

# The Official Race Guide for the *Explore La Crosse Omnium*

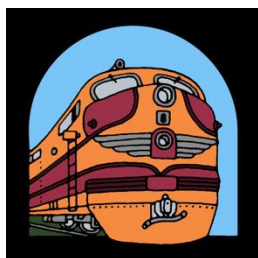
LA CROSSE OMNIUM



May 5, 6, and 7, 2023



T R A I L S



# Welcome to the Explore La Crosse Omnium!

Bike racing professionals and amateurs from throughout the Midwest will compete in America's largest three-day cycling race at the [Explore La Crosse Omnium](#) on May 5-7, in La Crosse, Wisconsin. The La Crosse Omnium is the Midwest's premier spring road classic. [Explore La Crosse](#) is promoting this great weekend, and they are your go-to resource for places to stay, eat, and things to do when you're off the bike. See more in the spectator's guide below for some of their great content!

Professional men and women cyclists will compete for equal cash payouts of over \$1,800 each. Cash payouts and prizes for the race will total \$7,500.

[ORA Trails](#) is staging the 11th annual 2023 Explore La Crosse Omnium, which begins Friday evening with registration opening at Bluffside Tavern at 4:00 pm for the time trial up Bliss Road to the top of Grandad's Bluff. The Time Trial and several other race categories have sold out in past years, so racers are encouraged to register well in advance for La Crosse Omnium. Please note that pre-registration is required for the Time Trial. *Parking is not allowed in the Bluffside lot, there is plenty of street parking available.*

Friday's lung searing, Grandad Bluff time trial climbs 550 feet in 2.4 miles and racers go off every 30 seconds starting at 4:30 pm. Sponsored by our friends at [Coulee Bicycle Co!](#)

Day 2 of road racing starts Saturday morning at 8:30 am on a challenging and secluded 14.3-mile loop on the back roads of nearby Chaseburg that features lung scorching climbs and scenic sweeping descents. Road racing begins at the [Chaseburg Village Hall](#). Parking is available on village streets only, no parking is available in the Village Hall lot. There are 15 categories of racers completing a loop of the course one to five times depending on the race field. Distances range from 14.3 to 57.4 miles. Riders ascend and descend 654 feet per lap. Sponsored by [Freighthouse Restaurant!](#)

The finale, day 3, begins Sunday morning with a Criterium on the downtown streets of La Crosse. "NASCAR on bikes" with elbow-to-elbow race action at high speeds around a tight, flat as a pancake profile, along the scenic Mississippi River.

Information on each day of racing can be found below, including maps and important day-of information. Also, please consider volunteering when you are not racing, or having friends and family volunteer. We can't run the event without our great volunteers! [Sign Up Volunteer Spot.](#)

