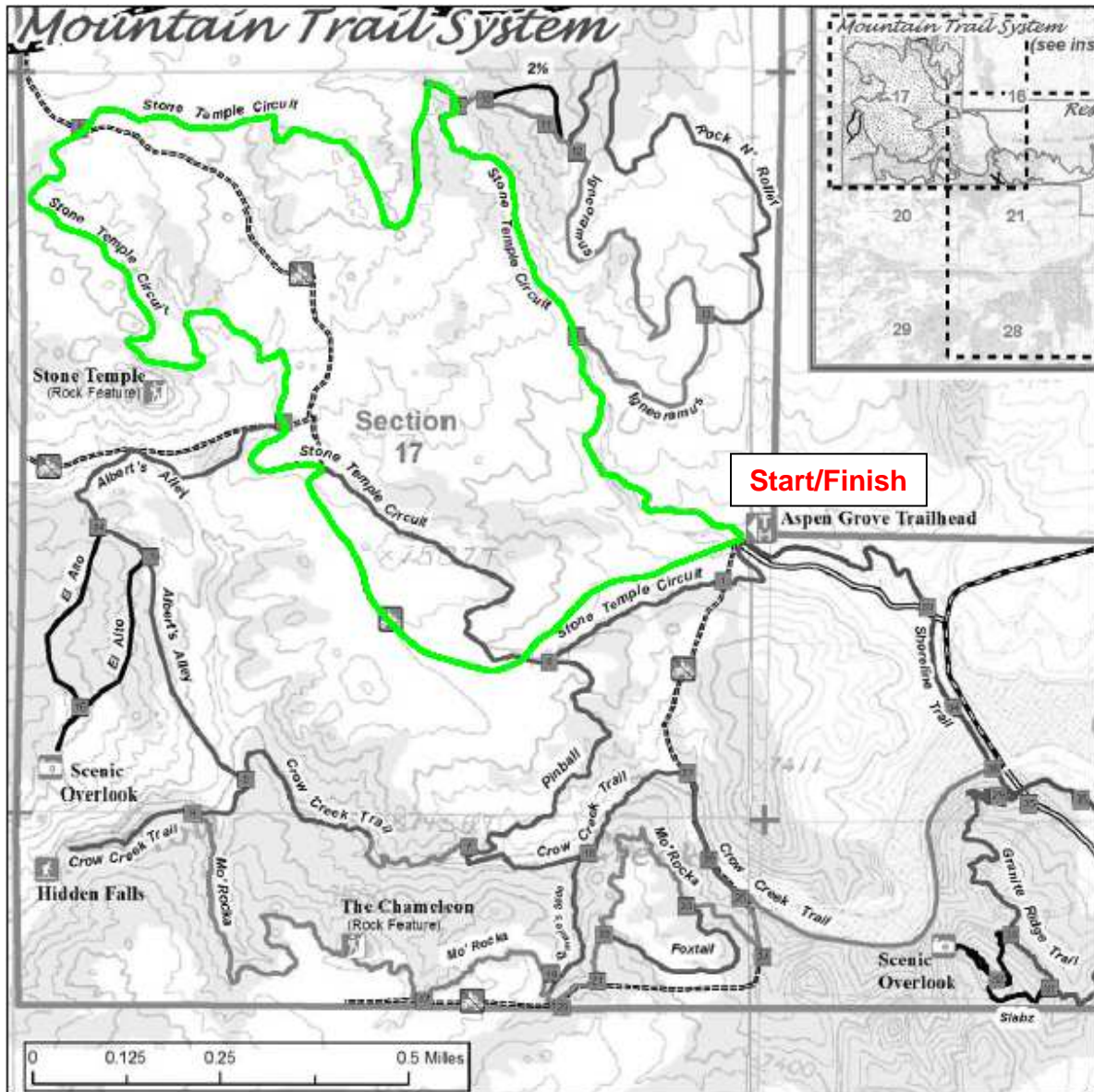


# Gowdy Grinder

Race course for Sport Women, all Beginners and all Juniors (under 15)

