



PAWLING CYCLE & SPORT

Presents the Annual



PAWLING MOUNTAIN ROAD RACE

Sunday July 10, 2011, Pawling NY

Race #	Category	Miles	Field Limit	Start Time	Entry Fee	Prizes	Places
1	Men 4 (-35)	40	100	8:45 am	\$35	\$300	5
2	Men 4 (35+)	40	100	8:52 am	\$35	\$300	5
3	Men 5 (-35)	20	50	8:59 am	\$35	Medals	8
4	Men 5 (+35)	20	50	9:06 am	\$35	Medals	8
5	Women 4 / Jr Women 15-18	20	75	9:13 pm	\$30	\$200	6
6	Men Pro/1/2/3	60	100	1:00 pm	\$35	\$750	10
7	Men 3 / 4	60	100	1:07 pm	\$35	\$500	8
8	Men 35+ (cat 1-4)	40	100	1:14 am	\$35	\$400	5
9	Masters 45+ (cat 1-4)	40	75	1:21 pm	\$35	\$250	4
	Masters 55+ (cat 1-4)				\$35	\$100	3
	Jr. Men 15-18				\$20	Medals	3
10	Women Pro 1/2/3	40	100	1:28 pm	\$30	\$500	6

- Registration: **(NO Day of race registration)**
 - On-line at www.bikereg.com (closes 11pm Thursday July 8th)
 - NO REFUNDS or WAIT LISTS
 - Changes made at promoter's discretion.
- Information and flier PDF: <http://www.pawlingcycle.com>, or 845-855-9866 BEFORE 9pm
- Promoter reserves the right to combine fields - races run rain or shine.
- Races held under USAC permit (pending). Entry fee includes insurance surcharge for USAC.
- Number pickup opens at 7:30am for everyone, closes 30 minutes before each race.
- All racers need a current annual or 1-day USAC Road license or UCI license.
- Racers without USAC Road or UCI annual license will need to purchase a one day cat 5 men's or cat 4 woman's license for an additional \$10 (available on race day).

