



# RIT Cycling Proudly Premieres the Whiteface White-Knuckle Season Opener

September 11<sup>th</sup> & 12<sup>th</sup>, 2010

USAC Permit #2010-2764

Promoted By:  
Brandon Sbordone  
[BSbordone@gmail.com](mailto:BSbordone@gmail.com)  
(203)-927-3317

EASTERN COLLEGIATE  
**ECCC**  
CYCLING CONFERENCE

**RIT** CYCLING

# RIT Cycling Proudly Premieres the Whiteface White-Knuckle Season Opener

September 11<sup>th</sup> & 12<sup>th</sup>, 2010

## Table of Contents

Table of Contents & Introduction .....	2
Schedule & Registration Information.....	3
Course Descriptions .....	4-5
Location & Directions .....	6
Lodging Details.....	7
Thanks to our sponsors! .....	8

## Introduction

RIT Cycling is very proud to host our premiere collegiate race. As the season opener for the Fall, 2010 mountain bike season we have partnered up with Whiteface Mountain to put together a phenomenal race line-up. Due to the fact that this collegiate event is being held concurrently with the Pro-Gravity Tour and Gravity East Series Whiteface 5K event, attendance, and the sheer magnitude of the event, is anticipated to be amongst the one of the largest that the ECCC has ever seen. Considering that a team, merely entering its 4th year of collegiate racing, has put an event of this magnitude together shows the masses the type of passion that is instilled in the members and leaders of the RIT Cycling Club. It is not without note though that much of this inspiration has come from conference leader Joe Kopena himself, without his guidance and advice, I never would have set the bar so high for myself and for RIT Cycling's premiere event. I truly hope that all teams and participants have a great weekend and enjoy this labor-of-love called mountain biking, and even though I have officially graduated, I hope to see all of you, my fellow comrades from the ECCC, on the trails.

Brandon Sbordone  
RIT Cycling MTB. Captain (2007-2009), VP (2009)  
[BSbordone@gmail.com](mailto:BSbordone@gmail.com)  
(203)-927-3317

## Schedule

SATURDAY, SEPTEMBER 11TH, 2010					
Cross-Country (XC)			Downhill (DH)		
Start Time	Class	Length	Start Time	Class	
7:45	Intro-Clinic		4:00 PM	Men's C	
8:30	Men's C	2 Laps	To Follow	Women's B	
To Follow	Women's B	2 Laps	To Follow	Men's B	
To Follow	Men's A	4 Laps	To Follow	Women's A	
To Follow	Men's B	3 Laps	To Follow	Men's A	
To Follow	Women's A	3 Laps	*DH Practice opens 9 am		

SUNDAY, SEPTEMBER 12TH, 2010								
Super-D (SD)			Short Track Cross-Country (STXC)			Team Relay (TR)		
Start Time	Class		Start Time	Class	Length	Start Time	Class	Length
9:00	Men's C		11:00	Men's C	20 Min.	1:30 PM	C Class	20 Min.
To Follow	Women's B		To Follow	Women's B	20 Min.	To Follow	B Class	25 Min.
To Follow	Men's B		To Follow	Women's A	25 Min.	To Follow	A Class	35 Min.
To Follow	Women's A		To Follow	Men's B	25 Min.			
To Follow	Men's A		To Follow	Men's A	35 Min.			

\*Super-D Practice open 9 am - 5 pm Saturday or Sunday 7-8:30 am.

## Registration Information

\*\*Registration tables will be located in the Whiteface main base lodge\*\*

### Cost:

Event	Entry Fee	Lift Pass
Cross-Country	\$15	-
Downhill	\$15	\$24*
Super-D	\$15	**
Short Track	\$11	-
Team Relay	\$14	-

\*Lift Tickets are purchased at a discounted price directly from Whiteface

\*\*Optional ! Shuttle Service available at a discounted price directly from Whiteface

### Required Documents:

A valid USA Cycling Collegiate License. If rider does not have a valid USAC license, day-of and annual licenses will be available for purchase with presentation of valid student ID.

