

MIT Cycling presents:

X-pot 30

April 25 – 26, 2009

Westminster, MA

SCHEDULE OF EVENTS

Saturday

08:00 – 10:00 Team Time Trial

10:30 – 17:30 Road Race

Sunday

08:00 – 16:00 Criterium

DIRECTIONS

From the South/West:

Take the Massachusetts Turnpike I-90E to exit 10, for I-290 E towards Worcester. After 9 miles, take exit 19-20 onto I-190 N, towards Fitchburg. Merge onto Rt. 2 W (follow directions below).

From the East/Northeast:

Take Rt. 2 W in Massachusetts to exit 25 towards Princeton/Westminster. Merge onto RT-140/RT-2A/State Road E. Turn right immediately onto Main Street/RT-2A. Turn left onto South Street.

The venue is roughly 1 hour from Boston, and 3.5 hours from New York City.

Parking and staging for both days will be at Westminster Elementary School. Entrances to the parking lots are on Academy Hill Rd. and South St. Overflow parking will be available at Westminster town hall on South St.

REGISTRATION

Fees: \$14 per individual per race (RR, Crit); \$20 per team for the TTT.

Online: Pre-registration with secure online payment at <http://x-pot.mit.edu>, additional \$1 fee per rider per event and per TTT squad surcharge.

Teams with more than 15 riders may send a pre-reg spreadsheet to x-pot@mit.edu that includes a list of individual riders (with name, category, USAC license #, and races) and TTT teams (with category). Checks should be made payable to "MIT Cycling Club – Beanpot".

Pre-registration closes Thurs., April 23, 2009 at 5 pm.

Day-of registration: Additional \$5 per rider per event. One-day licenses will be available for \$10.

LODGING

Some host housing will be available near Westminster and in Boston. To arrange, please contact Michael Hamilton (hamilton@mit.edu).

Super 8 – Gardner

22 North Pearson Blvd, Gardner, MA
978.630.2888

A room for four is \$99/night; for two \$79/night.

Super 8 – Leominster/Fitchburg

482 N. Main Street, Leominster, MA 01453
978.537.2800

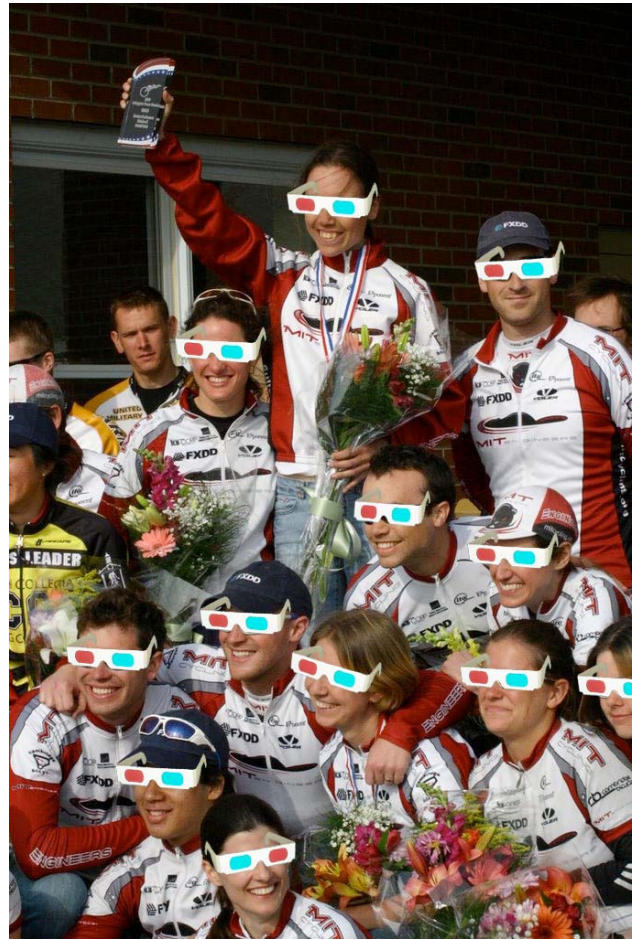
A room for four is \$95/night; for two \$76/night.

