women)	10:00a
Sport / SS / Tand racers	→ 3 loops (Men & Women)	12:30p
14-Under Begnr.	→ 1 loop (Men & Women)	2:30p
All other Begnr.	→ 2 loops (Men & Women)	2:30p

NOTE: Number of Laps and Lap Distance may change based on trail conditions.  
*The KIDS race will be on a special short loop at 1:00 pm.*

### ENTRY FEE & REGISTRATION

**Registration & Number Pick-up: 8:30am to 1/2 hr before each race.**

Pre-registration **Post-Marked by 8/8:** \$25 **After 8/8:** \$30

14-Un Categories: \$10 2nd Race Category \$10 Kids Race is FREE!

**FIRST TIME RACER SPECIAL (No Expert or Elite): \$10 for this event!**

Register ON-LINE at: [www.tailwind.net](http://www.tailwind.net) - OR - [www.BikeReg.com](http://www.BikeReg.com)

On-Line registration closes 11:45 pm Thursday, August 11

All racers must sign a waiver at registration. Racers under the age of 18 must have the waiver signed by a parent or legal guardian.

**HELMETS ARE REQUIRED FOR ALL EVENT PARTICIPATION!!!**

**This XC Race is held under NORBA rules.** Annual NORBA License REQUIRED ONLY FOR ELITE AND EXPERT Classes. **Sport & Beginner Classes DO NOT** require any special Licensing or fees.

NORBA licenses may be purchased at this event.

### 9 MTB CLINIC SATURDAY- 2:00p 8

**Kelli Emmett**, well known Michigander and NORBA Pro Women racer riding for **Ford/Specialized** is teaming up with Terry Ritter (USA Cycling Expert Coach) to host a Training and Skills Clinic at Stony on Saturday the 13th! The clinic is open to all, *Free of Charge*, and includes segments about Training, On Course Skills, Race Nutrition, and Race Strategy. This clinic is brought to you by the **Ford/Specialized Racing Team**, **Full Potential Training Services**, and **Tailwind Enterprises**. **DON'T PASS IT UP!** Kelli Emmett is a Carmichael Training System Coach, and the Clinic will take place out of the West Branch-C Pavilion starting at 2:00p.

Ford NORBA Series #7 of 8 — Stony Creek Cross Country — August 14, 2005

Stony Creek MetroPark — Shelby Township, Michigan

**PAINT CREEK BICYCLES in Lake Orion is the Bike Shop Sponsor**

Race Info: [www.tailwind.net](http://www.tailwind.net) - E-mail: [tailwind@tir.com](mailto:tailwind@tir.com) - 248/634 -6178

## 2005 FORD MOUNTAIN BIKE SERIES STONY CREEK XC RACE INFO.

2005 NORBA Michigan State Championship Series  
Race #7 of 8 — August 14, 2005  
Stony Creek MetroPark  
Shelby Township, Michigan

### RESULTS & SCORING

Results available at the race, and posted on-line at: [www.tailwind.net](http://www.tailwind.net)  
**Ford NORBA State Championship XC Series** will tabulate best 5 point scores out of the 8 Series events to determine Overall Series Placing.

### AWARDS

#### Prize Money and Awards:

Elite Men \$660 – 1<sup>st</sup> \$200, 2<sup>nd</sup> \$150, 3<sup>rd</sup> \$100, 4<sup>th</sup> \$75, 5<sup>th</sup> \$60, 6<sup>th</sup> \$45, 7<sup>th</sup> \$30  
Expert/Elite Women \$350 – 1<sup>st</sup> \$125, 2<sup>nd</sup> \$90, 3<sup>rd</sup> \$60, 4<sup>th</sup> \$45, 5<sup>th</sup> \$30  
All other classes will award Medals to Top 5 Finishers.

*Special KIDS Drawing for cool Louis Garneau items after the KIDS RACE!*

– COMPLIMENTS OF LOUIS GARNEAU USA –

Award Presentation: Elite/Expert Classes 1:15p  
Sport /Tandem/Single Speed Classes 3:30p Begnr Classes 4:30p  
Kids Race Awards & Prize Drawing at their Finish Line  
(Note: Award presentation times may vary based on category finish times.)

### 999 SPECIAL NOTICE 888

#### MIDWEST MOUNTAIN BIKE REGIONAL INVITATIONAL

**Ford-NORBA Overall Series Champion in each Category/Age Group receives an Invitation & Free Entry into the Iceman Cometh Challenge Nov 5 to compete in the First Mountain Bike Regional Invitational for the Midwest! This Regional event will be based on Iceman finishes, and the racers from Michigan, Indiana, Ohio, Wisconsin & Illinois will compete for Top Regional Honors.**

### PRIZE DRAWINGS

You must be present to win, and all who register to race are eligible.  
**Please Fill out a card and drop it in the "Prize Mail Box" at registration.**

### THANKS

THANK-YOU's go to all of the volunteers who help make this event run smoothly, and of course to all of our sponsors. Special thanks go to **PAINT CREEK BICYCLES** in Lake Orion for their gracious support, and to **Whole Foods Market** for their great tasting foods and samplings at this event!