

**MCF BI-MONTHLY MEETING**

1 October 2007

7:00 - 8:30pm  
Lyngblomsten Senior Center  
1415 Almond Avenue  
St. Paul, MN 55108

(651) 646-2941  
(Just east of the State Fairground entrance on Snelling Ave)

Facilitator: Mike Lyner (President)  
Note Taker: Kevin Schaeffer (Secretary)

**ATTENDEES**

**A. MCF Clubs:**

1. Athlete's Under Construction ()
2. Bike Club ()
3. **Birchwood (James Lockwood, Gabriella Tsurutani)**
4. Category 6 Racing Squad ()
5. Chippewa Valley Cycling Club ()
6. Excel Cycle Club ()
7. Flat City Cycling Club ()
8. **Gopher Wheelmen (Dave LaPorte, Bruce Braesemle)**
9. Grandstay Cycling Team ()
10. Great Plains Cycling Club ()
11. **Grumpy's/LGR (Tim Hayes)**
12. Kenwood CC ()
13. Lake Superior Cycling Club ()
14. **Loon State Cyclists (Mike Lyner, Kevin Schaeffer)**
15. Make Shift Bicycle Club ()
16. Mid-Minnesota Cycling Club()
17. Milltown Cycles ()
18. Minneapolis Bicycle Racing Club ()
19. **Minnesota Cycling Team (Kevin Lennon)**
20. Minnesota Junior Cycling ()
21. **NSC Velo Club (Bob Williams)**
22. Ridely Factory Team ()
23. Rum River Cycling ()
24. SE Minnesota Velo - Velo Rochester ()
25. SE Minnesota Velo - Women on Wheels ()
26. **Silver Cycling (Andy Kruse)**
27. **St Paul Bicycle Racing Club (Tim Laberge, P Fred Storti)**
28. Super Team Racing ()
29. The Hub Cycling League()
30. The Hut Cycling Team ()
31. University of Minnesota Cycling Club ()
32. Velo Bella ()
33. Unattached ()

**APPROVAL of LAST MINUTES**

A. Approved

**PRESIDENT'S REPORT 7:00 - 7:05**

- A. Mike Lyner: December is probably THE most critical month in planning for the following season: people have had a bit of a breather from the previous season and are into planning for the next. Calendars are getting set, vacations are getting planned, training regimens are being thought about (and already started for the more serious). In my opinion we need to roll into December in full momentum, not have to stop and restart!

#### TREASURER'S REPORT 7:05 - 7:10

- A. Update Balance: \$18,600
- B. Grumpy's/LGR repaid \$500 loan for Campus Crit. NSC Velodrome repaid the \$2,000 loan for the bike storage trailer. New Balance = \$21,100 less the \$1,200 approved for LA conference attendees expenses.
- C. James is going to open a money market savings account. He will keep a balance of \$500 in the MCF checking account.

#### TECHNICAL COMMISSION'S REPORT 7:10 - 7:15

##### A. Year-to-Date:

1. Kevin Schaeffer recently became a C level official.
2. CX racing numbers have been strong, despite "epic" weather.

##### B. Outlook:

1. Bruce is concerned about the dearth of officials. **He asks that clubs beat the bushes to find anyone who is interested in becoming an official.** We have been relying on a stellar few who have been officiating most of the events. He is planning to hold an officials clinic in January.
2. Bruce himself is over-burdened, Bill Nicholson has offered to help out with some of his duties. Bill is going to be assisting in scheduling, Jeff Helgerson will continue permitting and Matt Anderson is still handling rider upgrades.
3. Mike Lyner congratulated Bruce on his ability to obtain and maintain a crew of competent officials as we've had the past few years and was wondering how long this could be sustained.

#### OLD BUSINESS 7:15 - 7:45

##### A. Banquet:

1. Tim Hayes and James Lockwood have been tasked with organizing the annual MCF Awards banquet. Preliminary plans are to hold the banquet at Grumpy's in downtown Minneapolis. Looking to have a more casual affair where MCF members get an opportunity to mingle. Kids will be welcome. While a final date has not yet been set, it will most likely be the week preceding the Super Bowl as it has been in past years.
2. **Kevin Lennon made a motion that the food budget be capped at \$4k, seconded by Mike Lyner.** Discussion ensued, the cap doesn't mean they have to spend \$4k, just that it can't exceed. The motion carried.