### Day-Of:

Day-of registration will be held in the main base lodge beginning at 7:00 a.m. and will end a half hour before the start of each race on Saturday and Sunday. There is a \$2 fee **per event** for day-of registration. **BRING YOUR SCHOOL ID AND LICENSE.**

### On-line:

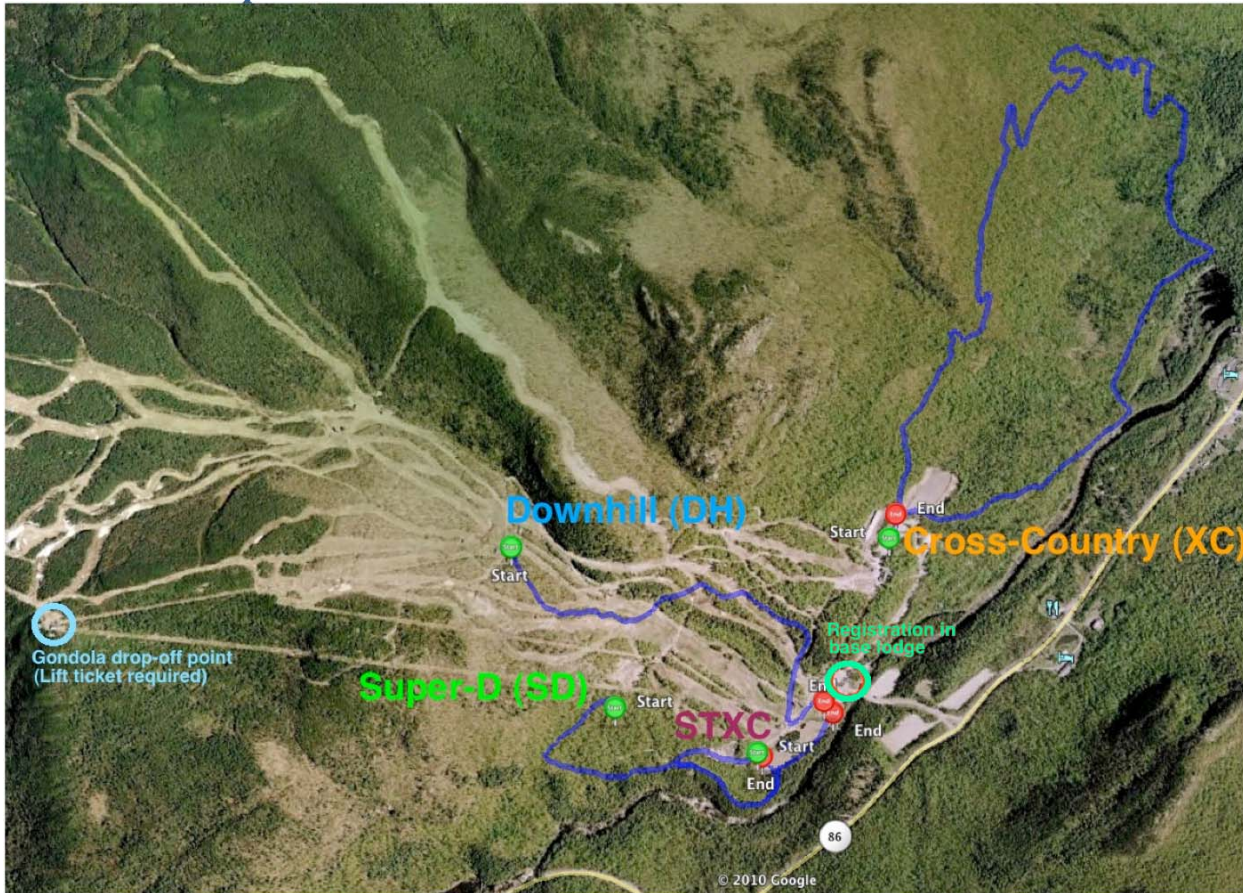
Register your team on **bikereg.com**. Search for "ECCC/Whiteface White-Knuckle Season Opener". Online registration ends on September 9<sup>th</sup> at 11:59 p.m. Pre-registered riders still need to **BRING A SCHOOL ID AND LICENSE.**

