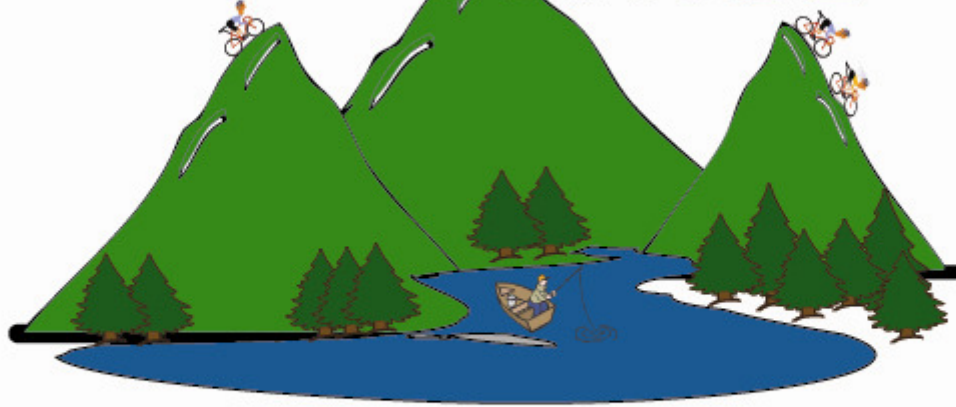


# Appalachia Visited



August 24, 2013

ABRA Road Race Series #6

present by **fitSQUARED**  
BICYCLE FITTING & TRAINING SERVICES

## Appalachian Road Race Series Championship & West Virginia State Championships

**ABRA Road Race Series is presented by [Fitsquared Bicycle Fitting & Training Service](#)**

**Course Map: <http://connect.garmin.com/activity/38857508>**

### Course Info:

**Race Registration, start and finish is at Rowlesburg City Park.**

You can bring your fancy wheels for this one but do not forget your climbing legs, and yes, they can have hair on them too. We don't judge! This course is 59 miles long taking you through the mountain valleys and ridge tops of beautiful WV. The route has tons of long flat section (really) along with two long steady climbs to remind you that this is a Appalachian Bicycle Racing Association event.

The road conditions of the course are wonderful so break out the deep dish carbon wheels for this one. The race starts and finishes along side the beautiful Cheat River in [Rowlesburg, West Virginia](#). This small mountain town offers a cyclist everything they wish for when dreaming of the perfect race course. Like beautiful river views, streaming descents, big climbs, gear pounds flats and a swimming hole at registration/awards area!. That's right.. Bring a towel as the river is clean and perfect to cool off in after a long race!

CATEGORY	DISTANCE	START TIME	FEE	FIELD LIMIT
<b>Appalachian Road Race Series Classes</b>				
<input type="checkbox"/> Men's Cat 1/2/3	59 miles	12:00 PM	\$30	100
<input type="checkbox"/> Men's Cat 3/4	59 miles	12:10 PM	\$30	75
<input type="checkbox"/> Men's Cat 4/5	59 miles	12:20 PM	\$30	75
<input type="checkbox"/> Men's Masters (40+)	59 miles	12:30 PM	\$30	50
<input type="checkbox"/> Men's Masters (50+)	59 miles	12:30 PM	\$30	50
<input type="checkbox"/> Men's Masters (60+)	59 miles	12:30 PM	\$30	50
<input type="checkbox"/> Women's Cat 1/2/3	59 miles	12:30 PM	\$30	50
<input type="checkbox"/> Junior's 12 - 18	59 miles	12:40 PM	\$20	50
<input type="checkbox"/> Men's Cat 5	59 miles	12:40 PM	\$30	50
<input type="checkbox"/> Women's Cat 4	59 miles	12:40 PM	\$30	50
<input type="checkbox"/> Tandem	59 miles	12:40 PM	\$30	20



#### Registration:

on Bikereg.com for only \$25. Race day registration will be \$35 and will open at 9:00AM. USAC License required for all riders. One-day Licenses can be purchased at the event for \$10

#### How to get there:

**From Morgantown, WV** - Take route 7 east to Kingwood, WV. Then take a right onto route 72 South to Rowlesburg. **Travel Time: 1 hour, 2 minutes.**

**From Pittsburgh, PA** - Take I-79 south to Morgantown, West Virginia. Then turn onto I-68 east. Take I-68 to exit #4 at Sabraton. Then take route 7 east to Kingwood, WV. Then take a right onto route 72 South to Rowlesburg. **Travel Time: 2 hour, 13 minutes.**

**From Washington, DC** - Take I-68 to exit #23 at Bruceton Mills, WV. Turn left onto 26 South. Follow 26 South to Kingwood, West Virginia. Then take a right onto route 72 South to Rowlesburg. **Travel Time: 3 hour, 30 minutes**

#### Where to stay:

[The Greenleaf Inn](#) - Rowlesburg, WV

[Alpine Lake Resort](#) - Terra Alta, WV

[Heldreth Motel](#) - Kingwood, WV

#### Rules:

Race runs rain or shine. All USCA rules apply. Riders must wear helmets at all times. Course is open to traffic; obey all traffic regulations. Centerline rule is strictly enforced. Littering on the course is prohibited

**Awards:**

Cash awards for Men's Cat 1/2/3, Women's Cat 1/2/3, Women's Cat 4, Men's Master 40+ and Men's Master 50+. Merchandise prizes for Men's Cat 5 and Tandems. Junior will receive medals. We will be going five deep in all class and eight deep in Men's Cat 1/2/3.

Men's Cat 1/2/3 -	Cash, 8 deep, (\$250.00)
Men's Cat 3/4 -	Cash, 5 deep, (\$200.00)
Men's Cat 4/5 -	Prizes, 5 Deep
Men's Master (40+)-	Cash, 5 Deep (\$150.00)
Men's Master (50+)-	Cash, 5 Deep (\$150.00)
Men's Master (60+)-	Medals, 5 Deep
Women's Cat 1/2/3-	Cash, 5 Deep (\$200.00)
Women's Cat 4 -	Cash, 5 Deep Prizes
Men's Cat 5-	Medals, 5 Deep
Juniors -	Medals, 5 Deep
Tandem -	Medals, 5 Deep

**Claiming Prizes:**

Prizes will be distributed at the Rowlesburg City Park staging area within 1 hour of race results being posted. All prizes not claimed at the race are forfeit.

**Results will be sent to USACycling.org.**

**Sag support will be provided.**

**Need More Information:**

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