



The Capital Bicycle Racing Club (CBRC)
Presents the 21st Annual



NY Capital Region Road Race

Albany, New York

Saturday, July 16, 2022

Held under USA Cycling Permit #2022-5735



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>

Race	Fee^	Start Time	Length	Prizes	Field Limit	Places
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	\$400	100	5
Men 50+ (Cat.1-4)				\$400		
Men Cat 3/4	\$55	10:40 AM	3 laps, 68 miles	\$500	100	6
Men Cat 4	\$55	10:45 AM	2 laps, 47 miles	\$200	100	3
Men 60+ (Cat. 1-4)	\$55			\$200		3
Men Cat 5/Citizens	\$55	10:50 AM	2 laps, 47 miles	Prizes	75	3
Juniors* (15-18)	\$10					3
Women Pro/1/2/3	\$55	10:55AM	2 laps, 47 miles	\$800	75	8
Women 4/5	\$55	10:55 AM		\$200		3
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, then 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: Website <http://cbrc.cc> or Beth Ruiz at (518) 334-6058, bmiller17@nycap.rr.com