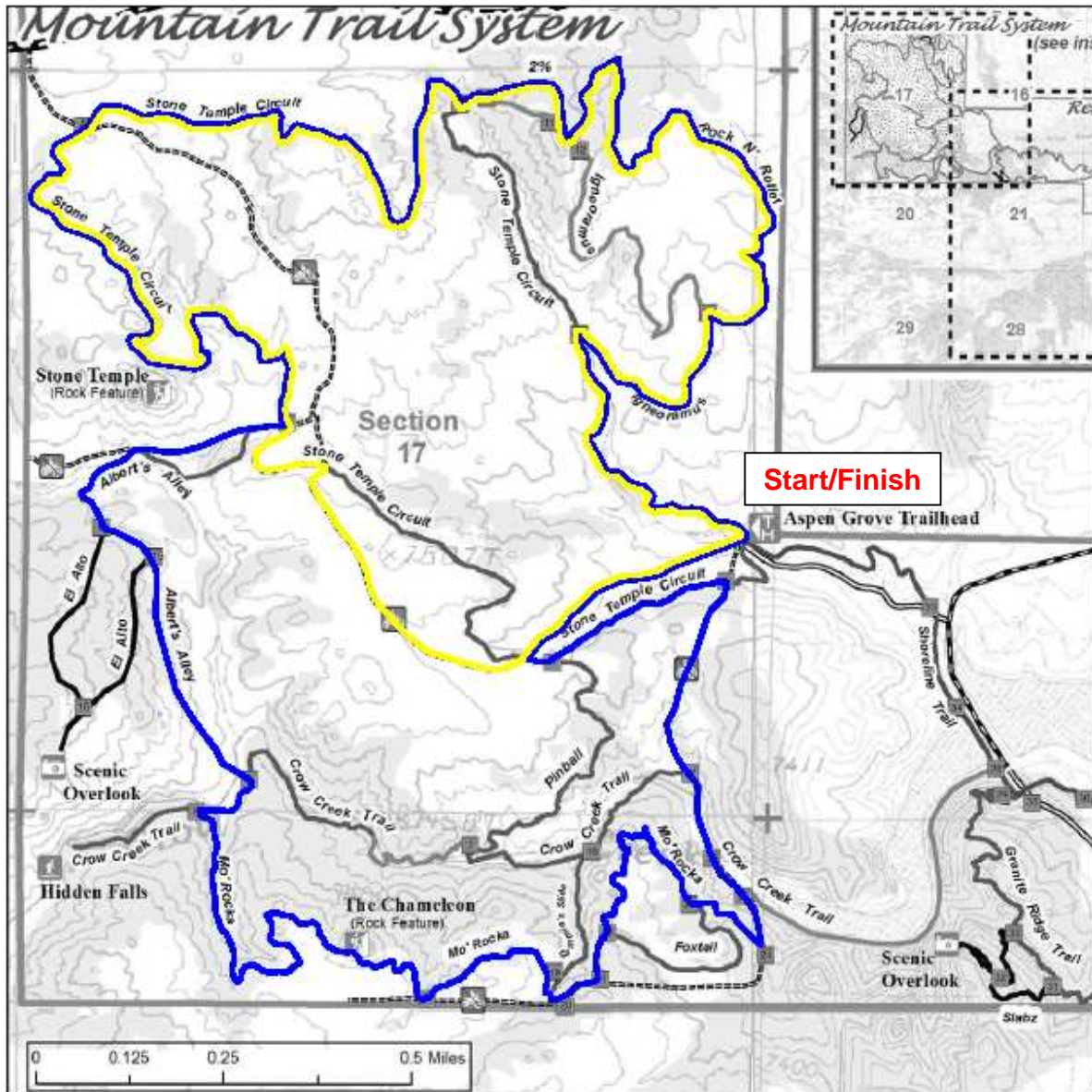


Category	Distance	Start Time
Sport Women	2 laps	9:30
Beginner Men	2 laps	9:35
Beginner Women/All Juniors (under 15)	1 lap	9:40

All courses run clockwise

# Gowdy Grinder

Race course for Sport Men and all Experts



Category	Distance	Start Time
Expert Women	1 yellow lap + 1 blue lap	11:30
Sport Men	1 yellow lap + 1 blue lap	11:35
Expert Men	2 blue laps	11:55

All courses run clockwise