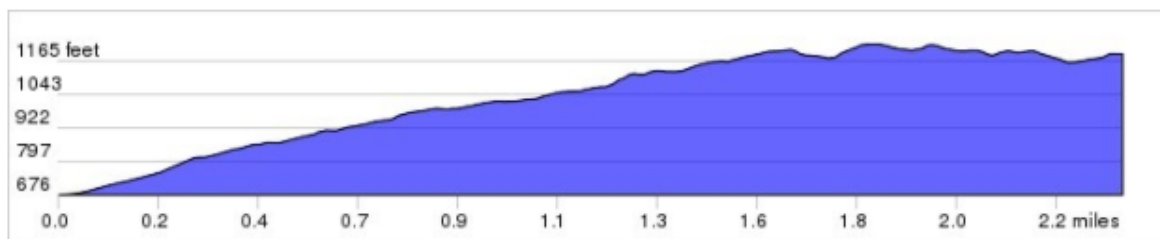
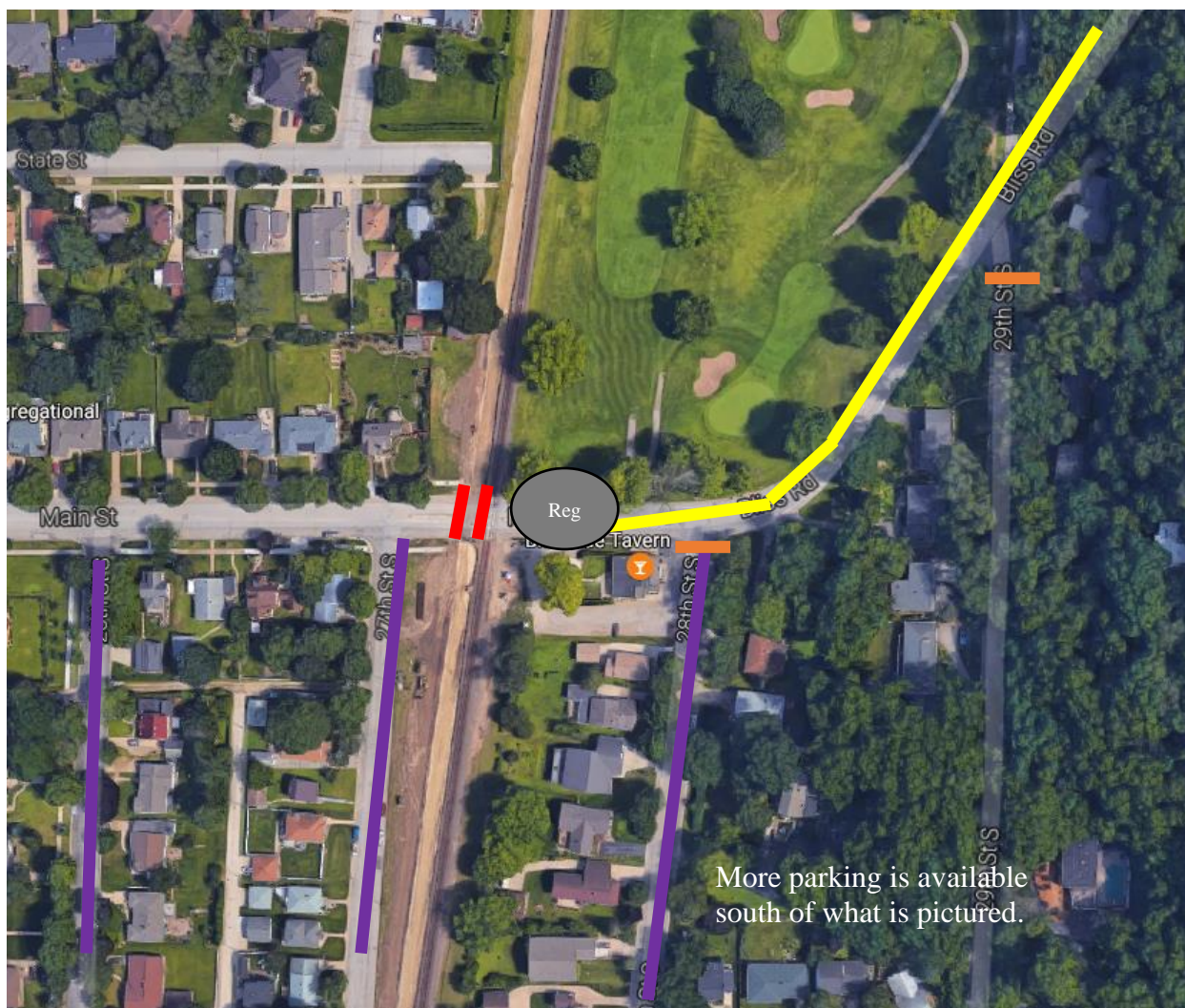
*Please note that we encourage all bikes to be safely secured inside your overnight accommodations. In particulate, downtown La Crosse has struggled with thefts when bikes have been left on vehicles overnight.*

Follow us on Facebook for race updates! If there are any weather delays or other notifications, [facebook.com/explorelacrosseomnium](https://facebook.com/explorelacrosseomnium) is your go to!



