

Tradewind Cycling Team Presents:

PEDAL TO THE MEADOW

Sunday, May 25, 2014

8 a.m. start in Kekaha, Kaua`i

Held under USA Cycling Permit# 2014-____

Pedal to the Meadow 2014 is the fifth annual running of the official bicycle hill climb race on Kaua`i. It starts on the west side of the island and climbs along the Waimea Canyon rim to the Kanaloahuluhulu Meadow in Koke`e State Park. It is a scenic and challenging climb that starts at hot dry sea level and ends deep in the cool wet upland forest of the Garden Island's interior.

DISTANCE & ELEVATION GAIN

15.75 Miles & 3,835 Feet

RACE TYPE

Mass start

START & FINISH

Start at Koke`e Road at intersection of Cane Haul Road in Kekaha, Kaua`i, Pole #817

Finish in Koke`e State Park near the entrance to Kanaloahuluhulu Meadow, Pole #0702

REGISTRATION

Regular registration through USAC (U.S.A. Cycling)

ENTRY FEES

\$35 Early Entry, if received online by May 1, 2014.

\$45 Late Entry, accepted online by 6 pm HST, Wednesday, May 22, 2013, and at packet pick-up days/times below.

\$ 15 USA Cycling One-Day License Fee (except for current USAC Annual License Holders)

PACKET PICK-UP & LATE REGISTRATION

Wednesday, May 21: 4 – 6 pm at Kalaheo Cafe

Thursday, May 22: North shore if enough demand; email p2mKauai@gmail.com to arrange

Friday, May 23: 3 – 5 pm at Kaua`i Cycle, 934 Kuhio Hwy., Kapa`a, HI 96746, (808) 821-2115

Saturday, May 24: 12 – 2 pm at Kaua`i Cycle

NO RACE DAY REGISTRATION. Off-island racers flying in late Saturday or early Sunday may make advance arrangements with race directors at p2mKauai@gmail.com

CATEGORIES

- Juniors age 10-19, mixed
- Men age 20-34
- Men age 35-49
- Men age 50-64
- Men 65+
- Women age 20-34
- Women age 35-49
- Women age 50-64
- Women 65+

PRIZES

Cash prizes will be awarded for the race series, by race category as follows:

1st = \$50

2nd = \$30

Total prize list value by race = \$80

RACE DAY TIMETABLE

6:30 am	Check-In Opens, top bag drop-off, Kekaha Neighborhood Center's west pavilion
7:15 am	Check-In Closes
7:45 am	Line-up at Start Line (Kokee Rd. at cane haul road, approx. 0.5 mile from check-in)
8 am	Start of Race
11 am	Course Closed

RULES

All USA Cycling Rules apply. For details, go to http://www.usacycling.org/forms/USAC_rulebook.pdf

Rule highlights:

- Jerseys must have sleeves.

- Each racer must hold a valid USA Cycling Annual License or purchase a One-Day License at race check-in.
- All bikes are subject to safety inspection, must have two working brakes and plugged handlebar ends. NO aero bars allowed.
- Helmets must be worn and fastened properly at all times when on the bike, even during warm-up. Shoes please.
- All racers must obey the Rules of the Road unless directed otherwise by race officials and/or Kauai Police Department officers or KPD volunteers. Please use extra care in one-lane and narrow areas.
- No headphones, earphones, iPods, MP3 players, or similar devices.

T-SHIRTS

A t-shirt will be provided to racers who register by the regular entry deadline. Extra shirts will be sold *if* available.

TOP BAG

As weather at the finish can be quite cool and frequently wet, race volunteers will transport a small “top bag” to the finish line. Your bag must be clearly marked with your race number and should be fairly compact (no suitcases please). We suggest packing dry warm clothes, comfortable footwear, rain gear/ jacket, and your recovery drink mix in the bag. Alcohol is prohibited in State Parks. See below for finish line festival details.

DIRECTIONS TO KEKAHA NEIGHBORHOOD CENTER

From Lihue Airport (LIH):

Exit Airport, proceed straight through stoplight on Ahukini Road to T-junction with main highway (Kuhio Hwy, Rte. 56), turn left and follow west for approximately 30 miles past Tree Tunnel, several towns, and over Waimea River bridge. Once in Kekaha, look for St. Theresa’s Catholic Church on the mauka side, and turn right on Amakihi Road. Park near the tennis courts or in the main parking lot—NOT in west side lot. Check-in is at the west pavilion. The Kekaha Neighborhood Center address is 8130 Elepaio Rd., Kekaha, HI 96752.

START LINE

The race will start approximately 0.5 miles north of the Kekaha Neighborhood Center on Koke`e Road, at the intersection of a cane haul road (the former site of the island’s first, and for many years *only*, traffic light), at Pole #817. We will stage riders according to ability to minimize passing.

Please be in the start line area in time for the 7:45 am pre-race meeting.

No parking will be allowed at the start line area. Spectators must proceed up the Waimea-side road, and not slow down or interfere with official race vehicles.

FINISH LINE / BANANA POKA ROUND-UP FESTIVAL

The race ends just before the entrance to Kanaloahuluhulu Meadow in Koke`e State Park, the site of the annual Banana Poka Round-Up festival hosted by Koke`e Museum / Hui o Laka. We encourage you to have your friends and family join you up at the finish to enjoy this forest education fair's food, craft classes, exhibits, kids' activities, a rooster crowing contest, and live music. For event details, visit www.kokee.org or call (808)335-9975. Look for the Pedal to the Meadow hospitality tent and bike racks. Find your top bag and lost bottles there.

Note: Cell phones do not work in Koke`e State Park.

A pay phone is located next to the Museum.

RESTROOMS

Restrooms are available at the Kekaha Neighborhood Center. Portables will be located at the start line area. Numerous facilities are available at the park pavilion and festival grounds.

INFORMATION

Questions and to volunteer: call (808) 639-9018 p2mKauai@gmail.com

Press inquiries: call (808) 639-9788 p2mKauai@gmail.com

Website: www.pedaltothemeadow.com

Facebook: <https://www.facebook.com/events/601746343176447/>

POST EVENT -- RESULTS & PHOTOS & FEEDBACK

In June, please check on the race website.

We welcome your constructive comments at p2mKauai@gmail.com