Rodeway Inn

183 Main Street, Westminster, MA
800.286.5951

A room for four is \$75/night; for two \$65/night.

Additional lodging available in Westminster (Wachusett Village Inn, 978.874.2000) and Gardner (Colonial Hotel, 978.630.2500).



CONTACTS

Race Director: Eric Edlund
(eedlund@mit.edu, 617.894.1844)

Registration: Ilana Brito (ibrito@mit.edu)
Volunteering: Paul Nerenberg (psn@mit.edu)
Sponsorship: Matt Blackburn (mcblack@mit.edu)

SCORING

All events will be scored by Velocity Results. Day-of results will be posted at the elementary school and final results on the ECCC website.

MEDICAL

An ambulance will be on-site if you need medical assistance, and a first aid kit will be located at the registration table. If you need further assistance, the nearest hospital is:

Heywood Hospital, 242 Green St., Gardner, MA (978.632.3420), 6 miles away from race staging.

Directions from the Westminster Elementary School:

- (1) Turn left onto Main St.
- (2) Turn left onto Rt. 2 **West**.
- (3) Get off at Exit 23 (the first exit).
- (4) At traffic circle, take the first exit onto Pearson Blvd.
- (5) Turn right onto Elm St.
- (6) At the traffic circle, take the second exit onto Green St.

Saturday Team Time Trial

The team time trial features a fast 7 mile out-and-back course on rolling South Street. Expect a windy section at the reservoir and remember to save some gas for the finish!

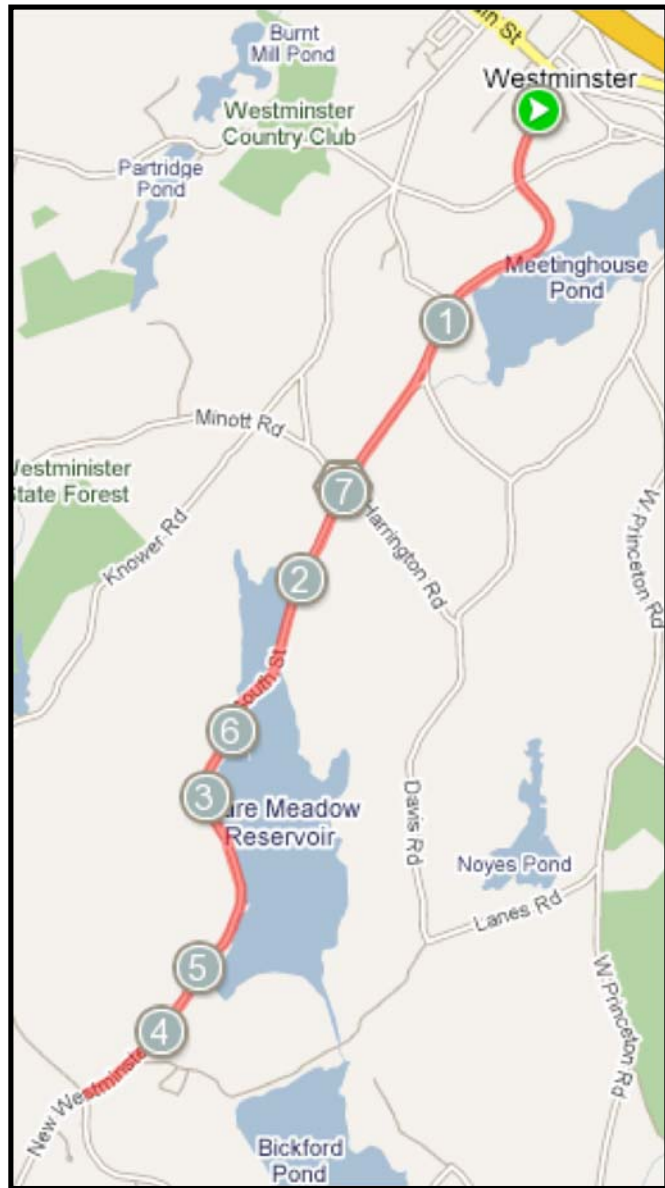
Event	Start time	Distance
Men's C	08:00	7.0 mi.
Men's D	To follow	7.0 mi.
Women's B	To follow	7.0 mi.
Men's Intro	To follow	7.0 mi.
Women's Intro	To follow	7.0 mi.
(break)		
Men's A	To follow	7.0 mi.
Men's B	To follow	7.0 mi.
Women's A	To follow	7.0 mi.

