



The Capital Bicycle Racing Club (CBRC)
Presents the 9th Annual



NY Capital Region Road Race

A MCRA Series Event

Albany, New York

Saturday, August 14, 2010

Held under USA Cycling event permit

register online @



Day-of Reg. \$40



Registration: Opens at 8:30am. Ends 20 minutes before each race. One-day licenses available for \$10.

Course: Rolling 20-mile loop, with several steep climbs (plus a 3-mile neutral start). Elevation gain is 1,300 feet per loop, maximum grade 16% (53x25 gearing recommended). Course is located 10 miles South of Albany, in Ravena, NY. Registration located at the Ravena/Coeymans/Selkirk High School on NYS Route 9W (1-mile north of Ravena).

Race	Fee	Start Time	Length	Prize	Field Limit	Places
Pro/1/2/3	\$32	10:00 AM	4 laps, 83 miles	\$1,000	100	10
Men Cat 3/4	\$32	10:05 AM	3 laps, 63 miles	\$400	100	5
Men 35+ (Cat.1-4)	\$32	10:10 AM	3 laps, 63 miles	\$200	100	3
Men 45+ (Cat.1-4)				\$200		3
Men Cat 4/5	\$32	10:15 AM	2 laps, 43 miles	T-Shirt	75	3
Men Cat 5/Citizens	\$32	10:20 AM	2 laps, 43 miles	T-Shirt	75	3
Men 55+	\$32			T-Shirt		3
Women 1/2/3	\$32	10:25 AM	2 laps, 43 miles	\$500	75	5
Women 4				T-Shirt		3
Women 40+				T-Shirt		3
Men 65+	\$32	10:30 AM	1 laps, 23 miles	T-Shirt	75	3
New Racers	\$20			T-Shirt		3
Juniors 13-18				T-Shirt		3
Public Safety				\$0		T-Shirt

Combined Fields (same start time): have separate scoring and will close if combined field limit is reached. 1-Day USAC racing license will be available for \$10. Juniors may also race by category.

Directions to Registration (Ravena/Coeymans/Selkirk High School on NYS Route 9W, in Ravena, NY):

From the South: Take I-87 North to Exit 21B, Coxsackie. Take Route 9W north for 8 miles (School is just north of Ravena)

From the North: Take I-87 South to Exit 22, Selkirk. Turn right onto Route 144 South for ¼ mile; turn right onto Route 396/Maple Ave, continue through Selkirk, turn left onto Route 9W south for 3.5 miles (school is on right).

From the West: Take I-90 East towards Albany, than I-87 South to Exit 22, Selkirk. Turn right onto Route 144 South for ¼ mile; turn right onto Route 396/Maple Ave through Selkirk, turn left onto Route 9W south for 3.5 miles (school on right).

From the East: Take Mass Pike East (I-90) into New York; continue straight, following signs for I-87. Do **NOT** take Exit B1 (to Albany). Upon reaching I-87, take I-87 North for ½ mile to Exit 22, Selkirk. Turn right onto Route 144 South for ¼ mile; turn right onto Route 396/Maple Ave, continue through Selkirk, turn left onto Route 9W south for 3.5 miles.

To Enter: Pre-registration on www.BikeReg.com or Day-of Registration \$40 (Except Juniors).

Staging: All races have a 3 mile neutral start from the High School parking lot (included in race length).

Rules: All USA Cycling Road Racing Rules apply (no aero-bars or sleeveless jerseys; helmets required).

Questions: Website <http://cbrc.cc> or call Paul McDonnell at (518) 281-3710, pmedonnell@chacompanies.com

Visit www.cbrc.cc for race map and guide