



TOUR of the HILLTOWNS

A blue silhouette of a mountain range or hilltowns, positioned below the main title.

The 21st TOUR OF THE HILLTOWNS

www.nohobikeclub.org

Saturday, June 15, 2019

RACER'S TECHNICAL GUIDE

People:

- Tim Cary - Race Director
- Christofer deHahn - Assistant Race Director
- John Frey, Velocity Results – Registration, Timing & Results
- Countless volunteers!

Rules:

- Held under USA Cycling race permit.
- All USA Cycling rules apply. Available at <https://www.usacycling.org/resources/rulebook>
- No aero or TT bars, no sleeveless jerseys.
- Yellow line rule, at all times, STRICTLY ENFORCED BY THE OFFICIALS & MOTOS, except finish (please listen to race official for details).
- Approved helmets are mandatory.
- There will be a roll-out for any riders age 18 or younger immediately following their finish. The official will announce the location.
- USA Cycling license required. One-day licenses for Cat 5 Men and Women may be purchased at registration for \$10 and are valid for one day of racing. Please see note below regarding the 2014 rule change for One-Day License:One-Day Licenses.
1A2(c): The definition of a one-day license was tightened to make it clear that the license may only be purchased by someone who holds the lowest category for the discipline of the race. No rider who has previously held a higher category can purchase a one-day license. In other words, it is a beginner, trial license.
- Experienced riders can purchase an annual license onsite. One day experienced rider licenses, for all riders except Cat 5, are ONLY available on the USA Cycling website [here](#).

Race Media:

- FaceBook: <https://www.facebook.com/ncchilltowns/>
- Twitter: <https://twitter.com/ncchilltowns> (@ncchilltowns)
- Instagram: [@nohobikeclub](https://www.instagram.com/nohobikeclub)
- Race Hashtag: #ncchilltowns

Start/Finish Information:

- **Start** is at [Notchview Reservation](#), Route 9, Windsor, MA
- Parking - please refer to your pre-race day email for specific instructions, but please avoid any area marked RACE VEHICLES, and leave room for staging at the start line.
- **Finish** is a short 6% climb at the top of Rte 8A in Windsor, about 1.5 miles from Notchview. If spectators wish to watch the finish, they must park at the nearby lots north of the finish line, located on both sides of Rte 8A. It is about a 1.5 mile downhill ride back to Notchview from the finish line. Please do not park on Route 9.
- Area Map: <https://goo.gl/maps/7asMjk5LZ382>
- Registration is inside the red house on the reservation
- Porta-Potties will be located near registration. **Please use them.** Even though we are “in the middle of nowhere”, please respect the reservation. Public urination & nudity will not be tolerated and is subject to disqualification and possible fines.
- Potable drinking water is available outside the registration house via a hose. We will also have some in thermal buckets under a canopy next to registration.

Feed Zone:

Directions from Notchview: Closest street address to plug into a GPS: 808 Cape St, Ashfield, MA 01330

- Turn left out of the parking lot onto Rte 9 East.
- Continue on Rte 9 East about 15.2 miles
- Turn Left onto Rte 112 North
- Continue on Rte 112 North (Cape St) for about 4.4 miles
- Sanderson Academy school is on the left, parking available
- Located at the small pull-out, north side of the road, corner of Rte. 116 and Rte. 112 in Ashfield.

[Google Map of feed zone](#). Please do not park on Rt. 116 or Rt. 112, please use the Sanderson Academy school parking lot. Feed zone is for all fields. We will strive to provide neutral feeding if we get enough volunteers, but safety comes first, and marshals take priority. We will have several cases of bottled (not bike bottles) water at the feed zone that anyone can use. Please plan accordingly. Please pick up and remove all bottles and trash from the feed zone and the roadsides before and after it, even if you didn't put it there. Let's leave it cleaner than we found it!

Directions to Start Line:

West on Route 9 from Northampton, MA, 29 miles to Windsor. Notchview Reservation is about one-mile east of Windsor Center and Rt. 8A. Use 2241 Berkshire Trail, Windsor, MA for your GPS

Race	Start Time	Registration Close
Men Pro 1/2	10:00AM	9:30AM
Men 3	10:20AM	9:50AM
Masters 40+ (Cat 1-4 Only)	10:20AM	9:50AM
Masters 50+ (Cat 1-4 Only)	10:30AM	10:00AM
Masters 60+	10:30AM	10:00AM
Men 4	10:40AM	10:10AM
Men 5/Public	10:50AM	10:20AM
Women Pro 1/2/3	11:00AM	10:30AM
Women 3/4/5 Public	11:05AM	10:35AM

Pre-race notes:

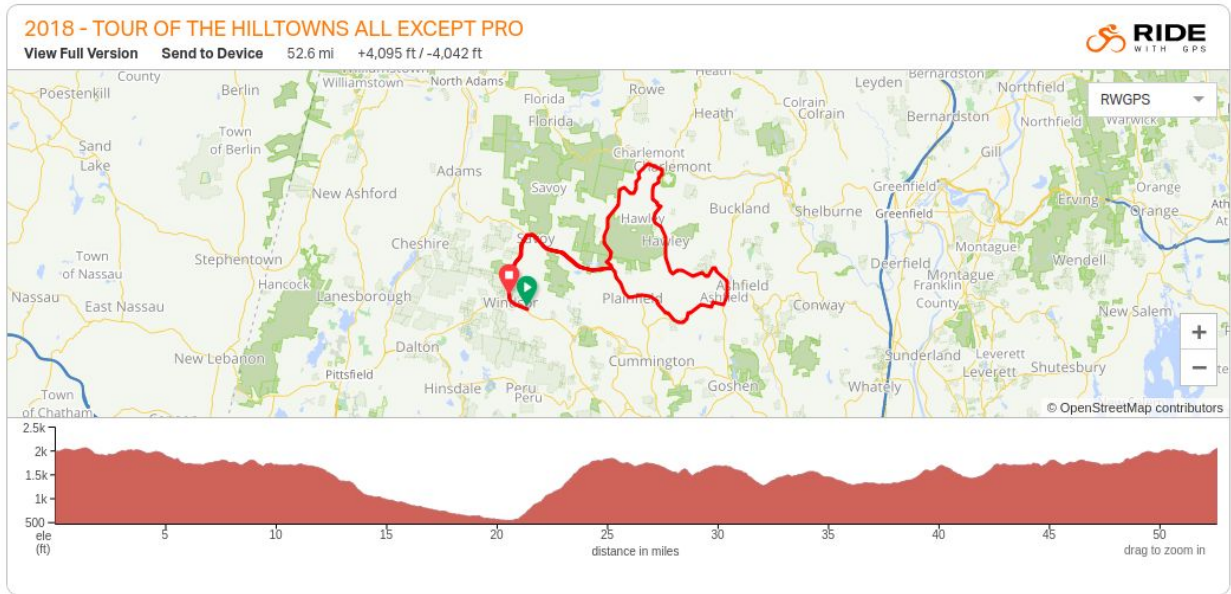
- Registration will open at 8:30AM and close 30 minutes before the start of each race. If a field fills, we will start a wait list. If you do not sign in 30 minutes before the start of your race, we may give your number away.
- Cellular service at Notchview is limited. **Please take a photo of your USAC license or print a paper copy if you use the smartphone app.** No Wi-Fi will be available on-site.
- We need to get permission from **SIX** towns in order to hold this race. Our relations with the towns have been severely strained due to the behavior of riders in past years. Please be polite and courteous in your interactions with officials, volunteers, police officers, spectators, and the general public. Put wrappers and empty bottles in your pockets! Public urination will not be tolerated and will result in disqualification and possible prosecution.
- Do not paint or write anything on any of the roads.
- Bring your trainer to warm up, **do not warm up on the roads. Riders warming up on the local roadways do so at their own risk.**

Race Notes:

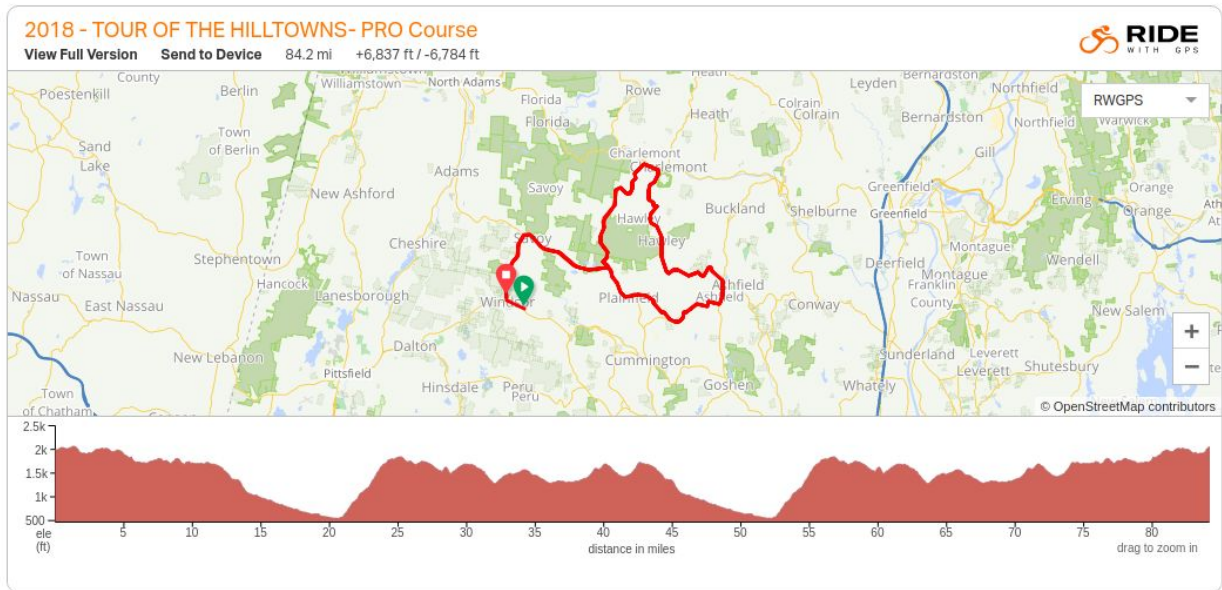
- Course Description: a 84.2 mile. double loop with 2 major climbs and one feed zone for the P/1/2 category, and a 52.6 mile loop with one major climb and one feed zone for all other categories. Start is at Notchview Reservation on Rt. 9 in Windsor, MA. Finish is a short 6% climb at the top of Rte 8A in Windsor, about 1.5 miles from Notchview. **NO PARKING ALLOWED AT THE FINISH OR ANYWHERE ON RTE 8A.**

