



2013 Lung Buster Time Trial Series

April 25th – *NEW* Bearwallow Beast Hill Climb (Fletcher, NC)

May 30th – River Road (Etowah, NC)

June 20th – Riverside Drive (between Asheville + Marshall, NC)

July 5th – River Road (Etowah, NC)

(7/5/2013 date is held under separate permit in conjunction with the new Pisgah Omnium)

August 15th – Elk Mountain (Asheville, NC)

Held under USAC Permit # Pending

All USA Cycling Rules Apply

New for 2013! The Lung Buster TT's are now a Competitive Racing Series!

The Lung Buster Time Trial Series is a series of races in Western North Carolina, held with the intent of providing all participants a professional racer experience, no matter how fast you are. The TT series offers a variety of courses from flat/fast to uphill climbs!

Who can participate: Cyclists and Triathletes of all abilities! Don't have a time trial bike? No problem, we have a Merckx/Standard division, which allows you to use your road bike! Time trials are a safe way for experienced & recreational cyclists to measure their fitness level and progress. It's also a great way for triathletes to sharpen their bike skills. If you enjoy riding and want to set your own personal record, give a time trial a try!

Courses: 2 Hill Climbs and 3 Flat and Fast Courses!

Bearwallow Beast Hill Climb – uphill climb (one way) in Fletcher, NC and *Elk Mountain* – 5 mile uphill climb (one way) with scenic switch backs along Elk Mtn Hwy in Asheville, NC, designed to test your lungs and climbing legs!

Riverside Drive in Marshall & River Road in Etowah - 20 km (12.4 mi) out and back flat time trial course, designed to test you and your equipment.

How do I register? Pre-registration online (imATHLETE) or On-site Registration @ 5 pm and closes promptly @ 6 pm, first rider starts @ 6:15pm. Riders will go out in 1 minute intervals by order of registration.

Categories: Merckx, Men 1-3, Women 1-3, Juniors, Men Cat 4-5, Women Cat 4 & Tandem

Cost: \$20 individual race entry fee or \$90 to register for entire series. (*Entry fees include a \$3.00 per rider USAC insurance fee and a \$.50 per rider CCA fee per day.*) T-shirts may be purchased online for an additional \$15 with your registration and picked up at the event. Register online at www.imathlete.com for preferred starting spots (Start times assigned on first to register basis) and on-site registration available USAC annual or 1 day license required & are available on site. Minors must have a parent or guardian with them when registering to sign the release form. NO REFUNDS. **Volunteers participate for FREE!**

Licenses: A USAC license is required to race (www.usacycling.org). One day and annual USAC license are available to purchase on site.

Registration Details: Online Pre-Registration: Pre-registration is highly encouraged and is available at imATHLETE.com. Those who register online will receive their start times prior to the race posted on our Facebook page and our website at www.idaph.net (after registration closes) and will be able to start next to riders in the same category. Online registration will be available until Tuesday night at midnight the week of the race. Nominal additional surcharges will apply for online registration, or you may opt to mail in payment to imATHLETE. **Races are held rain or shine. Race organizer reserves the right to cancel races due to inclement weather or low rider turnout.**

Start times: Time Trials start at 6:15pm SHARP. Riders will start at 1 minute intervals. Please be on time for your race start!

Day of Registration: Those who register onsite on race day will sign up and start on a first come, first serve basis and will be assigned a start time randomly in order of sign up. Day of race registration closes at 6pm sharp.

Timing: Hand held timing will be used and scored manually.

Awards: Cash Prizes + Bragging Rights + Course Records + Participation awards at end of series party! Results will be posted on Facebook & idaph.net.

Cash Prizes: (Merckx and TT Divisions)

Cat 1-3 Men: 1st: \$35, 2nd: \$30, 3rd: \$20

Women's Cat 1-3: Women's 1st: \$35, 2nd: \$30, 3rd: \$20

Women Cat 4, Men Cat 4 +5, Tandem and Juniors - end of season medals awarded for overall series winners

ADDITIONAL INFO: All courses are open to traffic, so be careful while racing and in particular at the turnaround! Follow the rules of the road and stay to the right of the white line whenever possible. Riders must wear a helmet at all times when on the course, even when just warming up. There will be no technical support out on the course. Riders are responsible for repairing their own flat tires. **Merckx division means NO AERO EQUIPMENT at all.** No TT bars, aero helmets, anything deeper than a 404 is a no no. Single speed bikes must have 2 working hand brakes, unless you ride a fixed gear, then just a front brake is required. **Licenses: A USAC annual license is required to race (www.usacycling.org). One day license are available to purchase on site.**

Races are held rain or shine. Race organizer reserves the right to cancel races due to inclement weather or low rider turnout.

COURSE DESCRIPTION: **Riverside TT:** A flat, scenic 20K out and back along the French Broad River on HWY 251 (Riverside Drive), between Marshall and Asheville, NC. **Etowah TT:** A flat, quiet 20k out and back on River Road to Pleasant Grove, which turns into Tally Road, riders will be passing from Henderson County into Transylvania County. Rider line up will be along River Road. **Bearwallow Hill Climb TT:** Challenging uphill climb (one way) with twists and turns that will keep your heart thumping. Riders are responsible for turning around at the top of the mountain and riding back to the start. Be aware of the fast downhill and homeowners that may be coming in and out of their homes during the event. **Elk Mountain TT:** Challenging 5 mile uphill climb (one way) with scenic switch backs along Elk Mtn Hwy in Asheville, NC. Riders are responsible for turning around at the top and riding back to the start. Be aware of fast downhill section on the return and obey all traffic laws. Start is at the intersection of Elk Mountain Hwy and Tsali Trail. Rider Line up will be along Tsali Trail. **All courses open to traffic.**

DIRECTIONS: **Riverside TT** - From Asheville, on I-240, take exit #4A to US 19/23 North. Take the Marshall exit onto US 25/70. Go 6.5 miles and turn left on business 25/70 (signs to Marshall). **PARKING:** Parking is available on the river side of the road **ONLY. No parking in front of the Church or Business Office.**

Etowah TT – I-26, Airport exit 40, Right on NC-280, follow 4.7 miles, turn Left onto Haywood Rd/NC-191, turn Right onto School House Road, Slight right onto Ladson Road, Ladson Road becomes Banner Farm Road, Turn slight right onto Brevard Rd/US-64, Turn left onto Cummings Road. Parking at Cummings Cove Golf & Country Club.

Elk Mountain TT – From Asheville on I-240, take exit #5A to North Merrimon Ave. Turn Right on Beaverdam Road and another right on Kimberly Ave. Registration will be at the parking lot of IRA B Jones Elementary School on Kimberly Ave. Parking: Available along Kimberly Ave. near the intersection with Beaverdam Road **ONLY.**

Bearwallow Hill Climb TT – Coming soon with parking details.

Contact: iDaph events – Daphne Kirkwood: (828) 450-7514; events@idaph.net **Event details:** www.idaph.net, imATHLETE.com + Facebook “Lung Buster Time Trial Series”

Special thanks to our sponsors and... Madison, Buncombe, Henderson + Transylvania Sheriff Dept. and NCDOT