

# THE FROZEN TOED SEASON OPENER

Presented By Rutgers University

March 3-4, 2012

**Contact Info:** Adam Nawrot, (848) 391-5214, [atnawrot@gmail.com](mailto:atnawrot@gmail.com),  
George Ghanim, (908) 917-5074, [president@rutgerscycling.com](mailto:president@rutgerscycling.com)

Collegiate categories are open only to full time students with valid USAC Collegiate licenses. **New non-collegiate women racers with 1-day or first time Category 4 licenses may enter Collegiate Women's Intro category.** USA Cycling Collegiate & general yearly and 1-day licenses available for sale on site.

Pre-Registration is available on-line at BikeReg.com, where service charges might apply. Registrations not received before February 29th will incur a \$5 per rider per event late fee. Large ECCC Teams may submit a spreadsheet with the following information: Rider Name, USAC License Number, Race Category and Races being entered for each rider. This spreadsheet must be received by February 25<sup>th</sup> at [atnawrot@gmail.com](mailto:atnawrot@gmail.com) in order to avoid a \$5 late registration fee per rider per event.

Registration opens 1 hour before the start of the first scheduled race and ends 15 minutes before the start of each race.

Promoter is not required to refund pre-registration in an event of an unforeseen cancellation.

**Medical:** 2 Hospitals are a small driving distance away from all race courses. EMT's at hand at each event.

- Robert Wood Johnson Hospital - 126 Paterson Street, New Brunswick, NJ(732) 937-8686
- Somerset Medical Center - 110 Rehill Avenue, Somerville, NJ (908) 685-2200

**ECCC Host Housing:** Contact the ECCC Host Housing Coordinator George Ghanim ([president@rutgerscycling.com](mailto:president@rutgerscycling.com)), for information on available host housing.

**Saturday March 3, 2012**  
**Prologue Time Trial**  
**Colonial Park, Somerset NJ**

<b>Start</b>	<b>Category</b>	<b>Entry Fee</b>	<b>Length</b>
7:00	D Men	\$10	2.2 miles
To follow	C Women	\$10	2.2 miles
To follow	Intro Men	\$10	2.2 miles
To follow	Intro Women	\$10	2.2 miles
5 Minute Break			
To follow	A Men	\$10	2.2 miles
To follow	B Men	\$10	2.2 miles
To follow	C Men	\$10	2.2 miles
To follow	A Women	\$10	2.2 miles
To follow	B Women	\$10	2.2 miles

\*Riders will go off with intervals of 15 seconds. First rider goes off at 7:00 am.  
**\*NO AERO EQUIPMENT PERMITTED\***

**Directions to TT:**

**Parking/Registration Address-** 156 Mettlers Road, Somerset, NJ 08873

**From Route 287**

Route 287 to Exit 10 toward New Brunswick. Take Easton Avenue to the first light. Make a right onto Cedar Grove Lane. Follow for two miles, and make a right at the fourth light onto Weston Road. Follow to first light and make a left onto Elizabeth Avenue. Colonial Park is on the right.

**From Route 206**

**-Southbound**

Take Route 206 to Dukes Parkway. Go through the U-turn and cross back over Route 206. Follow Dukes Parkway to the end, and turn right onto Main Street. Go through the center of Manville. Make a left at the light onto the Manville Causeway (Wilhousky Street). Go over a small bridge and turn right onto Weston Road. Follow Weston Road for 1.5 miles and make the first right onto Mettlers Road. Entrances to Colonial Park will be on the left and right.

**-Northbound:**

Take 206 to Amwell Road. Make a right at the light onto Amwell Road. After three and a half miles you will see a sign for Colonial Park on the right side. Turn left here onto Mettlers Road. Entrances for Colonial Park will be on the left and right.