Time Trial: Friday, May 5<sup>th</sup>, 2023

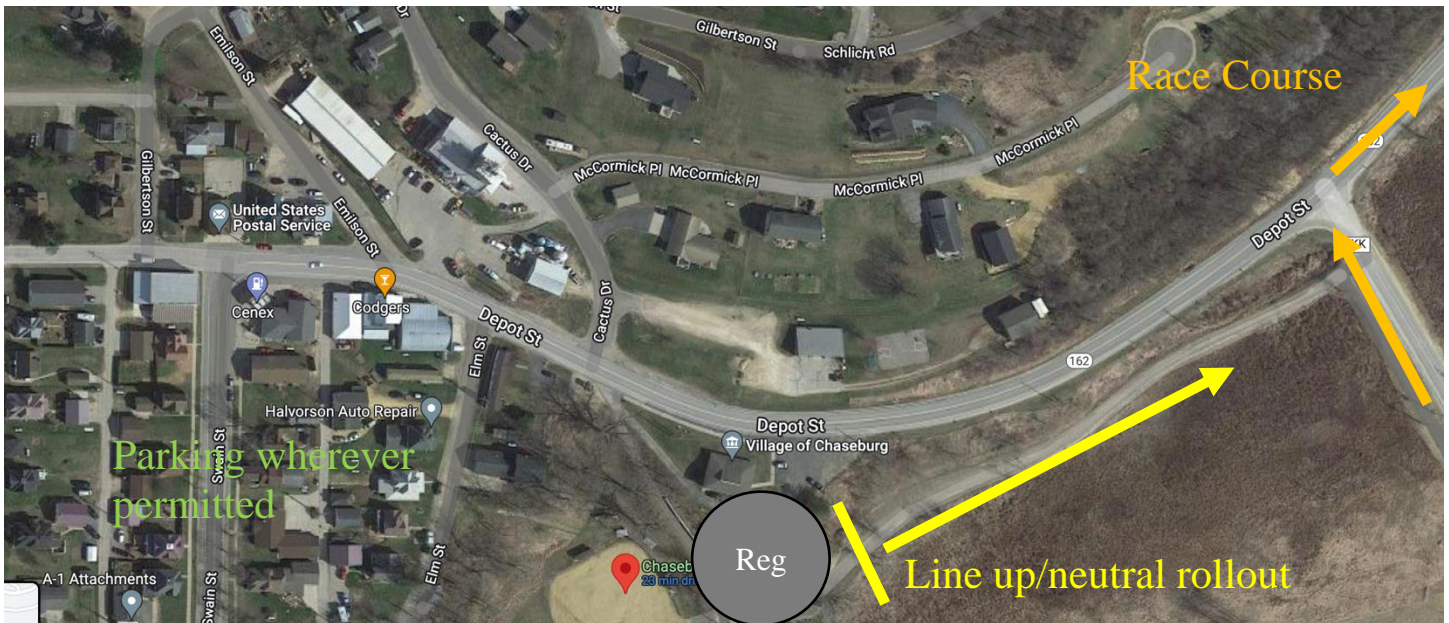
- Starting at 4:30 PM (pick up bibs after 4:00)
  - If you don't race until later, please wait to pick up your bib!!
  - We don't want long lines for the early racers, thank you!
- Numbers go on the left side
- Staging outside [Bluffside Tavern, 2712 Main Street, La Crosse, WI](#)
- Street parking will be available but please note:
  - The race starts on the east side of two sets of railroad tracks, **so make sure you're on the correct side when you get close to your start time.** We won't be able to wait for a train – the clock starts at your start time. Every year someone misses their start time.
  - ***No parking in the Bluffside Tavern lot, as this will be saved for patrons.***
- Start times will be emailed at least 24 hours prior to the event.
- On the map below:
  - Red is for angry train tracks (don't get stuck on the West/left side)
  - Purple is for parking options
  - Yellow is the TT course
- The pavement has a couple of well marked rough spots. Find a clean line and enjoy the closed road.
- Riders returning to the start need to stay to the right and descend cautiously. Uphill racers have the right of way.



