

Dear Handcyclists,

The Redlands Bicycle Classic powered by Loma Linda University PossAbilities wish to formally invite you to participate in the 28th Annual PossAbilities Handcycle Race Series in conjunction with the Redlands Bicycle Classic in Redlands, CA, March 22, 2012 through March 25, 2012.

The following is important information regarding the race. Please feel free to contact Cotie Williams at the number below if you have any questions.

Thank you again for supporting the 28th Annual Redlands Bicycle Classic!

Cotie Williams
Program Coordinator
cowilliams@llu.edu
909.558.6664

EVENT AND COURSE DETAILS

Thursday, March 22

PossAbilities Handcycle Hill Climb Time Trial

Start on Highland Avenue at Redlands Boulevard, Redlands

Distance: 3.1 miles (5K)

Start Time: 10:00 am

Friday, March 23

PossAbilities Handcycle Road Race

Start at Beaumont City Hall, Beaumont

Distance: 19.6 miles

Start Time: 7:45 am

Saturday, March 24

PossAbilities Handcycle Criterium

Start at Citrus Avenue, Downtown Redlands

Distance: 30 minutes (1 mile course)

Start Time: 1:30 pm

Sunday, March 25

PossAbilities Handcycle Criterium

Start Citrus Avenue, Downtown Redlands

Distance: 30 minutes (.65 mile course)

Start Time: 2:35 pm

GENERAL INFORMATION

Please complete your registration ONLINE, and IN ADVANCE.

Event Registration

Online registration is now available. Go to <http://www.redlandsclassic.com/handcycle-races>.

Membership to US Handcycling is required to participate in this race. Complete your membership for \$15 with U.S. Handcycling on their site. If you are unsure about your USHF membership, email ian@ushf.org and he will confirm if you need to renew. If you're not sure, chances are you DO, since all 2011 memberships expired on 12/31/2011.

Please review the new U.S. Handcycling Series rules and technical guide on the website.

Maps of all races will be posted on the Redlands Bicycle Classic website.

HELMETS ARE REQUIRED for participation in any and all handcycling events.

Prize money will be paid for the following race categories per the U.S. Handcycling Series Rules: Men HCC Kneeseat, Men HCC Longseat, Men HCB Longseat, Women HCB/HCC. The actual payout amounts will be issued within 60 days of the completion of the race.

Start Information

Riders should arrive at the start line at least 15 minutes before their designated start. Riders will start at 30 second intervals. If a rider does not start at the appropriate time, the clock will start and will continue to run with or without the rider starting from the designated starting block. Riders who miss their designated start will be started as soon as possible after they arrive at the starting block.

Start Order

The start order will be posted at the stage the morning of the race, and announced at the technical meeting on Wednesday night.

****IMPORTANT** TECHNICAL MEETING:**

There will be an important technical meeting on Wednesday evening, March 21, at 7:00 p.m. at the La Loma Room at the Ayres Hotel located at 1015 West Colton Avenue, Redlands, CA 92374. This meeting is mandatory for anyone competing in all races or those doing the time trial. If you will not be racing in Thursday's time trial but will race in any other races, please arrive in plenty of time the day of your first race to get checked-in and get your number, etc. If you are racing on Thursday but can't make the Wednesday night meeting, PLEASE EMAIL US to let us know you will not be in attendance. Our goal is to get you checked-in and all of your questions answered Wednesday night, in order to make things easier for you on race day!

INDIVIDUAL RACE INFORMATION

Handcycle Hill Climb Time Trial – Thursday, March 22

Location – On Highland Ave. immediately East of Redlands Blvd., Redlands, CA
Start Time – 10:00 am
Distance – 3.1 miles
Course – 3.1 mile hill climb point to point course
Check-in time: 8:00 a.m. (please do not be late)

Course

An uphill climb over residential city streets, with one short downhill section. Roads are in generally good condition. The finish is at the top of the hill with a 207 meter (680') total vertical ascent. Riders will return to the Start area via a separate route, marked with signs indicating the direction. The return route is on local streets (The streets are open to traffic). California traffic laws must be obeyed, keeping to the right, stopping at stop signs, etc. Any observance by an Official of a rider not obeying traffic laws may result in fines or time penalties, or both.