Start is at the Westminster Elementary School.

Finish is just before the intersection of Harrington Road/Minott Road and South Street. After your team passes the finish line, please continue rolling back to the staging area.

Policies:

The course will be open to traffic, although little is expected in the early morning hours. There will be marshals along the course and at the turnaround, as well as police officers to hold traffic. Stay to the right of the yellow line at all times – there will be roughly 5 miles of the course where teams will be going in both directions.



Saturday Road Race

After a neutral start from the school, the road race will proceed on a 9 mile loop through the hills surrounding Westminister in the shadow of the infamous Mt. Wachusett. The course features an undulating 300 foot climb with ramps of more than 10% and an uphill finish that is sure to entertain.

Event	Start – finish time	Distance
Men's C	10:30 – 12:10	36.0 mi.
Men's D	10:35 – 11:55	27.0 mi.
Men's Intro	10:36 – 11:15	9.0 mi.
Women's Intro	10:36 – 11:20	9.0 mi.
Men's B	12:25 – 14:25	45.0 mi.
Women's B	12:26 – 14:20	36.0 mi.
Men's A	14:45 – 17:30	63.0 mi.
Women's A	14:46 – 17:25	54.0 mi.

Policies:

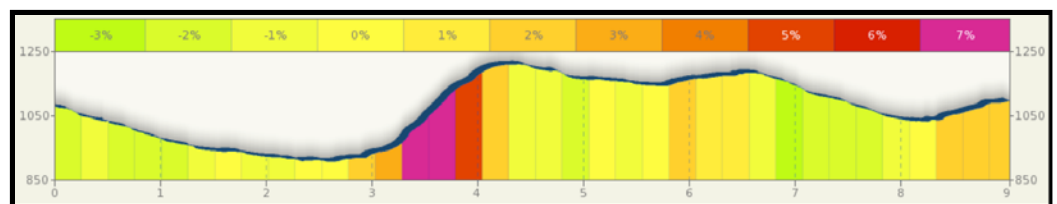
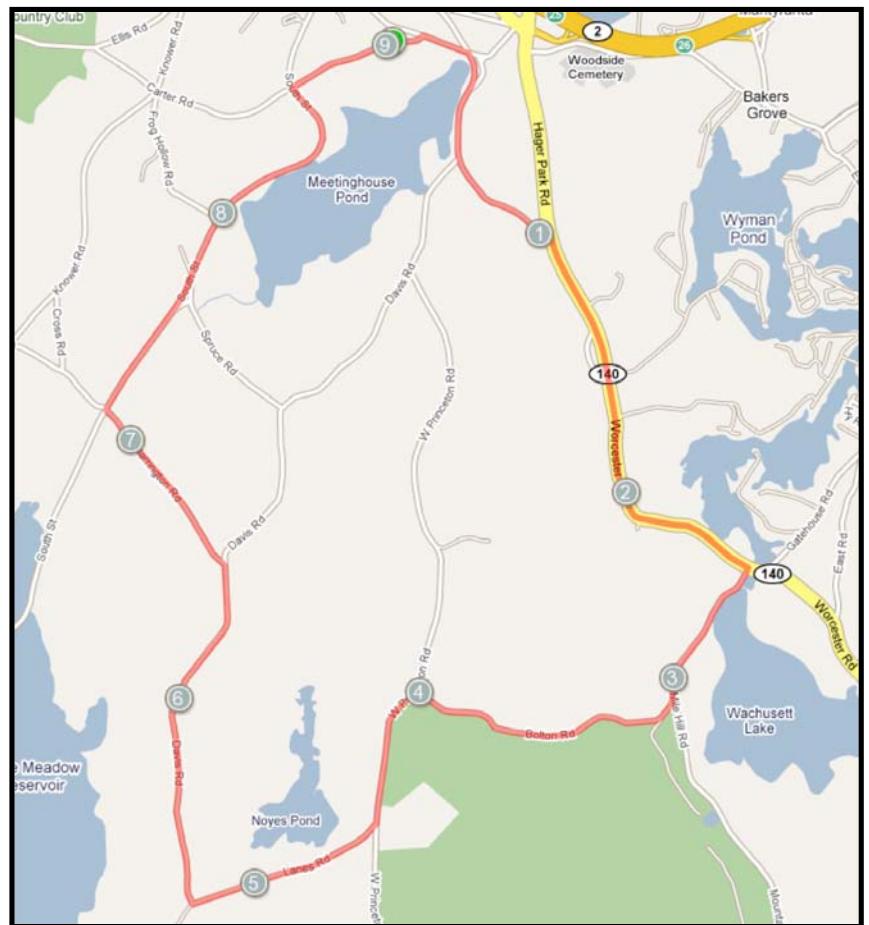
The course will be open to traffic. There will be marshals at all appropriate spots, and police officers to guide/hold traffic. The course will be signed as well. Yellow line rule will be in effect (where applicable).

