

Race Summary

Stage 1 Tuesday, July 21	Deschutes County Fairgrounds	71 mile Road Race
Stage 2 Wednesday, July 22	Summit High School	78 mile Road Race
Stage 3 Thursday, July 23	Summit High School	14 mile Time Trial
Stage 4 Friday, July 24	Cascade Middle School	83 / 71 Road Race
Stage 5 Saturday July 25	Downtown Bend	90 min / 60 min Criterium
Stage 6 Sunday, July 26	Summit High School	83 / 66 mile Road Race

Dates: Tuesday, July 21 through Sunday, July 26, 2009

Classification: NRC 2.3

Prizes: \$37,500

Managers Meeting: 4:00 PM on Monday, July 20th at Phoenix Inn, Bend Oregon

Packet Pick-up: 5:00 – 8:00 PM Tuesday, July 20th at Phoenix Inn, Bend Oregon

Race Office: Monday, July 20 – Sunday, July 26

Packet Pickup & Team Meeting

Monday, July 20th

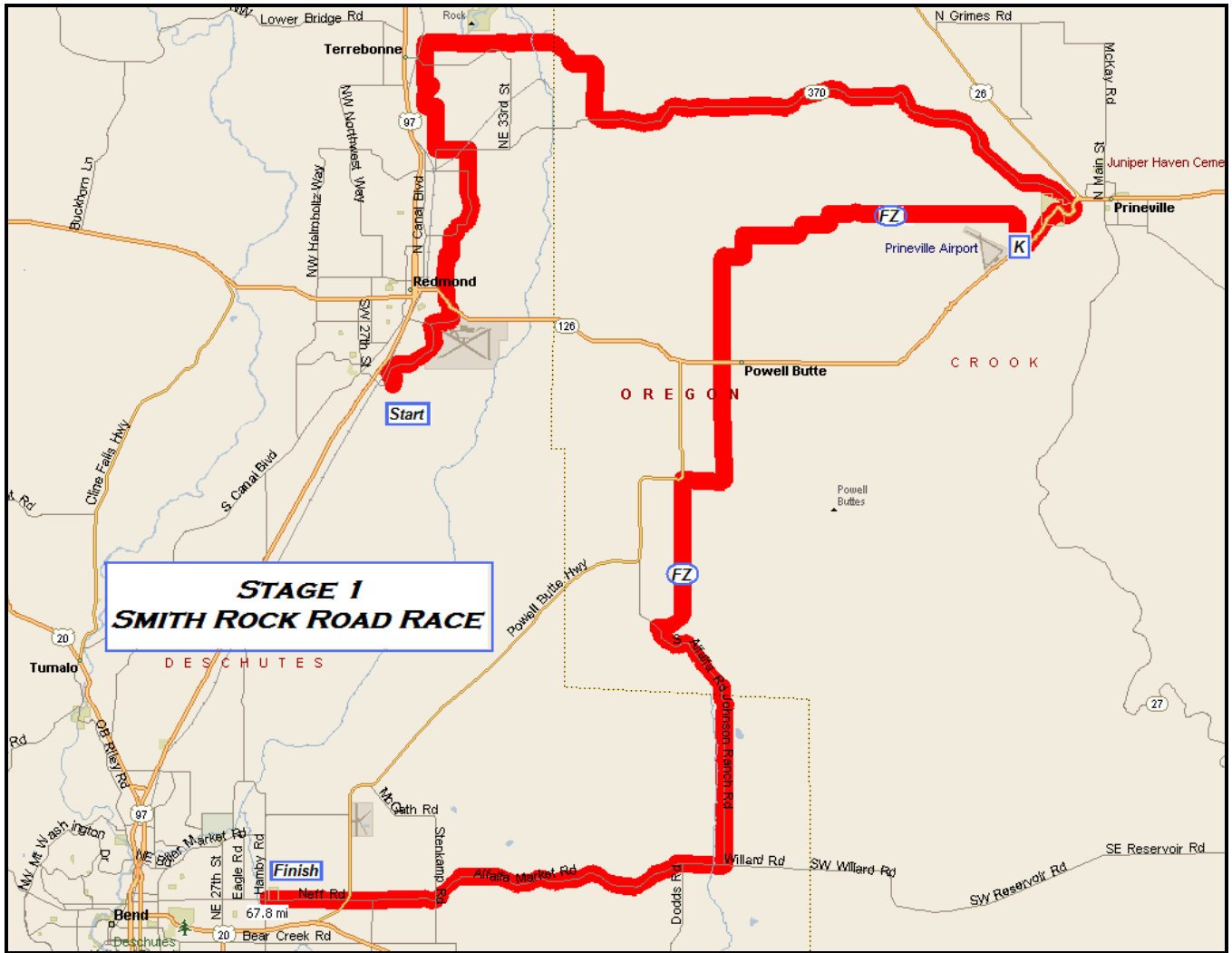
Team Meeting:	4:00 PM
Team Packet Pick-up:	5:00-6:30 PM
Individual Packet Pick-Up:	6:30-8:00 PM

A rider or manager from each team must attend.

