

**25th Ann Arbor Spring Training Series**  
**Presented by**  
**Quick Release Event Promotions**

**Runway Plaza, Ann Arbor, MI**

**Racing Starts Sunday, March 29, 2009**  
**(Permitted by USA Cycling - pending)**

\* **Special Coaching Clinic 8:25 AM** each week for new racers

\* **Real “First Time” racers (at the STS) pay only the \$3 insurance surcharge for their first week and then subsequently pay \$15 per week for Coaching Clinic and C Race including the USA Cycling insurance surcharge.**

\* **FREE Junior Races and coaching with AAVC Coaches for riders 10 to 16.** (All Riders must pay \$3 USCF insurance surcharge and must have a parent or legal guardian sign the Standard Athletes Release prior to the event which starts following the A race each week.)

\***All riders must sign a 2009 USA Cycling Athletes Standard Entry and Release Form (you can download the form at [http://www.usacycling.org/forms/rider\\_release.pdf](http://www.usacycling.org/forms/rider_release.pdf)). Note: Remember all riders must sign a release form each week.**

**Race Times and Distances**

	<b>Coaching</b> 8:25 AM	<b>C Race</b> 9:00 AM	<b>B Race</b> 10:00 AM	<b>A Race</b> 11:00AM +	<b>Juniors</b> Noon +
March 29	varies	10 laps	25 laps	35 laps	varies
April 5	varies	15 laps	30 laps	40 laps	varies
April 19	varies	20 laps	35 laps	45 laps	varies
April 26	varies	25 laps	45 laps	50 laps	varies

**Fees** - (Including \$2 USCF Insurance surcharge – except free Junior participants.)

	<b>Per Event (A &amp; B)</b>	<b>Per Event (C/Jrs)</b>	<b>Ride a 2<sup>nd</sup> Event</b> (up category only)
AAVC Members	\$15	\$10 (Coaching Only, \$3)	\$5
Non-Members	\$20	\$15 (Coaching Only, \$5)	\$5

**Enter:** On line registration @ [www.sportsbaseonline.com](http://www.sportsbaseonline.com) – (we strongly recommend this method). Arrive at 8:00 AM on the day of the event, or mail a Standard Athletes Release Form and appropriate fees to:

Quick Release Event Promotions, Attn: Paul Alman, 642 Greenhills Drive, Ann Arbor, MI 48105

**Where (Go to Google Maps, enter “4721 Runway Blvd, Ann Arbor, MI”)**

Runway Plaza Workcenter. From I-94, exit State St. Go south approx. 1 mile. You will cross Ellsworth Rd. and the AA airport will be on your right. Turn left on Runway Blvd. and park. Walk to registration up the hill in Robertson Morrison building. Registration opens at 8:00 AM.

**Prize List/Categories**

As we have done in the past, there will be special prizes for the Spring Fling points leader in each race category. Points will be earned in the 4 races of the Ann Arbor STS and the 3 Flying Rhino races at Waterford Hills.

Notes: All riders must have either a 2009 annual license or complete a One-Day License application. Beginners or One-Day License holders will race in the “C” event, unless specified otherwise by the Chief Referee.

See [www.quickrelease.com/](http://www.quickrelease.com/) for further information, or call 734-775-1156.