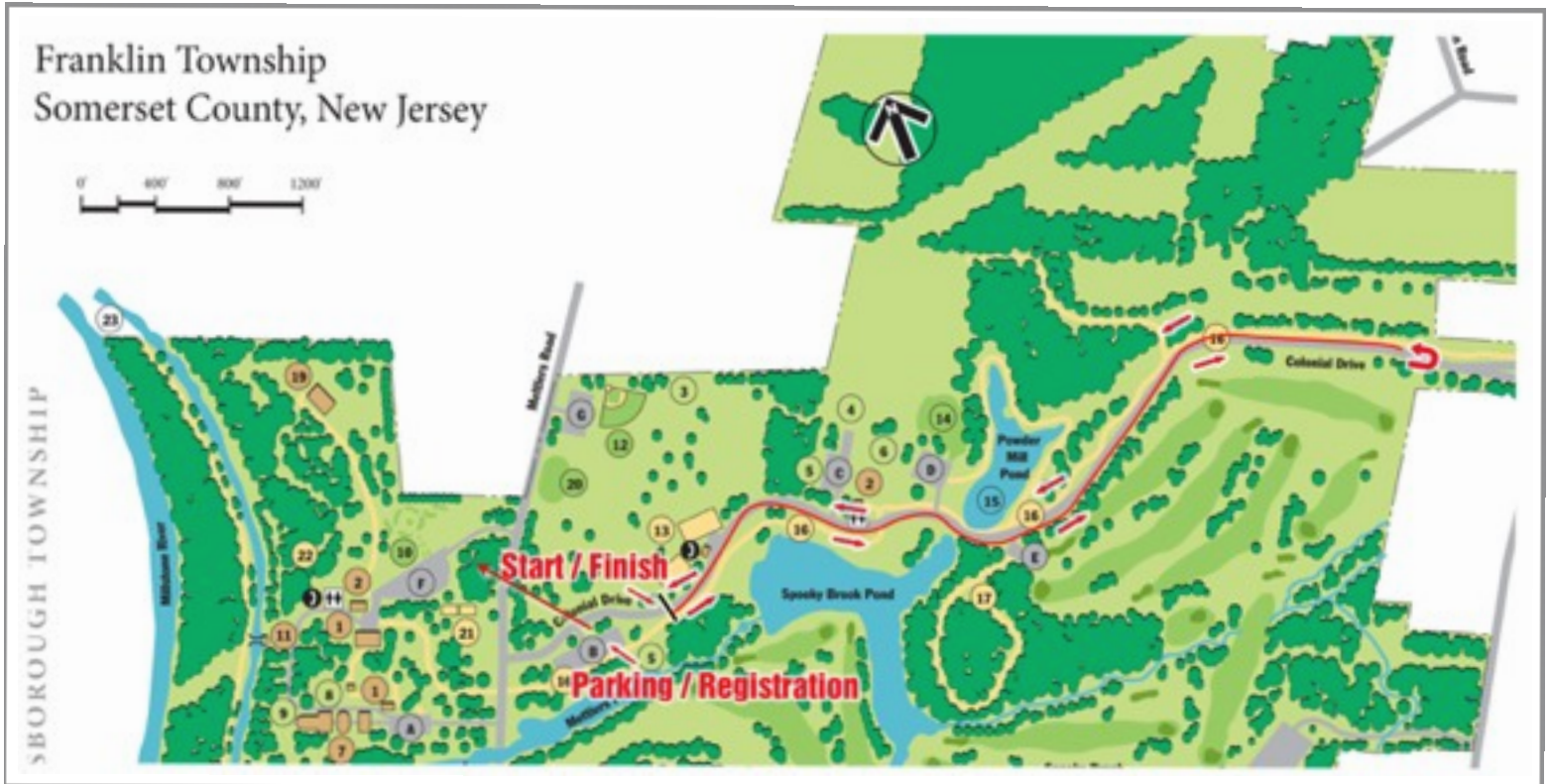
**From New Brunswick area (Hamilton Street - Amwell Road)**

Follow Hamilton Street from New Brunswick - the name changes to Amwell Road in Somerset. Amwell Road comes to a fork; turn left. You are still on Amwell Road. Follow to the second light and make a right onto Elizabeth Avenue. Follow Elizabeth to the Colonial Park entrance on the left.

