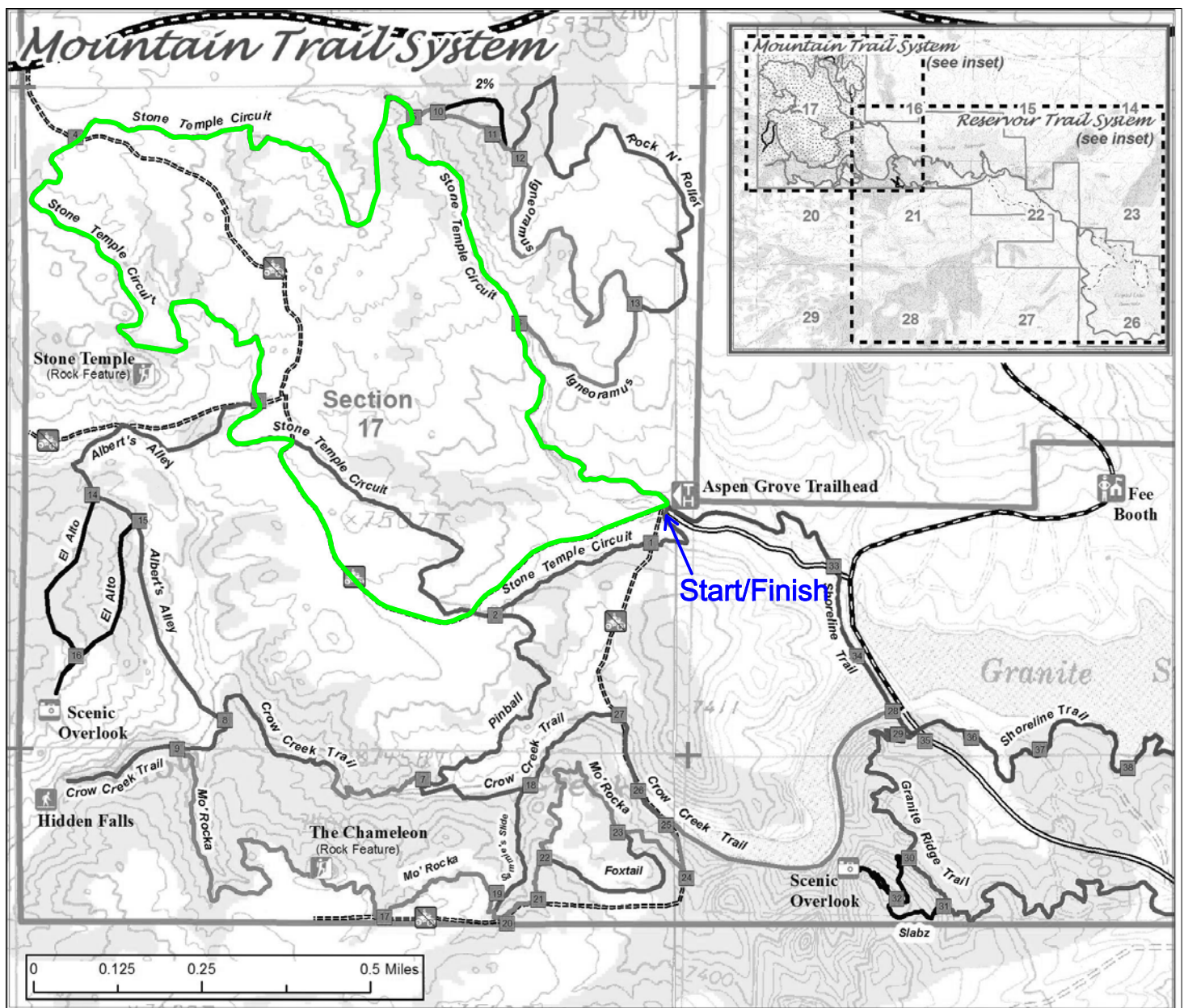
