

Appalachian State University Mountain Bike Race Weekend

Rocky Knob Park, Boone, NC
Emerald Outback, Beech Mountain, NC
October 10-11, 2015
USAC Permit: 2015-3135



Saturday: Cross Country 10AM

The race will be held at Beech Mountain on the Emerald Outback trails. This trail system is the highest elevated trail system in the eastern United States. These trails are very rooty with some short, technical, steep climbs, long descents and a gravel climb. Do not let the low mileage fool you- there is close to 1000 feet of elevation gain per lap. The lap is around 5 miles long and starts at the Oz Forest Run trailhead. It follows that trail up to cross a road and continue on the Southern Ridge trail, follows a gravel climb to the Southern Ridge trail again, takes the beginning of the Chamberlain Loop to Northview, and ends with Jackalopes to Wizard's Way, with the final sprint of the loop on a short section of Winter road.

Fee: \$20

Category	Start Time	Distance
Men's A	11:00 AM	15 miles
Men's B	11:05 AM	10 miles
Women's A	11:10 AM	10 miles
Men's C	10:00 AM	5 miles
Women's B/C	10:05 AM	5 miles

Sunday: Uphill Time Trial 9AM, Short Track 11AM, Super D 1PM

Registration will be in the shelter at the end of the parking lot next to the playground. Uphill time trial will use Rocky Branch trail, and the Climb of Middle Earth with technical rocky terrain. Short track will start and finish at the saddle and use a brief portion of the power line climb which will lead riders through the upper mini skills park, and then drop down top section of PBJ, dropping riders back onto the power line. Short, fast, and spectator friendly short track! The Super D course will include segments of Middle Earth and Rocky Branch Trails, approximately 1.2 mi., and 300 ft of elevation change. The start line will also be near the powerlines at the saddle at the top of Middle Earth Trail, and the finish will be near the parking lot at the top of the entrance trail.

Uphill Time Trial:

Begins at 9AM with Men's A, followed by Men's B, Women's A, Men's C, Women's B, and Women's C. There will be 2 minute gaps between each racer and it will finish at the saddle. Fee: \$15

Short Track:

This event will be at Powerline where the Radio Tower is halfway up the mountain. On the Map, it is where the PBJ Trail begins.

Fee: \$20

Category	Start Time	Distance
Men's C/Women's B-C	11 AM	20 mins + 1 lap
Men's B/Women's A	11:30AM	25 mins + 1 lap
Men's A	12:05PM	30 mins + 1 lap

Super D:

Beginning at 1PM riders will start the descent in the same order as the uphill time trial. There will be 1 minute gaps between each racer and it will finish at the parking lot. Full face helmets are not required by usac or the accc but pre-riding the course is highly recommended.

Fee: \$15

Trail Maps:

<https://rockyknob.files.wordpress.com/2013/03/rkptrailmap.jpg>

http://www.emeraldoutback.com/clients/f/f6/f61299a274fa8fdb0c00f5b1ed511d42/8059253_org.png

Directions:

Saturday: Emerald Outback trails are in Beech Mountain, NC before the ski/downhill resort. When you pull into town, there is a parking lot on the right next to the Brick Oven Pizzeria on South Beech Mountain Parkway. There are signs leading across the Parkway up to the trail head, which is a quick bike ride away. Follow the signs up the slope trail to Summer Road, and take the fork right to the start of the race on Oz Road. (note: these trails are separate from the resort, so we will NOT be parking at the Beech Mountain Resort lots like years past)

<http://www.emeraldoutback.com>

Sunday: Rocky Knob Park is located on US 421 just east of Boone city limits. From downtown, take US 421 S towards Wilkesboro. The park is located just off 421 on the right 7/10 of a mile past Bamboo Road and the Marathon Gas Station.

Entrance Coordinates: 36.223287,-81.62654

Spectators can hike up the trail backwards to the powerlines for the short track and DH race.

<https://rockyknob.wordpress.com>

Rules:

USA Cycling rules apply. 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. In addition, new non-collegiate women racers with 1-day or first time Category 4 licenses may enter Collegiate Women's Intro fields. USA Cycling licenses will be available for purchase on-site. Consult the ACCC website at <http://www.acecycling.org> for more information on categories, eligibility, licensing, and other general questions.

Event Contact Information:

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—Courses and distances are subject to change as organizer sees fit—