Equipment

We recommend you have a “granny gear” of 30 teeth or smaller for this race. TRUST US!

Parking

Parking is in the Church of Christ parking lot located at 1000 Roosevelt Road in Redlands. Access to the church parking lot from the intersection of Redlands Boulevard and Palm Avenue (North of Highland Avenue), travel East on Palm Avenue then turn right on second street (Roosevelt). Continue on Roosevelt Road until you arrive at the parking area.

Registration

Registration will take place under the PossAbilities tent at the back of the church parking lot.

Awards

There will be an Awards Ceremony (near the Start Line) for all handcycle race categories. This will take place immediately following the conclusion of the time trial. Note: The RBC does a great job with podiums, so please be present for this!

Beaumont Handcycle Road Race – Friday, March 23

Location – Downtown Beaumont at 6th Street at City Hall, Beaumont, CA
Start Time – 7:45 am
Distance – 19.6 miles
Course – 4.9 mile loop – up and down hilly course
Check-in time: 6:30 a.m. (please do not be late)

Course (is subject to change)

4 laps of a 19.6 mile course. Stay to the right on all divided roads. Center line rule in effect! Due to scheduling limitations, there will be a 9:00 a.m. cutoff for the last lap! Riders not meeting this cutoff will be sent to the finish loop. The current scheduled start time is 7:45 a.m.

Directions to Race

From Redlands, go east on I-10. Exit Beaumont Ave (Highway 79) North. Turn right on 6th St.

Parking

Lot at corner of Orange Ave. and 6th St.

Registration

Registration will take place under the PossAbilities tent at the corner of Orange Ave and 6th St.

Start Line

Start Line is at City Hall, approximately 1 block from the turn on 6th St.

Awards

At the start finish immediately following conclusion of the handcycle race...please be there!

Downtown Criterium – Saturday, March 24

Location –Downtown Redlands at Citrus Ave., Redlands, CA

Start Time – 1:30 pm

Distance – 3.1 miles

Course – 30 minute timed race on 1 mile circuit – fast and technical course

Check-in time: 1:45 p.m. (please do not be late)

Course

1 mile criterium circuit with 7 right hand turns. Technical with wide roads. All handcycles will race together, but will be scored in separate race categories. Every racer will finish on the overall winners lap...regardless of laps completed to that point.

Parking

7th St. between State St. and Citrus Ave. in Redlands

Registration

Registration will take place under the PossAbilities tent on the corner of Citrus and 6th Street.

Awards

There will be an Awards Ceremony (near the Start Line) for all handcycle race categories. This will take place immediately following the conclusion of the time trial. Note: The RBC does a great job with podiums, so please be present for this!

Downtown Criterium – Sunday, March 25

Location – Downtown Redlands at Citrus Ave., Redlands, CA

Start Time – 2:35 pm

Distance – 3.1 miles

Course – 30 minute timed race on .65 mile circuit – fast and technical course

Check-in time: 1:30 p.m. (please do not be late)

Course

.65 mile criterium circuit with 5 right hand turns. Technical with wide roads. All handcycles will race together, but will be scored in separate race categories. Every racer will finish on the overall winners lap...regardless of laps completed to that point.

Parking

7th St. between State St. and Citrus Ave. in Redlands

Awards

Handcycle and Pro race awards will immediately follow the conclusion of the Pro race. Please plan on attending. It is a GREAT TIME!

PROVISIONS

Hotel Accommodations

Racers are responsible for your own accommodations. Athletes are responsible for booking rooms independently. Rooms are limited. You may request a handicapped room, but they are available on a first come, first serve basis. To reserve your room, please call the Ayres Hotel and use “**PossAbilities**” when registering to receive a room rate of \$69 + tax per night. This rate applies for rooms booked before March 16, 2012.

Ayres Hotel

1015 West Colton Avenue
Redlands, CA 92374

(909) 335-9024 or (866) 992-9737

Travel Stipend:

A stipend of \$200 will be paid (within 90 days of the race) to the first 10 out-of-California participants that register for all 4 races online. A stipend of \$100 will be paid to the first 10 California residents that register for all 4 races.