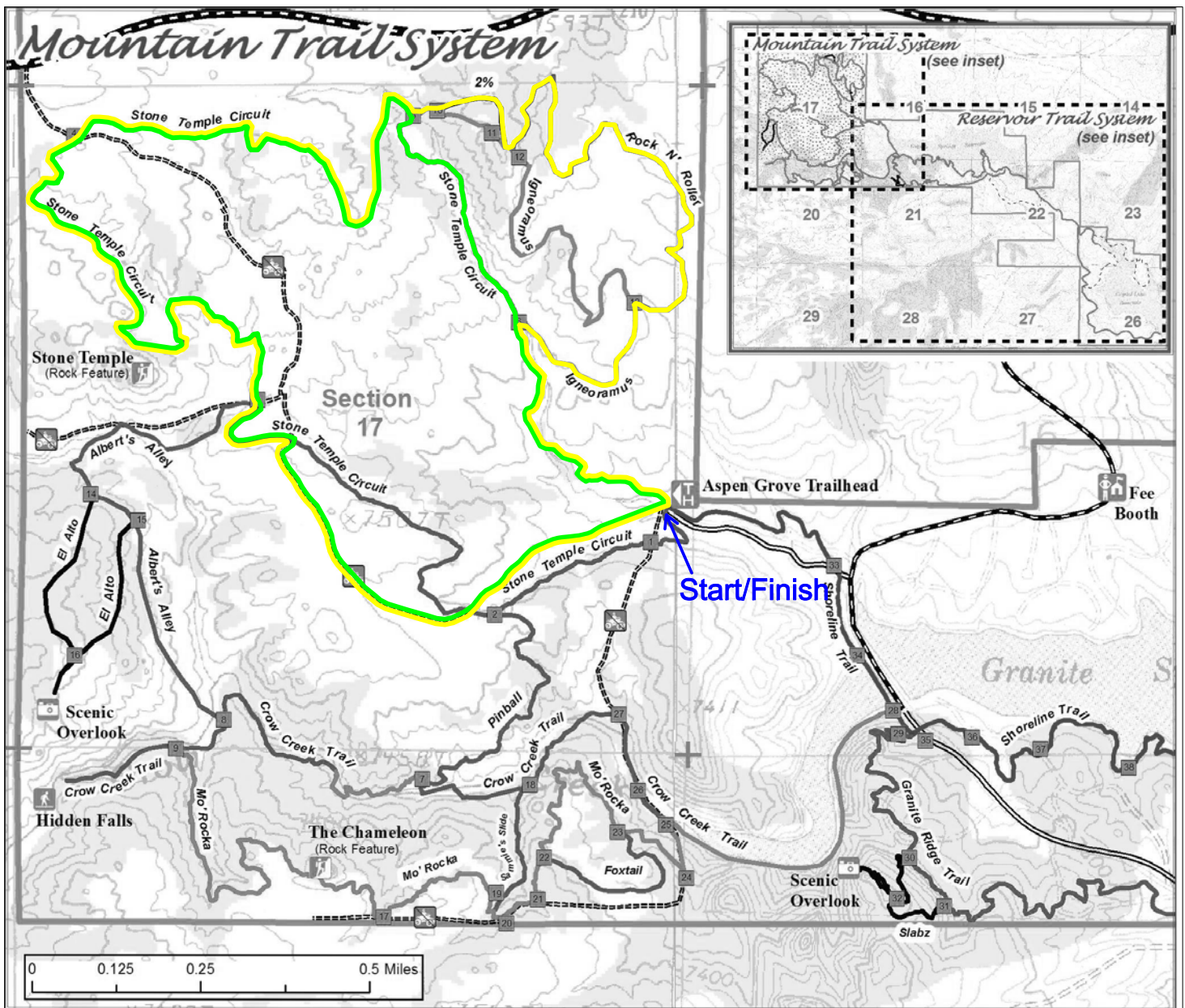


