



**2013  
May 4-5th**

**\$9,000  
prize purse**

PRESENTED BY



**FFC**  
Fit Families for Cenla



Held Under USACyclingEvent  
Permit (LCCS EVENT)

**Overall Winners**

Category	Entry Fees	Place/Prize
Sr 1/2/3	\$75	10/\$3500
Masters 40+	\$75	10/\$1000
Masters 55+	\$75	8/\$800
Sr. 4	\$75	10/\$1150
Women Open	\$75	8/\$1000
Women Cat 4	\$75	3/bike gear
Sr 5	\$75	3/bike gear
Juniors	\$15	5/bike gear

**TEAM BONUS:** \$1,000 Team bonus will be awarded to the team with the most LAMBRA points accrued over the weekend. (S3 RACING TEAM IS NOT IN CONTENTION FOR THIS AWARD)

**Racing Rapides 2013 Stage Race**

May 4-5 | Alexandria, La

**\$9,000 Total Prize list\***

\* Prize list will be reduced by 5% for every 10 riders below 175.  
(i.e. 165 riders = \$8,550)

\*\* Masters 40+ Cat 1-4 only

\*\*\*Cat 4 Women racing with Juniors will not be eligible for LCCS pts.

Road Race	start	cat	distance
Sat, May 4	8:00am	1/2/3	85 miles
	8:05am	Masters 40+/55+**	65 miles
	9:05am	Sr 4	65 miles
	9:10am	Sr 5	65 miles
	9:15am	Women Open (1-4)	65 miles
	9:20am	Juniors/Women Cat 4***	20 miles

Time Trial	start	cat	distance
Sat, May 4	3:00pm	Juniors/Women Cat 4***	3 miles
		Masters 40+/55+**	3 miles
		Sr 4	3 miles
		Sr 5	3 miles
		Women Open (1-4)	3 miles
Sr 1/2/3	3 miles		

criterium	start	cat	distance
Sun, May 5	8:00am	Sr 5	30 min
	8:50am	Juniors	20 min
	9:30am	Women	30 min
	10:20am	Masters 40+/55+**	50 min
	11:20am	Sr. 4	50 min
	12:20pm	Sr 1/2/3	60 min

**Free Kids Race Sunday May 5.**

Fit Families for Cenla and S3 Racing Kid's Race. It's FREE; parents are welcome to participate with your children by following and encouraging them to the finish line, training wheels optional. Kids 12 and under are welcome! Goodie bags and finisher medals given to each participant as well as drawings for kids helmets.



- 5yr old and under 200 meter race starts at 10:05am. Immediately following the Women's race.
- 7yr old and under 400 meter race starts at 11:05am. Immediately following the Master's race.
- 9yr old and under, one lap of race course (.8 mile) at 12:05pm. Immediately following the Category 4 race.
- 10-15yr old beginner, two laps of race course starting at 12:10pm. Immediately following the Category 4 race.

**ONLINE REGISTRATION ONLY.**

Register at [www.usacycling.org](http://www.usacycling.org) Registration is \$75.

Registration will close online May 3rd at 12 noon.

PACKET PICK-UP-Friday, May 3rd from 5pm-8pm at Academy Sports.