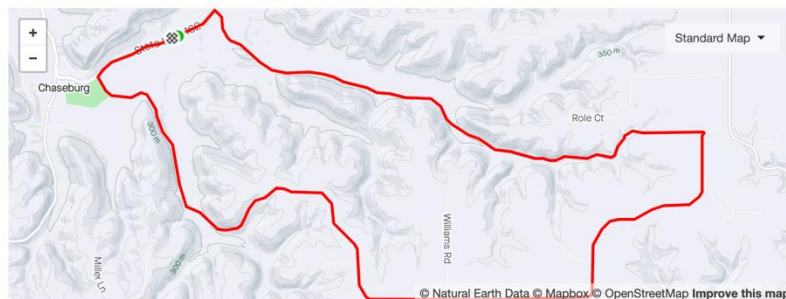


## Road Race: Saturday, May 6<sup>th</sup>, 2023

- Starting at 8:30 AM (registration opens at 7:30)
- Numbers go on the left
- Staging at [Chaseburg Ball Fields](#) (down the hill to the south, behind Village Hall)
- The address is 402 Depot St, Chaseburg, WI 54621
- Parking is available on city streets, but not by registration (you'll have to walk or bike down) as we use this for neutral rollout:
- It's very possible that there will be Amish baked goods for sale. We highly recommend them, but have no formal endorsement.
  - There will be a [pancake breakfast](#) too!
- There are restrooms in the park and in the Village Hall.
- Spectators can park at [Middle Coon Valley Lutheran Church](#).
  - There will be no access to the church, but there will be porta potties in the parking lot
  - Please respect the space and clean up after yourselves!
  - The start/finish is down the road from the church, but there is no parking allowed on the highway for the safety of racers. Make sure your vehicle is in the lot!
- The officials try very hard to pick all finishers, but given the field sizes and the damage the demanding course extracts from the riders, it is tough to keep track of everyone. It is your responsibility to check the results after the race, and protest within the allotted 15 minutes, should they not accurately reflect the results.
- Numbers will go on the left side. If you received a number for the TT and you are racing in the same category, you will use the same number. If the RR will be your first race you can pick it up at reg with your license.
- Be Safe. Fields are big and the road is open, keep your head up at all times and observe the yellow line!