### Safety:

Emergency Medical Services will be on site for the weekend and regional health centers have been notified of the weekend's events. In the event of an urgent care incident that requires medical attention, the nearest facility is the Mountain Medical Center located at 1927 Saranac Ave., Suite 100 Lake Placid, NY 12946.



## Course Descriptions



### Cross-Country (XC)-

The XC course will offer racers a wonderful opportunity to ride some of the Adirondacks best trails. Officially part of the Wilmington Department of Environmental Conservation Flume Trails, the track that is being utilized will run in a clock-wise direction. Right from the get-go you are reminded that it is still Whiteface, the technical nature of the first 2 miles will certainly thin the pack, with rocky, tight single-track that undulates and twists to challenge the best riders. The final 2 miles of each lap are the relief, you get to break out onto some fast, fun and flowy logging roads where hopefully you saved some energy to make up for lost time. (Mass start event staged by race category)

### Downhill (DH)-

The downhill course is the lower part of Whiteface Mountain's 5K course, the track epitomizes everything a DH racecourse should be. There are plenty of rocks, wet roots, twists and pedally sections for you to have some major arm-pump going on by the finish line. The start will be a fast sprint from the mid-mountain lodge, shooting you into the woods to wrangle your way to the picturesque stream crossing before finishing with a fast fire-road sprint to the finish. Big bikes, good brakes and a full-face highly recommended. (Individual staged-release event by race category)

### Super-D (SD)-

Though not your typical Super-D course, the course will be a blast for all riders, being 1 mile in length with 300' of descending. The trails will lend themselves very well to an all-mountain bike with ~5" of travel, but there are no major drops or rocks that an XC-hardtail couldn't handle...DH bikes are overkill especially when it comes to the climbing aspect (yes, there are some pretty good climbs). The trail is very flowy and of course features plenty of quick line changes and obstacles to navigate around, and in traditional super-d fashion, the start will be done Le Mann's style, funneling into some fun single-track before finishing with a blazing fire-road sprint. (Mass start event staged by race category)

