



The Capital Bicycle Racing Club (CBRC)  
Presents the 10th Annual



# NY Capital Region Road Race

Albany, New York

**Saturday, August 20, 2011**

register online @



USA Cycling event permit #2011-2098

**Pre-Registration Only**

**Registration:** Opens at 8:30am; ends 20 minutes before each race.  
<http://www.BikeReg.com/events/register.asp?eventid=13358>

**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	\$30	10:00 AM	4 laps, 83 miles	\$1,000	100	10
Men Cat 3/4	\$30	10:05 AM	3 laps, 63 miles	\$400	100	5
Men 40+ (Cat.1-4)	\$30	10:12 AM	3 laps, 63 miles	\$200	100	3
Men 50+ (Cat.1-4)				\$200		3
Men Cat 4/5	\$30	10:18 AM	2 laps, 43 miles	T-Shirt	75	3
Men Cat 5/Citizens	\$30	10:23 AM	2 laps, 43 miles	T-Shirt	75	3
Men 55+	\$30					3
Juniors 15+	\$15					3
Women 1/2/3	\$30	10:28 AM	2 laps, 43 miles	\$500	75	5
Women 4				T-Shirt		3

**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 (send email to get discount).  
\*Fee increases to \$35 on August 1, 2011.

**Directions:** [Ravena/Coeymans/Selkirk High School in Ravena, NY](#)

**Address:** [2025 Route 9W, Ravena, NY 12143](#)

From the South: Take I-87 North to Exit 21B, Coxsackie. Take Route 9W north for 8 miles (go 1-mile 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, then 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](http://www.BikeReg.com) No Day-of Registration

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

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

**Questions:** Website <http://cbrc.cc> or Paul McDonnell at (518) 281-3710, [pmcdonnell@chacompanies.com](mailto:pmcdonnell@chacompanies.com)

Visit [www.cbrc.cc](http://www.cbrc.cc) for race map and guide