Support:

There will be wheels in/wheels out vans for the A and B category races. Lower category racers might consider bringing a pump and tube.

Feed Zone:

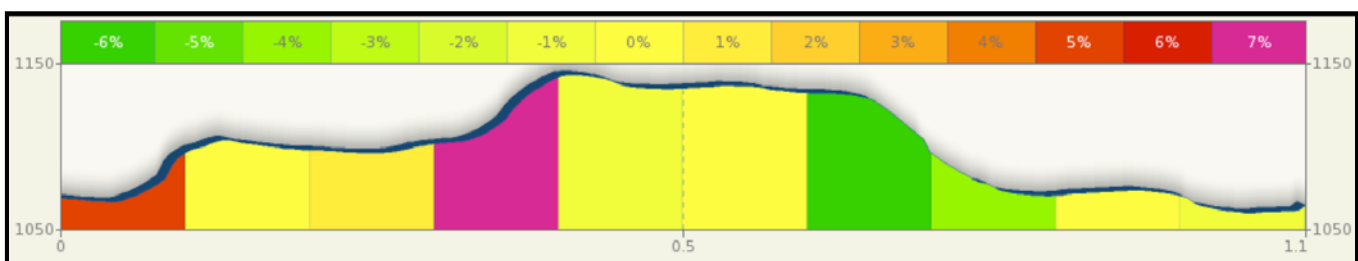
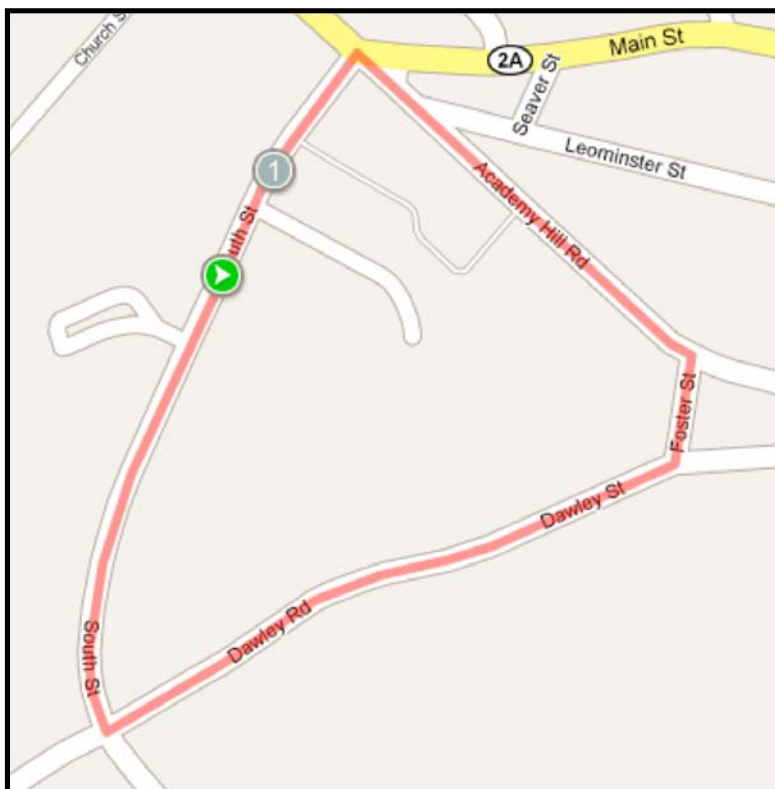
A feed zone will be available just beyond the start/finish line at the top of the climb.



