



The Rocky Horror Pedal Show



**October 4-5, 2008
Rothrock State Forest, PA
USA Cycling Permit #2464**



Come experience the best trails Central Pennsylvania has to offer!

Our weekend includes an array of challenging courses set in the beautiful Rothrock State Forest, home of the Wilderness 101 and the 2005 Singlespeed World Championships. In addition to our official collegiate events, we will have IMBA Kid's events, camping, a barbeque dinner, and other events to celebrate collegiate cycling.

Course Info

Time Trial: Chicken Head Trail. This course is a quick three miles of rocky, rooty, winding, Central Pennsylvania singletrack and provides a preview of one of the trails in Sunday's cross-country race.

Downhill course #1: Old Laurel Run Trail. This is a steep, bench-cut, technical one mile downhill trail featuring many rocks and a significant drop in elevation. Guaranteed to shake you up yet still put a smile on your face.

Cross Country: A one-mile fire road climb will break the race apart from the beginning. Don't be a Shittaka – ride it instead! Shittaka Trail and Indian Trail take you generally downhill to Flat Road (aka Bailey Gap Road). After a short climb on Flat Road, you'll turn onto Lewistown Contingent Trail. Watch out for the bridges! Another fire road climb leads to Deer Tick Trail, a winding climb that features rock and log obstacles. At the top is a beauty! Beautiful Trail is a classic ridgetop trail that will challenge your technical skills with rock slabs and gardens. You will then cross a fire road to Chicken Head Trail, in the opposite direction from the TT, which will lead you back to Shittaka Trail for another lap or to the finish.

Depending on your category, you'll do the loop 1-2 times. Start and finish are at the parking area on Cooper's Gap Road, near the intersection with Flat Road.

Downhill course #2: Wildcat Gap Trail. A steep and rocky beginning drops you into a challenging rock garden at the bottom. This is a **very** spectator-friendly course and will be an excellent finish to the weekend.

Schedule

Friday, October 3rd:

8:00 pm - 10:00 pm: Registration at Freeze Thaw Cycles, State College. See maps section for directions.

8:00 pm - On: Cabin and tent check in at Penn Roosevelt 4-H Camp mess hall.

Saturday, October 4th:

7:00 am-11:30am Registration at Penn Roosevelt 4-H Camp

9:00 am Downhill practice begins at Old Laurel Run Trail*

9:00 am Men's C TT begins. Riders leave in 1-minute intervals.

Men's B TT to follow

Men's A TT to follow

Women's A TT to follow

Women's B TT to follow

11:30 am IMBA Kids' race at 4-H Camp

2:00 pm DH #1 (Old Laurel Run) begins with Men's C

Men's B to follow

Men's A to follow

--10-minute break--

Women's A

Women's B

6:00 pm Dinner @ camp

Sunday, October 5:

8:30 am Downhill practice begins at Wildcat Gap Trail*

8:30 am Men's C XC (1 lap)

8:35 am Women's B XC (1 lap)

9:00 am Men's A XC (2 laps)

9:05 am Men's B XC (2 laps)

9:10 am Women's A XC (2 laps)

1:00 pm DH #2 (Wildcat) begins with Men's C

Men's B to follow

Men's A to follow

--10-minute break--

Women's A

Women's B

*Shuttles will be supplied during downhill races, but not during practice.

Registration Fees

Cross Country: \$13
Time Trial: \$10
Downhill: \$13 each

Please pre-register using BikeReg.com. Pre-registration accepted until 11pm Thursday, October 2. There will be a \$5 late fee per event for day-of registration.

USA Cycling collegiate licenses are required. One-day and annual licenses will be available.

IMBA Kids' Events

Saturday, October 4, is IMBA's national "Take a Kid Mountain Biking Day". To celebrate, we will have an obstacle course and a kids' ride on trails around Penn Roosevelt State Park. Please come cheer on our next generation of mountain bikers!

Lodging and Activities Information

Our weekend base is a rustic 4-H camp at Penn Roosevelt State Park. We'll have cabins, restrooms with showers, a pavilion, and a large field for camping. The documentary "Klunkerz" will be shown on the big screen outside on Saturday night, weather permitting.

Beds in the rustic cabins are \$15 per person. Contact the race director if your team would like to rent an entire cabin. Tents are \$10 for the weekend, with no limit on tent size or occupancy. Prices include both nights. Preregister on BikeReg.com or pay at the camp when you arrive.

Quieter, more secluded camping is located within Penn Roosevelt State Park. Campsites are self-pay and cost approximately \$20 per night.

Hotels are available in Milroy and State College, if necessary.

Dinner Saturday night is a fabulous Central Pennsylvania barbeque feast. A vegetarian option is available. Cost is \$8 pre-registered, or \$10 late registration, per person. Pre-register for dinner on BikeReg.com. We will provide free coffee on Saturday and Sunday mornings. A refrigerator and food storage will be available in the mess hall.

The 4-H Camp is at least ten miles from the closest gas station. If you plan to stay at the camp all weekend, we HIGHLY recommend having enough gas to cover the two days – at least half a tank if you’re driving to all of the courses!

Medical Info

EMS and an ambulance will be on site. The closest hospital is Mount Nittany Medical Center in State College, PA, a 25-45 minute drive from the race courses. Maps and medical information will be available at the 4-H Camp.