##### B. 2007 State CX Championships:

1. Some "major wood" is going to be promoting the 2007 State CX championships. Hollywood/Silver Cycling (MCF Promoter) is going to be joined by Kenwood and Birchwood to put on this years championship vent at Bassett Creek. Hollywood is promising a UCI type of course this year, complete with a live band.

##### C. Bike Expo:

1. The MCF is planning to staff a booth at the annual Minneapolis Bike Expo held in early March again this year. This is a great opportunity to market the clubs and events to the cycling community.
2. Looking for promotional material and banners from USAC.

3. **The call is out for a volunteer to lead this effort to create a booth and schedule volunteers.**

**D. 2007 Marketing/Public Relations Consultant:**

1. In Mike Lyner's opinion this is his major priority in his last months as MCF president. He feels that the MCF needs someone/agency/consultant to lead the marketing charge for the MCF. He used reaching out to beginning racers as an example.
2. Various attendees discussed their views on Marketing/PR.
  - Previously we've had Wax marketing perform some duties.
  - Last year Rick Fuentes offered a proposal of \$6k for half a year. The MCF asked Rick to re-propose his scope to stretch it over the whole season, for the same fee, because they wanted coverage for more than half a year. Rick felt that this was not doable, and the MCF felt that \$6k was the maximum they could afford, so the initiative was postponed.
  - The MCF hasn't been pro-active in the past in searching for a Marketing/PR consult, instead it's been whoever has come to us.
  - Talked of the need to brand the identity of the MCF. Need to re-design the website, create promotional materials such as videos/posters.
  - The need for an all encompassing Strategic Marketing Plan was discussed when Fred Storti asked the question of what the MCF's mission/vision and goals are? There was agreement that this should be the starting point of any promotional activity.
  - Instead of having small groups decide in a conference room what the mission/vision is, it was suggested that an offsite Strategic Planning Retreat be held. The intent of the retreat would be to get a larger group together from the cycling community to brainstorm and come to a consensus on the mission/vision/goals of the MCF. This would lead to a more productive process and buy-in from the MCF constituents. It was also discussed that a facilitator should be chosen to lead the conference. Some possible sources of such a facilitator are available through the University of St. Thomas, The Minnesota Council of Non-Profits, consultants that currently work with the local school districts.
  - Possible time frame would be in February before the 2008 cycling season kicks off, with the event being promoted to membership at the Banquet.

**NEW BUSINESS 7:45 - 8:30**

**A. MCF Governance:**

1. Per the MCF guidelines the board positions are up for voting every 2 years. This December will mark 2 years since the last election. The current candidates are President -Mike Lyner, Vice-President - Dave Laporte, Treasurer - James Lockwood and Secretary - Kevin Schaeffer.
2. Mike Lyner has announced that it is not his intent to re-run for president and, while wanting to stay connected possibly via another Board position, will be stepping down from the office to make way for another's leadership. Kevin Schaeffer is also willing to give up the secretary position. James Lockwood is content with the treasurers position and Dave Laporte stated he would follow whatever the constituency wanted.
3. Clubs should actively query their clubs for interested candidates. Anyone who is interested in being a candidate or anyone who knows of individuals who would be good candidates and are willing to serve should submit their names at the December MCF meeting. Nominations will be accepted at the December meeting **and voting will proceed immediately following receipt of all nominations.**

**B. Roles and Responsibilities:**

1. There are many activities that need to be performed besides the board positions mentioned previously. The MCF is in need of able bodied people to fill these roles. Possible roles would include webmaster, banquet director, award director, marketing co-coordinator, etc.
2. Attached at the end of the minutes is Mike Lyner's vision of roles and responsibilities positions in the MCF.

**C. USAC Local Association Conference (Colorado Springs, 9-11 November 2007):**

1. Dave LaPorte and Kevin Schaeffer have been identified to represent the MCF at the Local Association Conference in Colorado Springs. At the August meeting a not to exceed budget of \$1,200 was granted for lodging and air expenses.

