



OREGON UPHILL CLIMB OF HOOD

SUNDAY, JULY 28, 2019

VENUE LOCATION: Government Camp, OR. The "old road" up to Timberline Lodge, West Leg Road.

START LIST: Will be posted Saturday afternoon, July 27th at 4:00pm

COURSE MAP: <https://www.strava.com/routes/16775893>

WHERE: West Leg Road from bottom gate, turning at Timberline Highway junction left to Timberline Lodge parking area. Course is on National Forest property.

COURSE: 5.5 mile uphill bicycle time trial race that climbs approximately 2,000' on West Leg Road from Government Camp to Timberline Lodge. The start is just east of the Government Camp rest area on US Hwy 26 before the main Timberline Lodge Road where Road 530 and West Leg Road meet (see map page 2). After 15-20 switchbacks, at approximately 5.1 miles, the route merges with Timberline Lodge Road where riders turn left and finish in the parking area just below the lodge at nearly 5,900'. Pavement is generally good, but riders should be aware of occasional potholes, forest debris and gravel. The road will be cleaned prior to the race and any obstacles well marked. See map following.

CATEGORIES: Listed in starting order: Recumbent, Tandem, Juniors, Athena, Masters Women 60-69, Masters Women 50-59, Masters Women 40-49, Women Category 4/5, Women Category 3, Women Category 1/2, Clydesdales, Masters Men 70+, Masters Men 60-69, Masters Men 50-59, Masters Men 40-49, Masters Men 30-39, Men Category 4/5, Men Category 3, Men Category 1/2, AVP Competition*

REGISTRATION: <https://obra.org/events/26549/register>

ENTRY FEES: Online Preregistration only. Closes Saturday, July 27th at 12 noon. Adult \$30 / Junior \$10. Commemorative race t-shirt additional option.

MEMBERSHIP & LICENSES: OBRA membership required for all riders. Single day race memberships are available for \$5.00. Season OBRA memberships are available for \$30.00 online or mail in.

RACE NUMBERS: We will be using 2019 OBRA Road numbers. Bring your OBRA bib numbers and pin on LEFT side.

IMPORTANT NOTES:

- Please park in the Government Camp rest area. Do not park on the course or other traffic right of ways.
- Riders may leave a bag at the start area to be taken up to the finish. Bags will depart at the same time as the first riders leave (9:00am).
- Time trial race rules in effect. This is an OBRA event. Approved helmets required at all times while at the venue. Failure to comply could result in disqualification. Please exercise common sense, etiquette, and rules of the road. Permits are for racing up the mountain only. Your return trip MUST follow the rules of the road. Course is closed for warm-up at all times. Please contact us with any questions.
- Please use the provided Port-a-Potties, the lodge, or rest area bathrooms... don't use the bushes.
- No alcohol allowed at the venue.

PROMOTER/QUESTIONS: Tom Orth 503-860-5617, oregonuphillclimbofhood@gmail.com

**The AVP (Average Vertical Power) competition is for big power riders. The calculation is based on your rider & equipment weight at weigh-in, the time it takes you to complete the course, & the official elevation gain of the course. Your AVP is not the average power generated during the ride. It won't match your power meter. It's based on the idealized, theoretical power required to lift you & your bike the vertical distance. In other words, the power required to overcome wind resistance, rolling resistance & frictional losses in your drivetrain are not considered. (Mass*acceleration due to gravity*elevation gain of the course)/seconds = AVP*

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