

Champion System Mad River Road Race

Sunday, September 4th 2011

Stage 3

DISTANCE

61 miles

COURSE DESCRIPTION

The course is a point-to-point race that starts at the Mt. Ellen Base Area of the Sugarbush Resort in Fayston (off German Flats Road), passing through the scenic Vermont towns of Waitsfield and Duxbury on Route 100. The course will make a right turn in Duxbury onto River Road. Slow for this turn because you will be carrying some speed. Also please be considerate at all the homes in this area were damaged by the flood. The surface will change to dirt and the dirt section will last for just about a mile, at which point you will make a right turn onto Winooski Street and cross the Winooski River. Use caution is there is a 20 yard section of lose gravel filling a washout (the pavement is in the field on the left). This is one of the largest rivers in Vermont and the heavy rains from Irene caused devastating flooding in Waterbury and Richmond.

After the short stint on Winooski Street, the course will make a left turn on to Route 2. Route 2 will roll along with some long flat sections and some climbing. The sprint hot spot is on Bolton Flats in this section of the course. Keep your eyes open for rough sections. These are mainly on the right side of the lane. In Jonesville the course will make a left onto Cochran Road the location of the feedzone (named after the famous Cochran family that opened one of the first downhill ski areas in the U.S. and that had family members win gold and silver medals in downhill skiing). Use extreme cautioning turning here. There are rail road tracks just after turning onto Cochran Road. Assume that they will not be covered, so take the corner slow and wide.

At the end of Cochran Road in Richmond will be the Round Church on your right. This famous land mark was built in 1812 and is a favorite place for tourists to visit. You'll continue straight onto Huntington road, and shortly afterwards, the course will make a right and head towards Hinesburg. Here a two mile climb in two sections will begin. Just after the top of the first sustained climb will be a downhill onto a short narrow bridge. Please be careful here, and the pavement is bumpy too. After the second sustained climb the road will ungrulate and in Hinesburg you'll proceed onto North Road. This is bumpy in places and has a steep downhill that is rough. Use caution, as it could save you from flatting or crashing.

Then the course will head straight onto Route 116 where you will head south to the intersection with Route 17. Route 116 is rolling and it does have a few climbs on it (that you descended in the circuit race!). Then begins the final obstacle -

Appalachian Gap. Appalachian Gap is Vermont's highest 4-season maintained roadway. Racers will start the first of two climbs known as the "Baby Gap". Baby Gap will take racers through Jerusalem and a brief but fast descent as the course rolls onto the base of App. Gap proper. This final section is only 5K, but it twists and turns and climbs very steeply in sections. As racers approach the last pitch, the canopy of trees opens up and the top of the Gap comes into view less than 1K away. The final 500m will take racers up one of the steepest pitches of the day (20% in places). This final pitch will be lined with hundreds of cheering spectators to help racers push to the finish.

CAUTIONS

1. Washouts and dirt sections on German Flats road. Mile 1
2. Dirt road section in Duxbury on River Road. Mile 15.7
3. Just after the bridge onto the Winooski Street in Waterbury Mile 17.1 has a short gravel filled washout.
4. Turn onto Cochran Road—Rail Road Tracks! Please **USE EXTREME CAUTION**. Mile 27.2

Please be **alert for moose** on the climb up Appalachian Gap from 2k to approximately 400m to go. These animals frequent these areas and often cross the road and travel up it. Moose can weigh as much as a small car and are not particularly afraid of cyclists (or cars for that matter). If you see a moose please pass with caution as they often respond in apparently unpredictable ways when startled

EMERGENCY MEDICAL SERVICES

Bolton Hot Spot Sprint, the finish area as well as in several race caravans.

FINISH BONUS

There is no finish bonus.

SPRINT COMPETITION

There is one sprint during this stage; on Route 2 in Bolton, approx. 5.5 miles after turning onto Rt. 2.

Points will be awarded 3 deep: 6-4-3.

CLIMBING COMPETITION

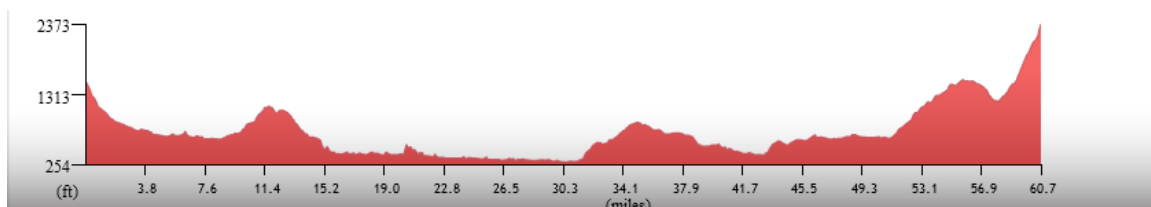
There are 2 K/QOM sprints during this stage. 1) Summit of Duxbury Hill. Points will be awarded 5 deep: 10-7-5-3-1

