

Saint Crispian Road Race!



A benefit for Bret Neylon the Lion King. \$5.00 dollars from each entry will go towards Bret's medical expenses. Go to www.heroesfoundation.org to read about Bret and his amazing army of supporters and fans.

Sunday, July 30, 2006

An epic 55 mile loop will be the stage for one race you don't want to miss!

Are you up for the challenge? The course made for legends...

CATEGORY	START	LAPS/MILE	ENTRY	AWARD
MAS 40+	8:30 a.m.	1/55	\$33.00**	40/60
MAS 30+/1/2	8:40 a.m.	1/55	\$33.00**	40/60
MAS 60+, 65+ 70+, 75+, 80+	8:40 a.m.	1/55	\$33.00**	Top 5
CAT 3	8:46 a.m.	1/55	\$33.00**	40/60
CAT 4	8:53 a.m.	1/55	\$33.00**	40/60
Women & Women 60+	8:46 a.m.	1/55	\$33.00**	40/60 & Top 5
Citizens	8:50 a.m.	1/55	\$33.00**	Top 3

****\$5.00 dollars will go toward Bret's medical expenses. No extra ABR fees and I will pay the cost to park at VBR.**

Course and Info A 55-mile loop with several climbs. One and done. Yes, you heard that right. Where were *you* at Saint Crispian's? Decent roads and scenery that is virtually unmatched in the Midwest will be the backdrop to this epic Tour de France type-road race. Yellow line rule strictly in effect. Free food and drinks after the conclusion of the race. New for 2006 is the hill top finish near Valley Branch Resort. Recommended that you bring equipment to fix a flat.

Directions Alert---We will be parking and registering people at the Valley Branch Resort located close to Van Buren Elementary School. Restrooms and water available. VBR is located on the course. For directions go here: www.valleybranchretreat.com As you leave Van Buren Elementary school, take the first right and follow that and you will see VBR on the left.

Registration Takes place at VBR. We will start the race at Van Buren and finish atop the first climb up near VBR. Starts at 6:15 a.m. Restrooms available. **Special Saint Crispian's Awards to the top 3 in each category**

Taken From Shakespeare...Henry V

This day is call'd the feast of Crispian.

He that outlives this day, and comes safe home,

Will stand a tip-toe when this day is nam'd,

And rouse him at the name of Crispian.

He that shall live this day, and see old age,

Will yearly on the vigil feast his neighbours,

And say 'To-morrow is Saint Crispian.'

Then will he strip his sleeve and show his scars,

And say 'These wounds I had on Crispian's day.'

Old men forget; yet all shall be forgot,

But he'll remember, with advantages,

What feats he did that day. Then shall our names,

Familiar in his mouth as household words-

Sam the Nichol, Brooks the Barron, Murphy of Kent, Kent of Menzel,

Span of Bauer, Barron the Gavete, King Coddington, **Bret the Lion**

King, Lord Keppler, powerful Bolla and XXX Armies who faced their fears,

Be in their flowing rememb'red.

This story shall the good man teach his son;

And Crispin Crispian shall ne'er go by,

From this day to the ending of the world,

But we in it shall be remembered-

We few, we happy few, we band of brothers;

For he to-day that sheds his blood with me

Shall be my brother; be he ne'er so vile,

This day shall gentle his condition;

And gentlemen in England now-a-bed

Shall think themselves accurs'd they were not here,

And hold their manhoods cheap whiles any speaks

That fought with us upon the roads of Saint Crispin.