



# CAPITAL CRITERIUM

PRESENTED BY THE  
WASHINGTON CONVENTION  
AND SPORTS AUTHORITY

SUNDAY, JULY 11TH 2010



## COME JOIN THE CYCLELIFE KIDS' SAFETY RACE!



**KIDS RACE FREE  
FREE HELMETS  
FOR ALL  
RIDERS**

### JOIN US JULY 11

CycleLife is proud to present the Kids' Safety Races at this year's Capital Criterium presented by the Washington Convention & Sports Authority.

### REGISTRATION

There will be four categories of races this year: 3 - 5, 6 - 7, 8 - 9, and 10 - 11. We'll be accepting 75 registrants for each race. Be sure to register online early at [sportsbaseonline.com](http://sportsbaseonline.com).

Race-day registration for kids races may still be available on site for races that are not yet full. The Registration / Check-in will open at 9:00 AM and will be located at the corner of 11th Street just north of Pennsylvania Avenue. On-site registration will close at 11. We expect a full race and early registration is highly recommended. **ALL RACE REGISTRANTS MUST CHECK IN AT THE REGISTRATION DESK AND MUST BE ACCOMPANIED BY A PARENT.**

### FREE HELMETS!

CycleLife is making sure they've got you covered with free cycling helmets for all registered kids racers. There will also be a free goodie bag.

### START TIMES

All of the kids races will take place before the pro event. Ages 3 - 5 and 6 - 7 will start at 11:40pm and 8 - 9 and 10 - 11 will start at 12:00pm. Awards immediately following the last kids race at the main stage.

### CATEGORIES & DISTANCES

There are four co-ed age groups. Age at the day of the race. Please NO licensed riders.

### 4 AGE CATEGORIES

**Ages 3 - 5:** Drag race from start point (11th street) to finish line. This group starts 1st. Race officials will walk the pack to the start line.

**Ages 6 - 7:** Drag race from start point (11th street) to finish line. This group starts 2nd. Race officials will walk the pack to the start line.

**Ages 8 - 9:** One lap from start/finish line. This group starts last. Roll to start line.

**Ages 10-11:** One lap from start/finish line. This group starts 3rd. Roll to start line.

Note: 8-9 & 10-11 age groups will be on the course at the same time. Older kids go first since they are a little faster. Once racers are finished, please clear the course.

### MEDALS & TROPHIES

1st place in each category will receive a trophy. Medals for 2nd through 5th place.

### OTHER KIDS' RACE INFO

For the 3-5 category, anything rideable or pushable with wheels is permissible, but no roller skates or skateboards. Non-motor scooters are allowed, as are tricycles, bikes with training wheels, trick bikes, kids bikes, regular bikes. No baby carriages.

**2 RULES**  
1) Keep that rubber on the road at all times.  
2) Have loads of fun!

### PRESENTING SPONSOR



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