**Short Track Cross-Country (STXC)-**

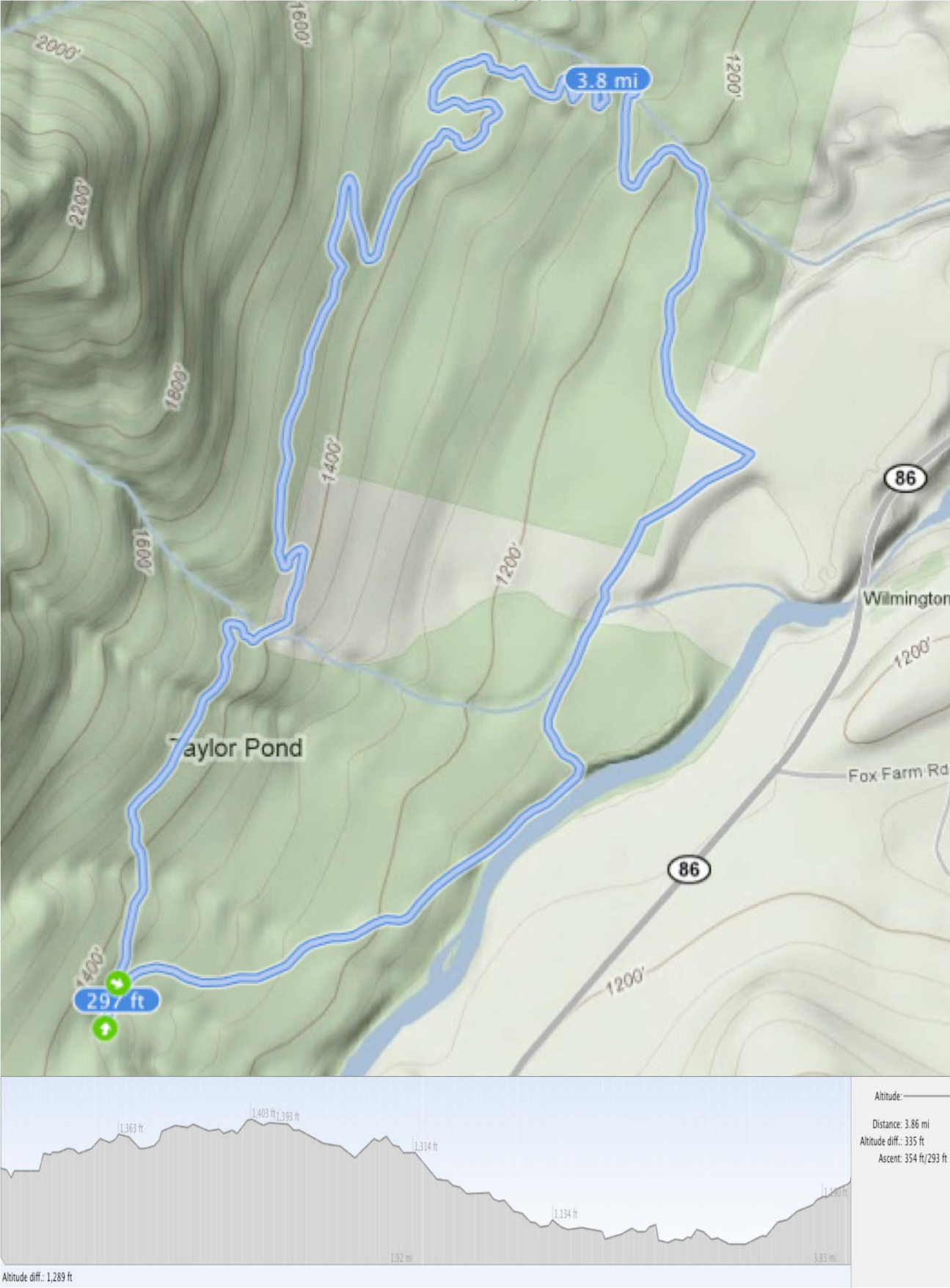
The short track course will coincide with the mid portion of the super-d course, though starting with a super-sprint up the fire-road to the trailhead, it will be followed by the fun and flowy portion of the super-d course before wrapping back around to the fire-road. Only a half-mile in length the STXC course will be a blast for riders who still have the legs to spin fast by Sunday afternoon. (Mass start event staged by race category)

**Team Relay (TR)-**

Back to the ECCC by popular demand is a Team Relay event. The STXC course will be utilized for the fun-for-all event, so grab a teammate and finish the weekend with your comrades. Teams **must** consist of a Male and a Female racer and the category generalization will be based off of the highest class rider...if you can't meet these requirements though, don't worry, just join in and race for fun. (Mass start event staged by generalized race category)

