



# NY Capital Region Road Race Technical Guide



**Race Start/Staging:** All fields begin with a 3.5 mile neutral start from the Ravena/Coeymans/Selkirk High School out to the race loop. The neutral start beings out the back driveway of the School. Turn right onto County Route 101 (Under Cliff Road). Turn left onto the race loop at Jarvis Road. Racing will begin upon reaching the start/finish line on Jarvis Road. The race will include 1 to 4 loops, depending on the field.

**Race Course:** 20-mile loop with 1,300' of climbing per lap. Race distances are 23, 43, 63 or 83 miles, including the neutral start. The longest continuous climb has a 400 foot vertical rise (Tracy Road); however, 900 feet of climbing occurs within a 4-mile stretch of the loop, followed by over 10 miles of rolling downhill, prior to the short/rolling (1-mile) finishing climb.

The course is marked and marshaled; however, all racers are responsible to know the route (see map and queue sheet). Entire course is open to traffic and the centerline rule is in effect, including at the finish. On roads that do not have a centerline, you are responsible to stay on the right half of the road.

## **Semi-Technical Sections:**

At 1.7 miles past the finish line, the course takes a hard 150° right turn from Bushendorf Road to Star Road. The turn is at the bottom of a short winding downhill. Significant braking will be required.

At the 6.2 miles past the finish line, the 1-mile long Whitbeck Road section begins with a 130° sharp right turn after a 2-mile downhill. To negotiate the turn, racers will have to substantially reduce speed. After the turn, the road immediately pitches up to a 15% grade (don't drop your chain). The infamous Whitbeck climb is followed by a downhill S-turn that cannot be successfully negotiated at full speed.

**Feed Zone:** On Jarvis Road, located between the 1K and 0.5K to go Signs (before the finish line), and is well marked. Only feed in the designated area. **NO PARKING at the feed zone.** Parking is located on South Road (County Route 101), just before the turn onto Jarvis Road (see map). You must walk to the feed zone from the designated parking area.

**Feeding:** Feed racers from the right side of Jarvis Road only. Please pick up and dispose of any litter and bottles. No feeding during the neutral start.

**Directions to Feed Zone:** Exit the High School parking lot from the back driveway, making a right turn onto County Route 101. Travel 2 miles on Route 101, continue straight past Jarvis Road. Continue for 0.2 miles to on Route 101 to the designated parking area, see map. **NO PARKING on the Road.**

**Finish Line:** 1K up Jarvis Road. **NO PARKING at the finish line.** Park in the feed zone parking area and walk to finish. Finish line area is narrow, stand behind fencing at all times (keep roadway clear).

**Warm-Up Area:** The neutral start road is also the warm-up area, County Route 101 (out the back entrance of School).

**Neutral Water:** We will have a limited supply of water in the feed zone for 3 & 4 lap fields only. You may have to stop and get a bottle, neutral feeders are not provided by promoter.

**Spectators:** PLEASE remain well off Roadway. Road is OPEN in both directions.

**Support:** Each field will have a support vehicle. Support is Wheels-In/Neutral-Out, once a minimum of 8 pairs of wheels have been supplied to the support vehicle (4 pairs for fields under 30 riders). Competitors must supply wheels. Support vehicles will be labeled and staged in the back of the parking lot, near the rear entrance to the school. After race, wheels will be returned to the school and placed along the building for pick-up.

**Race Numbers:** Numbers must be pinned to Left Side of the Jersey, with bottom edge of number on the side seam of the Jersey.

**Juniors:** Junior gears are required (USCF rule 1J6 – 52x14 or 45x12 with 700c wheels). Gear check (roll out) will be conducted 9:30 – 9:45 am at the High School.

**Littering:** is against New York State law and USA Cycling rules. Do not throw bottles or wrappers on the course. Drop bottles in the feed zone only – expect strict enforcement.

**Medical Support:** Provided by local volunteer fire company and rescue squad, and Albany County EMS. Medical location for first aid is at the start/finish line on Jarvis Road.

**Results/Awards:** will be given at the High School only, after results are posted, and the 15 minute protest period has elapsed. You must present your race number or racing license when picking up your award. We have a professional results service. Results will be provided to USA Cycling for points/upgrades/rankings, BikeReg.com for posting, and to the MCRA for rankings.



Race Fields	Cash Payout by Place									
	1	2	3	4	5	6	7	8	9	10
Pro/1/2/3, U23	\$300	\$200	\$150	\$100	\$80	\$50	\$40	\$40	\$20	\$20
Men Cat 3	\$150	\$100	\$80	\$50	\$20					
Women 1/2/3	\$200	\$120	\$80	\$60	\$40					
Men Masters 35+	\$100	\$60	\$40							
Men Masters 45+	\$100	\$60	\$40							
All other fields	T-shirts									