**D. 2007 Cyclocross Season: Schedule**

1. The Minnesota-Wisconsin CX challenge which was slated for November 10<sup>th</sup> and 11<sup>th</sup> has been cancelled by Mike Lyner and Dan Meyer.
2. The idea was to build a multi-state cx event that would grow into a regional/national event. A site had been discussed in Eau Claire Wisconsin.
3. Originally partnered with Gordy Paulson of the Wisconsin Cycling Federation. Spring Street Sports was the original club representing Wisconsin while Loon State Cyclists was going to promote a day representing Minnesota.
4. Spring Street pulled out, another club was named and then they also withdrew. Turns out that the event did not have the backing of the Wisconsin cycling community. While the local governance/park permit had been submitted and paid for, the vote for approval of the Eau Claire Chamber of Commerce's offer of \$2,500 sponsorship was scheduled to be held a day "after" the race! With all these problems, Mike and Dan held off for a commitment from Wisconsin until the last day before the 6 week USCF permit deadline, and then pulled the plug.
5. It was also announced that the Spirit River CX race which was scheduled to be held this Saturday October 6<sup>th</sup> had been postponed and moved to the weekend of November 10-11. There is also another promoter willing to hold an event that same weekend in Minneapolis at Kenwood Park. So that weekend has been filled.
6. A discussion ensued about the poor timing of cancelled races and the scheduling issues. One of the points brought up was the moving around of events to open up the weekend for the Wisconsin-Minnesota Cup only to have that fail. Other promoters could step up and promote a race if they were given ample time to put together a race, but one week is not enough.
7. The idea of putting down a deposit for a date or having an auction for race dates was mentioned. The practice has been that whenever a MCF club puts on an event they have right of first refusal for that date for the following year. This works reasonably well, except for in the cases where they are unable to put on the event and the cancellation is at the last minute.
8. **Kevin Lennon motioned that Promoters be required to have their race permit 8 weeks before the race date to remain on the calendar. If not permitted by that time, the date becomes open to other clubs to step in and promote a race on that date. The motion was seconded and approved.**
9. This will require co-operation between the promoters, the MCF scheduler, the permitting official. This needs to be co-operatively performed so sniping of races doesn't ensue.

**E. Youth and Junior Programs: Sprockids**

1. Dave Laporte reported that the Youth Cycling League still has a balance of approximately \$5-6K in an account being overseen by the MCF.
2. The intent of this money is to grow a youth cycling program. There have not been any acceptable solutions to dole out this money.
3. Gary Sjoquist has started an initiative to develop Sprockids in the Minneapolis area. Sprockids is a program that brings mountain biking to

public schools. The program was developed and implemented in Canada 10 years ago and has been a resounding success. [www.sprockids.com](http://www.sprockids.com)

4. Dave Laporte feels that Sprockids would be an appropriate use of the YCL funds. No motion was made, rather he'd like others to consider it for further discussion at the December meeting.

**F. State Championships: Tabled for later discussion.**

**G. 2008 ROY Categories:**

1. Russ Loucks: the current Rider of the Year (ROY) co-coordinator has compiled data of the ages and participant numbers in the MCF ROY racers.
2. He wanted to present the data and make suggestions to change ROY categories for 2008 but was unable to attend due to a trip to Amsterdam.
3. The data was presented by Mike Lyner (see end of minutes for attachment)
4. Fred Storti from SPBRC attended the meeting specifically to present a Letter of Recommendation to MCF Board of Directors. (see attachment)
5. The letter was signed by 35 riders with the purpose of requesting the MCF to consider awarding medals to the 60+ age category at all state championship events. Currently the State Time Trial has been awarding medals to 60+ while the State Road Race and State Criterium have not.
6. A 2<sup>nd</sup> request was also made to consider adding a 60+ ROY category as well.
7. The rationale is that 50+ and 60+ categories would create an incentive to increase numbers of Masters' USCF license holders. Currently the USCF hosts National Championships with Masters categories for every 5 years of age.
8. **Tim Laberge made a motion that State Championship Races provide medals to 50+ and 60+ age categories. It does not mean there has to be additional races. The 50+ and 60+ could be combined with other categories at the race promoters discretion. The request is that the 50+ and 60+ categories be scored separately and receive medals. This was deemed workable, the only issue being that it has to be clear with the officials that all riders need to be placed in order to accommodate this. The motion was seconded and approved.**
9. The 2<sup>nd</sup> request regarding ROY categories was tabled until the December meeting when Russ Loucks can make his presentation. In fact when looking at Russ's presentation and findings, he was proposing reducing the number of ROY categories. It was decided that it would be best to have Russ present regarding any further ROY discussion.

