

# Haw Ridge Mountain Bike Race

**Sunday July 26, 2009**

**A USAC MTB & TBRA Event**

**Location:** From I-40, take 162 North toward Oak Ridge (Pellissippi Parkway). After crossing Melton Hill Lake take the first exit to TN 170, Edgemoor Rd heading east. You will shortly pass the main kiosk for Haw Ridge on the right; take the next road to the right (Old Edgemoor Road). The race parking will be at the end of the road. From I-75 take the Raccoon Valley Road exit, head east on TN 170, Raccoon Valley Road. Go straight through the 4-way stop and straight across Clinton Highway. After crossing the bridge by the Bull Run Steam Plant you will take the next road to the left (Old Edgemoor Road). The race parking will be at the end of the road.

**Hosted By: Knox Velo**

**Course Description:** Haw Ridge trails are primarily single track with plenty of roots, rocks, and hills.

The race will start on about a ¼ of a mile of pavement allowing riders to spread out and then turn onto about 10.4 miles of single and double track.

**Contact:** John Rhyne (Knox Velo), Phone :( 865)938-4063, E-mail: [rhynej@k12tn.net](mailto:rhynej@k12tn.net)

## **Cross Country Race Schedule**

**Free short race for kids at 8:30a.m.**

## Cross County Race Schedule

- Denotes a TORBAR point's category. \*\* Denotes Junior Olympic MTB Series division.

Race	Cat.	Age	Time	Prizes	Laps	Approx. Distance (Miles)
<b>Awards: 100% Payback less \$4 TBRA and USAC fees (Medals jr.)</b>						
1*	Pro & Cat 1 Open	0-99	8:30 AM	3-10	3	31.2
2*	Cat 1 Men (Expert)	19-29	8:30 AM	3-10	3	31.2
3*	Cat 1 Men (Expert)	30-39	8:32 AM	3-10	3	31.2
4*	Cat 1 Men (Expert)	40-49	8:34 AM	3-10	3	31.2
5*	Cat 1 Men 15-18* (Expert) 15-16** 17-18**	15-18	8:36 AM	3-10	3	31.2
6*	Pro and Cat 1 Women* (Expert) 15-18**	15-99	8:38 AM	3-10	3	31.2
<b>Awards: Merchandise ( Medals for Jr. Olympic Categories )</b>						
7*	Single Speed	19+	12:30 PM	3	2	20.8
8*	Cat2 Men* (Sport) Cat 2 Men 15-16** Cat 2 Men 17-18**	19-29 15-16 17-18	12:32 PM	3	2	20.8
9*	Cat 2 Men (Sport)	30-39	12:34 PM	3	2	20.8
10*	Cat 2 Men (Sport)	40-49	12:36 PM	3	2	20.8
11*	Cat 2 Men (Sport/Expert)	50-99	12:38 PM	3	2	20.8
12*	Clydesdale (200+ lbs.)		12:38 PM	3	2	20.8
13*	Cat 2 Women* (Sport) 15-18**	15-99	12:40 PM	3	2	20.8
<b>Awards: Trophies (Medals for Jr. Olympic Categories)</b>						
14*	Cat 3 Men (Beginner)	19-29	3:00 PM	3	1	10.4
15*	Cat 3 Men 15-18** (Beginner) 15-16** 17-18**	15-18	3:02 PM	3	1	10.4
16*	Cat 3 Men (Beginner)	30-39	3:04 PM	3	1	10.4
17*	Cat 3 Men (Beginner)	40-49	3:08 PM	3	1	10.4
18	Cat 3 Men (Beginner)	50-99	3:08 PM	3	1	10.4
19*	Junior Men 14 & Under* (Beginner) 10 & Under** 11-12** 13-14**	10-14	3:10 PM	3	1	10.4
20*	Cat 3 Women (Beginner)	19-99	3:12 PM	3	1	10.4
21	Junior Women 10-18 (Beginner) 10 & Under** 11-12** 13-14** 15-18**	10-18	3:12 PM	3	1	10.4

### **Registration / Entry Fees:**

	Pre-Registration	Pre-Registration without current USAC-MTB annual license	Race day Registration	Race day Registration without current USAC-MTB annual license
Under 19 (Juniors)	\$20	\$25	\$27	\$32
Cat 3 (1-Lap Races)	\$25	\$30	\$32	\$37
& 2 (2 & 3-Lap Races)	\$30	\$35	\$37	\$42

PRE-REGISTRATION is available via [EdgeReg](#) closing on Friday, 7/24/2009 at 11:59p.m. Pre-registered racers will get a fast track check-in on race day. Pre-registration and check-in are available on Saturday, 7/25/2009, 1:00 - 5:00 p.m. at the race start. All riders will be required to sign a USACycling release.

USAC-MTB ANNUAL LICENSE REQUIRED FOR EXPERTS AND RANKINGS. Annual Licenses are \$60 (\$30 for juniors) and can be purchased at the race site, but historically this takes up to six weeks for the card to be received back. Online purchasing is much quicker. Also, to include this race in your USAC-MTB ranking, an annual license must be purchased prior to race day. We highly recommend pre-purchasing a license at [www.usacycling.org](http://www.usacycling.org).

The race director reserves the right to combine classes (classes with less than five riders may be incorporated into other classes). HELMETS REQUIRED.

Free camping at race start. Reduced rate lodging available in Oak Ridge at: [www.doubletree.com](http://www.doubletree.com)

**Sponsors:** Please Support these Advocates of East Tennessee Mountain Bike Racing