Courses are same as 2018:

All Fields Except P/1/2:



P 1/2 Course:



- Interactive race course maps
 - P1/2 Race: <https://ridewithgps.com/routes/29183245>
 - All other races: <https://ridewithgps.com/routes/29183242>
- Start is NEUTRAL. Racing does not start until the entire field has turned right onto Rte. 8A **and** the lead car or moto pace has accelerated away from the field. Please pay attention to all official instructions at the start.
- Do not litter –put trash in your pockets and do not throw water bottles except near the start line and feed zone.

- Neutral wheel Support may be provided by Look for the **two pro fields only**. All other fields will be wheels in wheels out unless there are wheels greater than 10% of the number of entrants in a field. You will not be left stranded. We have a sag vehicle that will go out behind the Masters 50+/60+ field, and will go back around after they finish (two loops). However, you may want to carry a tube and a pump with you, if you flat and are not in the break you could have a long wait.
- Look or other mechanical services may be available pre-race for any last minute fixes, but please plan on having your own simple tools and pump.
- Rolling enclosure – each field will have either a lead moto or car, and follow car. If you are dropped and fall outside of the rolling enclosure, obey all traffic laws. Stay as far to the right as is safe and do not impede the normal flow of traffic. We had complaints in previous years about this that put the race in jeopardy this year- PLEASE obey all traffic laws if you are outside the enclosure and be respectful to motorists and pedestrians. You are considered a regular cyclist at this point by the towns we race through.
- **IMPORTANT:** We run the race through “right to farm communities”. That means we may have to neutralize a field due to farm equipment or animals. Please, be patient and follow all officials’ instructions.

Course Notes:

The roads are in fair shape. Last minute construction and repairs can pop up, so please be aware.

Known spots to use caution:

- At the right turn from 8A onto 116 (Mile 5.5) and left turn in the same intersection (Mile 48.5) there may be traffic cones along the centerline. Proceed with caution and ride to the right of all traffic cones (do not cut the left hand corner).
- The descent down Route 8A (West Hawley Road) in Hawley starting at approximately mile 11 (and 43 for P/1/2.) This descent is very fast and the road has longitudinal cracks down the center of the lane and some frost heaves. There is a dirt section (50m) near Pudding Hollow Road due to road washout. Be aware of oncoming traffic when descending on route 8A- we cannot close the road.
- Watson Rd, mile 28 and (59.5 for p/1/2) has a sharp left- there will be marshals, but use caution.
- Bug Hill and Bear Swamp roads have some exciting curvy and fast descents- use caution.
- The roads are open to the public. Ride smart and safely.

Awards:

Podium: The podium will be set up on the side of Rt. 8A after the finish line. If you are one of the top three riders, please report to the official’s stand immediately after your finish. We will attempt to get the top three results settled as quickly as possible and before results are posted officially, so that we can get your podium picture taken and you can get back to the start.

Prizes: All prizes will be awarded promptly after results are posted at the registration area. Results will be posted at registration and on Road-Results (www.road-results.com).

Lodging:

Stay for the entire weekend!

The race location is less than a 30-minute drive to the [Berkshires](#) or the [Pioneer Valley](#). Discover epic riding, hiking, swimming, zip-lines, paddling, shopping, dining and more.

- Head west on Rte 9 to The Berkshires, featuring beautiful open farms, mountains, historic railroads, museums, small towns, hidden hiking and swimming gems, and more. Start with The [Berkshires Website](#) for discovery. The New York Times has a [great article](#) about 36 hours in the Berkshires.
- Head east on Rte 9 to the Pioneer Valley, also featuring beautiful open farms, larger towns and cities, the five college community, many wineries and breweries, but still plenty of hidden recreational opportunities and unique shopping and dining, notably in [Northampton](#) and [Amherst](#).

Emergency Information**Hospitals:**

Cooley Dickinson Hospital
30 Locust St, Northampton, MA
(413) 582-2000

Franklin Medical Center
164 High St, Greenfield, MA
(413) 773-0211

Berkshire Medical Center
725 North St, Pittsfield, MA
(413) 447-2000

Baystate Medical Center (Closest Level 1 Trauma Center)

759 Chestnut Street

Springfield, MA 01199

(413)794-0000

THANK YOU for reading this, and for coming to our race!
Good luck!