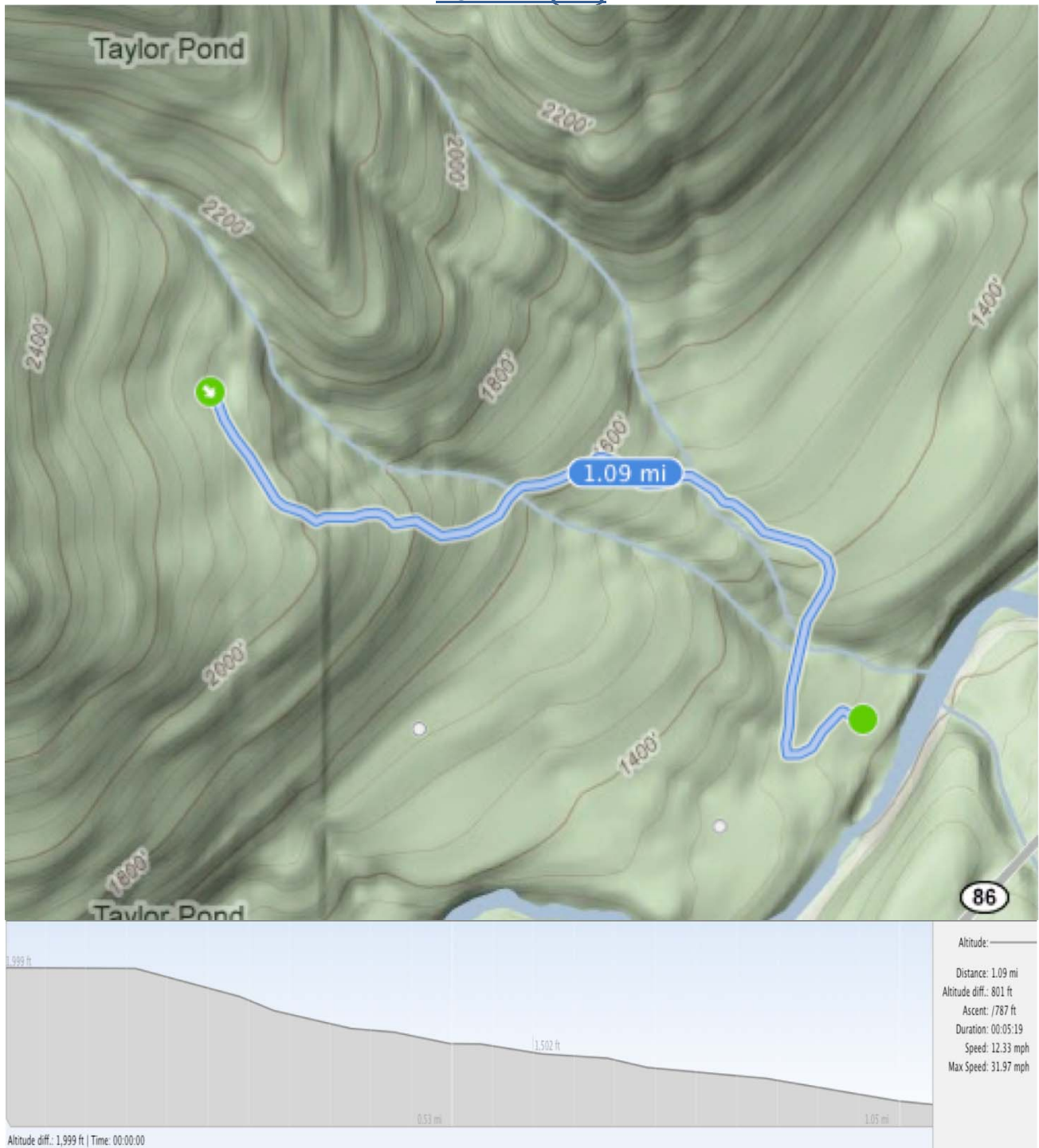
Course Maps & Elevation Profiles

Cross-Country (XC)

