

**2010 Olympia Cycling Extravaganza**  
**Saturday, June 26— Washington State Master's Criterium Championships**  
**Sunday, June 27—Two County Double Metric Century Ride and/or**  
**Boston Harbor Circuit Race**

*Options Abound! You're sure to get your fill of cycling in one action packed weekend in Olympia.*  
*Enjoy championship cycling on Saturday, watching the State's best racers go pedal to pedal on the beautiful Capitol Campus.*  
*Sunday, test your own mettle on one of 5 scenic routes through rural Thurston and Lewis Counties in the*  
*Two County Double Metric Century Ride. Choose a short route and watch the Boston Harbor Races afterwards,*  
*or spend the entire day on your own bike, setting a new personal best or just watching the miles roll by.*

**The Capitol Criterium  
 & Boston Harbor Circuit Race**

Presented by  
**Olympia Orthopaedic Associates Cycling Team**

**2010 Capitol Criterium and Washington State Masters Criterium Championships.** This year's event, which is part of the LAJRS Junior Road Race Series, is also the last contest of the Washington Cup Series for Pro 1/2 men.

**Course Description:** Scenic, .7 mile technical course on the Capitol Campus with an uphill finish. Races range in length from 30 to 70 minutes with first race beginning at 9:00 AM

**Boston Harbor Circuit Race.** Six-mile loop with rolling hills. Races range from 24 to 42 miles long depending on category. First race begins at 9:00 AM.

**General Information:** Fees are \$25 day of race for all categories except Juniors (\$15) and kids (free) when applicable. USA Cycling license required to race. One-day license for Category 5 men and Category 4 women is \$10 and available at the ace. Racers in all other categories must have a USA Cycling annual license (\$60) which can be purchased prior to race day at [www.usacycling.org](http://www.usacycling.org).

**Registration:** Day of race registration for each event is available and closes 10 minutes before the start of each race. On-line registration at [www.bikereg.com](http://www.bikereg.com) is open now for the circuit race and will open in mid-May for the Criterium..

For more information, contact Erik Anderson @ [erik.o.anderson@gmail.com](mailto:erik.o.anderson@gmail.com)

ALL USA CYCLING RULES WILL BE ENFORCED.  
 ALL RIDERS MUST SIGN A WAIVER.  
 ALL RIDERS MUST WEAR AN APPROVED HELMET.  
 USA CYCLING PERMIT 2010-326

Note: Alcoholic beverages are NOT allowed on the State Capitol Campus.



**Two County  
 Double Metric Century**

Presented by  
**Capital Bicycling Club**

Beautiful riding on five different routes, from a family-friendly 20-miles to a grueling 200 K that will challenge experienced cyclists. Longer routes are excellent rides for cyclists training for RAMROD, one-day STP or RAPSODY.

Recreational riders can select a short flat 20 miler or work their way up in distance and difficulty with several routes to choose from.

Low Traffic Roads! Occasional Camel Sightings! Riders will enjoy a well-marked course with cue sheet and map, support vehicles, bike mechanics, rest stops on every loop, finish line welcome until 6:00 pm. \$1.00 per rider goes to support the Bicycle Alliance of Washington.

**Planned by cyclists for cyclists—  
 You won't believe the food at the rest stops!**

New Start Location at  
 Peter G. Schmidt Elementary School  
 225 Dennis Street, Tumwater, WA.

Early Bird Registration (before June 20)

Adults: \$23  
 Tandem Team: \$30  
 Families: \$35  
 Students/Seniors: \$10  
 (Add \$2.00 after June 20)

Day of the Ride registration open from  
 7:00 am to 1:00 pm.

(126 mile riders must register by 08:30 am)  
**APPROVED HELMETS ARE REQUIRED TO RIDE**

On-line registration and event details available at  
[www. Capitalbicyclingclub.org](http://www.Capitalbicyclingclub.org)

*Make a weekend of it!*

*Check [www.capitalbicyclingclub.org](http://www.capitalbicyclingclub.org) for hotel coupons and other discounts.*

