



Come and Get Some!

Saturday April 17th Off road Run 5k and 10K

Sunday April 18th Mountain Bike XC Race

Truman Lake Mountain Bike Park

28565 Benton Ave Warsaw MO

www.trumanlakeadventureclub.com



Sunday April 18th Mountain Bike Race

Check in opens at 8:00 A.M. Racing Starts At 9:00 A.M.

Male and Female categories :

Saturday April 17th 5k & 10k trail run

Check in opens at 8:00 A.M. run Starts At 9:00 A.M.

This has a good starting area to get spread out before hitting the trail . Winding and twisting trail, creek crossings and some hills.

10K Male And Female classes no age brackets

5K Male and Female age brackets :

12u, 14u, 16u, 18u, 19-29, 30-39, 40-49, 50- 59, 60+

JR 14u	9:00 am
Marathon	10:00am
Cat 3 15-18, 19-29, 30-39, 40-49, 50- 59, 60+	10:05 am
Cat 2 39 Under 40- 50, 51+	11:00 am
Cat 1 open	11:30 am

JR 1 Lap 4 miles.
Marathon 3 hrs
Cat 3 (2) 6 mile laps
Cat 2 (3) 6 mile laps
Cat 1 (4) 6 mile laps