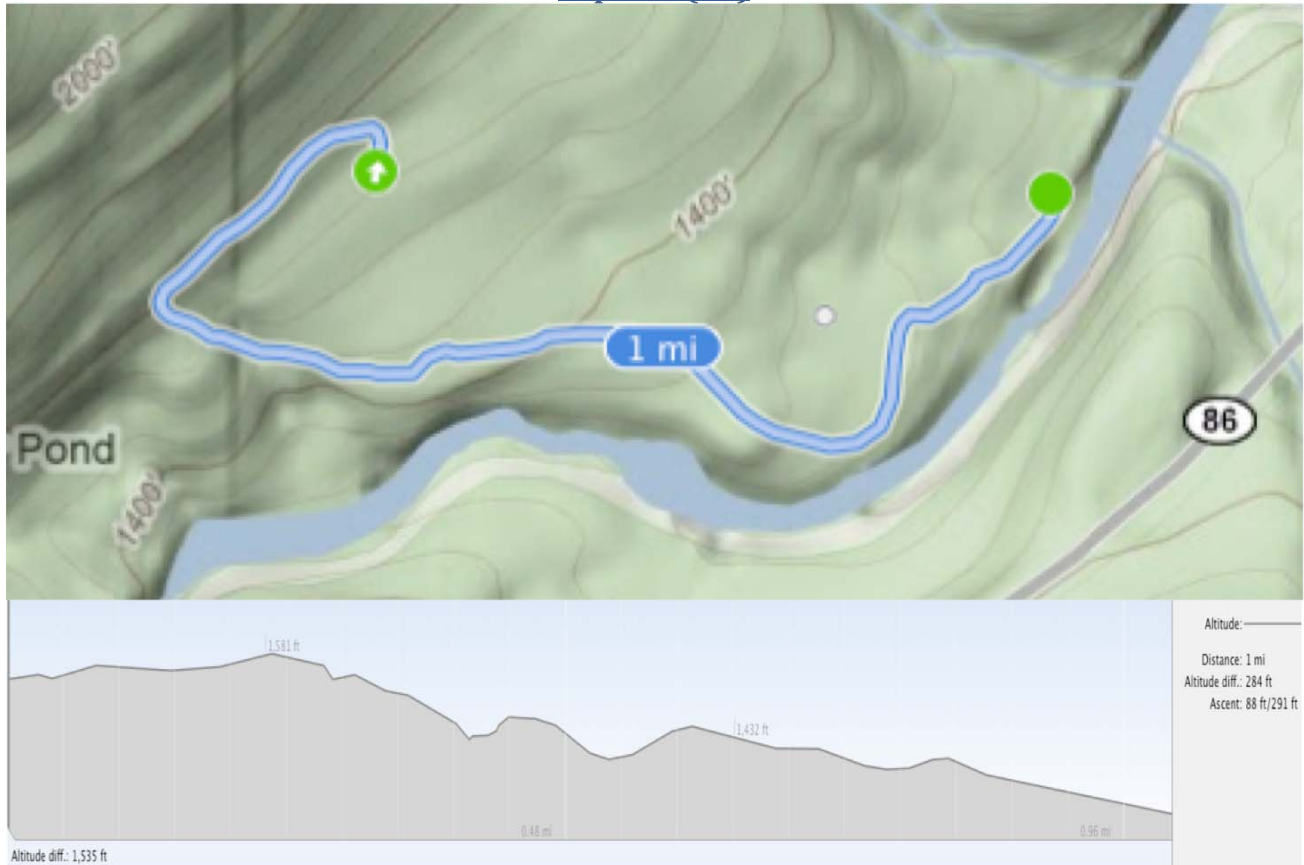




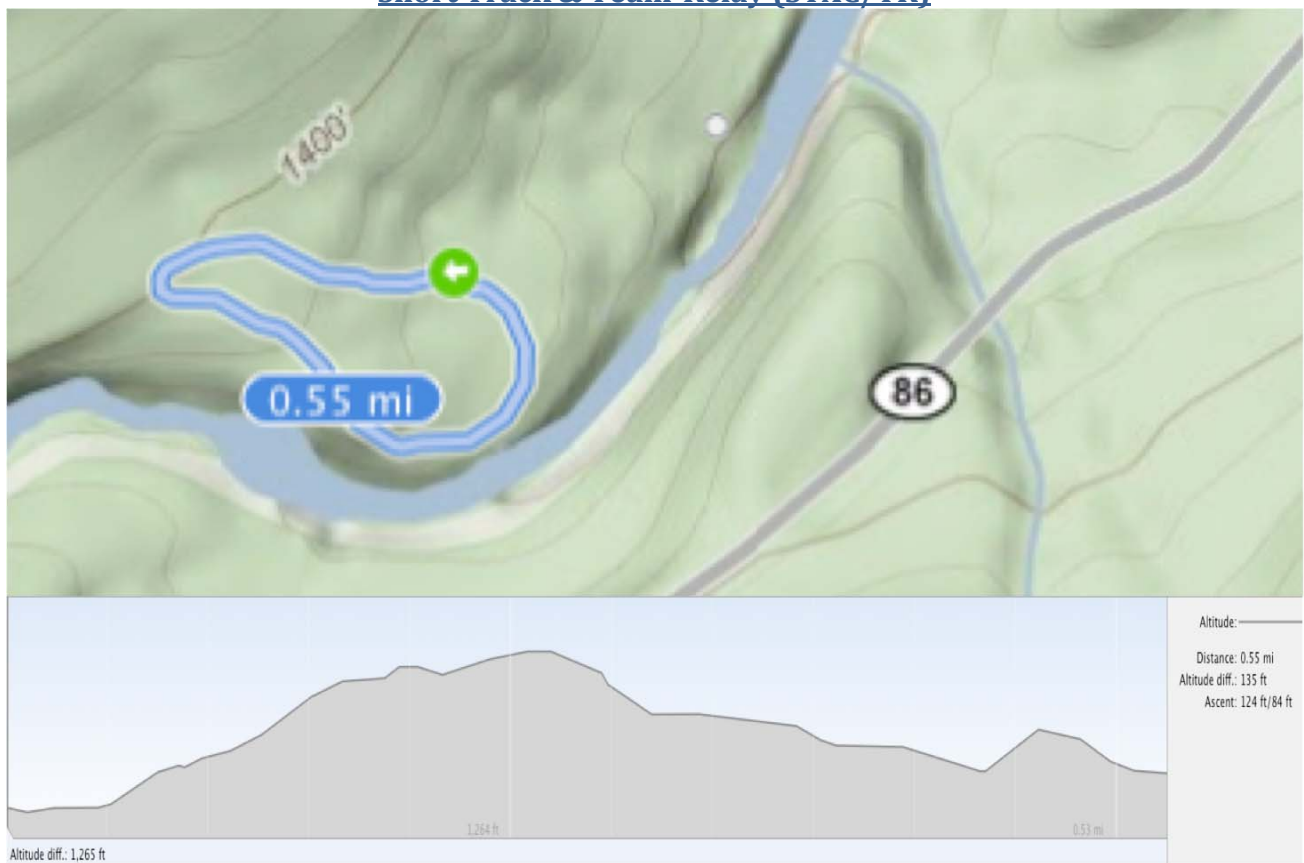
## Downhill (DH)



### Super-D (SD)



### Short Track & Team-Relay (STXC/TR)





## Location & Directions

### Location-

Approximate address below can be used with most GPS devices, actual location is Whiteface Mountain, which is within 1000 feet of this address.

5078 Route 86 Wilmington, NY 12997

### Directions-

Driving directions to Lake Placid:

---

From New York City and New Jersey-

Take the NY State Thruway (I-87) north to the Adirondack Northway (Exit 24 in Albany).

Follow 87 to Exit 30. Pick up Route 9 North and follow it for two miles to Route 73 toward Keene, then go North on Route 9N to Jay, west on Route 86 to Wilmington / Whiteface. Drive times: From NYC: 4 hrs 40 mins, Albany: 2 hrs 15 mins.

---

From Toronto-

Take 401 East to Cornwall Bridge. Pick up Route 37 East to Malone. Follow Route 30 South to Paul Smiths and pick up Route 86. Continue on 86 through Saranac Lake and Lake Placid to Whiteface Mountain. Drive time: 5 1/2 hours.

---

From Montreal-

Take Route 15 South to Champlain Crossing, connecting with I-87 South. Take Exit 34 West, following Route 9 North, then follow Route 86 to Whiteface Mountain. Drive time: 2 hours.