**H. Improved MCF web presence: Tabled for future meetings**

**I. New Track/BMX venue: Tabled for future meetings**

**J. Local Amateur Stage Race: Tabled for future meetings.**

**Action Item/Contact Review:**

1. Open up Money Market Account - James Lockwood
2. Banquet Plans and Budget - Tim Hayes/James Lockwood
3. Bike Expo MCF Booth Coordinator - Kevin Schaeffer
4. MCF Mission/Vision/Goals Retreat - MCF Board
5. MCF Governance Candidates - ALL
6. Sprockids - All review [www.sprockids.com](http://www.sprockids.com)
7. ROY Categories - Russ Loucks - ALL
8. 2008 Schedule December Meeting - Kevin Schaeffer/Race Promoters

**Attachments:**

MCF Roles/Responsibilities

Letter of Recommendation to MCF Board of Directors (from Fred Storti)

Russ Loucks ROY presentation

## **MCF – 2007 Nominations for Volunteer Opportunities**

### **The stated purpose of the MCF:**

The Minnesota Cycling Federation (MCF) is the USA Cycling Local Association covering bicycle racing in the State of Minnesota. The membership of the MCF is comprised of bicycle racing clubs in the upper Midwest, whose purpose is the education and promotion of bicycle racing skills and safety, and the promotion of races for bicycle racers.

### **General Board Responsibilities:**

Both 'for-profit' and 'non-profit' organizations are required to have Boards because both types are corporations, having similar fiduciary responsibilities among members. Members of both types of Boards must attend to the many activities involved in Board operations and governance. Both types of organizations must conform to rules and regulations for operations of corporations within their states/provinces and countries, including employment laws and tax filings (each type of organization files different types of federal tax forms). Nonprofits corporations often enjoy certain tax advantages, including tax-exemption (being able to avoid payment of certain taxes) and charitability (so donors can deduct donations from their taxes). To retain that charitable tax status, Board and staff members of nonprofits must refrain from exceeding certain limits of lobbying and self-dealing.

The main functions of a Board are as follows:

- **Governance:** Oversee/Evaluate/Review/Monitor - A Board's main purpose is to provide "governance" to an organization, overseeing the purpose, plans and policies of the overall organization, such as guiding the membership in the execution of those overall plans and policies, ensuring sufficient resources for the organization, ensuring compliance to rules and regulations, representing the organization to external stakeholders, etc.
- **Leadership:** In partnership with membership, guide the mission and direction; evaluate progress toward program and financial goals. Conduct affairs of the board including board development, transition, and effectiveness.
- **Stewardship:** Ensure dedication to, and use of assets for, benefit of membership; review and approve annual budget. Review and approve major organizational decisions, commitments, and plans including expenditures, loans, and leases.

- Continuity: Provide continuity for the organization through development and recruitment of support/replacement staff.

## MCF Board - Specific Roles:

- President (Mike Lyner 2003-7)
  - Point of contact to and from USAC (emails) *[1hr/week]*
  - Attends monthly USAC-LA Teleconferences *[30min prep, 1hr mtg]*
  - Attends annual LA Conference at USAC, Colorado Springs (funds permitting) *[3 days, incl. travel]*
  - Attends monthly MCF Meetings (and occasional special meetings) *[2hr prep, 3hr mtg, 6 mtgs/yr]*
  - Attends occasional tele-conference to discuss urgent issues *[1hr prep, 1 hr mtg, 2mtgs/yr]*
  - Prepares Annual Summary Report for Banquet and USAC describing what worked well and what could use improvement from the past year.
  -
  
- Vice President (Dave LaPorte 2003-7, formerly Secretary)
  - Point of contact to and from Local MCF Member Clubs
  - Attends annual LA Conference at USAC, Colorado Springs (funds permitting)
  - Attends monthly MCF Meetings (and occasional special meetings)
  - Back-up for President or other Board roles
  -
  
- Secretary (Kevin Schaefer 2003-7)
  - Prepares agenda, attends and records monthly MCF Meetings (and occasional special meetings) *[1hr agenda, 3hr mtg, 1hr minutes, 6 mtgs/yr]*
  - Coordinates calendar and posting to website (content not functionality)
  - Monitors website Bulletin Board
  -
  
- Treasurer (James Lockwood 2003-7)
  - Attends monthly MCF Meetings (and occasional special meetings) *[1hr agenda, 3hr mtg, 1hr minutes, 6 mtgs/yr]*
  - Assists with preparation (or prepares if able) annual tax returns *[4hr/yr]*
  -
  
- Gender/Generation: Both genders and generations above and below 30 years of age should be represented on the Board. It is suggested that such additional positions be created (if this balance is not present on the elected Board) to create balance, and to ensure broader perspectives on issues.

