



XPot 3.0: Presented by MIT Cycling

Princeton, Westminster & Sutton, MA

March 30-31, 2013

Held under USAC Cycling Event Permit



Schedule of Events

Saturday, March 30						Sunday, March 31					
Mt. Wachusett Individual Time Trial			Westminster Criterium			Sutton Team Time Trial			Purgatory Road Race		
Field	Start	Distance	Field	Start	Distance	Field	Start	Distance	Field	Start	Distance
Men D	8:00 AM	6.1 miles	Men D Div 1	11:15 AM	25 min	Men D	7:30 am	10.8 miles	Men D Div 1	10:15 am	22 miles
Women C	to follow	6.1 miles	Men D Div 2	to follow	25 min	Women C	to follow	10.8 miles	Men D Div 2	10:20 am	22 miles
Men Intro	to follow	6.1 miles	Men C Div 1	to follow	35 min	Men Intro	to follow	10.8 miles	Men Intro **	10:25 am	22 miles
Women Intro	to follow	6.1 miles	Men C Div 2	to follow	35 min	Women Intro	to follow	10.8 miles	Women Intro**	10:30 am	22 miles
5 minute break			Men Intro **	to follow	20 min	break			Men C Div 1	11:45 AM	33 miles
Men A	to follow	6.1 miles	Women C	to follow	35 min	Men A	8:30 am	10.8 miles	Men C Div 2	11:50 AM	33 miles
Men B	to follow	6.1 miles	Women Intro**	to follow	20 min	Men B	to follow	10.8 miles	Women C	11:55 AM	33 miles
Men C	to follow	6.1 miles	Men B	to follow	50 min	Men C	to follow	10.8 miles	Men A	1:45 PM	66 miles
Women A	to follow	6.1 miles	Women A/B	to follow	50 min	Women A	to follow	10.8 miles	Men B	1:50 PM	55 miles
Women B	to follow	6.1 miles	Men A	to follow	70 min	Women B	to follow	10.8 miles	Women A/B	1:55 PM	55 miles
minimum 10 min break											
USAC Open	10:00 am	6.1 miles									

** Intro riders will meet at either Westminster Elementary School (Saturday, crit) or Sutton High School (Sunday, RR) 30 minutes before race for clinic 30 minutes before race for clinic; listen to race announcements for details.

Contact Info: Stefanie Sydlik, 610-442-5617, racepromoter@mit.edu, <http://cycling.mit.edu/spot>

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.

Registration Fees: Individual Time Trial - \$10, Team Time Trial - \$20/team, Criterium - \$15, Road/Circuit Race - \$15. USAC Individual Time Trial - \$40

Pre-Registration is available on-line at <http://cycling.mit.edu/spot>, and will open at 10am on Tuesday March 5, 2013. Registrations not received before 5pm on March 28th will incur a \$5 per rider per event late fee. Large ECCCE 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 5pm on Thursday March 28th at raceregistration@mit.edu in order to avoid a \$5 late registration fee per rider per event.

Registration is located at the Thomas Prince School (Saturday am), Westminster Elementary School (Saturday pm), or Sutton Memorial High School (Sunday). It 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: A stand-by ambulance will be present, along with on-course EMT for the road race. The nearest hospital for Saturday's races is Clinton Hospital, 201 Highland Street, Clinton MA 01510, 978-368-3000. On Sunday, the nearest hospital is St. Vincent Hospital, 123 Summer Street, Worcester MA 01608, 508-363-5000.

ECCC Host Housing: Contact the ECCC Host Housing Coordinator Caitlin Thompson at caitlinjthompson@gmail.com for information on available host housing.

Directions to ITT:

For GPS directions, use Bullard Rd. & Sterling Rd., Princeton MA 01541

From east: Head west on I-290W. Take exit 19 to merge onto I-190N toward MA-12/ Fitchburg. Take exit 5 for MA-140N. Turn left onto MA-140 N/ Redemption Rock Trail (2.3mi). Turn left onto MA-62W/ Princeton Rd. (1.9 miles)

From west: Head east on MA-2E. Take exit 25 for Mass. 2A W towards Princeton. Turn left onto MA-140S/ Hager Park Rd. Follow MA-140S for 9 miles. Turn right onto MA-62W/ Princeton Rd (1.9mi).

