



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

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 14th followed by a Mt. Bike Time Trial on July 15th. 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.

WHERE:

Cross Country Race: From Knoxville: From I-75 westbound take exit 184 (Pellissippi Parkway/ Highway 125 N) Proceed north on Rt 125 for 1.5 miles Watch for Rt 125 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 1.5 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 Centennial Golf Course. Follow black top road until you reach the end (approx. 1/2 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-75 westbound take exit 184 (Pellissippi Parkway/ Highway 125 N) Proceed north on Rt 125 for 1.5 miles. Turn Right on Oak Ridge Highway/ 125. In 1/2 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 184 Alcoa Highway/Highway 125 South toward the airport. At the 125/125 split (approximately 1/2 Miles) bear Right on 125. At the red light (1/2 miles) turn left on Hwy 125 North. At rd stoplight (1/2 miles) turn right on Montvale Rd. Follow Montvale Rd for 1.5 miles and Turn Right at the YMCA/Camp Montvale sign 1/2 miles to race staging area.
Contact for this race:

Race Director Scott Pegram Knoxvelo1@yahoo.com

NORBA permit Pending



The Race Courses:

Cross Country- The increasingly famous Haw Ridge Park. Each lap is approximately 2.5 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 2.5 mile course with a variety of terrain. Singletrack, doubletrack and some very technical sections. Should make for an excellent time trial course.

Race Start Times

Cross Country (7-16-05)

8:00 AM Registration Opens
 8:30 AM Beginners Lap
 9:00 AM Experts Laps
 9:30 AM Sport Women Juniors Laps

Mt. Cross (7-16-05)

1:00 PM Registration Opens
 1:00 PM First Rider goes at 1:00 PM
Mt. Bike Time Trial (7-17-05)
 Registration Opens at 7:00 AM
 First Rider goes at 7:00 AM

Prize Lists:

Cross Country

Semi Pro 1st-3rd place cash
 All Experts 1st-3rd place cash
 Sports Women Merchandise
 Juniors Beginners Medals

Mt. Cross

Pro/Semi Pro 1st-3rd place cash
 Expert Sport Women Merchandise
 Juniors Beginners Medals

Mt Bike Time Trial

Semi Pro 1st-3rd place cash
 All Experts 1st-3rd place cash
 Sports Women Merchandise
 Juniors Beginners Medals

Life Development Center

"growth through adventure"
 (865) 482-7375

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:



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