The Race Courses:

**Cross Country** - The increasingly famous Haw Ridge Park
  Each lap is approximately **5** miles
  singletrack quite technical
  For a map of the course go to
  http://www.cs.utk.edu/~dunigan/mtnbike/norba.html

**Mt. Cross - Bigfoot Park** A redesigned course that will be the longest
  mountain cross course in the southeast. Built thanks to the trail crew at Harper’s Bike Shop and Juan Ashworth
  as well as a generous donation of land use
  from Knox County

**MTB Time Trial - Camp Montvale.**
  A brand new **3.5 mile** course with a variety of terrain
  Singletrack douletrack and some very technical sections
  Should make for an excellent
time trial course

**Race Start Times**

**Cross Country (7-16-05)**
  : AM Registration Opens
  : AM Beginners Lap
  : AM Experts Laps
  : AM Sport Women Juniors Laps

**Mt. Cross (7-16-05)**
  : PM Registration Opens
  First Rider goes at **3:00 PM**

**Mt. Bike Time Trial (7-17-05)**
  Registration Opens at **7:30**
  First Rider goes at **9:00**

**Prize Lists:**

**Cross Country**
  Semi Pro payback
  All Experts payback
  Sports Women Merchandise
  Juniors Beginners Medals

**Mt Cross**
  Pro/Semi Pro Cash Prizes
  Expert Sport Women Merchandise
  Juniors Beginners Medals

**Mt Bike Time Trial**
  Semi Pro payback
  All Experts payback
  Sports Women Merchandise
  Juniors Beginners Medals

**Contact:**
  Race Directors:
  **Cross Country Race**
  John Baker Highland Adventures
  Guide Service (865) 609-8282
  http://www.highland-adventures.com
  jtbroad@hotmail.com
  or Kent Bailey Life Development Center
  ldc@icx.net (865) 482-7375

  **Mt Cross Races**
  Shawn McCann Harper’s Bike Shop
  (865) 588-5744

  **Mt Bike Time Trial**
  Scott Pegram KnoxVelo
  Knoxvelo1@Yahoo.com

Our thanks to these fine establishments for their sponsorship:

**Life Development Center**
“growth through adventure”
(865) 482-7375

**Highland Adventures**
Guide Service LLC
(865) 609-8282
www.highland-adventures.com

**NORBA permit Pending**

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**WHAT:**
A weekend of mountain bike racing in the beautiful mountains of East Tennessee. There will be a Cross Country Race and a Mt. Cross Race on Saturday July 16th followed by a Mt Bike Time Trial on July 17th.

**Proceeds from the XC race benefit the Life Development Center an agency providing outdoor adventure activities to troubled youth and alcohol/drug dependent adults and Friends of Haw Ridge a non profit group advocating and protecting this beautiful pocket wilderness area.**

**Proceeds from the Mt. Bike Time Trial benefit Camp Montvale/YMCA.**

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**WHERE:**

**Cross Country Race:** From Knoxville:
  From I-40 westbound take exit A (Pellissippi Parkway/Highway N) Proceed north on Rt for miles
  Watch for Rt merging in from right Stay left into
  Solway community Cross Clinch River Take first exit to the right over the bridge (Edgemoor Rd) follow Edgemoor for approximately / miles Turn Right onto first black top road. You will see signs for Haw Ridge Park and Life Development Center on Right side of Edgemoor. The black top road is directly across from the entrance to Centenial Golf Course. Follow black top road until you reach the end (approx / mile) You will see the race registration in the field on your left. Park as far off the road as possible as the race will use this short stretch of pavement.
  **Contact for this race:**
  Race Director John Baker jtbroad@hotmail.com
  (865) 609-8282

**Mountain Cross Race:** From Knoxville:
  From I-40 westbound take exit A (Pellissippi Parkway/Highway N) Proceed north on Rt for miles
  Turn Right on Oak Ridge Highway in / mile turn left on Joe Daniels Rd Parking lot on Left
  **Contact for this race:**
  Race Director Shawn McCann- Harper’s Bike Shop
  (865) 588-5744

**Mt. Bike Time Trial** From Knoxville
  Directions from I-40
  Take exit Alcoa Highway/Highway South toward the airport
  At the / split (approximately Miles) bear Right on At th redlight ( / miles) turn left on Hwy North At rd stoplight ( / miles) turn right on Montvale Rd Follow Montvale Rd for / miles and Turn Right at the YMCA/Camp Montvale sign / miles to race staging area
  **Contact for this race:**
  Race Director Scott Pegram Knoxvelo1@Yahoo.com
  NORBA permit Pending

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**The official website of the Tennessee Bicycle Racing Association**

**TBRA.ORG**