## Organizational Delegates:

In addition to the MCF Board roles (President, Vice President, Treasurer and Secretary), the following roles are necessary to assist in coordinating the softer tasks necessary to prepare the events and people, and to act as a point-of-contact for people wanting to discuss matters in those areas:

- **Technical/Officiating:**
  - Technical Commission (Chair) ..... Bruce Brasaemle
  - Technical Commission ..... Matt Moses
  - Technical Commission ..... Matt Anderson
  
- **Rider of the Year:**
  - Coordination/Promotion..... Kevin Lennon
  - Scoring ..... Russ Loucks
  
- **Cyclocross Rider of the Year**
  - Coordination/Promotion..... Dan Cleary
  - Scoring ..... *Dan Cleary (but would be good to have a backup)*

- **Track Rider of the Year**
  - Coordination/Promotion..... Tim Hayes?
  - Scoring ..... Tim Hayes?
  
- **Time-Trial Rider of the Year**
  - Coordination/Promotion..... Ben Nicholson
  - Scoring ..... Ben Nicholson
  
- **Calendar/Scheduling** (event & race coordination)
  - (If not MCF Secretary)
  
- **Webmaster**
  - Web design & functionality .....
  - Hosting service coordinator .....
  
- **Banquet:**
  - Coordination/Promotion (Determines theme, speaker, location, meals, etc; and advertises event.)
  - Awards (Combines all award results, orders trophies/medals, coordinates handout) ...
  - Slide Show (solicits and prepares PowerPoint slide show for display) .....
  - Reservations (Receives reservations and payments).....
  
- **Promotions:**
  - Media/Public Relations (magazine and newspaper articles, web schedules, etc.) .....
  - New Rider .....(Steve Gray)
  
- **Coaching** (list additional licensed USCF coaches on website)
  - Adults (19+) .....
  - Juniors (15-18) .....
  - Youth (10-14)
  
- **Sponsorship**
  - .....
  
- **Non-Road/Track Bicycle Organization Liaison:**
  - Mountain (MORC) .....
  - Du- & Triathlon (USAT, Midwest Events).....
  - BMX.....

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## LETTER OF RECOMMENDATION TO MCF BOARD OF DIRECTORS

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Thank you for your support of the successful 2007 MCF Road Race Season.

The purpose of this letter is to communicate our collective interest in enhancing the 2008 MCF Race Events to include a 50+ and 60+ ROY Event. Specifically, we recommend the 60+ category and the 50+ category be staged and raced together, but the results sorted by category.

Since this is already available at the State TT Championship, it should be added to Road and Criterium Championships and ROY Events.

We would also encourage all MCF clubs to have a 50+ and 60+ category staged and raced together for all road and criterium events.

### ***RATIONALE FOR 60+ AND 50+ CATEGORIES:***

- 60+ and 50+ categories would create incentive to increase numbers of Masters' USCF and MCF license holders
- Our neighboring Midwestern states currently have 45+ and 55+ categories
- The USCF recommends 5-year categories
- The USCF National Championship hosts categories in the Road Race and Criterium for 50-54, 55-59, 60-64, with each category maintaining relatively large field sizes

**Notes**

- 1 Database created from start lists from Birchwood RR, St. Cloud Crit and RR stages, Marty RR, and State RR
- 2 Only mens' fields loaded (no women or juniors fields loaded)  
Cat 1/2, cat 3, cat 4/5, masters 35+, masters 4/5, masters 50+
- 3 Only records with valid USA Cycling license as of 9/23 used

**Data**

Total racers (raw records):	933
Valid racers (valid license):	782
Unique valid racers:	349

**ROY category counts**

Category	Total (Raw)	Unique
Cat 1_2	152	62
Cat 3	222	95
Cat 4_5	191	136
Masters 4_5	226	109
Masters 35+	204	90
Masters 50+	179	61

**Original field sizes (from start lists)****Birchwood RR**

Cat 1_2	10
Cat 3	26
Cat 4	18
Cat 5	18
Masters 4	21
Masters 5	5
Masters 35+	24
Masters 50+	14

**St. Cloud Crit**

Cat 1_2	21
Cat 3	32
Cat 4	25
Cat 5	12
Masters 4_5	25
Masters 35+	27
Masters 50+	16

**St. Cloud RR**

Cat 1_2	23
Cat 3	41
Cat 4	33
Cat 5	24
Masters 4_5	34
Masters 35+	26
Masters 50+	22

**Marty RR**

Cat 1_2	27
Cat 3	28
Cat 4	23
Cat 5	43
Masters 4_5	25
Masters 35+	40
Masters 50+	19

**State RR**

Cat 1_2	27
Cat 3	26
Cat 4_5	41
Masters 4_5	61
Masters 35+	32
Masters 50+	21

**Racer counts by age group and category**

The counts below are derived from the start lists (for those which had valid licenses) and augmented with USACycling DB info.