2010 Gowdy Grinder Beginner Men + Women Start time - 10:02



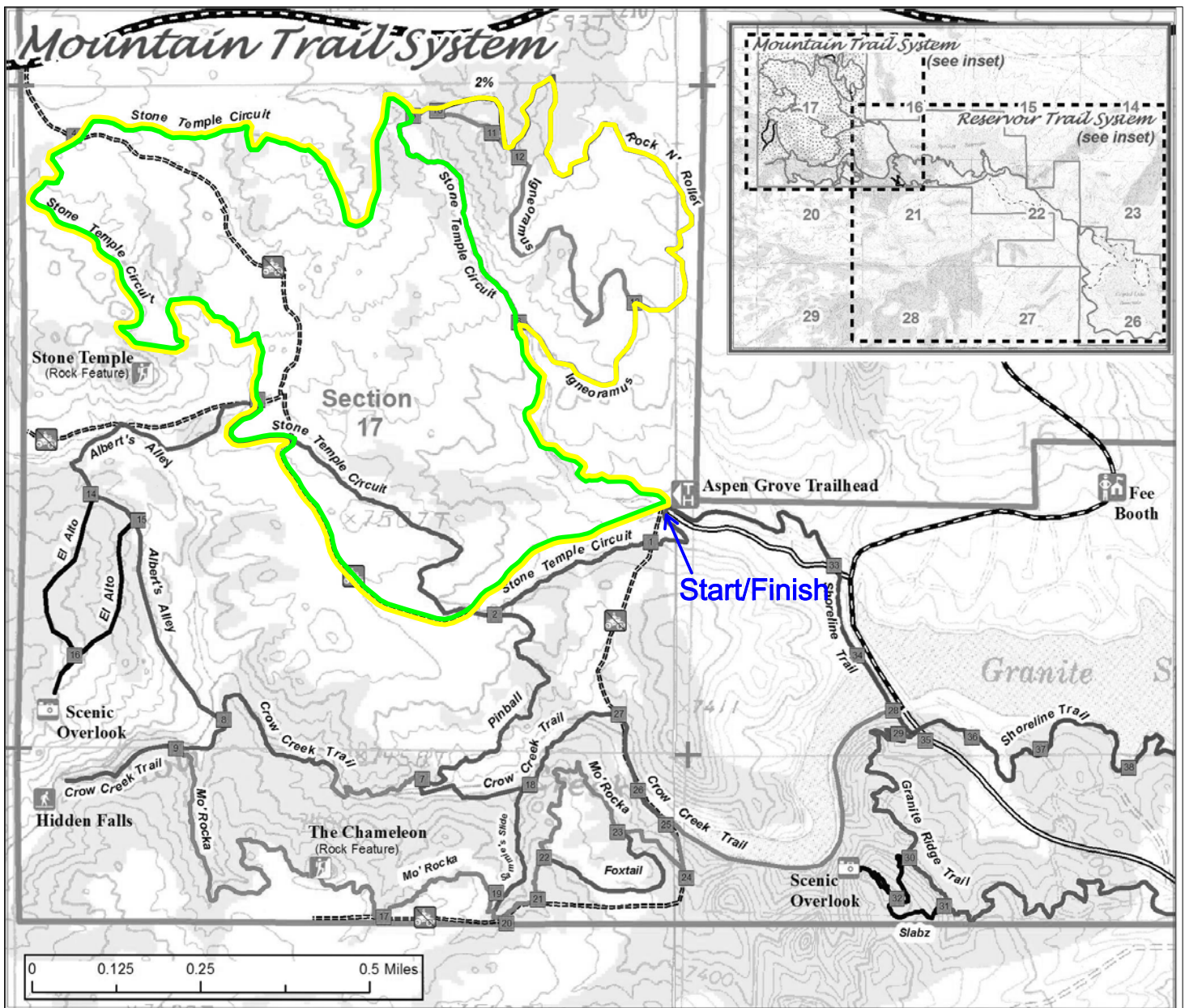
1 lap green
All laps run clockwise

