



# Crankenstein's Monster 100 Three Person Team Time Trial

Sunday, October 17 at 10:00am  
Miami East High School

**Description:** This bike race is a 3-person team event. The course is a 25 mile loop. Each rider rides the 25 mile loop individually first. After each rider has completed the loop on their own, the three teammates then ride the final loop together. The total race distance is 100 miles but each rider will have completed 50 miles at the end of the day. Teams will have to decide who goes first, second and third individually. Whoever goes third will be riding 50 miles consecutively... UGH. But whoever goes first, will have the longest time to get stiff and tighten up.

**Entry Fee:** Entry fee is \$100 per team. Your entry includes a shirt and refreshments.

**Awards:** Cash Prize Money will be paid to the winning team in each of the following divisions: Male Open, Male Master, Female Open, Female Master, Coed Open, Coed Master and Specialty. Male teams consist of 3 males; female teams consist of 3 females; coed teams consist of at least one female. Open teams have a combined age of less than 120. Master teams have a combined age of 120 or more. Any team with one or more rider using a recumbent or any non-traditional road bike or time trial bike will be in the Specialty division. Prize money will be one half of all money collect via entry fees and divided among the divisions proportionately to the number of entries.... encourage your friends to race. The more who come, the more you can win.

**Course:** The course is 25 miles and fairly flat. It will be posted on the Speedy Feet website ([www.speedy-feet.com](http://www.speedy-feet.com)) The course will be open to traffic so riders will have to adhere to all traffic laws. Riders will have to enter the school lot in the designated relay exchange area before the next rider(s) can begin.

**More Information:** As the race gets closer, more information, including a participant list and course map, will be posted on the Speedy Feet website. You will be required to sign a waiver at check-in on race morning.

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## Crankenstein's Monster 100 Entry

(Please print legibly)

Captain \_\_\_\_\_ Phone \_\_\_\_\_  
Rider 1 \_\_\_\_\_ Gender: M/F Age \_\_\_\_\_ (as of 10/18/09)  
Rider 2 \_\_\_\_\_ Gender: M/F Age \_\_\_\_\_ (as of 10/18/09)  
Rider 3 \_\_\_\_\_ Gender: M/F Age \_\_\_\_\_ (as of 10/18/09)

Is any rider using a recumbent or other specialty bike? Yes / No

Please mail entry with check made payable to Speedy Feet to 1381 Falke Dr, Dayton, OH 45432.  
Online Entry also available at [www.speedy-feet.com](http://www.speedy-feet.com)