---

From Boston, Springfield, Hartford-

Take Massachusetts Turnpike (I-90) to Albany. Pick up I-787 North to Cohoes. Connect with Route 7 West to I-87 North. Follow I-87 (Northway) to Exit 30, then use final directions above: "From New York City..." Drive time from Boston: 5 hours.

---

From Ottawa-

Take routes south to the Cornwall Bridge. Pick up Route 37 East to Malone. Follow Route 30 South to Paul Smiths and pick up Route 86. Follow Route 86 and continue through Saranac Lake and Lake Placid to Whiteface Mountain. Drive time: 3 hours.

---

From Buffalo, Rochester, Syracuse, & Points West-

Take I-90 (NY State Thruway) East to Exit 36 (Syracuse). Pick up I-81 North and follow to Watertown. Take Route 3 and follow it East to Saranac Lake, then follow Route 86 East to Whiteface Mountain. Drive times: From Buffalo: 5 1/2 hours; Rochester: 4 1/2 hours; Syracuse: 3 1/2 hours.

## Lodging Details

### Motels, Hotels and B&B's- (Many more in the Lake Placid/Saranac Lake region)

Birch Tree Lodge  
5704 Route 86  
Wilmington, NY 12997  
1-(800)-233-5105  
From \$59/day

Green Mountain Lodge & Mel's Diner  
6575 Route 86  
Wilmington, NY 12997  
1-(866)-946-8232  
From \$59/day with Breakfast & Lift ticket!

North Pole Motor Inn  
5636 Route 86  
Wilmington, NY 12997  
1-(800)-245-0228  
From \$69/day

Willkommen Hof B&B  
5367 Route 86  
Wilmington, NY 12997  
1-(800)-541-9119

Whiteface Chalet  
788 Springfield Rd.  
Wilmington, NY 12997  
1-(888)-946-2207

Ledge Rock At Whiteface  
5078 Route 86  
Wilmington, NY 12997  
1-(800)-336-4754

Steinhoff's Inn & Restaurant  
5570 Route 86  
Wilmington, NY 12997  
1-(518)-946-2220

Alpine Country Inn & Suites  
5647 Route 86  
Wilmington, NY 12997  
1-(518)-946-2263

### Campgrounds –(Most are less than \$30/night for tent camping)

Wilmington Notch DEC State Campground  
4953 Route 86  
Wilmington, NY 12997  
1-(518)-897-1309  
**\*At the base of Whiteface\***

Lake Placid/Whiteface Mtn. KOA  
77 Fox Farm Rd.  
Wilmington, NY 12997  
1-(518)-946-7878

Douglas Resort & Campground  
18 Douglas Ln.  
Ausable Forks, NY 12912  
1-(518)-647-8061

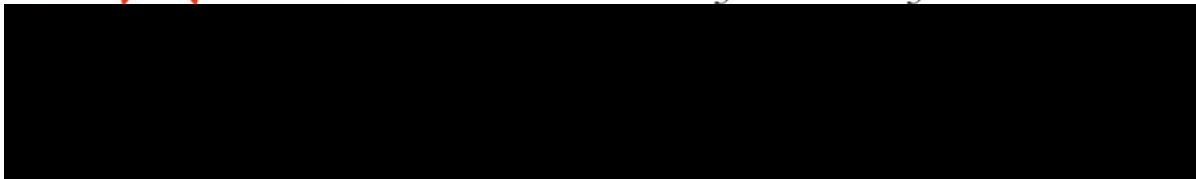
North Pole Campground & Inn  
5644 Route 86  
Wilmington, NY 12997  
1-(518)-946-7733

A huge thanks to our sponsors, supporters, alumni and host:



**RUDY PROJECT**

*Technically Cool Eyewear™*



GLACÉAU  
**vitaminwater™**  
(hydrate responsibly)

EASTERN COLLEGIATE  
**ECCC**  
CYCLING CONFERENCE



Thanks From

