



The Western New York Bike Racing Club Presents:

Helmet Heroes Circuit Race

To Benefit the Hickok Center for Brain Injury, in memory of Andrew Parmeter



Saturday, May 12th, 2018

2018 marks the addition of a bike race to the 7th annual Helmet Heroes running races. The course is on a 5 mile circuit within and around Mendon Ponds Park. Each field will have a neutral roll out from [Stewart Lodge](#) which is located at 95 Douglas Rd; Honeoye Falls, NY 14472. Recommended gearing is 11-23. Race held under USA Cycling Permit # 2018-987 rain, snow, or shine. Register online at <http://www.BikeReg.com/HHCR>.

Field	Start Time	Distance	Purse/Places
8 Lap Circuit Race (Men & Women)	12:30 PM	40 Miles	(\$175/3)
5 Lap Circuit Race (Men & Women)	12:35 PM	25 Miles	(\$175/3)

- The cash prize breakdown is \$100/\$50/\$25 for the top three overall men and women in each field.
- Excluding the overall cash winners, the top three in the following male and female age groups in each field will be awarded medals: U29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+.
- Promoter reserves the right to combine or cancel fields.
- One day USA Cycling licenses available for an additional \$10 when registering online
- No day of registration.
- Current annual USA Cycling license or annual international cycling license must be presented at sign in. Proof may be in the form of a physical license or using the ["My USAC" mobile application](#).
- The two different fields may not work together during the race.
- Please stay to your right and hold your line when being passed.
- Neutralize, if necessary, to avoid interfering when being lapped by your own field or when being overtaken by the other field.
- At all times, racers will remain to the right of the center of the road and will not be permitted to cross over the center line; this rule is strictly enforced by the race officials. Law enforcement may issue tickets to violators. All participants are required to follow all New York State Vehicle and Traffic Laws.
- The NYS Troopers and Monroe County Sheriffs will be assisting with the four right hand turns on course.
- A 'Broom Wagon' will follow along the course loop to collect riders who have abandoned.
- Free entry for all junior racers courtesy of the [Western New York Bike Racing Club](#).
- Each group will roll out of the parking lot from Stewart Lodge and go North on Douglas Road under neutralized conditions. Then after approximately a half mile the group will turn right onto Canfield Road still under neutralized conditions. During the Neutral Start, no racing will be permitted. After approximately a one mile neutral warm up the pace car will signal the race start.
- Course profile and map listed on Strava at <https://www.strava.com/routes/11015975>.
- Maximum field limit for each race is 75 racers.
- Donations to the Hickok Center for Brain Injury are appreciated. This can be done right from BikeReg.
- Race grants provided by [NYSBRA](#).
- If you need to sign up for the Helmet Heroes running races go to www.ItsYourRace.com.
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*In Memory of
Andrew Parmeter:*



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