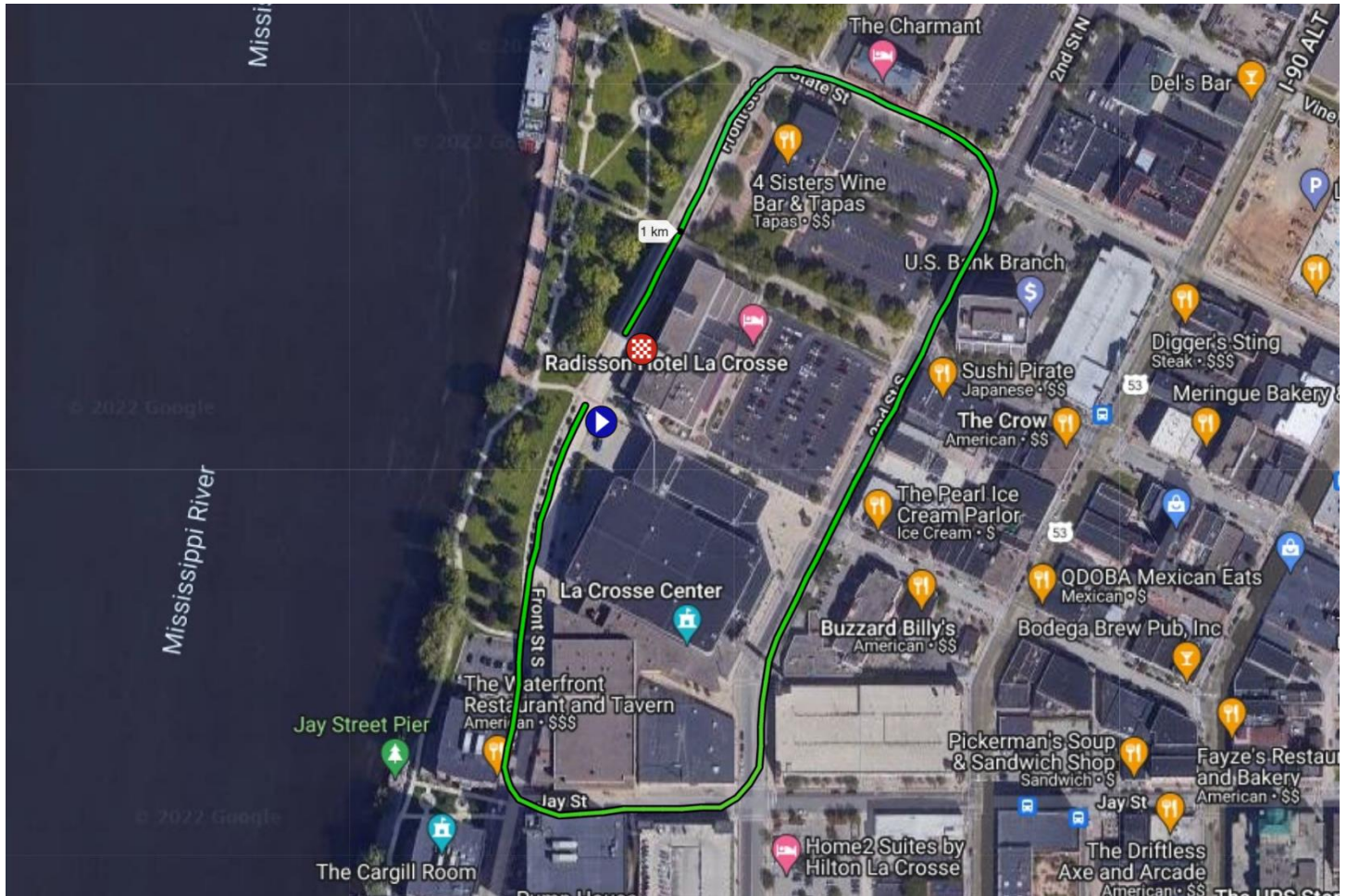


Distance 14.19mi Avg Grade 0.0% Lowest Elev 549ft Highest Elev 1,129ft Elev Difference 579ft 631 Attempts By 264 People



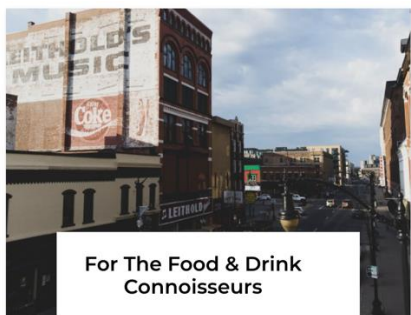
Criterium: Sunday, May 7<sup>th</sup>, 2023

- Starting at 8:00 AM (registration opens at 7:30)
- Numbers go on the right
- Staging noted on the map below by the maroon box, [200 Harborview Plaza, La Crosse, WI](#)
- The start line is in green.
- Parking is available in several ramps, as well as on street (but not on the course!)
- The course is .7 miles in length, with 12 feet of elevation change per lap.





# Spectator guide



For The Food & Drink  
Connoisseurs



Family Activities



Explore La Crosse  
Adventures

— WHERE TO EAT —

## ENJOY THE LA CROSSE REGION'S CULINARY DESTINATIONS

With over 100 culinary eateries, you'll dine in a setting like no other among the bluffs on outdoor patios, in retro martini bars, renovated historic buildings, or classic pubs.

[SEE DINING GUIDE](#)

— CONVENIENCE, COMFORT & HOSPITALITY —

## PLACES TO STAY IN THE LA CROSSE REGION

Whatever your lodging preference, you'll find comfort, value, hometown hospitality and a great night's sleep.

[BOOK A ROOM](#)

— WHERE MEMORIES ARE MADE —

## SPEND YOUR DAY BETWEEN THE BLUFFS

Whether you are looking to book your next event or vacation, you can enjoy recreation and festivals, shopping and great food, arts and theater, and a variety of places to stay

[SEE VISITOR GUIDE](#)

## The La Crosse Omnium: The Midwest's Premier Spring Cycling Classic

An epic three-stage battle for bike racing supremacy on May 5<sup>th</sup> - May 7<sup>th</sup>, 2023. With over \$7,500 in cash and prizes! Further registration and race details are available here: <http://www.lacrosseomnium.com/>. Preregister and Save \$10.00 per event or \$30.00 total. Preregistration is \$40 per event or \$120 for all three. Juniors race at half price! Junior pre-registration is \$20 per event or \$60 for all three. Pre-registration for the Time Trial is **mandatory**, and closes on April 31st at midnight **central time**. Day of registration will be available for the  **criterium** and the **Road Race** only with a late entry fee additional charge of \$10 per event. USA Cycling event permit: 6787

### 2023 Event Schedule

May 5<sup>th</sup>, 2023

Event	Start Time	Entry
<b>Time Trial</b>	<b>4:30 PM</b>	
Jr. Boys 9-12,13-14	Prizes	\$ 20.00
Jr. Girls 9-12,13-14	Prizes	\$ 20.00
Jr. Boys 15-16	Prizes	\$ 20.00
Jr. Girls 15-16	Prizes	\$ 20.00
Jr. Boys 17-18	Prizes	\$ 20.00
Jr. Girls 17-18	Prizes	\$ 20.00
Men Cat 5	Prizes	\$ 40.00
Women Cat 4	Prizes	\$ 40.00
Women Pro 1/2/3	5/350.00	\$ 50.00
Women 35+ 1/2/3/4	3/100.00	\$ 40.00
Masters 50+	Prizes	\$ 40.00
Masters 35+ Cat 4/5	Prizes	\$ 40.00
Masters 35+ Cat 1/2/3	3/100.00	\$ 40.00
Men Cat 4	Prizes	\$ 40.00
Men Cat 3	3/100.00	\$ 40.00
Men Pro 1/2	5/350.00	\$ 50.00