Sunday Criterium

The criterium takes place on a counter-clockwise 1.1 mile loop using the road race's finishing climb to make this course truly 3D. The road will be closed to traffic, so racers will be allowed to use the full width of the road. There will also be a tent staffed with mechanics from Landry's Bicycles at the pit.

Event	Start – finish time	Duration
Men's D1	08:00 - 08:30	30 min.
Men's D2	08:40 - 09:10	30 min.
Women's B	09:20 - 09:55	35 min.
Men's Intro	10:05 - 10:30	25 min.
Women's Intro	10:40 - 11:05	25 min.
Men's C1	11:15 - 11:55	40 min.
Men's C2	12:05 - 12:45	40 min.
Men's B	13:00 - 13:50	50 min.
Women's A	14:00 - 14:50	50 min.
Men's A	15:00 - 16:00	60 min.



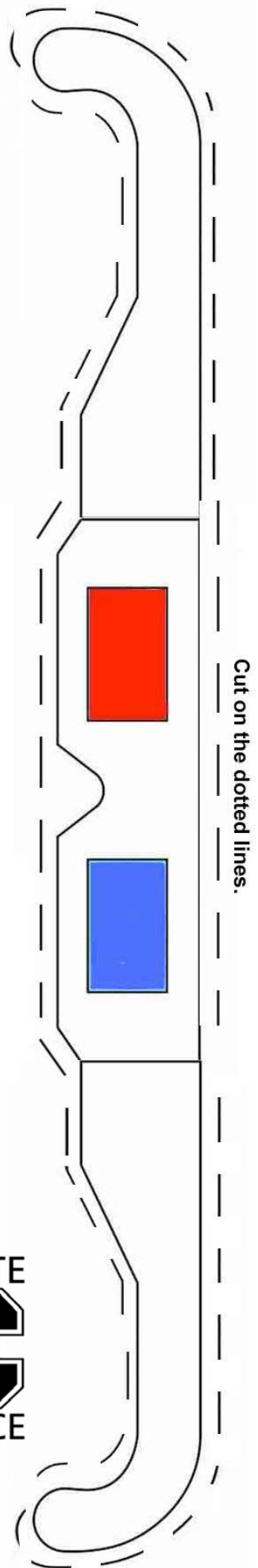
For the latest info and other fun stuff,
please visit our race website:

<http://x-pot.mit.edu>

Thank you to our sponsors!



And a shout-out to the



Cut on the dotted lines.