Maps and Directions

Freeze Thaw Cycles is located at 218A Calder Way, State College, PA.
<http://maps.google.com/maps?f=q&hl=en&geocode=&q=freeze+thaw+cycles&jsv=127d&sll=37.0625,-95.677068&sspn=61.328812,113.203125&num=10&iwloc=A&iwstate1=saveplace>

Here is the Google Maps listing for the 4-H camp at Penn Roosevelt:
<http://maps.google.com/maps?f=q&hl=en&geocode=&q=penn+roosevelt+state+park&jsv=127d&sll=40.829658,-77.859421&sspn=0.11638,0.2211&num=10&iwloc=A&iwstate1=saveplace>

The 4-H camp is on the picnic side of the lake, up the mountain about 100 yards on Thickhead Mountain Road (Google Maps calls this “Forest Road”).

If you have any questions, please use the contact information at the end of the race flyer.

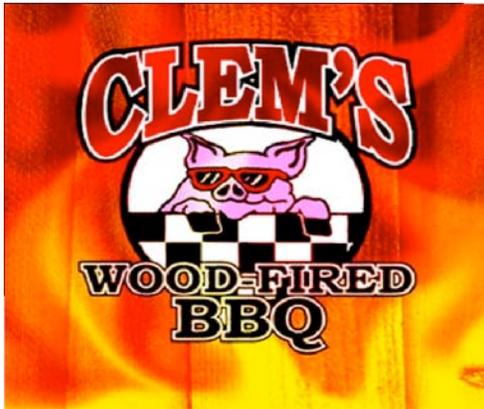
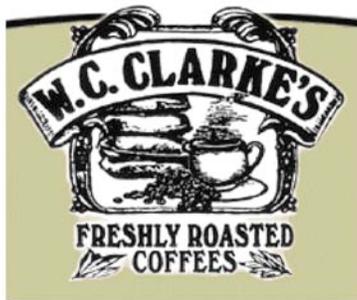
Contact Info

Race Director:
Alyssa Gaebel
CoachAlyssa@yahoo.com
814-777-1761

Thanks to Our Sponsors:

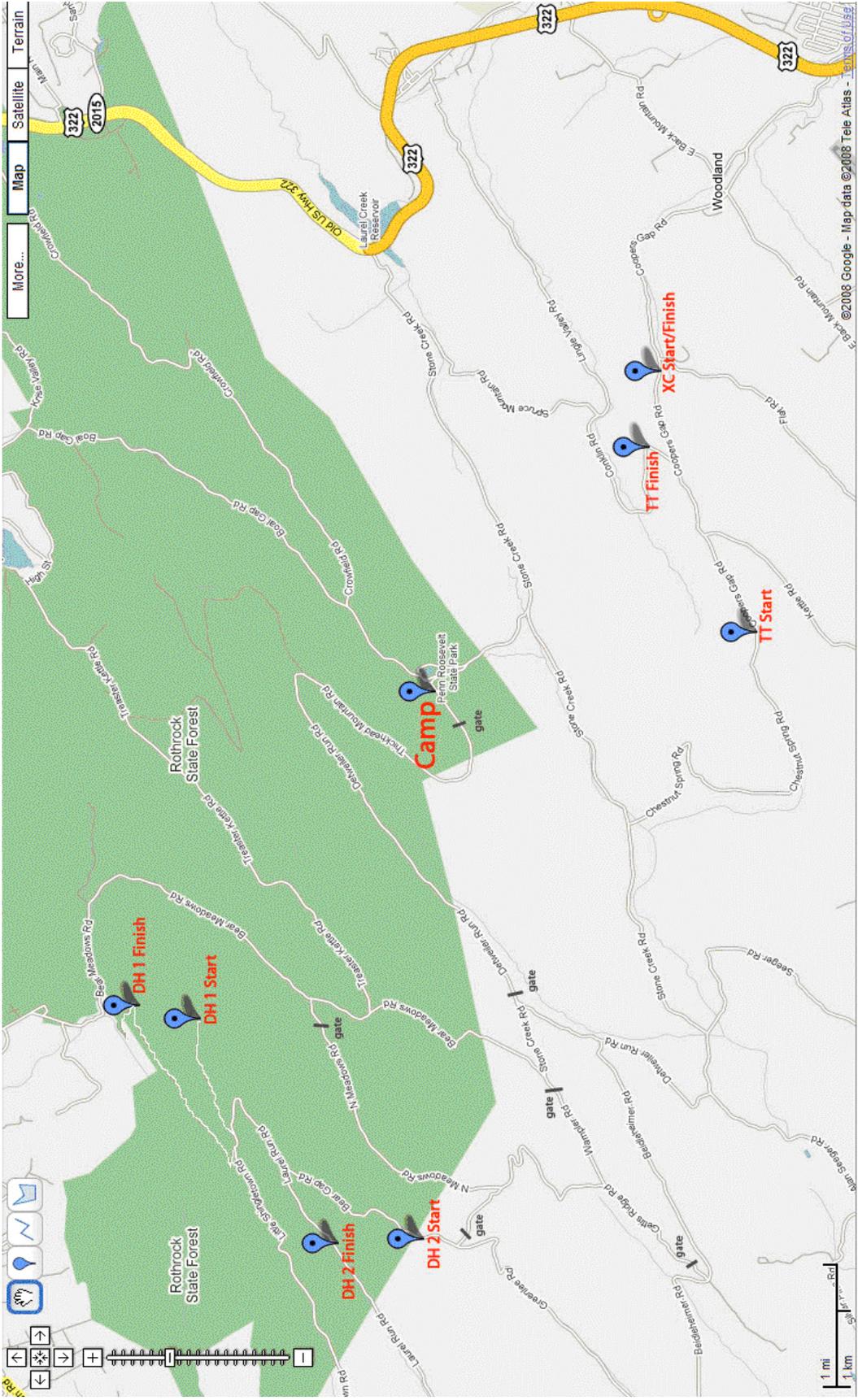


Freeze Thaw Cycles



WEBSTER'S





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