2.4 Miles departing every 30 seconds

Pre-Registration Only

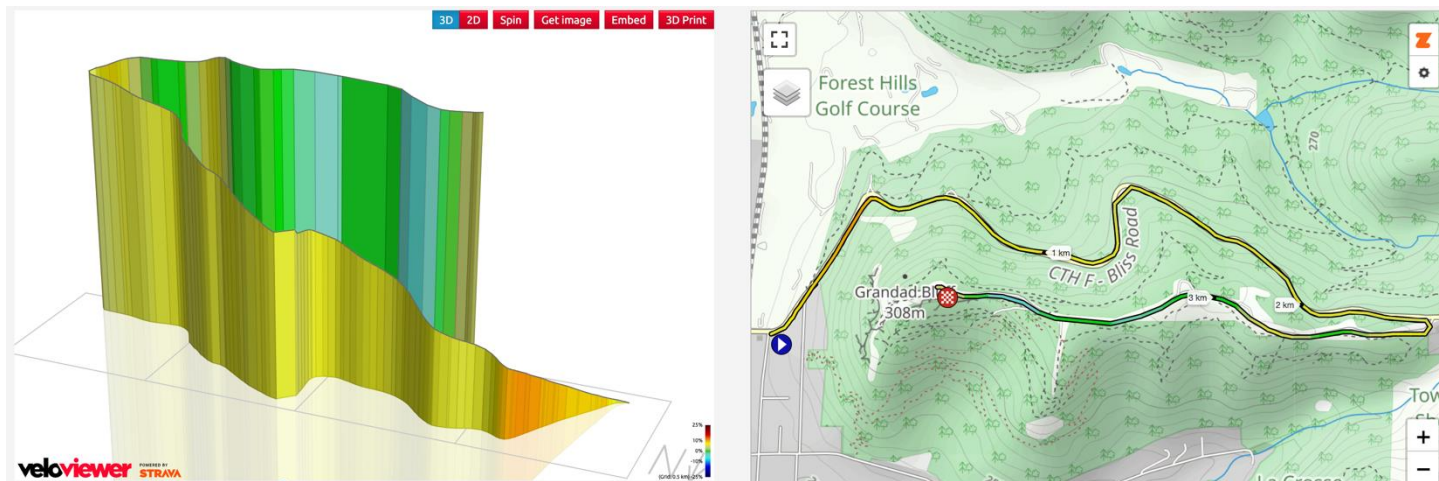
### Pre-Registration ONLY.

**Directions:** Check-in this year is at Start at the bottom of Bliss Road, La Crosse, WI 54601. Riders will be notified of their start time prior to the event by email and on the website. Field is limited to 360 total riders, first come first serve, so register early! Don't miss out!

**Bliss Road will be closed to traffic at 3:00pm. The road will be shared with a running time trial. Please use caution and stay to right.**

**Course:** <http://www.mapmyride.com/routes/view/59198722>

**Alternate Directions:** Available at [www.lacrosseomnium.com/time-trial/](http://www.lacrosseomnium.com/time-trial/)



## May 6<sup>th</sup>, 2023 Road Race Schedule

Event	Cohort Start	Start Time	Laps	Dist.	Pre-Reg	Day of
<b>Road Race</b>						
<b>8:30 AM</b>						
Masters 35+ Cat 1/2/3	5/\$250	8:30 AM	4	57.4	\$ 40	\$ 50
Women Pro 1/2/3	8/\$700	8:32 AM	4	57.4	\$ 50	\$ 60
Men Cat 4	5/\$200	8:34 AM	2	28.7	\$ 40	\$ 50
Women Cat 4/5	5/\$200	8:36 AM	2	28.7	\$ 40	\$ 50
Jr. Boys 17-18	Prizes	8:38 AM	2	28.7	\$ 20	\$ 30
Jr. Girls 17-18	Prizes	8:38 AM	2	28.7	\$ 20	\$ 30
Jr. Boys 15-16	Prizes	8:40 AM	1	14.3	\$ 20	\$ 30
Jr. Girls 15-16	Prizes	8:40 AM	1	14.3	\$ 20	\$ 30
Jr. Boys 9-12,13-14	Prizes	8:40 AM	1	14.3	\$ 20	\$ 30
Jr. Girls 9-12,13-14	Prizes	8:40 AM	1	14.3	\$ 20	\$ 30
<b>12:30 PM</b>						
Men Pro 1/2	8/\$700	12:30 PM	4	57.4	\$ 50	\$ 60
Men Cat 3	6/\$300	12:32 PM	3	43	\$ 40	\$ 50
Men 50+	Prizes	12:32 PM	3	43	\$ 40	\$ 50
Women 35+ 1/2/3/4	5/\$250	12:34 PM	2	28.7	\$ 40	\$ 50
Masters 35+ 4/5	3/\$150	12:36 PM	2	28.7	\$ 40	\$ 50
Men Cat 5	Prizes	12:38 PM	2	28.7	\$ 40	\$ 50

