

JMU & UVA Cycling Present: The Massanutten Rocky Rampage

USAC Permit 2016-2775



Saturday 9/17

Massanutten Western Slope

3493 Happy Valley Rd, Keezeltown VA

Uphill Time Trial - 2000 Hours (9:00 am)

This uphill time trial features a .70 mile climb up technical singletrack. Expect rocky terrain. Riders will go off in 2 minute intervals, in descending class order. Please allow for 30 minutes of time prior to the event starting to parade pace ~1 mile up Delwebb Dr. up to the marked staging zone. There will be a car and signate at the staging zone. Registration is next to the parking lot, starting at **7:30**. Price is \$15.

Short Track - see times below

An exciting, .5 mile short track course that features fast gravel, climbs and flowing singletrack. Be ready for some quick sprint finishes on this classic short track course at massanutten. Group on the gravel road next to the parking lot to start. Price is \$15.

Category	Race Time	Start Time
Men's A	30 minutes + 1 lap	11:30 am
Men's B	25 minutes + 1 lap	12:05 pm
Women's A	25 minutes + 1 lap	12:35 pm
Men's C	20 minutes + 1 lap	1:05 pm
Women's B/C	20 minutes + 1 lap	1:30 pm

Downhill Practice - Massanutten Resort

Downhill entry fee will cover a 4 hour lift ticket on Saturday with practice runs. Riders will also have an opportunity for practice runs Sunday **8:00** am, with the first race run at **9:15**.

Sunday 9/18

Note: The downhill race will be held on the Massanutten Resort side and the xc race will be held on the Western Slope side. Travel time from the resort to the Western Slope area will be about 30 minutes.

Downhill - Massanutten Resort

1822 Resort Dr, McGaheysville VA - follow signs to the ski area

All categories will be running on "Crunchy." Practice runs on Saturday 9/17. See saturday practice schedule above. Riders are encouraged to pre-ride the course. Lift will open at **8:00am** and first run will be at **9:15am** for A riders. This is lift-accessed downhill. The run will be loose, rocky and fast (~1,000'). Long-travel bikes are encouraged and full-face helmets are required. Pads and long sleeve jerseys are highly recommended. Leave your hardtail at home. This is real. Registration will be held near the lifts, beginning at **7:30**. Price is \$50.

<https://www.massresort.com/play/bike-park/>

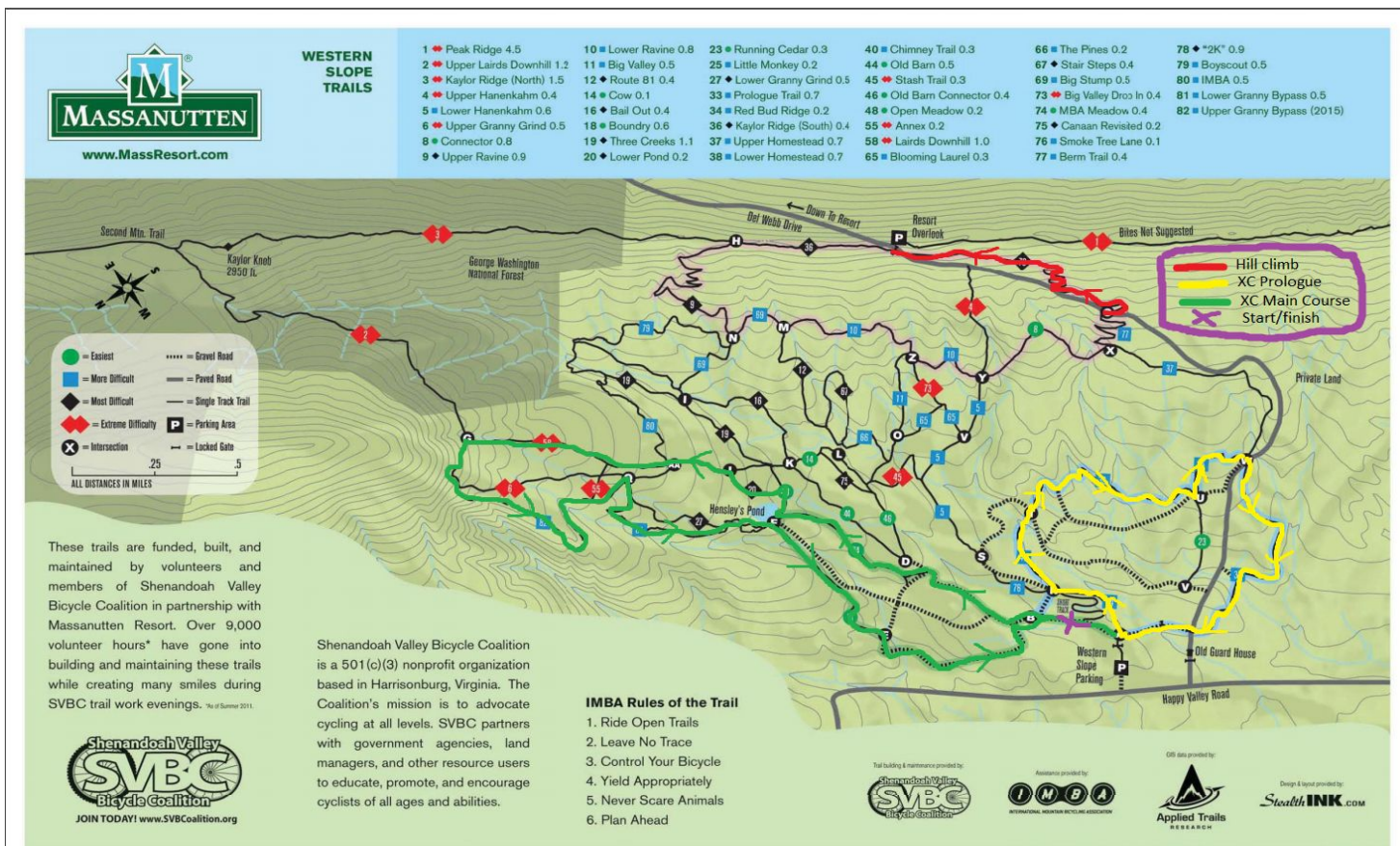
Cross Country - Massanutten Western Slope

Big elevation. Bigger rocks. This loop will feature a prologue and a main course. C riders will complete only the prologue (~6 miles). A riders will complete 2 laps around the pond and B riders will complete 1 lap. The xc course may include some slight modifications for trail conditions.

Registration will begin at **12:30**, next to the Western Slope parking area.

Please consider the travel time back to the Western Slope area if participating in the downhill race. Price is \$25 for XC. Races will be combined as necessary.

Category	Race Length	Start Time
Men's A	15 miles	2:00 pm
Men's B	12 miles	2:10 pm
Men's C	6 miles	2:20 pm
Women's A	15 miles	2:30 pm
Women's B/C	12 miles B, 6 miles C	2:40 pm



Camping - ACCC Cyclists are welcome to camp out at the Western Slope trail area. This is private property, so please be respectful to the area. Sorry, but fires are not permitted on resort property.

Rules: We will hold these events rain or shine. All USAC rules apply. Riders must wear helmets at all times. Collegiate fields are open only to full time collegiate students with valid USAC Collegiate licenses and full time high school students with valid USAC Junior licenses. Jerseys and bibs for all such riders must feature school names and/or logo, or be generic blank kits; non-scholastic club and trade team kits are not permitted. Racers wanting to participate in the A class MUST have a collegiate license that is upgraded to A. Downhill is will follow gravity categories.

Online Registration: <https://www.usacycling.org/register/2016-2775>

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