



**Cross Country** →

Pedal for your life! Approximately 7 mile loop. Single track, fire roads, long steep climbs, technical downhills, rock gardens, ruts, switchbacks, drop-offs, broken glass, burnt out cars, shotgun shells, cadavers, zombies, vampires, all on hardpack, sand and mud (maybe).  
Laps :  
3 - Men's A  
2 - Men's B  
2 - Women's A

**4X / Mountain Cross** →

It's like bumper cars, but without the bumpers. Race against 3 other riders down a treacherously fun slope of convoluted paths for an adrenaline rush like no other. Expect to hear a few 'snap,' 'crackle,' and 'pops' from the wrist you broke last year. The reluctant rider will be eliminated. Can you blaze the trail till the end?

**Short Track XC** →

Feel the burn? Good. Approximately 1 mile loop through fire roads, moderately technical single-track with a mix of gradual and short steep climbs on hard-pack and sand.

**Downhill** →

Approximately 1.25 miles long. Mostly technical singletrack. Rock gardens, ruts, switchbacks, drop-offs, on hard-pack and sand. Single run format, 1 minute intervals. Don't forget to mind the apocalyptic Mad Max and his dystopic abyss while downhill, please.

**Saturday - 10/18**

- 7:30AM Registration Opens (XC and 4X only)  
Registration closes 15 min prior to event start time
- 9:00AM ■ XC begins
- 9:00AM Women's A
- 9:05AM Men's C/D
- 9:10AM Women's B/C
- 11:00AM Men's A
- 11:05AM Men's B
- 1:30PM 4X (Mount. Cross) practice
- 2:30PM DH practice allowed
- 3:00PM ■ 4X (Mount. Cross) begins

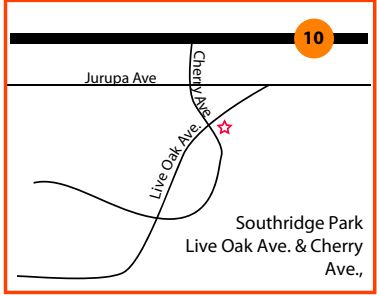
**Sunday - 10/19**

- 7:30AM Registration for STXC and DH
- 8:30AM ■ STXC begins
- 8:30AM Men's C/D 20 min + 2 laps
- 9:10AM Women's B/C 20 min + 2 laps
- 9:50AM Men's B 20 min + 2 laps
- 10:30AM Women's A 20 min + 2 laps
- 11:10AM Men's A 20 min + 2 laps
- 11:30AM DH practice allowed
- 1:30PM ■ DH begins  
Seperate kickbutt non sucky course for Men's A; others do powerpuff course



**\$15 per event**  
- or -  
**\$20 per day**  
+ day-licensing fees

**FREE CAMPING**  
Friday + Saturday  
**-NO-NO-NO-NO-NO-NO-**  
**Bum Hunting!**  
**Bonfires!**  
**Boozing!**  
**Biffing!**



From Pomona: 10 FWY East; take Cherry Ave exit south. Continue on Cherry Ave to Live Oak Ave, and make a left. Southridge park is about half a block down on the right past some tennis courts. Please look for signs.  
From San Diego: 15 FWY North to 10 FWY East; take Cherry Ave exit south. Continue on Cherry Ave to Live Oak Ave, and make a left. Southridge park is about half a block down on the right past some tennis courts. Please look for signs.

From Reno: 395 FWY South to 15 FWY South to 10 FWY East. take Cherry Ave exit south. Continue on Cherry Ave to Live Oak Ave, and make a left. Southridge park is about half a block down on the right past some tennis courts. Please look for signs.  
From Northern CA: 5 FWY South to 210 FWY East to 57 FWY South to 10FWY East. take Cherry Ave exit south. Continue on Cherry Ave to Live Oak Ave, and make a left. Southridge park is about half a block down on the right past some tennis courts. Please look for signs.