## 2023 Crit Schedule

May 7<sup>th</sup>, 2023

Event	Start Time	Duration	Pre-Reg	Day of	Payout
Jr. Boys 9-12,13-14	8:00 AM	0:20	\$ 20	\$ 30	Prizes
Jr. Girls 9-12,13-14	st		\$ 20	\$ 30	Prizes
Jr. Boys 17-18	8:25 AM	0:30	\$ 20	\$ 30	Prizes
Jr. Boys 15-16	st		\$ 20	\$ 30	Prizes
Jr. Girls 17-18	st	0:30	\$ 20	\$ 30	Prizes
Jr. Girls 15-16	st		\$ 20	\$ 30	Prizes
Women Cat 4	9:00 AM	0:40	\$ 40	\$ 50	Prizes
Women 35+ open	st	0:40	\$ 40	\$ 50	3/\$225
Men Cat 5	9:45 AM	0:30	\$ 40	\$ 50	Prizes
Men Cat 4	10:20 AM	0:40	\$ 40	\$ 50	Prizes
Men 50+	11:05 AM	0:40	\$ 40	\$ 50	Prizes
Men Cat 3	12:15 PM	0:50	\$ 40	\$ 50	3/\$175
Masters 35+ Cat 4/5	1:10 PM	0:40	\$ 40	\$ 50	Prizes
Masters 35+ Cat 1/2/3	1:55 PM	0:50	\$ 40	\$ 50	5/\$250
Women Pro 1/2/3	2:50 PM	1:00	\$ 45	\$ 55	8/\$715
Men Pro 1/2	3:55 PM	1:00	\$ 45	\$ 55	8/\$715

**Directions:** Registration begins at 7:30 am in Riverside Park directly across from the Radisson Hotel at 200 Front Street (also called Harborview Plaza) La Crosse, WI 54601. The Radisson is right on the racecourse.

**Fees:** Second race day of for **\$20**

**Course:** <http://www.mapmyride.com/routes/view/68597592>



**Omnium Points:** Points will be awarded to the top 15 finishers in each stage. With 20 points being awarded to first place then decreasing by two points to sixth place, then one point thereafter until reaching 15<sup>th</sup> place which is awarded one point. Every finisher of the Hill TT will be awarded at least one point. In the case of a tie, Omnium placing will be determined by finish time in the Hill TT.

**2023 Omnium Prize list**

May 5 <sup>th</sup> -7 <sup>th</sup>		
Event	Places	Payout
Jr. Boys 9-12,13-14	3	Prizes
Jr. Girls 9-12,13-14	3	Prizes
Jr. Boys 15-16	3	Prizes
Jr. Girls 15-16	3	Prizes
Jr. Boys 17-18	3	Prizes
Jr. Girls 17-18	3	Prizes
Men Cat 5	3	Prizes
Women Cat 4	3	\$50.00
Women Pro 1/2/3	5	\$250.00
Women 35+ 1/2/3/4	3	\$100.00
Masters 35+ Cat 4/5	3	\$75.00
Masters 50+	3	\$50.00
Masters 35+ Cat 1/2/3	3	\$100.00
Men Cat 4	3	\$50.00
Men Cat 3	3	\$75.00
Men Pro 1/2	5	\$250.00

Preregistration is available at: <http://www.lacrosseomnium.com>

**Omnium Points**

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Points	20	18	16	14	12	10	9	8	7	6	5	4	3	2	1

\* All finishers in the TT get at least one point. Ties are broken by TT time