

banana fact. Bananas aren't grown on trees. They're part of the lily family, a cousin of the orchid.

banana fact. With stalks 25 feet high, they're the largest plant on earth without a woody stem.



banana fact. The average American consumes about 25 pounds a year.

banana fact. Eating bananas can cut the risk of death from strokes by as much as 40 percent.

BANANA BELT road race SERIES '04



Sundays - FEB 29th, MAR 7th & 14th



Pro/1/2 - 55/66/77 miles - 9:00 am

Master 35+ - 44 miles - 12:00

Cat 3 - 44/55/66 miles - 9:05 am

Master 45+ - 44 miles - 12:05 pm

Women 1/2/3 - 44 miles - 9:10 am

Cat 4/5 - 44 miles - 12:10 pm

Women 4 - 44 miles - 9:15 am

JR's - 33 miles - 12:15 pm



\$5000 TOTAL PRIZE LIST

cash • sponsor product • gift certificates

the Henry-Hagg Lake course is an eleven mile loop around scenic Henry-Hagg lake. Neutral start onto Scoggins Valley Rd, right onto West Shore Dr., back to Scoggins Valley Rd. to finish one flat to rolling lap. 750 feet net elevation gain per lap.

fees. \$5 juniors • \$20 others day of event • \$50 Three-Race Pass (send to Jeff Mitchem, 3143 SE Main Street, Portland, OR 97214 before Feb. 25). Parking Fee - \$4.

points system. Points will be accumulated over the series for overall prizes awarded following the last race, Sunday, March 16th. First (16pts), second (13pts), third (10pts), fourth (8pts), fifth (6pts), sixth (5pts), seventh (4pts), eighth (3pts), ninth (2pts), tenth (1pt). **NEW FOR 04:** Team General Classification Award \$500. Top 3 riders in Cat Pro/1/2 race.

directions. From I-5 go West on Hwy. 26 and veer left onto Hwy. 6/ Banks/Tillamook exit at MP54. Proceed 2.6 miles on Hwy. 6. Turn onto Hwy. 47 (S. to Forest Grove) and proceed 12.4 miles (passing McMenamins Grand Lodge at 7 mi.). Turn right onto Scoggins Valley Rd/Henry Hagg Lake Park. Proceed 3.4 mi. to West Shore Dr. Turn left on West Shore Dr. and proceed approx. 4 mi. to the parking lot and registration at Boat Ramp "C".

registration. Opens at 8:00am under the registration tent until 5 minutes prior to start times.

hot spots. PRO/1/2, Cat. 3 Men, Cat. 4/5 Men, Masters 35+ & 45+ ONLY: Pro/1/2 Hot spot points will be awarded on the end of laps 1 and 3 of the first race, and laps 1, 3, and 5 of the second and third races; Cat 3, Cat 4/5 & Masters hot spot points will be awarded at the end of the second lap of each week. Hot spot points will be added to riders overall point tally. Points go three deep (5, 3, 1). **NEW FOR 04:**s Team General Classification Award - \$500 - three deep. Top three riders per team.

lodging. Lodging is available at McMenamin's Grand Lodge (503) 992-9533 (15 min from race registration). Ask for the Banana Belt discount.

OBRA licenses required. Single race OBRA licenses available. USCF licenses NOT required. Promoter reserves the right to combine or split groups. ANSI approved helmets required.

Parking Fee Required - \$4.00/car - can be purchased at park entry or registration.

sponsors.



questions. Call Jeff Mitchem - 503.233.3636 or email - jeffmitchem@digiwest.com - VOLUNTEERS NEEDED