

**ABSOLUTE BIKES presents - FLAGSTAFF FRENZY - May 13, 2017**

	20 miles (blue)	8 miles (red)	4 miles (green)		
Start Time	Category	Loops	Leg Marking	Registration	
<b>Wave 1</b>			<b>Awards 12:30 pm</b>	Opens at 7:15 AM and closes 30 min before your start	
8:30	Elite Men Expert Junior Men 15-18 Expert Men Open	1 Blue, 1 Red 1 Blue 1 Blue, 1 Red	MP A 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 Expert Junior Women 15-18 Expert Women Open Expert Women Masters 45+ Expert Women SS	1 Blue	WP 3A 3B 3C 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		
<b>Wave 2</b>			<b>Awards 2:00 pm</b>		
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			
11:22	Intermediate Women 50+	2L			
	Intermediate Single Speed Women	2S			
	Fat Bike Women	FT			
11:24	Beginner Junior Women 15-18	2M			
	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			
<b>Wave 3</b>			<b>Awards 3:30 pm</b>		
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			