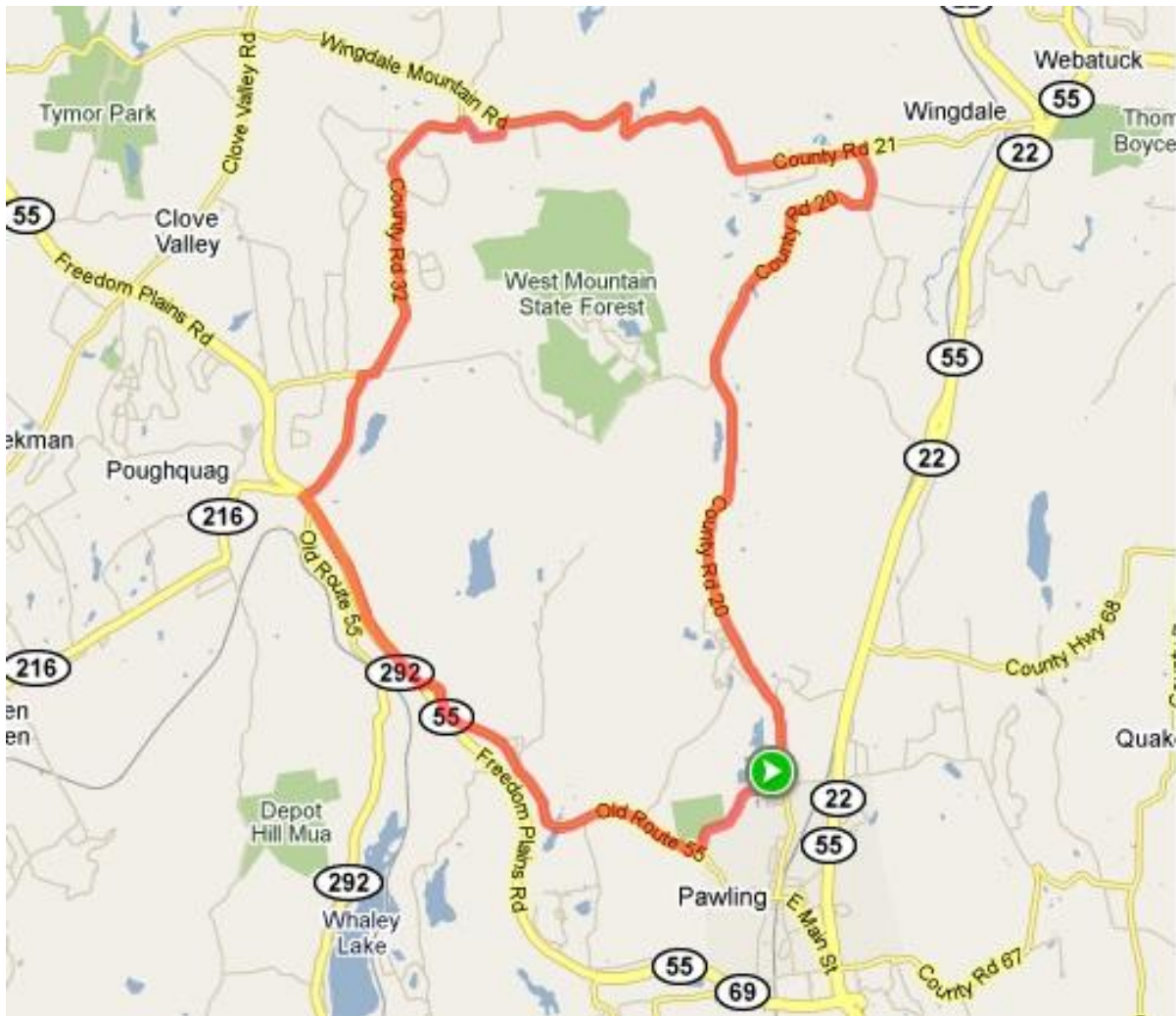
Parking and Race Staging

- **Lakeside Park: Lakeside Drive, Pawling NY 12564**
- <http://www.mapquest.com/maps?city=Pawling&state=NY&zipcode=12564&country=US&latitude=41.5713&longitude=-73.5988&geocode=ZIP>
- Swimming available, \$5/racer \$10/racer+family - Families can swim at the beach on the lake while you're suffering on the climbs, and then cheer you on at the finish line!
- Food vendors will be on site.

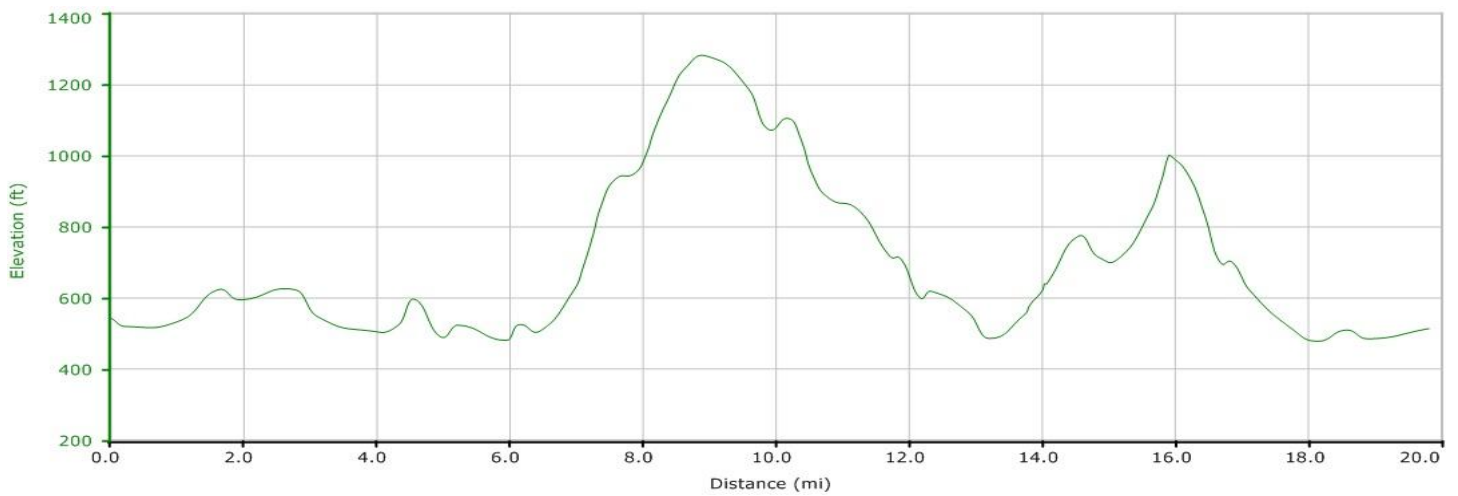
Additional Notes

- Course: 20 mile hilly loop with 3 climbs and 1850 feet of vertical ascent per lap, and passes by the old Union Vale RR finish line on each lap! 1.5 mile parade lap through the village of Pawling.
 - 39/25 gearing recommended - **Junior gearing required for all juniors regardless of race entered.**
 - No team or individual follow vehicles allowed, however neutral support or wheel vans will be provided.
 - Feed zone for all categories. No neutral water. All feeds in designated area only – maps at registration.
 - Yellow line rule will be strictly enforced. Course roads will have traffic.
- Racers should use caution on the lower portion of Old Rt 55 (mile 16.75 – 18.0) as the road has some rough spots. Course turns left onto Lakeside Drive for the finish.
- Lakeside Drive will be closed to traffic and racers will have use of the entire road for the finish.
- All USAC Road Rules apply. ANSI approved helmet required for all races, no forward facing handlebars, bar ends, aero bars or tank tops.
- Junior information (including gearing) available at www.jru23cycling.info.

Course Map



Elevation



Race Course Cue Sheet

<http://www.pawlingcycle.com/images/PMRR%20Cue%20Sheet%20PDF.pdf>

