

**Lehigh Cycling's  
Mountain Hawks**



proudly present



# The 2007 ECCC MTB Season Opener



**September 8 & 9, 2007**

**ECCC**



USA CYCLING  
COLLEGIATE



# Lehigh Cycling

presents

## *The 2007 Mountain Top ECCC MTB Season Opener*

September 8<sup>th</sup> & 9<sup>th</sup>, 2007

[www.lehighcycling.com](http://www.lehighcycling.com)  
[www.eccc-info.com](http://www.eccc-info.com)

## Schedule

### Saturday, September 8th

8:00 am	Registration opens at Iacocca Hall	
8:00 am	DH and XC practice open	
9:00 am	Men's C XC	[ 1 lap ]
9:02 am	Women's B XC	[ 1 lap ]
10:15 am	Men's A XC	[ 3 laps ]
10:20 am	Men's B XC	[ 2 laps ]
10:22 am	NORBA Open XC	[ 2 laps ]
10:25 am	Women's A XC	[ 2 laps ]
1:30 pm	DH #1 start, all categories (Collegiate W/M A/B/C & Open)	

### Sunday, September 9th

7:00 am	Registration opens at Iacocca Hall	
8:00 am	Men's C STXC	[ 20 min ]
8:25 am	Women's B STXC	[ 20 min ]
8:50 am	Women's A STXC	[ 35 min ]
9:30 am	Men's B STXC	[ 35 min ]
10:10 am	Men's A STXC	[ 45 min ]
11:00 am	NORBA Open STXC	[ 30 min ]
12:00 pm	DH #2 start, all categories (Collegiate W/M A/B/C & Open)	

Collegiate categories open only to current, eligible students holding USAC Collegiate licenses. Open category permitted for all NORBA license holders. One-day and yearly collegiate and open licenses will be available on-site. USAC Permit Pending.

## Registration and Fees

XC:	\$13
STXC:	\$10
Each DH:	\$13
All 4 Events:	\$40

Teams may pre-register by emailing rosters to [rst204@lehigh.edu](mailto:rst204@lehigh.edu). Pre-reg will be accepted no later than 10pm on Wednesday, September 5<sup>th</sup>. Please use the Excel form provided as a link from the ECCC calendar at [eccc-info.com](http://eccc-info.com). Day-of registration will be available on both days, with a \$5 late fee per rider. If you are pre-registered, please visit registration on the day of the event to complete payments and receive race numbers. Registration will be open at Iacocca Hall from 8 am to 11:30 am on Saturday and 7 am to 10:30 am on Sunday.

## Course Descriptions

### **Cross Country (XC)**

The course is approximately 6 miles in length. The course starts on top of Lehigh's south mountain. The first quarter mile is a fast downhill fire road, which turns quickly into a short technical single track climb. A long single track descent ensues, which is littered with rock gardens, small bridges, quick climbs, and tight turns. The track continues to the bottom of the mountain, where a flowing single track section opens into a half mile flat fire road. This road leads into a blistering single track climb that continues up half of the mountain, and dumps out into a short semi-flat section of rock gardens. The final ascent includes a technical climb with switchbacks that seem to multiply on each lap. Eventually you'll see daylight, and return to the start.

### **Short Track Cross Country (STXC)**

The course is a little less than half a mile in length. The start line is on a wide fire road with a gradual uphill grade. At the top of the incline the course makes a hard left into a slalom-like downhill with fast winding turns and returns to the bottom of the fire road incline, where most of the passes will take place.