2010 Gowdy Grinder Sport Women Start time - 10:01



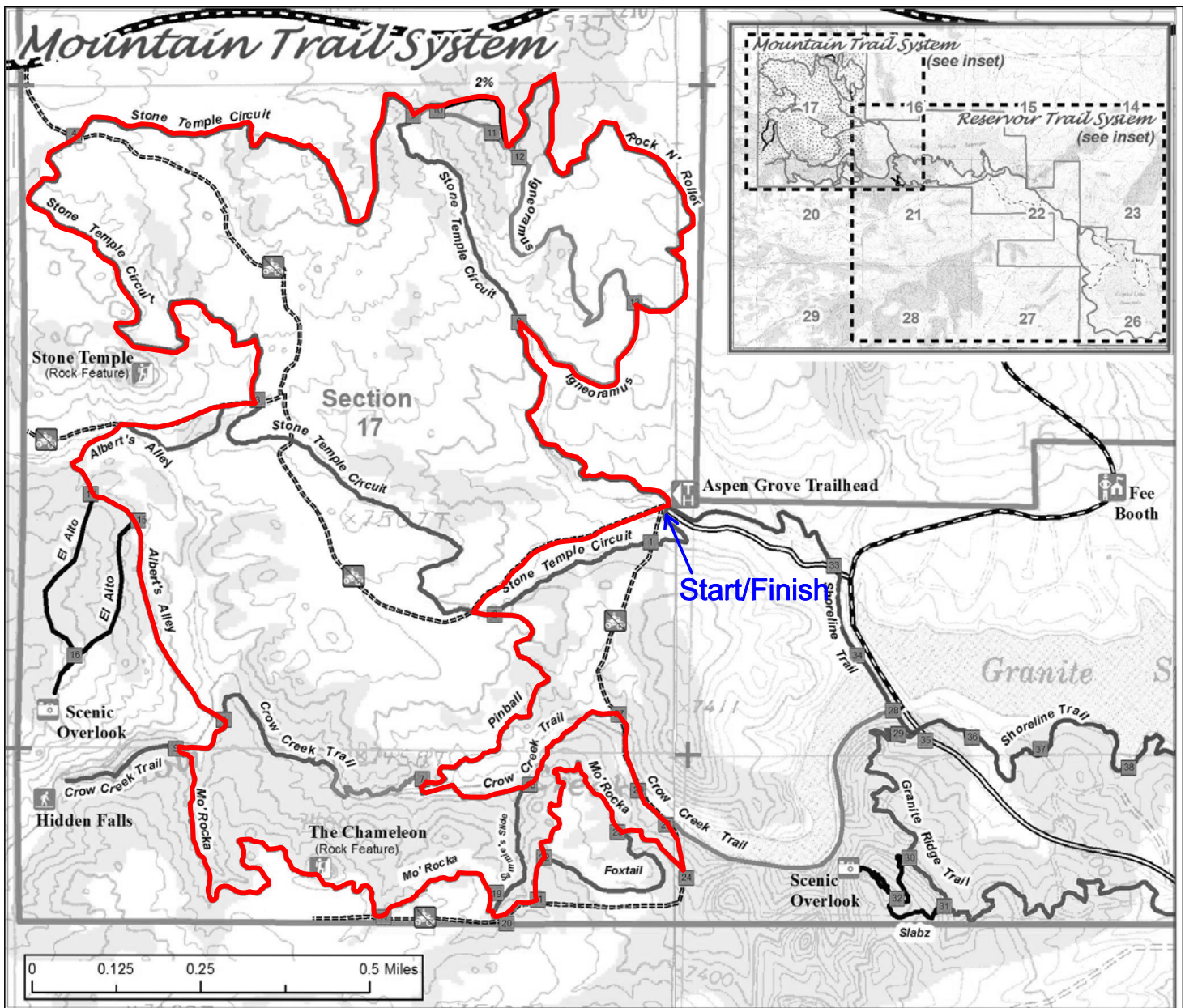
1 lap green + 1 lap yellow
All laps run clockwise

