



# 2009 VAIL LAKE CHALLENGE

SoCal Interscholastic League Series • Race #1

SoCal Interscholastic Cycling League  
 4412 Piedmont Ave. #1  
 Oakland CA 94611  
 (510) 653-2453  
[www.socaldirt.org](http://www.socaldirt.org)

**RACE DESCRIPTION:** Rollercoaster style single track and fast fire road climbs. Riders will be doing multiple laps (approx 6.0 miles per lap), see below for lap counts. **Registration opens at 8:00 AM**



Category	Start Time	Laps	Approx. Distance
<b>WAVE 1</b>			
Varsity Girls	10:00 AM	3	18 Miles
JV Girls	10:05 AM	2	12 Miles
Frosh/Soph Girls	10:10 AM	2	12 Miles
<b>WAVE 2</b>			
Varsity Boys	11:40 PM	4	24 Miles
JV Boys	11:45 PM	3	18 Miles
Frosh/Soph Boys	11:50 PM	2	12 Miles