**Course description:** Relatively flat out and back 2.2 mile course.

**Rules:** All USA Cycling rules apply

## ITT Course Map:



*SRAM Neutral Support will present on March 3<sup>rd</sup> during the time trial at parking lot B*

**Saturday March 3, 2012**  
**The Sourland Circuit**  
**Hillsborough, NJ**

<b>Start</b>	<b>Category</b>	<b>Entry Fee</b>	<b>Length</b>
11:00 AM	C2 Men	\$15	39 Miles
11:05 AM	D1 Men	\$15	26 Miles
11:10 AM	D2 Men	\$15	26 Miles
11:12 AM	C Women	\$15	26 Miles
11:13 AM	Intro Men*	\$15	13 Miles
11:14 AM	Intro Women*	\$15	13 Miles
1:15 PM	A Men	\$15	65 Miles
1:20 PM	B Men	\$15	52 Miles
1:25 PM	C1 Men	\$15	39 Miles
1:27 PM	A/B Women	\$15	52 Miles

\*Intro racers will meet 30 minutes before race start for briefing

**Directions to circuit:**

**Parking/Registration Address** – Singley Park - 425 Woodfern Road, Hillsborough, NJ 08844

**Staging Address** – Otto’s Farm Park – Intersection of Montgomery Road and Wertsville Road, Hillsborough, NJ 08844. **\*Racers will be individually responsible for getting to the staging area from the parking area (1.5 Miles)**

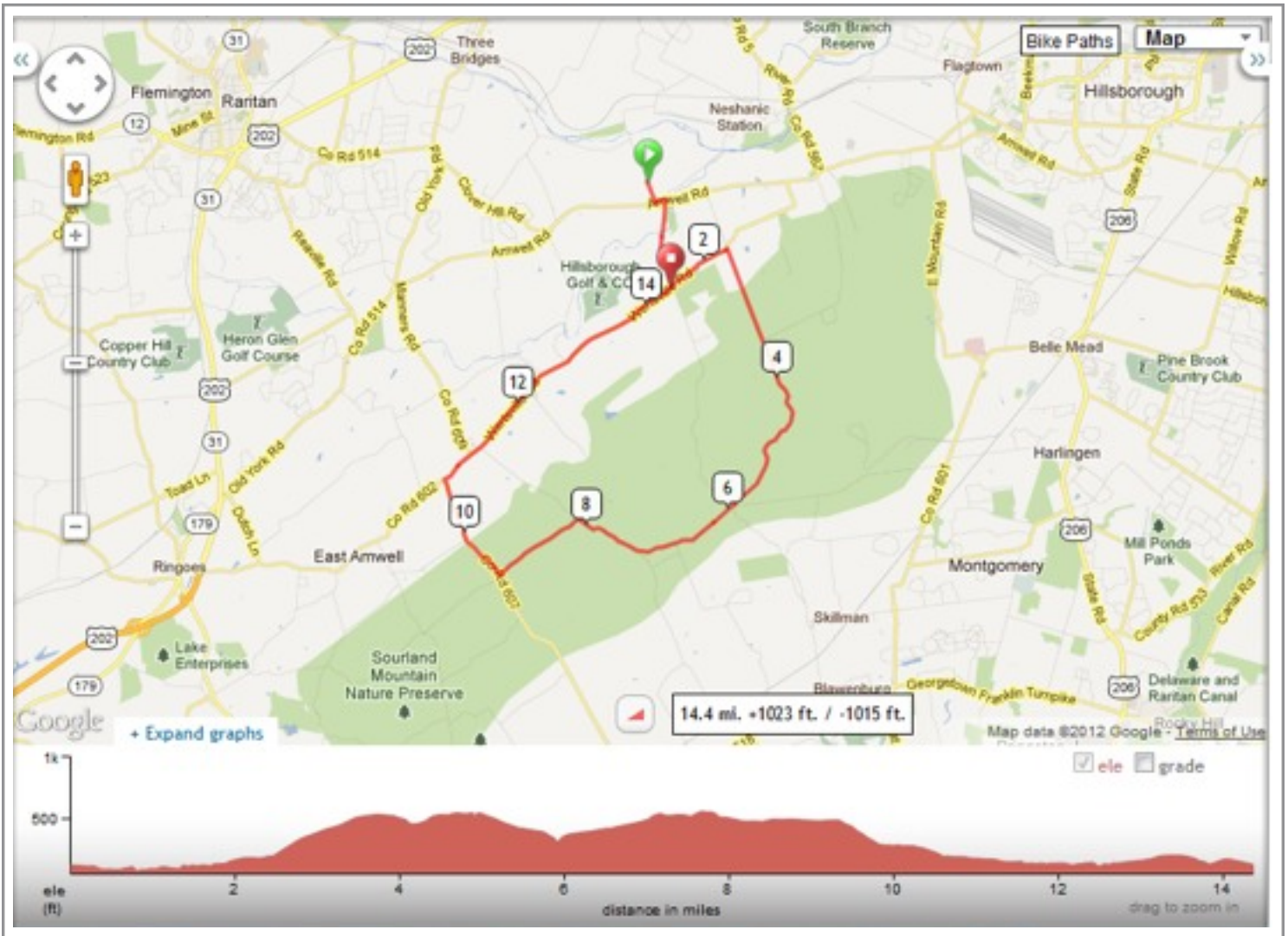
**From ITT** - Head southwest on Colonial Dr. Turn left on Mettlers Rd. Turn right on Amwell Rd. Continue for approx.10 miles. Turn right at Woodfern Rd. Approx. 30 min.