2010 Gowdy Grinder Sport Men Start time - 10:00



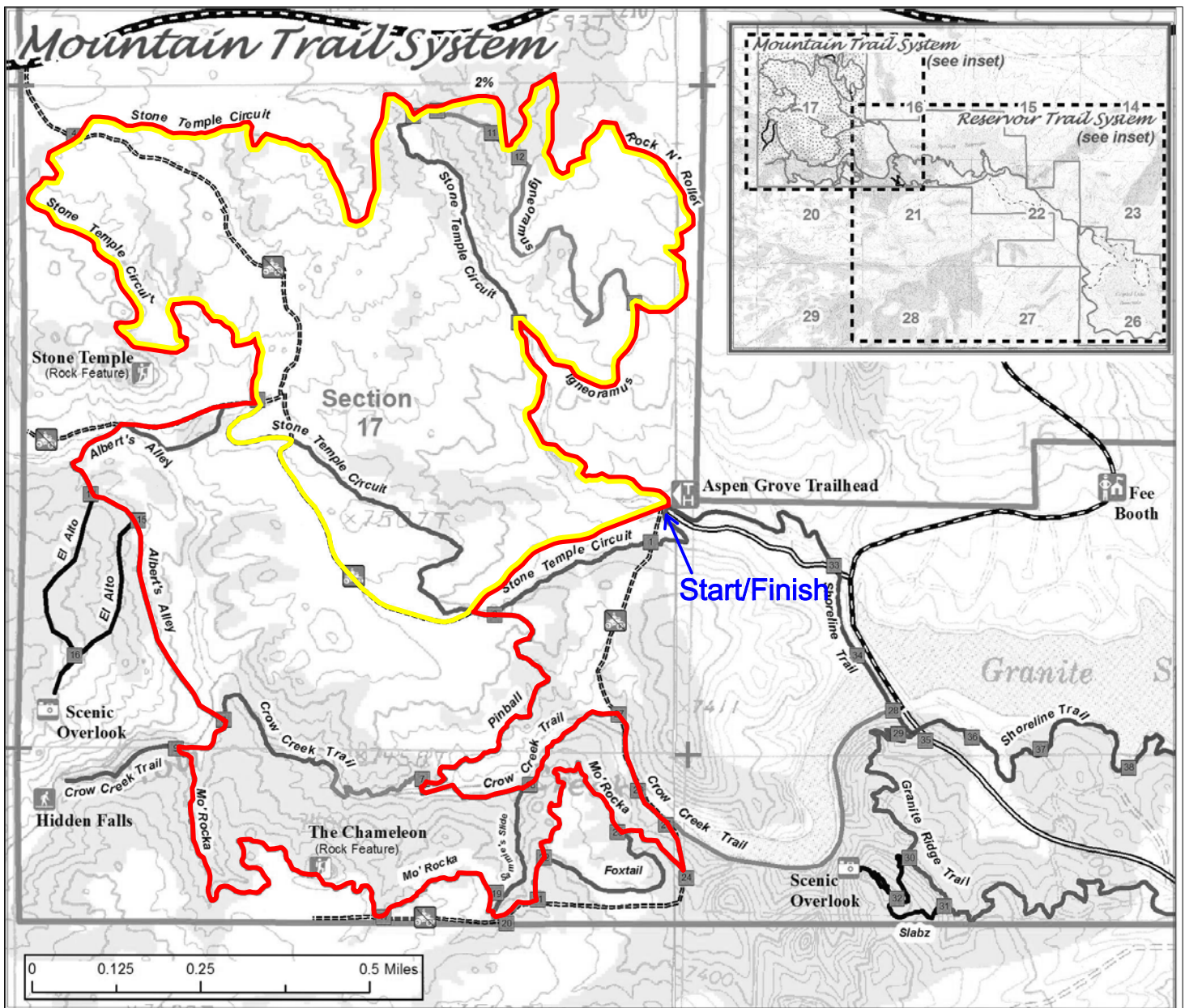
1 lap green + 2 laps yellow
All laps run clockwise

2010 Gowdy Grinder Expert Women Start time - 12:02



2 laps red
All laps run clockwise

2010 Gowdy Grinder Expert Men Start time - 12:00



1 lap yellow + 2 laps red
All laps run clockwise