

THE BATTLE FOR



FORT WASHINGTON

BEGINNERS' AND WOMEN'S
WEDNESDAY TWILIGHT CYCLING RACE SERIES
JULY 5, 19, AND AUGUST 2, 2017

Location

Fort Washington State Park
420 Militia Hill Rd
Fort Washington, PA 19034

Registration

This is a free event!
Just show up and race.

Schedule

Start	Duration	Field / Categories
6:00pm	25 minutes	B Race: Men's 4/5, Women's 3/4/5
6:30pm	25 minutes	Women's Race: Women's 3/4/5
7:00pm	50 minutes	A Race: Men's & Women's Open
7:10pm	30 minutes	Off-Course Clinic/Seminar

All fields have a controlled, neutral start for ~3 laps.

The Battle for Fort Washington is a project of:



This event is held under USA Cycling permit. **All racers must have USA Cycling 1-day or annual licenses.** These should be purchased online at usacycling.org but will also be available on-site. Racers are encouraged to compete in multiple fields as appropriate, no extra registration fee. Emergency medical will be available on-site.

Supporters

This event has been made possible the past three years by community support via our crowdfunding campaign, and a few other sponsors. Please get in touch if you would like to enable another great year, or look for our 2017 crowdfunding campaign starting in late June!

Lead Promoter/Contact: Joe Kopena, tjkopena@gmail.com, 267-702-3222

Race Format

Each field will be held as a points race criterium: A pre-announced number of mid-race sprints will yield points to the top 4 placings. The final sprint is double points, again 4 deep. Results are determined by total points earned. Total # of laps is determined by pace. Free lap/pit until 5 laps to go. Dropped riders will be pulled and reintroduced to the peloton for a second try at officials' discretion.

This event will not be held in unduly inclement weather. Follow us on Twitter or Facebook for updates.

First States

The **First States Cycling Alliance** is a new organization of clubs, race promoters, and community members collaborating to enable development oriented cycling events. Get involved!

firststatescycling.org



@firststates



/firststates



Beginners' Clinic Program

Each week world class coaches and veteran racers will be leading an off-course clinic at the start of the A race. These may involve on-the-bike skills drills, casual discussions on a topic, or a walk-around pointing out lessons from the ongoing race. Everyone is welcome, free of charge, regardless of racing that day or not. All of the racing fields will also feature a controlled, neutral start for several laps so everyone gets a chance to ride in a group. In the B and Women's Races, the coaches will lead those laps and then also ride within the race and provide additional direct advice throughout.

Totally New to Bicycle Racing?

Awesome; welcome to the hardest, best sport! This event is for you: A safe course, friendly competition, and a great time.

Newcomers start as Women's 4 or Men's 5 category racers and should begin by entering the women's race or the B race, respectively. With experience you can later attempt the faster, more skillful A race. All riders must wear a DOT/CPSC/CEN certified **cycling helmet** (what you would normally buy in stores or ride in), and use a **road bicycle**: Drop handlebars, front & rear brakes, and a free-spinning rear wheel. No aero-bars (clip-on or otherwise), disc wheels, or fixed-gear bikes permitted.

Racers must also have a USA Cycling license, either a \$10 1-day valid for a single race, or a \$70 annual valid for any event this year. You may purchase a 1-day and apply it later to an annual. Licenses should be bought online at usacycling.org and brought with you by paper or phone, but may be purchased on-site. Credit cards accepted on-site only for annuals. Among other benefits, these provide supplemental medical insurance for racing injuries. Details at usacycling.org.

Course Description

The Battle for Fort Washington will be held on a 0.9 mile counter-clockwise loop in the park's Militia Hill Day Use Area. Staging, start, and finish will be in lot 3. The course has a shallow rise from turns 4 to 2. All turns are sweeping & fast; turn 2 is slightly narrow.

All cars must enter the park via the Militia Hill Rd gate during the event. Parking is in lot 4. Carpooling is encouraged.

Racers and spectators are also encouraged to ride to the event! The park is ~16 easy miles from Center City Philadelphia. See firststatescycling.org for details.

Please note the park has strict speed limits. No practicing is permitted outside the event.

Please be respectful of all the park's patrons!

