

**It's BACK for the Second year – the Huron Valley Athletic Club(HVAC) is bringing bicycle racing excitement back to the streets of Downtown Milford on Sunday, August 1, 2010**

**Milford, Mi.** The Second annual Milford Criterium is presented by DMC's Huron Valley Sinai Hospital, this is the second year of their involvement and shows the commitment they have in supporting healthy living and the community. The event is also sponsored by Specialists in Orthopedic Surgery, Triumph Home Health Care and Plymouth Physical Therapy Specialists. We have support from American Cycle and Fitness, Comfort Suites Wixom, Aerospoke, D&D Bicycles, South Lyon Cycle, Homedics, and Keller Williams Realty. "It is because of the support of these sponsors that we can provide a top level racing scene for all to enjoy. Please be sure to support them with your patronage." Said Joe Dolan, Race Director.

Come out on Sunday, August 1 to experience bicycle racing at its best as elite cyclists from across the region will compete in second annual Milford Criterium for cash and prizes. The race will be scored for points in the Michigan Challenge Race series! The HVAC is a non-profit organization consisting of area athletes of all abilities with a passion for their sport. The Healthy Living Expo's returns to a new location to be front and center of the racing action on Main Street. It will have many of the sponsors and local bike shops represented. We also strongly encourage those with children to bring them down for the thrill of racing and to get involved by participating in our FREE kids race.

On August 22nd, 2009, the HVAC hosted the inaugural Milford Criterium. The event brought competitive cycling to the community and helped to promote cycling as a recreational activity. Outdoor activities such as cycling are an essential component of a healthy lifestyle. What better way to promote and generate excitement for an activity than to get the community together to enjoy a race?

The 2009 Milford Criterium brought thousands of spectators to the streets of downtown. We hosted over 200 racers from seven states – CA, IL, IN, MI, NC, OH, Wash. DC and 16 racers from Ontario Canada! The racers represented over 103 different cities! We also had many of the top teams represented as well – Bells Brewery, Bissell, Cadieux/Team O2, Essex Brass, Flying Rhinos, Maple Leafs, MCG – Trails Edge, Panther, Priority Health, Team Giant, West Michigan Coast Riders, Wolverines, and Z-Team. "One of the highlights of the race was the participation in the free Kid's Race – there were 74 kids that raced – it was amazing to see the many smiles on their faces. We are hopeful that this experience alone will encourage them to race again and spend more time on their bikes!" said Georgia Reader of HVAC.

### **The Race**

A criterium, or more commonly called a "crit," is a short, closed-loop, road cycling race traditionally held in an urban setting. In this instance, the race incorporates a Main Street start and finish and includes some wicked turns in and through Central Park. Unlike a typical stage race when riders go from point A to point B, a crit course is a short circuit. This allows spectators to see the racers over and over again and observe the action as it unfolds. Envision Main Street festooned on both sides with banners, flags and cheering race fans ringing their race bells as cyclists battle it out. A downtown race will bring the action to the people and the people to Milford's downtown circuit.

To protect cyclist and spectator safety, this event will require that streets and roads that make up the course be closed to all traffic. We are asking that residents along the route make arrangements to park their vehicles on adjacent streets and lots for the duration of the event, should you need to leave during the race. Any pets should be restrained during the race hours, i.e. in a secure fenced in area or on a leash while walking. This is for your pet's safety and the rider's safety. The course was selected to

maximize safety and minimize inconvenience to our community. We hope and encourage residents on the course to take advantage of the fact that you are right on the course and invite friends and family over to make a day of it and watch the 'NASCAR' type racing in your front yard without all the exhaust!

HVAC is also hosting the Tour of Kensington Valley on Saturday May 8, this is a stage race that is confined within Kensington Metro Park. This is a well established race and often sees some of the areas elite racers in this fantastic Spring event. This is also a Michigan Challenge Race series!

For more information on the course and times of the races for both the Milford Criterium and the Tour of Kensington Valley, please see our website at [www.milfordcrit.org](http://www.milfordcrit.org)