Phoenix Inn, Bend Oregon
300 NW Franklin
Bend, Oregon 97701
Toll-free: (888) 291-4764

Stage One: Smith Rock Road Race

- Date:** Tuesday, July 21st
- Start time:** Pro-1 Men 10:00 AM
Pro 1-2 Women 10:10 AM
- Start location:** Deschutes County Fair Grounds
- Finish location:** Big Sky Sports Park
- Distance:** 71.2 Miles
- Description:** Brand new for 2009, stage #1 will start at the Deschutes County Fairgrounds in Redmond, Oregon and then proceed north to the world renowned climbing destination Smith Rock. Riders will follow the Crooked River and wind through farm country and arid desert with the beautiful Cascade Range looming on the horizon. Flat fast finish will give the sprinters and opportunity for a stage win before the significant climbing begins.



Stage Two: Three Creeks Road Race

- Date:** Wednesday, July 22nd
- Start time:** Pro-1 Men 10:00 AM
Pro 1-2 Women 10:10 AM
- Start location:** Summit High School
- Finish location:** Three Creeks Snow Park
- Distance:** 79.7 miles
- Description:** Starting at Summit High School riders will travel north from Bend to the city of Redmond. They will roll through the lush farm land that borders the eastern flanks of the Cascade Range. Once they hit the town of Sisters the climbers will have their chance. A long steady climb ascends to the finish at Three Creeks Snow Park with breathtaking views of the North and Middle Sister Mountains along the way.

