



**THE MASS BAY ROAD CLUB
PRESENTS
THE 2010 WOMPATUCK TRAINING SERIES
WOMPATUCK STATE PARK
HINGHAM, MA**

Tuesday Evenings: April 20, 27 May 4, 11, 18, 25 June 1, 8, 15, 22 July 6, 13, 20, 27 August 3, 10, 17, 24, 31

ALL EVENTS WEATHER PERMITTING

General Information

EVENT	FIELD LIMIT	START	DISTANCE	ENTRY FEE *
PRO; USCF CAT 1-4 MEN AND WOMEN	100	6:15 **	32 mi	\$10.00

Registration Notes

* Entry fee includes \$3.00 USA Cycling insurance surcharge
** The race will start at 6:15 promptly. Late arrivals can join the race in progress
Open to category 4 and higher athletes
Registration opens at approximately 5:30
2010 Standard Athlete's Release Form required
Current USA Cycling license must be shown

USA Cycling permit pending

ALL USA CYCLING RULES APPLY

**All racers must wear helmets that satisfy the standards specified in the USA Cycling bylaws
Racers must wear their helmets at all times when on their bikes or be subject to a \$20 fine**

No tank tops; No flat / tri aero bars; No mountain bikes

DIRECTIONS

FROM BOSTON: Route 3 south to exit 14. Turn left at end of ramp and follow route 228 for approximately 3 ½ miles. Turn right onto Free Street and follow to park entrance (on right). Drive into the park approximately 2 miles (past Mt Blue Spring) and enter the next gate on the right. Please park only on the right side of the road per park regulations.

FROM CAPE COD: Route 3 north to exit 14. Turn right off ramp and follow instructions above.

For information call Tom Downey at 774 259-2515 or email at downey.50@gmail.com
<http://www.massbayroadclub.org>