

THE CANAL LOOP:

The Canal Loop is 95% singletrack. It contains dense wooded areas, rolling hills, and rocky climbs. It is a moderate course, with a several optional technical sections for advanced riders. Approx. 1000 feet of elevation change.

THE RACE:

Starting at the North Welcome Station, you will race north on the Lake Barkley side first, cross under the Bridge at the Canal, and proceed south down the Kentucky Lake side. Once you reach the North Welcome Station you will either continue to your next lap, or finish. Course Length: 11.6 miles/lap

CONTACT INFORMATION:

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<http://www.woodnwave.com/classes/white-lightning-lbl/>

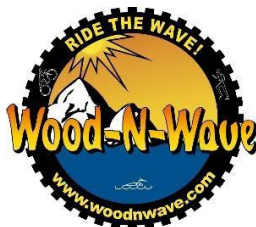


June 11, 2017

XC Mountain Bike Race

**Land Between the Lakes
Grand Rivers, KY**

Presented By



REGISTRATION:

Online registration will be available through usacycling.org until June 9th, 10 p.m. CST. Search for the event name. Online registrants will receive \$10 off from race day price. On-site registration will be available on Sunday the 11th, from 7:30 a.m. to 8:45 a.m. One Day Licenses (\$10) are available for purchase online as well to save time and paperwork on race day.

Held under USA Cycling Event Permit 2017-665

ENTRY FEES:

Online Registration - \$30.00

On-Site - \$40.00

Kids - \$5.00

\$3.85 of entry fee goes to USAC insurance surcharge and either \$1 (non points) or \$2 (points) goes to TBRA.

SERIES:

This race is included in the Tennessee Bicycle Racing Association Bike race Series.



CATEGORIES/START TIMES:

Pro/Cat 1 Open	9:00
Cat 1 Men 40+	9:01
Pro/Cat 1 Women	9:02
Cat 2 Men 15-39	9:05
Cat 2 Men 40-49	9:06
Men 50+ Combined	9:07
Single Speed	9:08
*Clydesdale	9:09
*Fat Bike	9:10
Cat 2 Women	9:11
Cat 3 Men 19-29	10:45
Cat 3 Men 30-39	10:46
Cat 3 Men 40+	10:47
Junior 15 & Over	10:48
Junior 14 & Under	10:49
Cat 3 Women 19-29	10:50
Cat 3 Women 30-39	10:51
Cat 3 Women 40+	10:52
Kids 4-6	12:00
Kids 7-9	12:10
Kids 10-12	12:12

DISTANCES:

Pro/Cat 1 – 3 laps (34.8 mi)
Cat 2/SS/Fat Bike/Clydesdale/50+ 2 laps (23.2 mi)
Cat 3/Juniors – 1 lap (11.6 mi)
Kids 4-6 – North Welcome Station Drive
Kids 7-9 – NWS Drive/Paved Trail (1 mi)
Kids 10-12 – D-Connector Trail (2 mi)

AWARDS:

Pro/Cat 1 – 100% Cash Payout
Cat 2/SS/50+ – 50% Cash Payout
Cat 3/Fat
Tire/Clydesdale/Juniors –
Merchandise
Kids – Medals

Awards go 3 deep in each category. If 10 or more riders in a category, 5 deep.

RULES:

The race director reserves the right to change or cancel the race at any time due to extreme conditions/unforeseen circumstances. It is the racers' responsibility to understand and know all rules. We will use the USAC rulebook.

STAY UP TO DATE ON RACE INFO ON THE WOOD-N-WAVE WEBSITE OR FACEBOOK EVENT PAGE!

DIRECTIONS:

Exit 31, off of I-24. Go South on Hwy 453, (The Trace), approx. 2 miles. Wood-N-Wave will be on your right. Pass that, the North Welcome Station will be on the right about 4 miles after Wood-N-Wave. No parking directly off of Hwy 453. Parking will be directed at the North Welcome Station. Water and bike wash available at NWS.

ACCOMODATIONS:

Grand Rivers Inn – 270-362-4487
Patti's Inn and Suites – 270-928-2740
KY Dam Village – 270-362-4271
Hillman Ferry Campground – 270-924-2181
Canal Campground – 270-362-4840

Extras: All pre-registered riders receive a FREE event t-shirt and all riders receive a FREE lunch after the ride! SWAG and door prizes given post-race!

SPONSORS:

Wood N Wave Bicycles and Watersport
Team Wood N Wave