

ABSOLUTE BIKES presents - FLAGSTAFF FRENZY - May 13, 2017

20 miles (blue)

8 miles (red)

4 miles (green)

Start Time	Category	Loops	Leg Marking	Registration
Wave 1		Awards 12:30 pm		Opens at 7:15 AM and closes 30 min before your start
8:30	Elite Men	1 Blue, 1 Red	MP	
	Expert Junior Men 15-18	1 Blue	A	
	Expert Men Open	1 Blue, 1 Red	B	
8:33	Expert Men Masters 45+	1 Blue, 1 Red	C	
8:35	Expert Single Speed Men	1 Blue, 1 Red	S	
8:40	All Marathon*	2 Blue	M	
8:50	Elite Women	1 Blue	WP	
	Expert Junior Women 15-18		3A	
	Expert Women Open		3B	
	Expert Women Masters 45+		3C	
	Expert Women SS		WS	
9:00	Intermediate Junior Men 15-18		D	
9:03	Intermediate Men 19-29		E	
9:06	Intermediate Men 30-39		F	
9:09	Intermediate Men 40-49		G	
9:12	Intermediate Men 50+		H	
9:15	Intermediate SS Men		2S	
9:18	Rock Crusher Men		R	
	Master's Men 60+		J	
	Fat Bike Men	FT		
Wave 2		Awards 2:00 pm		
11:00	Beginner Junior Men 15-18	1 Red, 1 Green	2A	
11:03	Beginner Men 19-29		3B	
11:06	Beginner Men 30-39		2C	
11:09	Beginner Men 40-49		2D	
11:12	Beginner Men 50+		2E	
11:15	First Time Men		F	
11:18	Intermediate Junior Women 15-18		2G	
	Intermediate Women 19-29		2H	
11:20	Intermediate Women 30-39		2J	
	Intermediate Women 40-49		2K	
	Intermediate Women 50+		2L	
11:22	Intermediate Single Speed Women		2S	
	Fat Bike Women		FT	
11:24	Beginner Junior Women 15-18		2M	

11:24	Beginner Women 19-29		2N	
11:26	Beginner Women 30-39		2O	
	Beginner Women 40-49		2P	
11:28	Beginner Women 50+		2Q	
	First Time Women		F	
Wave 3			Awards 3:30 pm	
1:30	Junior Boys 13-14	3 Green	3A	
1:32	Junior Boys 11-12	2 Green	3B	
1:34	Junior Boys 9-10	2 Green	3C	
1:36	Junior Girls 13-14	3 Green	3D	
1:38	Junior Girls 11-12	2 Green	3E	
1:40	Junior Girls 9-10	2 Green	3F	
2:30	Junior Boys/Girls 6-8	1 Green		