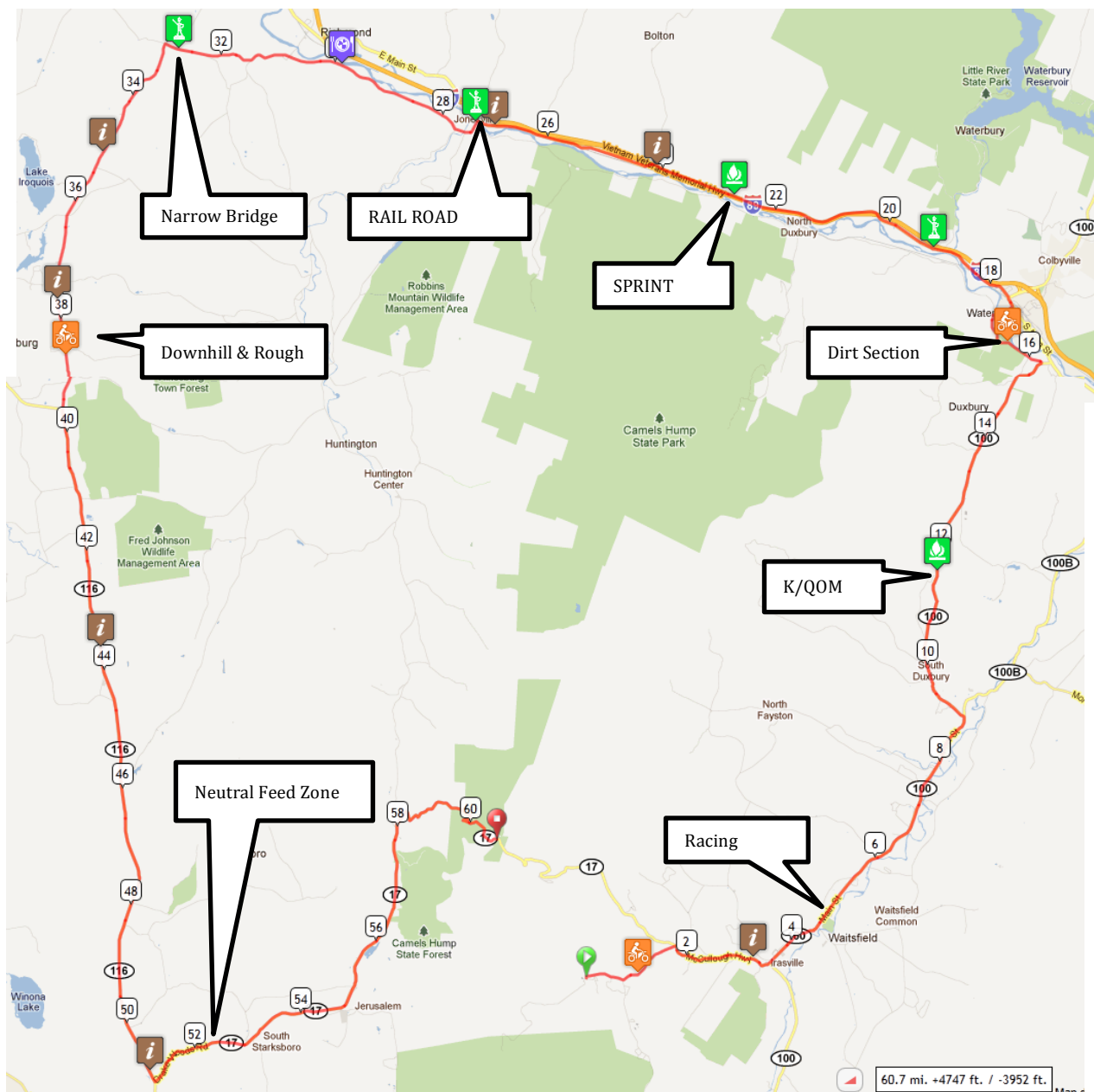
2) Summit of Appalachian Gap (Finish Line). Points will be awarded 5 deep: 10-7-5-3-1

