



# Murray State University CYCLING'S

## MWCCC XC/STXC/DS/DH EVENT

Saturday, Sept. 30 & Sunday, Oct. 1, 2006  
At Lake Barkley State Resort Park

Class	Start Time	Laps	Distance
<b>XC Sat. 9/30/06</b>			<b>Miles</b>
Men's A	11:00 a.m.	3	27
Men's B	9:00 a.m.	2	18
Women's A	9:05 a.m.	1	9
Men's C	9:15 a.m.	2	18
Women's B	9:20 a.m.	1	9
<b>DH Sat. 9/30/06</b>			<b>Finals</b>
ALL Riders			<b>3:00 p.m.!!</b>
<b>STXC Sun. 10/1/06</b>		<b>Plus</b>	<b>Minutes</b>
Men's A	10:45 a.m.	2	30
Men's B	10:00 a.m.	2	25
Men's C	9:30 a.m.	2	20
Women's A	10:00 a.m.	2	25
Women's B	9:30 a.m.	2	20
<b>DS Sun. 10/1/06</b>		<b>Qualifying</b>	<b>Finals Begin</b>
ALL Riders!		<b>8:00 a.m.!!</b>	<b>11:30 a.m.!!</b>
<b>DH Practice</b> Friday/Saturday morning. <b>DS Practice All</b> Day Saturday.			

### Course Descriptions:

#### XC

LBSRP offers a very diverse trail system consisting of 85% single track and 15% double track. This course implements lots of technical and steep power climbs which earn your respect. You'll find yourself being constantly challenged climb after climb with very little recovery. From lakeside single track to ridgeline rock gardens you're sure to experience mountain biking the way it was intended to be.

#### STXC

The short track is a rider favorite consisting of 50% open field and 50% single track. The course is very fast and flowing, one steep climb followed by some fast downhill single track that allows you to blast thru the field. This is a great course for a hard tail and very spectator friendly.

#### DS

DS is a traditional setup with dual lanes feeding into 1 large lane for finishing stretch. The course has been built up from last year making for bigger air and bigger spills.

#### DH

DH is not traditional; however, it does require skill to navigate quickly. The run is approx. 3 minutes long at top speed and utilizes the flow of the natural terrain, a few man made jumps mixed in with some natural features that make it a free riders playground. You can ride this run on any bike, but to be fast and hit the jumps a big rig is advantageous!

**Directions:** From Paducah continue East on I-24 ignoring signs for Murray State University until exit 65 Cadiz! If coming from WKY Parkway, take it until it merges with I-24 and travel East toward Nashville to Exit 65, and then pick up the following directions.

Make a right off the exit 65 ramp and follow hwy 68 west, you will notice signs for Lake Barkley State Resort Park just through the first stoplight. The 4 lanes will merge to two lanes and then it's about 10 miles to LBSRP. You can't miss the entrance due to a median and sign in the road. Make a right into the park and travel approx. 2.5 miles; you will pass through a 4-way intersection continuing straight. Atop the hill there will be a "Y" in the road, make a right and travel 2 miles down to the beach. This is where parking, registration, start/finish for all events will commence.

**Accommodations:** Lake Barkley State Park Resort Lodge at 270-924-1131, call now b/c it books up quick. The lodge is only 2 miles by road in the park or 2 miles by trail to the Start of the race. Holiday Inn Express 270-522-3700, Super 8 270-522-7007 both off exit 65 approx. 15 miles from the race. Camping is on a first come first serve basis and highly recommended plus the shower houses are nice and clean. The course runs right through the campground and it's only a 2-minute downhill ride to the beach/start/finish area. MSU along with other teams will be camping with some festive spirits weather permitting; all teams are welcome to join in!

**For More Information:** Jeff Viniard: [Jeffrey.viniard@murraystate.edu](mailto:Jeffrey.viniard@murraystate.edu), 502-553-3319; Jake Stone at [jacobkstone@hotmail.com](mailto:jacobkstone@hotmail.com)