From north: Head south on MA-140S. MA-140S merges with MA-2E via the ramp to Princeton/ Fitchburg. Take exit 25 for Mass. 2A W towards Princeton. Turn left onto MA-140S/ Hager Park Rd. Follow MA-140S for 9 miles. Turn right onto MA-62W/ Princeton Rd (1.9 mi).

From south: Head north on I-190N. Take exit 5 for MA-140N. Turn left onto MA-140S/ Hager Park Rd. Follow MA-140S for 9 miles. Turn right onto MA-62W/ Princeton Rd (1.9 mi).

Directions to Criterium:

For GPS directions, use Leominster St. & Worcester Rd., Westminster MA 01473

From east: Head west on MA-2W. Take exit 25 for Mass. 2A/ MA-140S towards Westminster/ Princeton. Turn right onto MA-140S/ Mass. 2A W. Take the 1st right onto Mass. 2A W/E Main St. Turn left onto South St.

From west: Head east on MA-2E. Take exit 25 for Mass. 2A W/E Main St. towards Princeton. Turn left onto South St.

From north: Head south on MA-12S/ Main St. Turn right onto Mass. 2A W/E Main St. Turn left onto Mass. 2A W/E Main St. Turn left onto South St.

From south/ ITT course: Head south on MA-62E/ Princeton Rd. Turn left onto MA-140N/ Redemption Rock Trail. Follow MA-140N for 9miles. Turn left onto Mass. 2A W/E Main St. Turn left onto South St.

Directions to TTT/Road Race:

For GPS directions, use Boston Rd. & Putnam Hill Rd. Sutton MA 01590

From east: Head west on I-90W. Take exit 10A towards US-20/MA-146/ Worcester/Providence. Turn right and merge onto MA-146S/ Worcester-Providence Turnpike. Turn right onto Boston Rd. & proceed for 2 miles.

From west: Head east on I-90E. Take exit 10A towards US-20/MA-146/ Worcester/Providence. Turn right and merge onto MA-146S/ Worcester-Providence Turnpike. Turn right onto Boston Rd. & proceed for 2 miles.

From north: Head south on I-190S. Keep right at the fork and follow signs for I-290W. Take exit 12 to merge onto MA-146S/ Worcester-Providence Turnpike. Turn right onto Boston Rd. and proceed for 2 miles.

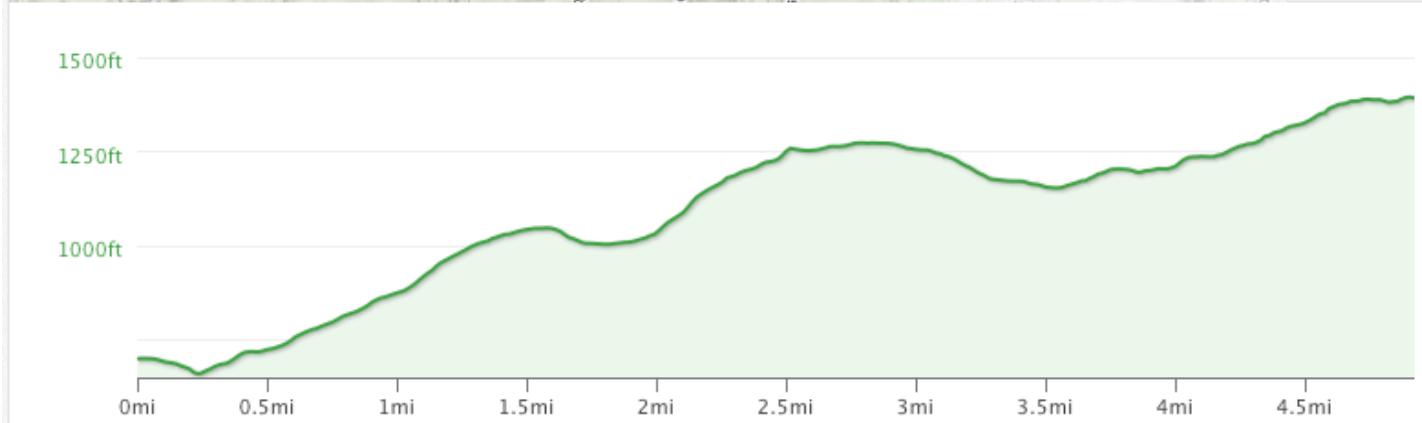
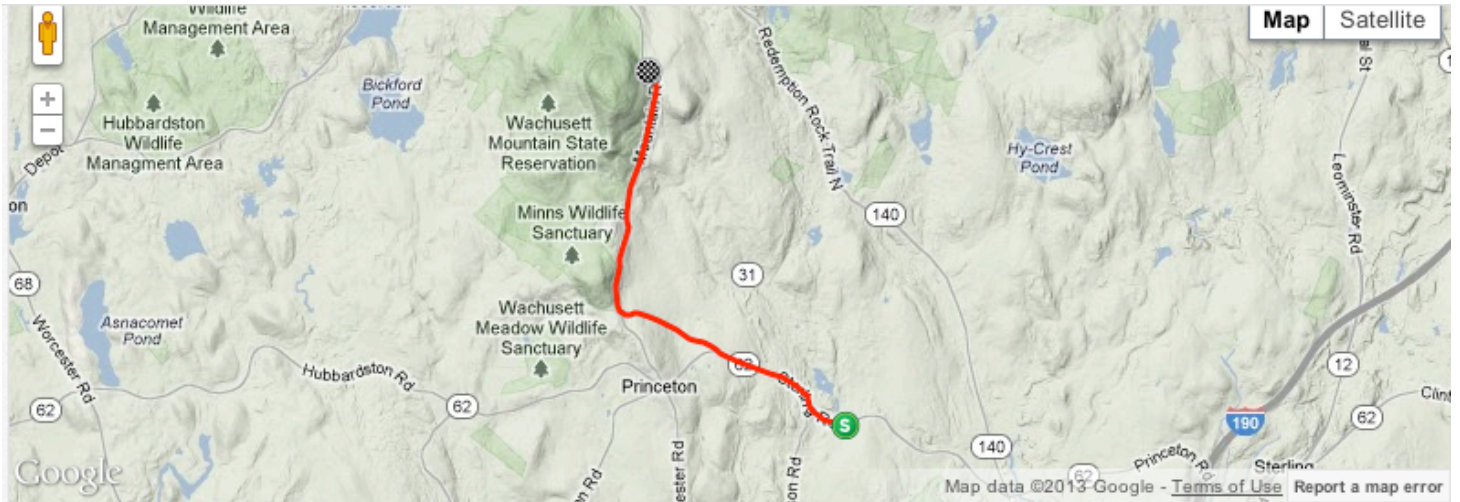
From south: Head north on US-20/MA-146/ Worcester/Providence. Turn right and merge onto MA-146S/ Worcester-Providence Turnpike. Turn right onto Boston Rd. & proceed for 2 miles.

Lodging: Nearby hotels and motels that are available close to the race venue are the following:

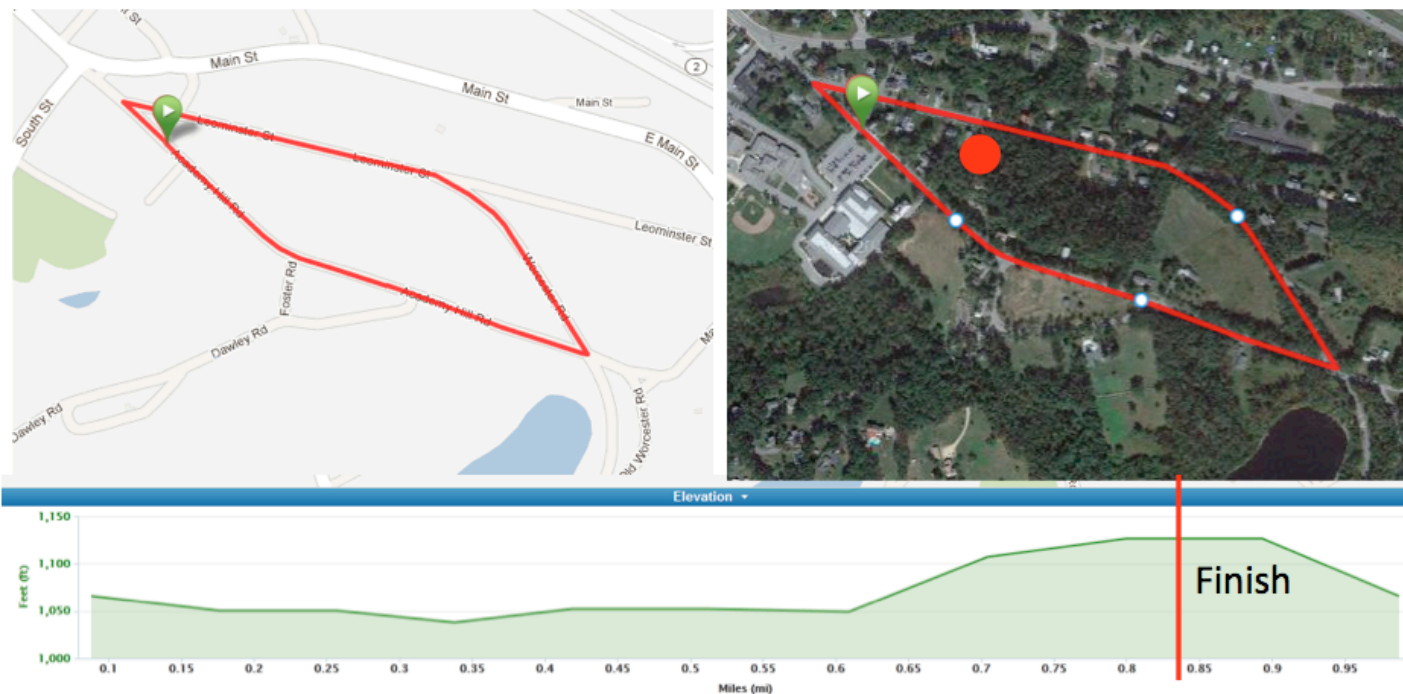
- Econo Lodge Inn & Suites, 380 Southwest Cutoff, Northborough MA, www.econolodge.com, 508-842-8941
Special rate of \$66/night if you mention "MIT Cycling Race" and book in advance! (extended to March 14, 2013!)

Call for Volunteers! Sign up to volunteer while you're not racing and earn a **free race t-shirt** and lunch! Volunteers are needed both days. Email racevolunteer@mit.edu for more info and to sign up.

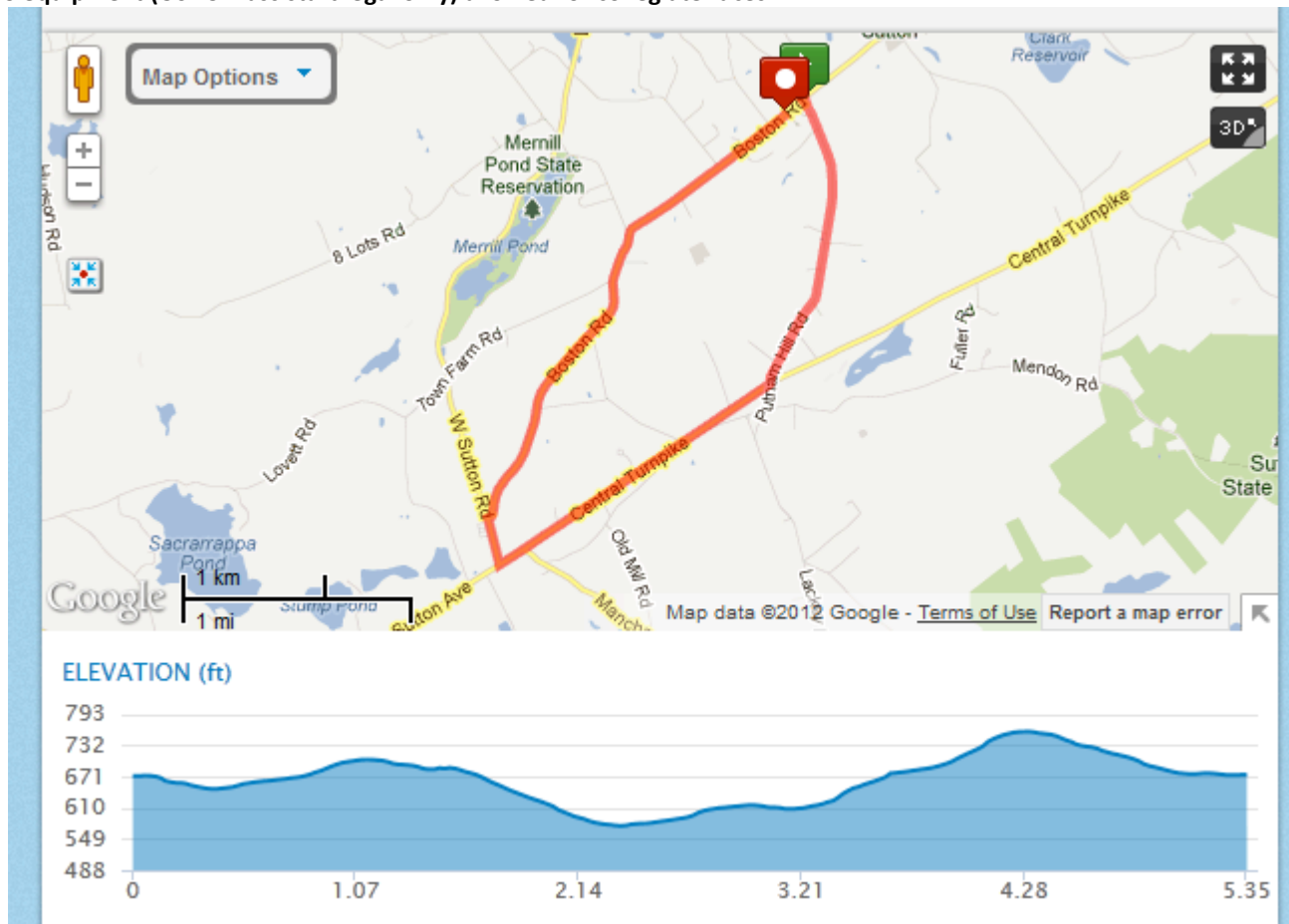
ITT Course Description and Map: The course starts at the Thomas Prince School on Sterling Rd and climbs steadily upward for around 2 miles before taking a slight right onto Merriam Rd, here, the steady rise gives way to downhill during which racers can gather speed for the final climb. After the course heads upward again, racers turn right on Mountain Rd to head for the finish.



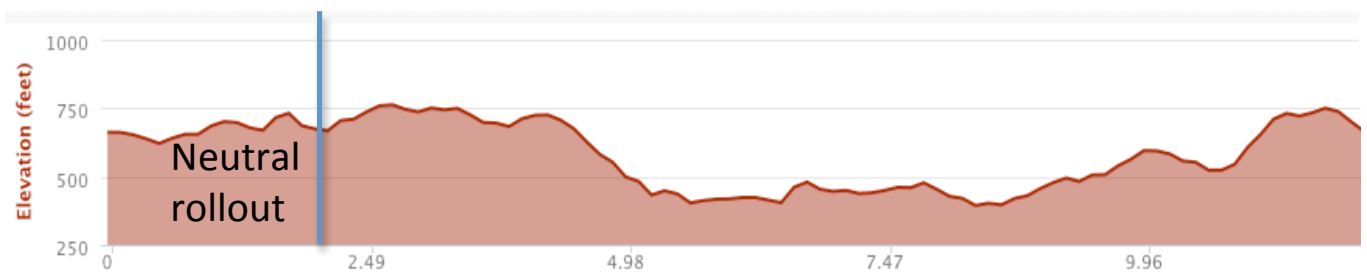
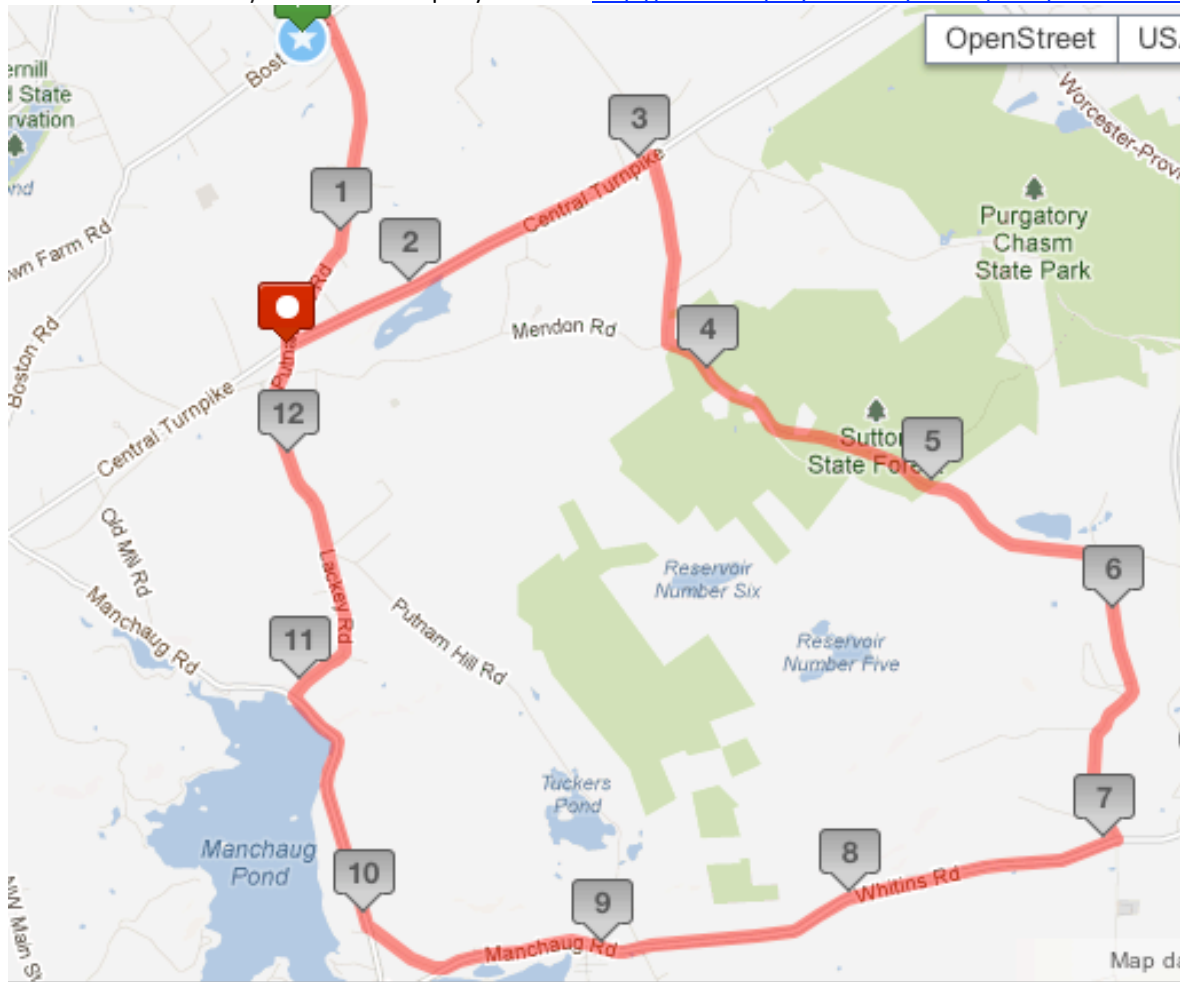
Criterion Course Description and Map: The course starts just before the parking and registration area by Westminster Elementary school, and includes two sharp right turns and a good climb to the start/ finish to add plenty of excitement.



TTT Course Description and Map: The team time trial course is twice around a 5.4 mile loop on rolling terrain. The course starts at the intersection of Boston Rd and Putnam Hill Rd and proceeds for about 1.4 miles along Putnam Hill Rd. Right turn onto Central Turnpike for about 1.3 miles. Sharp right onto W. Sutton Rd followed quickly by a slight right onto Boston Rd, at which point, a good climb is encountered. Finish is on Boston Rd on the second loop. The course will be open to traffic, so the yellow line rule is in effect. **No aero equipment (USAC mass start legal only) allowed for collegiate races.**



Road Course Description and Maps: The circuit race is a hilly 11 mile loop through Purgatory Chasm and the Sutton State Forest, which is the same course used for the Purgatory Road Race. The race will start with a 1.5 mile neutral roll out along Putnam Hill Road. Traffic will be restricted on Lackey Rd and Menden Rd, but all other roads will be open to traffic and, the yellow line rule will be in effect. For the A and B races ONLY, a feed zone will be set up. Feed zone location will be on Central Turnpike immediately after the right turn off of Putnam Hill Road (marked on the map with an "F"). The feed zone will span the length of the Central Turnpike entrance of the abandoned Blue Jay Restaurant. Map my ride link: <http://www.mapmyride.com/routes/view/166771196>



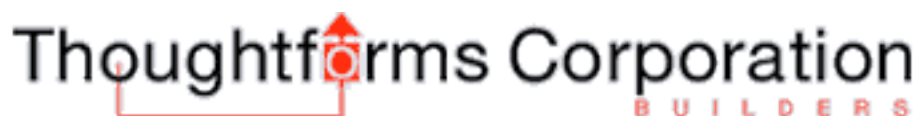
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