## Proposals

### Overall goals

- 1 More equitable distribution of categories/classes given historical demographic data
- 2 Attempt to reduce number of categories (easier to promote and officiate)
- 3 Retain separate categories where needed (e.g., to continue to attract juniors and women)

### Proposal 1

- |   |  | <b>Rationale</b>   |
|---|--|--|
| 1 | Remove junior female < 15                                      | Only 1 racer this year who only raced four times   |
| 2 | Keep women categories same                                     | a) Need to keep women cat 4 class<br>b) promoters can easily combine cat 1-2 and 3 classes but score them separately                                   |
| 3 | Change men 3 and men 4-5 to men 3-4 (age 19-35) and drop cat 5 | Men 3 field sizes not that large, men 4-5 fields typically Quite large   |
| 4 | Change masters classes to masters 35+ 3-4 and masters 35+ 1-2  | Masters 4-5 fields usually largest in races, also<br>a) promoters can combine men 1-2 and masters 1-2 fields<br>b) combine masters 3-4 and masters 50+ |
| 5 | Note drop of category 5 in ROY....                             |  |

### Hypothetical example 1

Given data from other worksheet, it looks like about 25 – 33% of racers who have ROY points show up for any one race. Sooo, here are field sizes for the proposed changes:

<b>ROY class</b>	<b>Field size</b>	<b>Notes</b>
Men 1-2	25	Unchanged from 2007
Men 3-4	50-75	Unique count of men age 19-34 and cat 3-4 is about 88
Masters 35+ 3-4	40-60	Unique count of men age 35-49 and cat 3-4 is about 60
Masters 35+ 1-2	20-30	Unique count of men age 35-49 and cat 1-2 is 29
Masters 50+	20-35	Unique count of men 50+ is 35

#### Suggestions for fields in races

- 1 Men 1-2 combined with masters 1-2 would be 45-55  
This field could also include masters 35+ cat 3 (for those who want to race with the elites)
- 2 Masters 3-4 could run on their own or w/womens elite?
- 3 Men 3-4 would run on their own
- 4 Masters 50+ could run with womens elite would be 30-40 in size

### Proposal 2

- |   |  | <b>Rationale</b>  |
|---|--|---|
| 1 | Remove junior female < 15                                      | Only 1 racer this year who only raced four times  |
| 2 | Keep women categories same                                     | a) Need to keep separate women cat 4 class<br>b) promoters can easily combine cat 1-2 and 3 classes but score them separately                           |
| 3 | Change men 3 and men 4-5 to men 3-4 (age 19-29) and drop cat 5 | Men 3 field sizes not that large, men 4-5 fields typically Quite large  |
| 4 | Change masters classes to masters 30+ 3-4 and masters 35+ 1-2  | Masters 4-5 fields usually largest in races, also:<br>a) promoters can combine men 1-2 and masters 1-2 fields<br>b) combine masters 3-4 and masters 50+ |
| 5 | Change masters 50+ to masters 45+                              | Masters 50+ fields usually small  |
| 6 | Note drop of category 5 in ROY....                             |   |

### Hypothetical example 2

<b>ROY class</b>	<b>Field size</b>	<b>Notes</b>
Men 1-2	25	Unchanged from 2007
Men 3-4	40-50	Unique count of men age 19-29 and cat 3-4 is about 46
Masters 30+ 3-4	60-80	Unique count of men age 30-44 and cat 3-4 is about 90
Masters 35+ 1-2	20-30	Unique count of men age 35-49 and cat 1-2 is 29
Masters 45+	50-70	Unique count of men 45+ is 70

#### Suggestions for fields in races

- 1 Men 1-2 combined with masters 1-2 would be 45-55  
This field could also include masters 35+ cat 3 (for those who want to race with the elites)
- 2 Masters 3-4 would run on their own
- 3 Men 3-4 would run on their own
- 4 Masters 45+ would run on their own