### **Saturday Downhill (DH #1)**

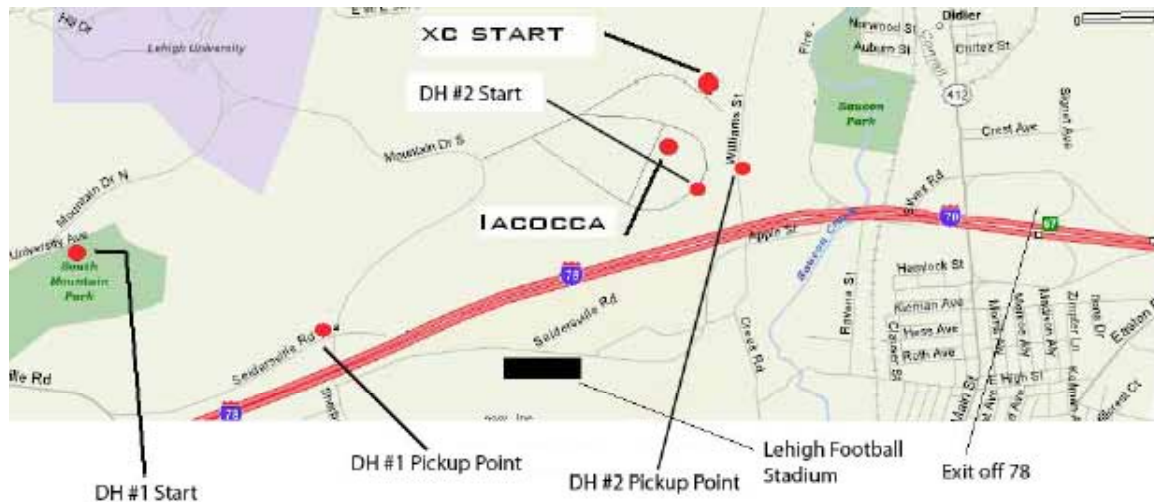
This downhill course is largely unchanged from 2005. The middle of the course features a technical bridge drop onto a steep rocky grade, with a slower option around. New sections have been added to the course after the bridge drop. Average run time is under 3 minutes. Rider transport will be self shuttle in personal cars. Some shuttle vehicles will be running, but space will be limited so riders are responsible for shuttling themselves. The course both begins and ends on roads accessible by car.

### **Sunday Downhill (DH #2)**

The second DH course is new for 2007 and will have different pick up and drop off points than in the past. The A course begins with a technical rocky descent with

some switchbacks and small jumps. The B and C course will run through a less technical section and meet up with the A course at the halfway point. After the trails meet, the trail becomes wide open and fast with some berms and small kickers. This is followed by a steep descent to a wooden bridge onto rock gap with a slower go around to the side. This section leads into a fast berm and the finish. Course time is approximately 3 minutes. The top and bottom of the course will be accessible by car and transport will be self shuttle as on day 1

## Event Map and Directions



### Directions to Lehigh University Mountain Top Campus

- From New Jersey: Take I-95 to I-78 West and follow below
- From Philadelphia, PA: I-476 North to I-78 East and follow below
- From NH/MA: Take I-90 West to I-84 West; follow to I-87 South, then take I-287 South to I-78 West and follow below
- From Upstate NY/VT: I-87 South to I-287 South, then I-78 West and follow below

From I-78, take exit 67 (old exit 21). Go straight at ramp bottom onto Silvex Road. Pass through small tunnel, under I-78, and follow road to left at small “Y” intersection. Beginning at the “Y” intersection, signs for Lehigh University will be posted. Follow Silvex Road to stop sign. Keep going straight and follow this road past the Lehigh University Football Arena and sports fields to “T” intersection, which also has a stop sign. At this stop sign, turn right onto Mountain Drive. Once on Mountain Drive follow straight through stop sign to the top of the mountain.

### To XC Course and Registration at Iacocca Hall

At the top of the mountain make the first right, at the “Y” (big white statue made of metal) into Lehigh University’s Mountain Top Facilities. Once in the facility, go straight past the guard station. Follow this road to another “Y” intersection. At this intersection, follow road to the left. Remain on this road, bearing to the left, until it hits a dead end into a parking lot. This is the main parking area for the XC race. Registration will be conducted in Iacocca Hall. Signs will be provided, and Iacocca Hall is in walking distance of the start line.

### **To South Mountain Park STXC and DH Courses**

At the top of the mountain go straight through the stop sign. At the next intersection, bear left. Follow this road up a slight hill a little less than a mile. There will be a sign for South Mountain Park on your left.

NOTE: Race signs will be posted along the route once you get off the highway (I-78

## **Medical**

EMS and Lehigh University Police will be on site for all races.

## **Lodging**

Hotels are available in nearby [Bethlehem, PA](#).

## **Contact**

Robert Thodal [rst204@lehigh.edu](mailto:rst204@lehigh.edu) 802-989-2855