CHAMPION SYSTEM MAD RIVER ROAD RACE-CUE SHEET

Distances based on GPS data and there may be some variances

<u>Distance</u>		<u>Description</u>
Miles	KM	
0	0	Start at Mt. Ellen Base Area Sugarbush Resort (off German Flats Rd)
0.6	1	Left onto German Flats Rd
1.7	2.75	Right onto Rt. 17 South
3.5	5.6	Left onto Rt. 100 North (Main Street Waitsfield)
4.6	7.4	Racing begins shortly after exiting Waitsfield
8.9	14.3	Turn left to stay on Rt. 100 North
11.6	18.7	K/QOM
12.2	19.6	Caution - Mobil Convenience store on right
15.7	25.3	Left on River Road
16.0	25.8	Begin dirt section
17.1	27.5	End dirt section – Right onto Winooski St.
18.3	29.5	Caution - Waterbury Flea Market
22.8	36.7	SPRINT
24.2	39.0	Rough pavement under I89 over pass
26.8	43.1	Rough pavement near fog line
27.2	43.8	Left onto Cochran Road – RAIL ROAD TRACKS just after turn... CAUTION!!
29.8	48.0	Feed zone
30.8	49.6	Straight onto Huntington Road
31.5	50.7	Right onto Hinesburg Road
32.8	52.8	Caution – narrow bridge and bumpy pavement... CAUTION!!!
32.9	53.0	Sharp uphill left to stay on Hinesburg road
37.3	60.0	Bear left (kind of straight) onto North Road
38.6	62.1	Steep downhill with rough pavement... USE CAUTION!!!
39.7	63.9	Stay straight onto Rt. 116.
51.1	82.2	Left turn onto Rt. 17... USE CAUTION...Sharp turn!!!
52.7	84.8	Neutral Feed Zone (tentative)
54.7	88.0	Jerusalem Store
58.0	93.3	Welcome to App Gap!
59.0	95.0	Watch for Moose
60.7	97.7	Finish @ Summit of App Gap (K/QOM)





PARKING AT START

Mt. Ellen Base Area – Fayston.

DIRECTIONS TO START

- *From the north:* I-89 south to exit 10 (VT 100). Head south on Rt. 100 through Waterbury to Waitsfield and make a right on Rt. 17 after Waitsfield Village. West on Rt. 17 approx. 2 miles then turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).
- *From the east and south:* I-89 north to exit 9 (VT 100B). Head west on Rt. 2 to get to Rt. 100 Waterbury. South on Rt.100. Continue south Rt. 100 through Waitsfield to Rt.17. West on Rt. 17 approx. 2 miles turn left onto

German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).

- *From the west:* Rt. 17 west over Appalachian Gap to right turn onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles) ski area parking lot on left.

SIGN-IN

Mt. Ellen Base Lodge. Sign-in opens at 7:30 am.

GEAR RECOMMENDATIONS

34x25 or 39x 25/27 or easier!

START TIMES

Men Pro/1	8:30 am	Men 4/5	9:30 am
Men 2	8:40 am	Men 50+	9:40 am
Men 3	8:50 am	Women 1/2	9:50 am
Men 40+	9:00 am	Women 3/4	10:00 am
Men 4	9:10 am	Gran Fondo	8:00 am
Junior	9:20 am		

CONTROLLED START

The start of the race will be controlled for approximately 5 miles.

TECHNICAL SUPPORT

During this stage SRAM will only support the following categories: Men Pro/1, Men 2, and Women 1/2. They will not stop to assist riders in other categories.

Neutral support will be provided for all other categories. In these categories there must be 10 sets of wheels or the support will be wheels-in/out only!

There is a 1-mile dirt road section in the course (this section maybe rough). You should consider using **sturdy tires and wheels** and be sure your bottle cages hold your bottles securely. **Be prepared to fix a flat tire as the service vehicles will go with any break.**

FEED ZONE

The feed zone is located on Cochran Road in Richmond. Parking is at the Cochran Ski Area.

All Feed zone vehicles should depart for the feed zone prior to the stage start. They may not follow or pass any race caravans. Per USAC rule 4H3, \$150 fine for reported infractions. Feed zone vehicles that do not get started prior to the start of the stage, should take Rt. 17 West over App. Gap to Huntington Road (a sharp right at the bottom). Follow that into Richmond. Where the road makes a sharp right (near the Round Church) continue straight onto Cochran Road. After leaving the Feed zone, vehicles must follow the course in reverse. Feed zone vehicles passing race caravans will be fined and have their riders disqualified.

WARM-UP AREA

Racers may warm-up on the Mt. Ellen Access Road prior to the 8:30 am start of the Men Pro/1 race. After that time racers may use the parking lot and side roads. You may also park at the Mad River Glen Parking lot on Rt. 17 and ride to the start as your warm-up. This will make it easier to get to your car after the race, as it will be all downhill from the finish.

COOL-DOWN/FINISH AREA

Riders may remain at the finish area at the top of Appalachian Gap to watch the race. If a rider remains at the finish, he or she must move completely out of the travel portion of the roadway and stay behind the fencing and follow the directions of race personnel, police, and officials. Riders who do not move out of the roadway may be assessed a fine or a GC time penalty. There will be water at the summit. To return to the start you will have to climb back to the Mt. Ellen base area. You may wish to have a vehicle at the Mad River Glen Parking lot to avoid the short climb back to the start. Please use caution on the descent of Appalachian Gap there are cracks in the road in the directions of travel. Don't forget massage is available at the Mt. Ellen base area.

SPECTATING AT THE FINISH

Spectators are encouraged to be at the finish. There is no parking above the Mad River Glen upper parking lot (**do not park on the roadway**). You may park at the upper (above the main lot at the top of the practice slope) or lower lot. A shuttle bus will be running from the Mad River Glen Parking lots to near the finish on Rt. 17 starting at 10:15. Please flag the bus down for a ride. You may also walk to the finish but please use caution on Rt. 17.