**From Parking to Staging** – Head south on Woodfern Rd. Turn left onto Amwell Rd. Turn right onto Montgomery Rd. Maps will be distributed at parking/registration

**Course description:** 13 miles, 1000ft of elevation per lap, hilly

**Rules:** All USA Cycling rules apply.

## Map and Elevation Chart:



*SRAM Neutral Support will present on March 3<sup>rd</sup> during road race at Otto Farm Park (Near the start)*

**Sunday March 6, 2011**  
**Thompson Park Crit**  
**Thompson Park, Jamesburg NJ**

<b>Start</b>	<b>Category</b>	<b>Entry Fee</b>	<b>Length</b>
9:00	D1 Men	\$15	25min
9:30	D2 Men	\$15	25min
10:00	C1 Men	\$15	35min
10:40	C2 Men	\$15	35min
11:20	Intro Men*	\$15	20min
11:45	C Women	\$15	35min
12:25	Intro Women*	\$15	20min
12:50	B Men	\$15	45min
1:40	A/B Women	\$15	50min
2:35	A Men	\$15	60min

\*Intro Races will meet at the staging area 30 minutes prior to the start of the race

**Directions to Crit:**

**Parking/Registration Address** - Forsgate Drive, Jamesburg, NJ

**Route 287** -- Take Exit for Route 1 South. Follow directions for Route 1.

**Route 1** -- Take 130 South. Take 32 East. 32 East turns into Forsgate Dr. Follow to the traffic light for Perrineville Rd. & Forsgate Dr. Go straight through. Park is on the right.

**Route 18** -- Take Main St. (615 South – Spotswood). This turns into Manalapan Rd. (615). Follow 615 into Jamesburg. After intersection, 615 & 522 you will cross over Forsgate Dr. onto Perrineville Rd. After passing Jamesburg Municipal Complex on left, park is on the left

**Route 9** -- Turn off at Texas Rd. (520 West). Make left onto Englishtown Rd. (613 South). Make quick right onto Matchaponix Ave. (612 West). This turns into Pergola Ave. Make right at end of road (Buckelew Ave.). Make first left onto Forsgate Dr. Park is on the left

**Garden State Parkway** -- Take Exit for Route 9. Get on Route 9 South. Follow directions for Route 9

**NJ Turnpike** -- Take Exit 8A. Take 32 East Monroe. 32 East will turn into CR 612 (Forsgate Dr.). Follow to the traffic light for Perrineville Rd. & Forsgate Dr. Go straight through. Park is on the right

**Rules:** All USA Cycling rules apply

**Course description:** A 0.91 mile course, with an incline on the backside.

# Criterion Map:



