

BLUEGRASS MOUNTAIN CUP



LAND BETWEEN THE LAKES
JUNE 17TH, 2023

North Welcome Station
1820 The Trace Rd, Grand Rivers, KY 42045

PRESENTED BY:



SUPPORTED BY:



THINGS TO KNOW

Pre-registered Riders:

- You can pick up your packet on Saturday from 7:30AM - up to 30 Mins before your race.

Day of Registration:

- The cost is \$50 adult and \$15 youth. Cash makes this go much quicker.
- You have to register 30 mins or more before the start of your race.

Venue:

- Land Between the Lakes is the venue, see map (next page) for parking info.
- Port-o-Johns and a pit toilet are in the parking near start/finish area.
- No food truck, bring snacks! Possible grill out.
- We will have 5 gal water coolers with water near registration.
- A bike wash will be set up thanks to our friends at Finish Line USA

Course:

- The race course is ranked as beginner - intermediate. Pre-rides are suggested but not required.
- The course will be mostly marked by middle of the day Friday if you would like to pre-ride. "Canal Loop" is race loop.
- The trail is flowly classic single track.
- Youth are on loop D making a counterclockwise 2 mile race.
- The course will be marked and taped to make navigation easy. It's recommended to download and study the map on the website to have confidence on race day.
- We will have a self serve water station on course around the mid point, under the bridge.

TRACKING PHONE NUMBER: 1-859-359-2077

If you use Strava Beacon or any similar tracking, please send your link to this number, or email to josh@rocketpowerbrand.co

NO HEADPHONES

This race crosses roads. Because of that NO HEADPHONES are allowed. If you are caught with headphones you will be disqualified.

NO HEADPHONES,

CHIP TIMING / NUMBER PLATES

Keep your plate! You will use the same plate through the whole series!

If you lose it or forget it at the next race, it will cost \$5 for a replacement. We're doing this to cut back on costs and plate/chip waste.



RIDER MEETINGS

Be near the start/finish area during these times for rider meetings.

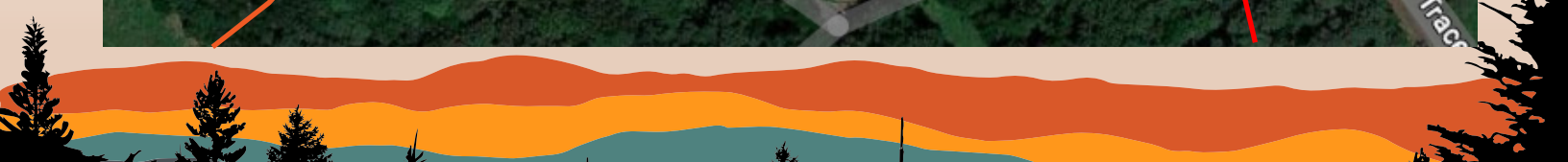
RIDER MEETINGS AT:
 YOUTH 10 & Under: 8:20AM
 PRO/CAT 1: 8:50 AM
 JR/OPEN: 10:50 AM

* 11:00AM start times, please line up in this order.
 ** We may combine categories if they have small numbers.

START TIMES

8:30 AM	Youth 10 & Under
9:00 AM	Pro/CAT 1 Men & Women
11:00 AM	U21 Men
11:00 AM	U21 Women
11:00 AM	Open Men 21-29
11:00 AM	Open Women 21-29
11:00 AM	Open Men 30-39
11:00 AM	Open Women 30-39
11:00 AM	Open Men 40-49
11:00 AM	Open Women 40-49
11:00 AM	Singlespeed
11:10 AM	Open Men 50+
11:10 AM	Open Women 50+
11:10 AM	U15 Men
11:10 AM	U15 Women
11:10 AM	Adaptive Mae & Women
11:10 AM	PARTY LAPPERS

PARKING MAP



RAIN OUT / REFUNDS

We race in the rain! These trails are great with taking rain this time of year. We do not give refunds because of rain. Only if weather is severe and dangerous would we call the race, or cancel. If canceled, we will work to get the race rescheduled.

If you can't make it due to family emergency, sickness, or other out of control factors, we will credit your entry to another event. Please let us know 24+ hours before the race if you won't make it.

MTB ROUTES

Please, see website for MTB routes: **bluegrassmountaincup.com**. We encourage you to use the digital files located on the registration page or the website. We feel you studying what we have posted online will be best to get an understanding of it all.

WE HIGHLY RECOMMEND YOU DOWNLOAD TRAILFORKS OR MTB PROJECT

If you have questions, please reach out.

CONTACT THE RD!

We're aiming to create the best MTB series the state has ever known. Let us know your thoughts! Also, look into Rocketpower Brand Co. for any needs with marketing, design, signage and event services!

Josh Patton,
Race Director & Owner of Rocketpower Brand Co.
josh@rocketpowerbrand.co

