



# Capital Bicycle Racing Club (CBRC) NY Capital Region Road Race



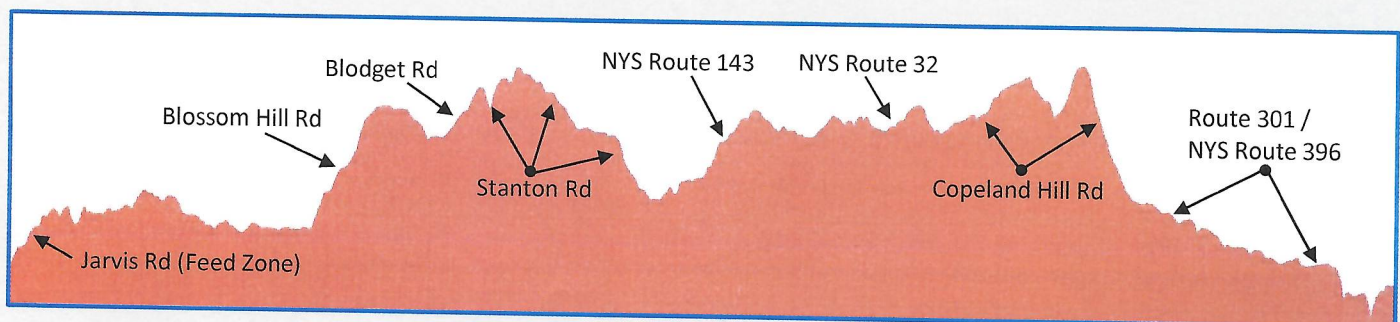
## 2021 Course Map – Albany (Ravena), NY



Course: <https://ridewithgps.com/routes/36215855>

Registration/Staging: Ravena/Coeymans/Selkirk High School (Route 9W, Ravena, NY)

Feed Zone: Jarvis Road (Parking on Route 101)



**Race Loop Profile (21 Miles)**



# 22<sup>nd</sup> Annual NY Capital Region Road Race & NYSBRA Road Race Championship

Saturday, July 15, 2023

Held under USA Cycling Permit #2023-7428



**Event Registration:** Opens at 8:30am; ends 20 minutes before each race. Pre-registration on

<http://www.bikereg.com/ny-capital-region-road-race> 

**Course:** Course is located 10 miles South of Albany, in Ravena, NY at the High School on Route 9W (1-mile north of Ravena). **RACE STARTS and FINISHES at Ravena-Coeymans-Selkirk High School.** The race will leave the school (2.5 miles) out to a 21-mile race loop and will return to the school on the 2.5-mile section to a FLAT/FAST finish!

<https://ridewithgps.com/routes/36215855> Junior Boys & Girls Race Route: <https://ridewithgps.com/routes/42728350>

Race	Fee^	Start Time	Length	Prizes	Field Limit	Places
Junior Boys 9-10	\$10	8:45 AM	13 miles		75	
Junior Boys 11-12						
Junior Boys 13-14						
Junior Girls 9-10	\$10	8:50 AM	13 miles		75	
Junior Girls 11-12						
Junior Girls 13-14						
Pro/1/2/3	\$55	10:30 AM	4 laps, 89 miles	\$800	100	8
Men 40+ (Cat. 1-4)	\$55	10:35 AM	3 laps, 68 miles		100	
Men 50+ (Cat. 1-4)						
Men Cat 3/4	\$55	10:40 AM	3 laps, 68 miles		100	
Men Cat 4	\$55	10:45 AM	2 laps, 47 miles		100	
Men 60+ (Cat. 1-4)	\$55					
Men Cat 5/Citizens	\$55	10:50 AM	2 laps, 47 miles		75	
Juniors* (15-18)	\$10					
Women Pro/1/2/3	\$55	10:55 AM	2 laps, 47 miles	\$800	75	8
Women 4/5	\$55	10:55 AM				

**Combined Fields (same start time)** have separate scoring and will close if combined field limit is reached. \*Juniors may also race by category (email promoter).

**Directions: Ravena/Coeymans/Selkirk High School in Ravena, NY**

**Address: 2025 Route 9W, Ravena, NY 12143**

**From the South:** Take I-87 North to Exit 21B, Coxsackie. Take Route 9W north for 8 miles (go 1-mile north of Ravena) **From the North:** Take I-87 South to Exit 22, Selkirk. Turn right onto Route 144 South for ¼ mile; turn right onto Route 396/Maple Ave, continue through Selkirk, turn left onto Route 9W south for 3.5 miles (school is on right).

**From the West:** Take I-90 East towards Albany, than I-87 South to Exit 22, Selkirk. Turn right onto Route 144 South for ¼ mile; turn right onto Route 396/Maple Ave through Selkirk, turn left onto Route 9W south for 3.5 miles (school on right). **From the East:** Take Mass Pike East (I-90) into New York; continue straight, following signs for I-87. Do **NOT** take Exit B1 (to Albany). Upon reaching I-87, take I-87 North for ½ mile to Exit 22, Selkirk. Turn right onto Route 144 South for ¼ mile; turn right onto Route 396/Maple Ave, continue through Selkirk, turn left onto Route 9W south for 3.5 miles.

**Rules:** All USAC Road Racing Rules apply (no aero-bars or sleeveless jerseys; helmets required).

**Questions:** Beth Ruiz at (518) 334-6058, [bmiller17@nycap.rr.com](mailto:bmiller17@nycap.rr.com)