



ZM CYCLE & FITNESS PRESENTS

Cerdarvale Park is where the 2010 CX Nationals will be held.

1. The ZM Oktoberfest, October 4th, 2009 at Wallace Emerson Park Toronto
2. & the ZM Turkey Cross, on October 11th, at Cedarvale Park (York) T.O

START TIMES & RACE DURATION:

10:00 A: M (40 MIN)
MASTER 3 MEN
SENIOR ¾ MEN
U19 BEGINNER M/F

11:30 A: M (50 MIN)
MASTER 2 MEN
JUNIOR MEN
MASTER/SENIOR
WOMEN

1: 00 P: M (60 MIN)
SENIOR MEN
MASTER 1 MEN

ENTRY FEE:

Pre-registration fee @
www.ontariocycling.org
\$20 for under 19
\$30 for 19 and up.

Day of Registration fee
(cash only)
\$25 for under 19
\$35 for 19 and up.

***A rider without
a OCA license
MUST purchase a
One day permit
(\$ 5-10 fee).***

CONTACT INFO:

Ziggy @ 416-652-0080
2055 Dufferin St.
(at Rogers) Toronto
www.zmcyclefitness.com

DIRECTIONS TO:

CEDARVALE PARK:
443 Arlington Ave.
From Eglinton Ave. W
Turn LEFT on Oakwood
Turn Left on Vaughan
Turn Left On Winona Dr.
Follow sign to Phil White
Arena.

MAP ON NEXT PAGE

**WALLACE
EMERSON PARK:**
1260 Dufferin Street
(at Dupont)

SUPPORTED BY:

www.veloomedia.com
www.cyclingphotos.ca

www.opusbike.com
www.schwalbetires.com

www.louisgarneau.com
City of Toronto &
OntarioCyclingAssociation

Eric Box 2006

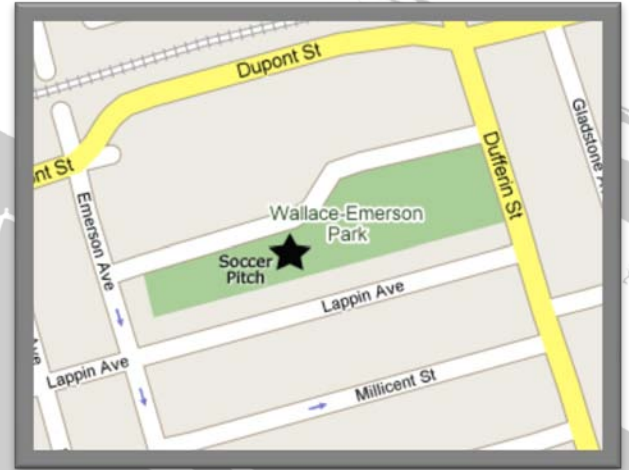




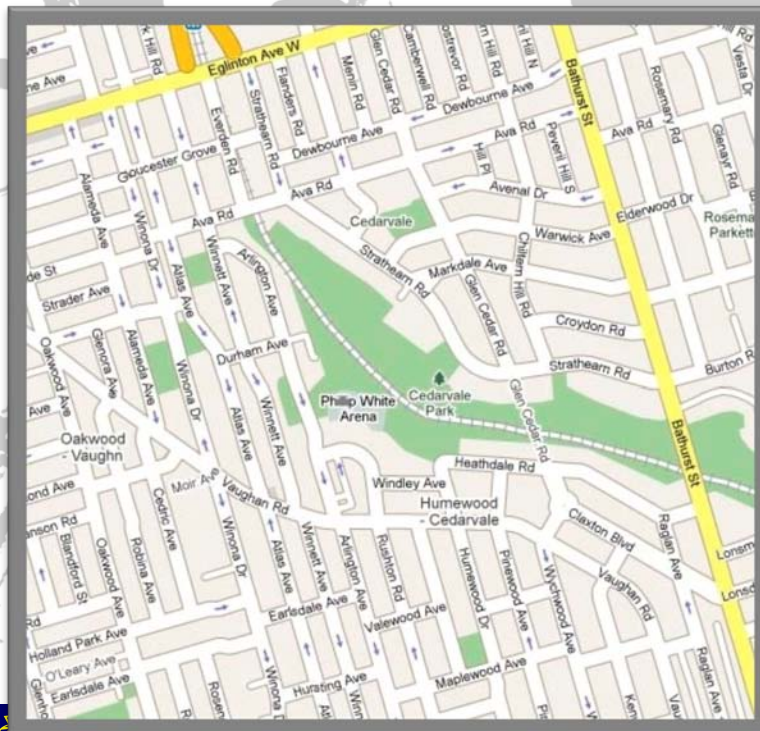
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MAP LOCATION(S)

WALLACE EMERSON PARK
1260 DUFFERIN STREET



CEDARVAL PARK
443 ARLINGTON AVE. (YORK) T.O.



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