



# Mount Agamenticus Time Trial

Sunday, August 9, 2009

First rider has a 9:00 am start time. Riders leave at 30-second intervals thereafter based on rider category.



**NOR-EAST**  
CYCLING

## COULD BE MUDDY, MIGHT BE DUSTY, WILL PROBABLY BE BUMPY...ARE YOU UP FOR THE CHALLENGE?

Leave your expensive trick equipment at home! No TT bars will be allowed and fragile wheels are discouraged on this *scenic, quirky and tough* course. **Road bikes only. All USA Cycling rules apply.**

### THE COURSE

7.4 miles long, featuring 3.5 miles of smooth, mostly flat pavement, 1.4 miles on a FAST hard-packed dirt road, ending on a paved finish on the top of Mount 'A'. Mount 'A' features a 0.7-mile climb that has an average grade of 10%, with sections of 12-14% grade.

*Men's course record:* 20:29:06 by Mike Barton of Grantham, NH

*Women's course record:* 24:37:86 by Kerry Litka of New Hampton, NH

### CATEGORIES

**Women's Age Groups:** 17 and under, 18-34, 35-44, 45-54, 55-64, 65-74, 75+

**Men's Age Groups:** 17 and under, 18-34, 35-44, 45-54, 55-64, 65-74, 75+

**Citizens:** Male 35+ (for the one-race-per-year rider)

**Clydesdale:** 200+ lbs. riders. Racers will be entered into their age category as well as the Clydesdale class. There will be a required weigh in at registration.

**Team TT:** Based on cumulative individual times of 4 riders who designate themselves as a team prior to the close of online registration.

### PRIZES

Merchandise gift certificates for the winner of each category (men and women).  
Top male/female overall will receive hand-carved trophies made by Fred Loucks.

### REGISTRATION

Fee (all categories): \$30. Team TT add another \$5/person.

One-day licenses will be available for \$10 for anyone who does not have a current USA Cycling license.

Register on-line at [www.bikereg.com](http://www.bikereg.com) or send USA standard release form with a check payable to:

NorEast Cycling/Mt A TT  
c/o Brian Croteau  
30 Old Dover Rd., Unit 101  
Rochester, NH 03867

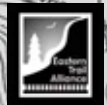
Preregistration closes on Friday, August 7, 2009 at 12:00 p.m. On-line service fee applied base on Bikereg.com standard service fee rates. Day-of-registration will be available. There will be NO late fee, and registration closes 30 minutes before the category start time (see bikereg registration page for start times).

If you have any questions, please e-mail Brian Croteau at [bcroteau@yahoo.com](mailto:bcroteau@yahoo.com)

Presented by [Smuttynose Brewing Co.](http://www.smuttynose.com) and [NorEast Cycling](http://www.nor-east-cycling.com). USCF Permit Pending.

The race is part of the state of Maine Time Trial Series and a NEBRA ranking event.

A portion of the proceeds benefit the Town of South Berwick-in support of the Eastern Trail.





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## DIRECTIONS

### ***From the South***

- Take I-95 to Exit #3 in Maine South Berwick / Route 236 North
- Bear right at the fork on the exit and follow signs for South Berwick / Route 236 North.
- Bear right at the end of off-ramp onto Route 236 North.
- Follow Route 236 for 10 miles to intersection with Route 4—go right at stop.
- Travel  $\frac{2}{10}$  of a mile and go right onto Route 4.
- Travel  $\frac{3}{10}$  of a mile and go right onto Agamenticus Road.
- Travel  $\frac{6}{10}$  of a mile and turn right on to Willow Road.
- Parking is straight ahead.

Registration in the Concession stand in the ball fields on the right.

### ***From the North***

- Take I-95 to Exit #19/ Wells (north of the Maine Toll Booths).
- Go right after Toll on to
- Rt 109. Travel 1/2 mile or so and take a left onto Route 9 East.
- Follow Route 9 to intersection with Route 4 in North Berwick.
- Take a left onto Route 4 at the traffic light.
- Travel on Route 4 for 5-6 miles and pass the Outlook Links Golf Course on your left.
- After Golf course, travel  $\frac{5}{10}$  of a mile and turn left onto Agamenticus Road.
- Travel  $\frac{6}{10}$  of a mile and turn right onto Willow Road.
- Parking is straight ahead.

Registration at Concessions stand in the ball fields on the right.