Air/Ground Transportation

Athletes are responsible for their own air or ground transportation. Shuttles will not be provided.

Meals

Meals are the responsibility of the athlete.

ABOUT POSSABILITIES

PossAbilities is a community outreach program developed by the Loma Linda University Medical Center East Campus (LLUMCEC). Its goal is to offer disabled individuals who were born with or have suffered a permanent physical injury a sense of community and provide activities and practical help to integrate them back into life—once again becoming valuable members of our communities. LLUMCEC recognizes that this disenfranchised population is often left without resources or support to deal with the many adjustments they must make physically, mentally, and emotionally in order to have fulfilling lives. Our mission is to provide new direction and hope through physical, social, educational, and spiritual interaction with peers and their community. This free membership program is tailored to persons with physical disabilities such as limb amputation, stroke, spinal cord injury, traumatic brain injury, multiple sclerosis, muscular dystrophy, spina bifida, and others. To learn more go to www.teampossabilities.com.

ABOUT U.S. HANDCYCLING

United States Handcycling Federation, is an association of individuals and organizations that creates integrated cycling opportunities for wheelchair users and athletes with lower-mobility impairments, including disabled veterans and members of the U.S. Armed Forces. The U.S. Handcycling Series, presented by the Loma Linda University PossAbilities, is the premier Para-Cycling racing series in North America and will feature more than 150 of the World’s top cyclists with disabilities, racing at major – integrated – cycling events across America. Shining the spotlight on the elite athleticism of Paralympic cyclists, this series focuses on the “ability” rather than the “disability” of its participants, most notably disabled veterans. Visit www.ushf.org.

Letter of Commitment

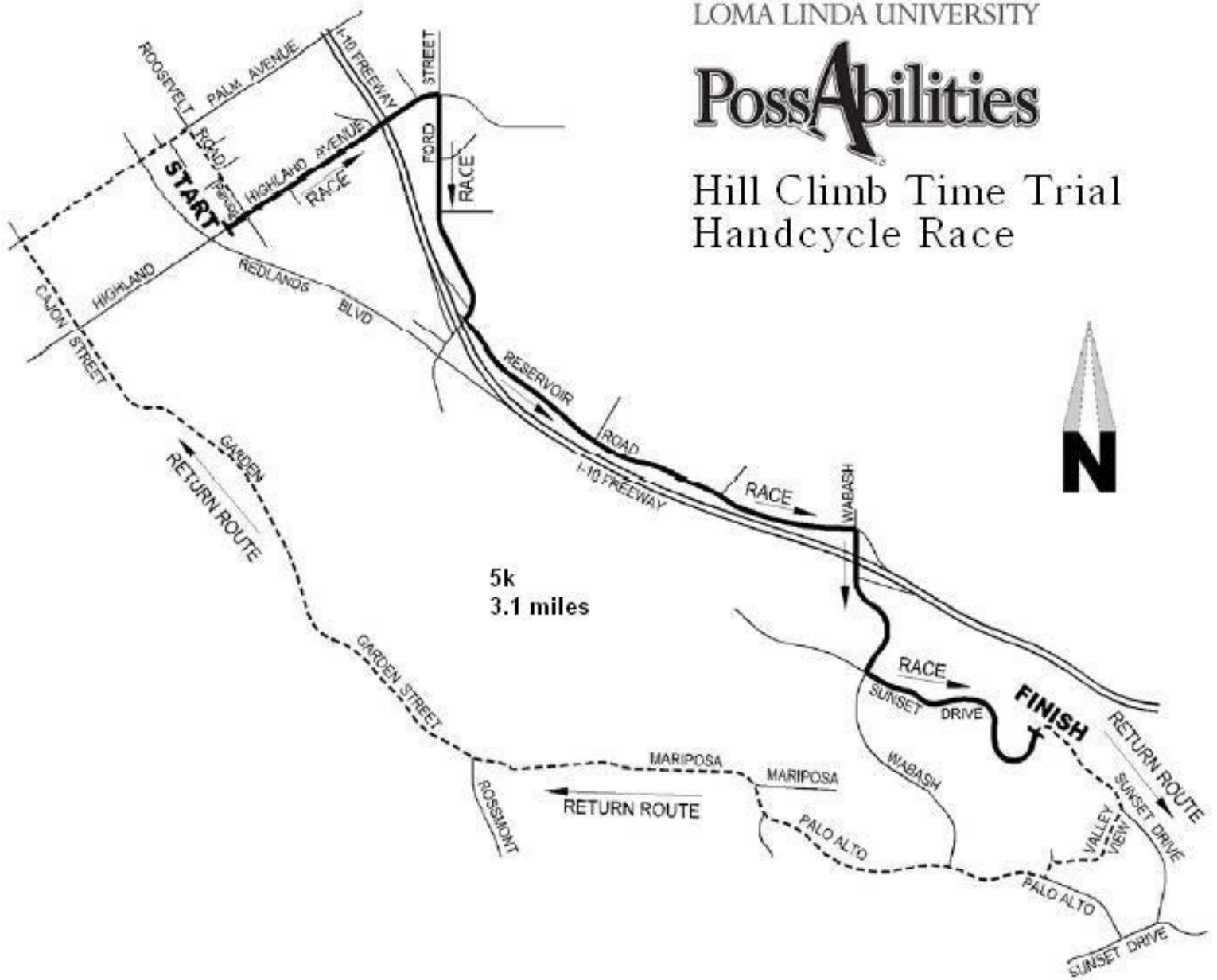
- Yes, I plan on participating in the Time Trial event on Thursday, March 22
- Yes, I plan on participating in the Circuit Race on Friday, March 23
- Yes, I plan on participating in the Criterium on Saturday, March 24
- Yes, I plan on participating in the Criterium on Sunday, March 25

Name	
Address	
City	
Email	
Home Phone	
Cell Phone	

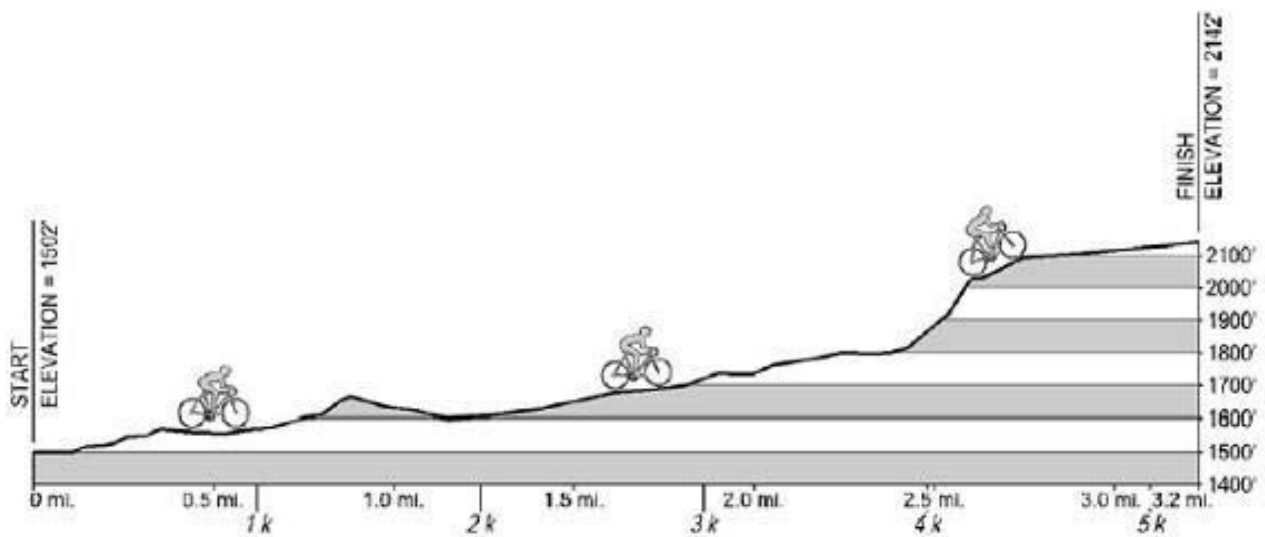
Please submit via fax to:
Cotie Williams @ PossAbilities
Fax number: 909-558-6334 or
email cowilliams@llu.edu

PossAbilities

Hill Climb Time Trial Handcycle Race



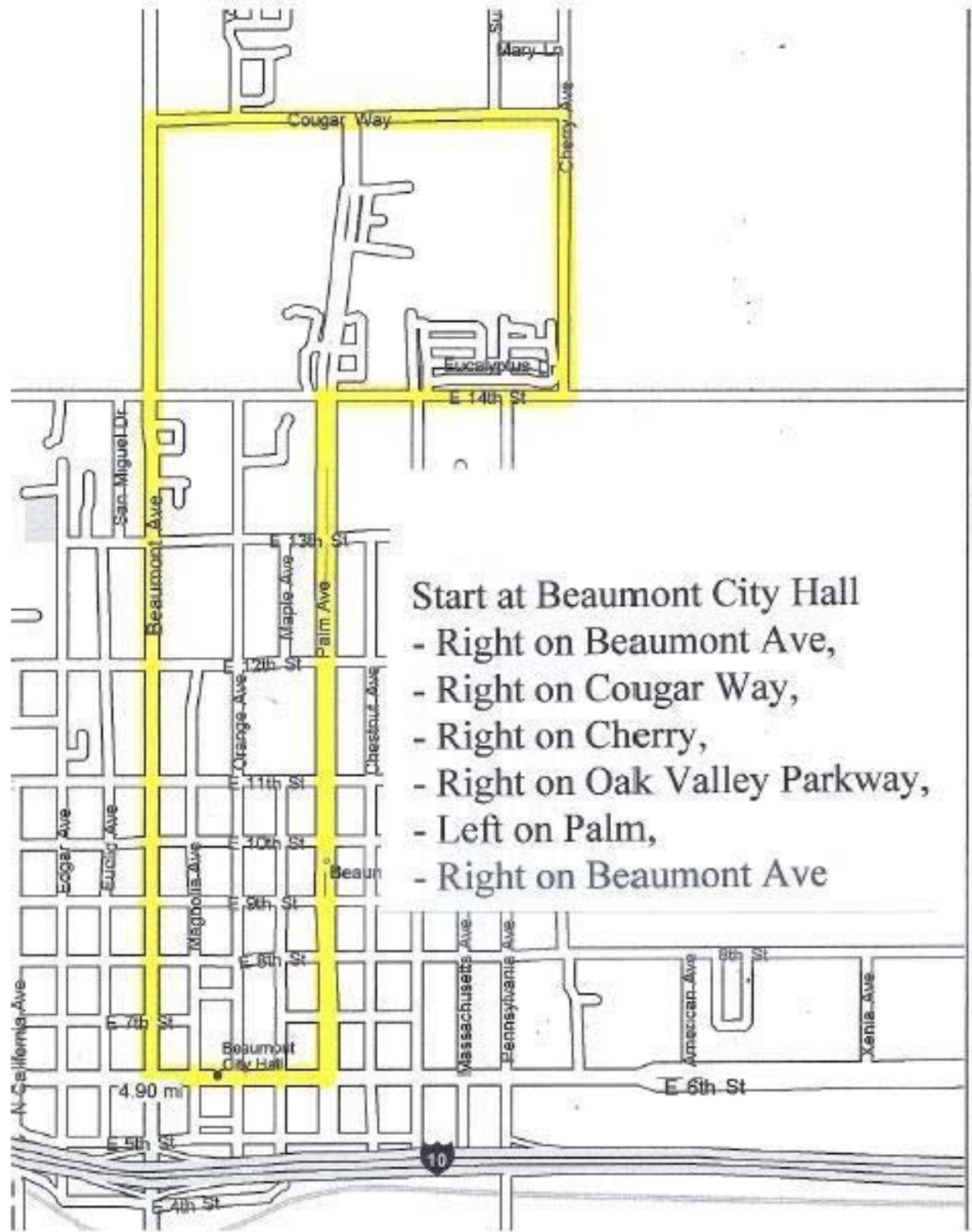
5k
3.1 miles



PossAbilities



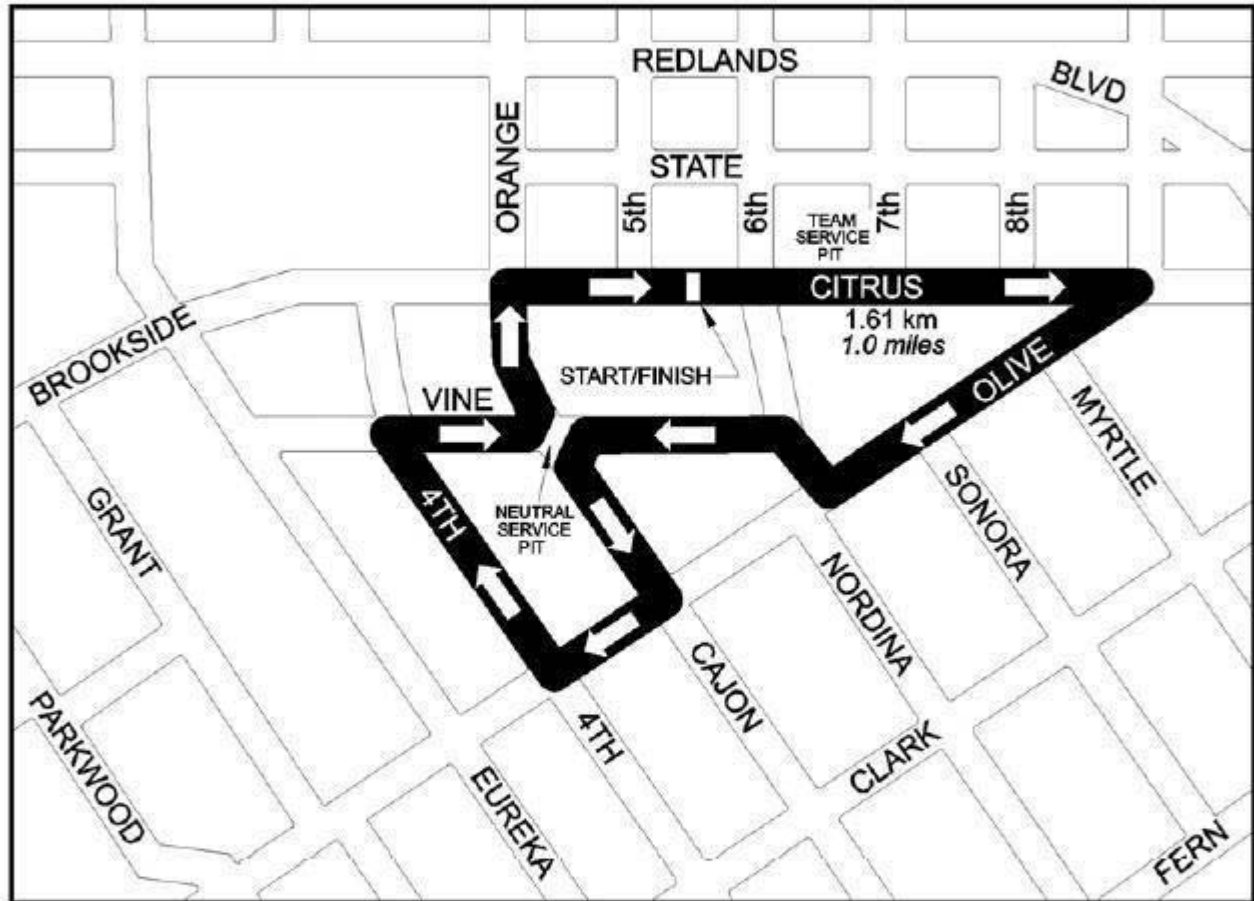
Beaumont Handcycle Road Race



- Start at Beaumont City Hall
- Right on Beaumont Ave,
 - Right on Cougar Way,
 - Right on Cherry,
 - Right on Oak Valley Parkway,
 - Left on Palm,
 - Right on Beaumont Ave



Handcycle Criterium
Long Course





Handcycle Criterium Short Course