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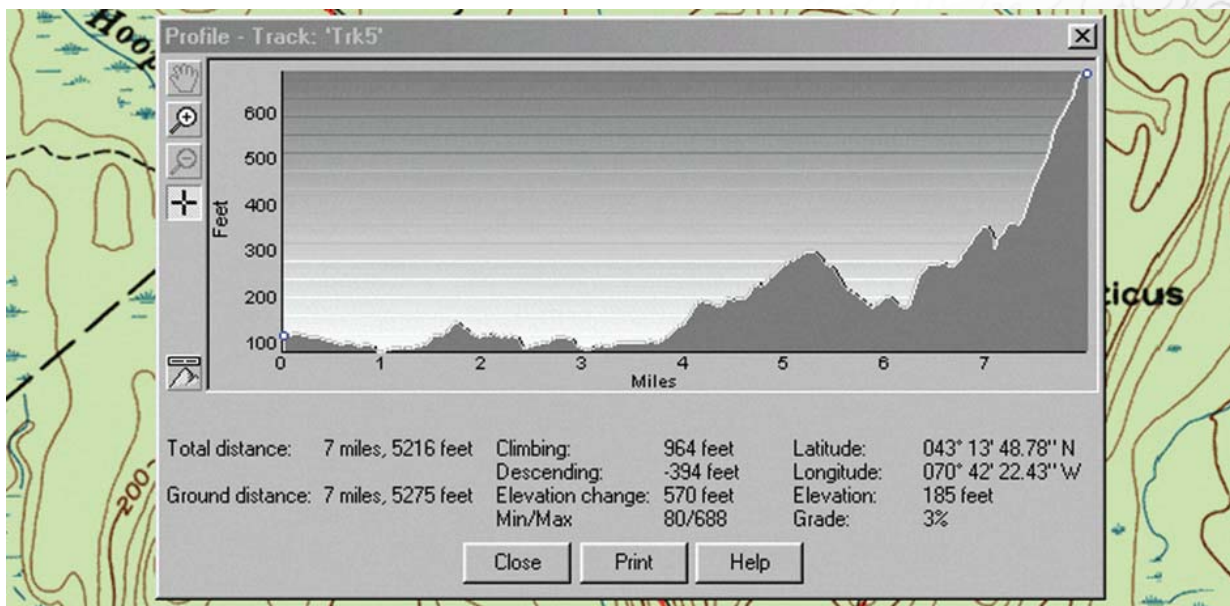
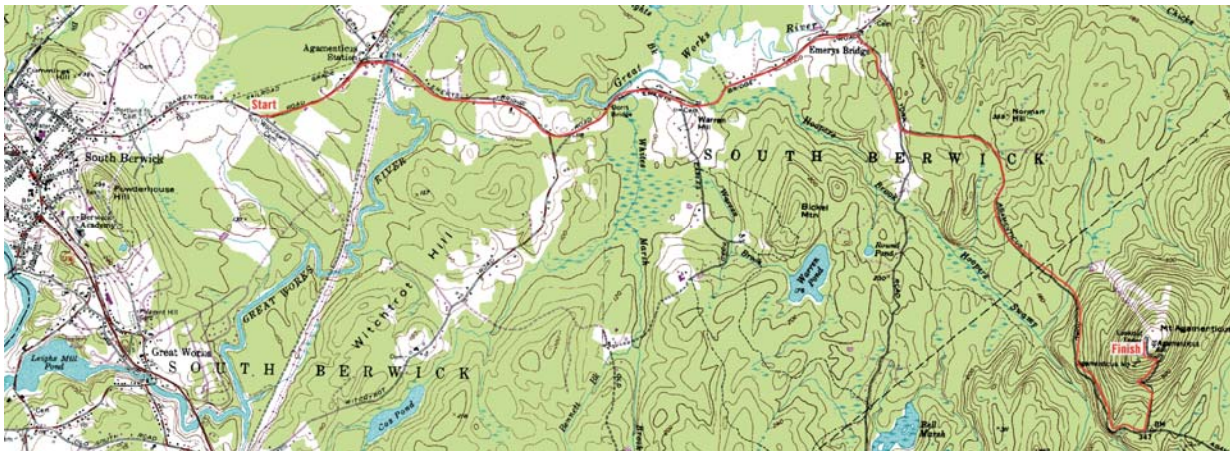
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