Stage Three: Skyliners Time Trial

Date: Thursday, July 23rd

Start time: Pro 1-2 Women TBD

Pro 1 Men TBD

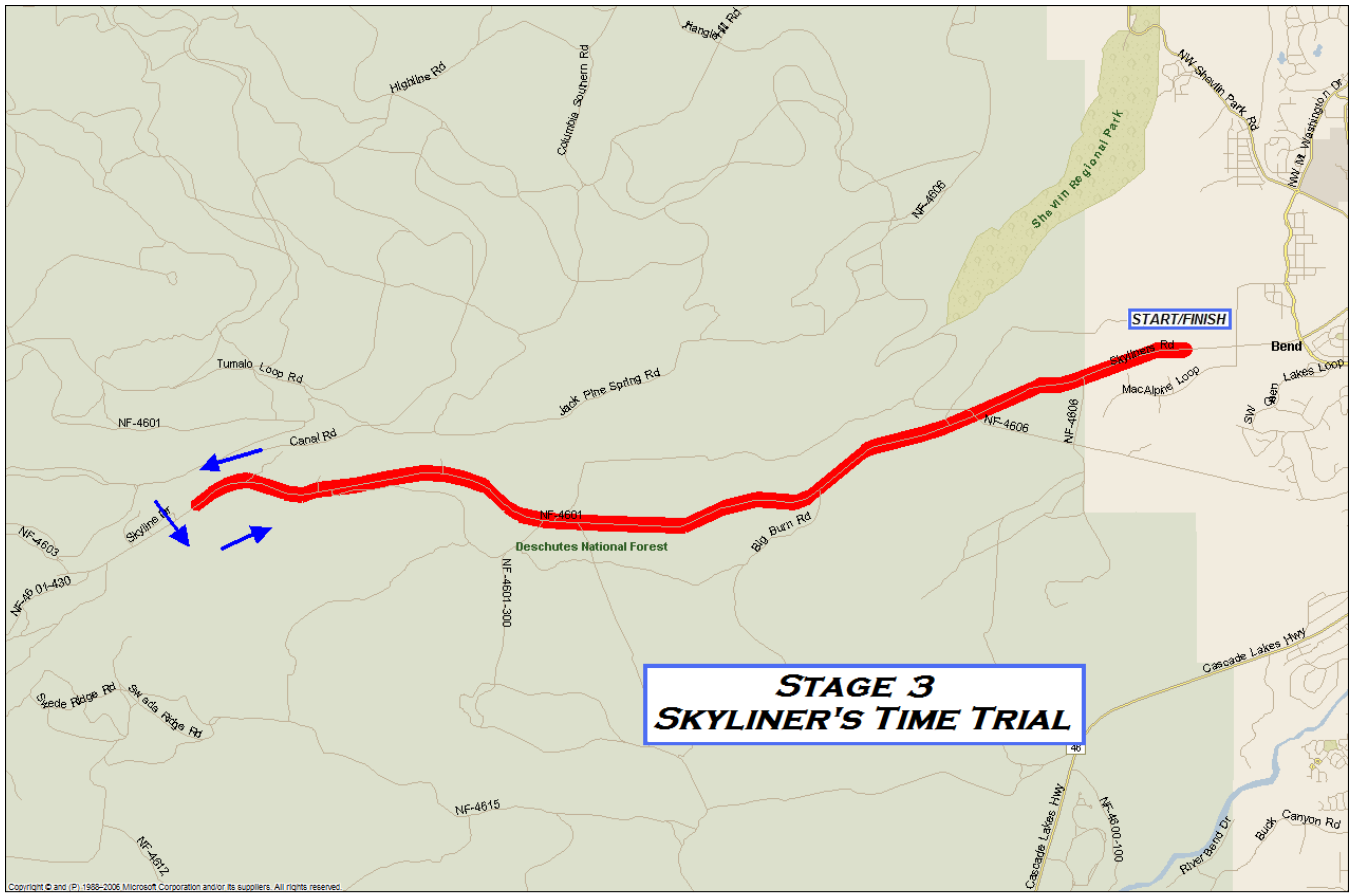
Start location: Summit High School

Finish location: Skyliners Road

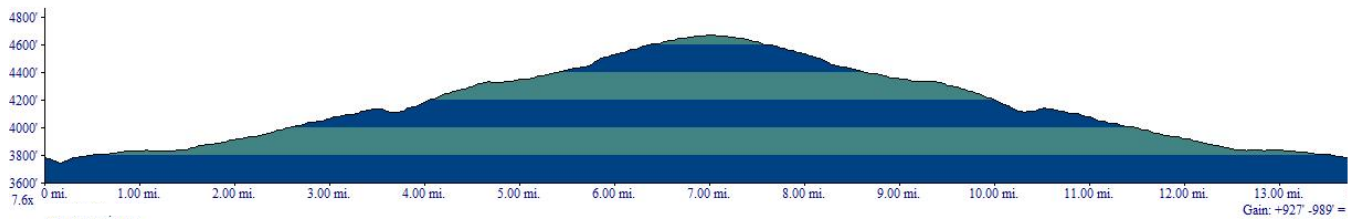
Distance: 14 miles

Description: Skyliner Time Trial is back for 2009. This stage starts off flat and fast as it heads directly at the mountains. Halfway to the turn around the road begins to get steeper and the effort harder to maintain cadence and pace. After ascending 1000 feet of elevation riders will turn around and quickly descend back down to the finish near Bend. Suggested gearing is the biggest you can find to keep the momentum going on the way down.

Stage 3 Map and Profile



SKYLINER'S TIME TRIAL



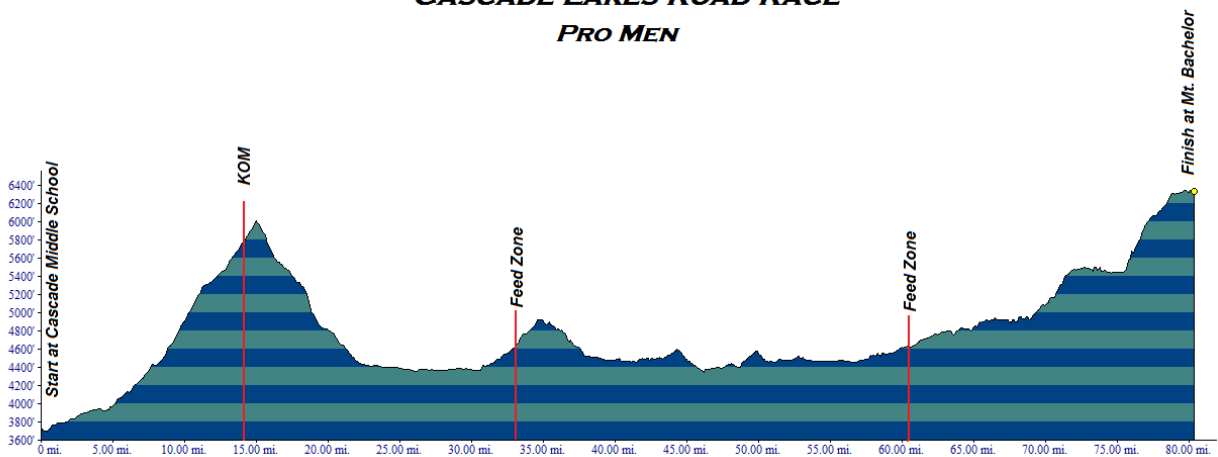
Stage Four: Cascade Lakes Road Race

- Date:** Friday, July 24th
- Start time:** Pro-1 Men 10:00 AM
Pro 1-2 Women 10:40 AM
- Start location:** Cascade Middle School Pro Men and
Wanoga Snow Park for Pro Women
- Finish location:** Mt. Bachelor Ski Resort
- Distance:** 84 Miles Pro –1 Men / 71 Miles Pro 1-2 Women
- Description:** The classic race course that has determined more overall victories for CCC than any other stage. Starting in Bend (Wanoga for the Women) this stage takes riders around Mt. Bachelor on the Cascade Lakes Highway and a number of Forest Service Roads. Snow fields, alpine lakes, and streams are all so refreshing and a stark contrast to the tough climbs and altitude that overheat the riders. Finishing at Mt. Bachelor Ski Resort riders must tackle the steep Sparks Lake Climb in the last 5 Km of the race. This is the point where the number of competitors in contention shrinks to only a handful of riders.

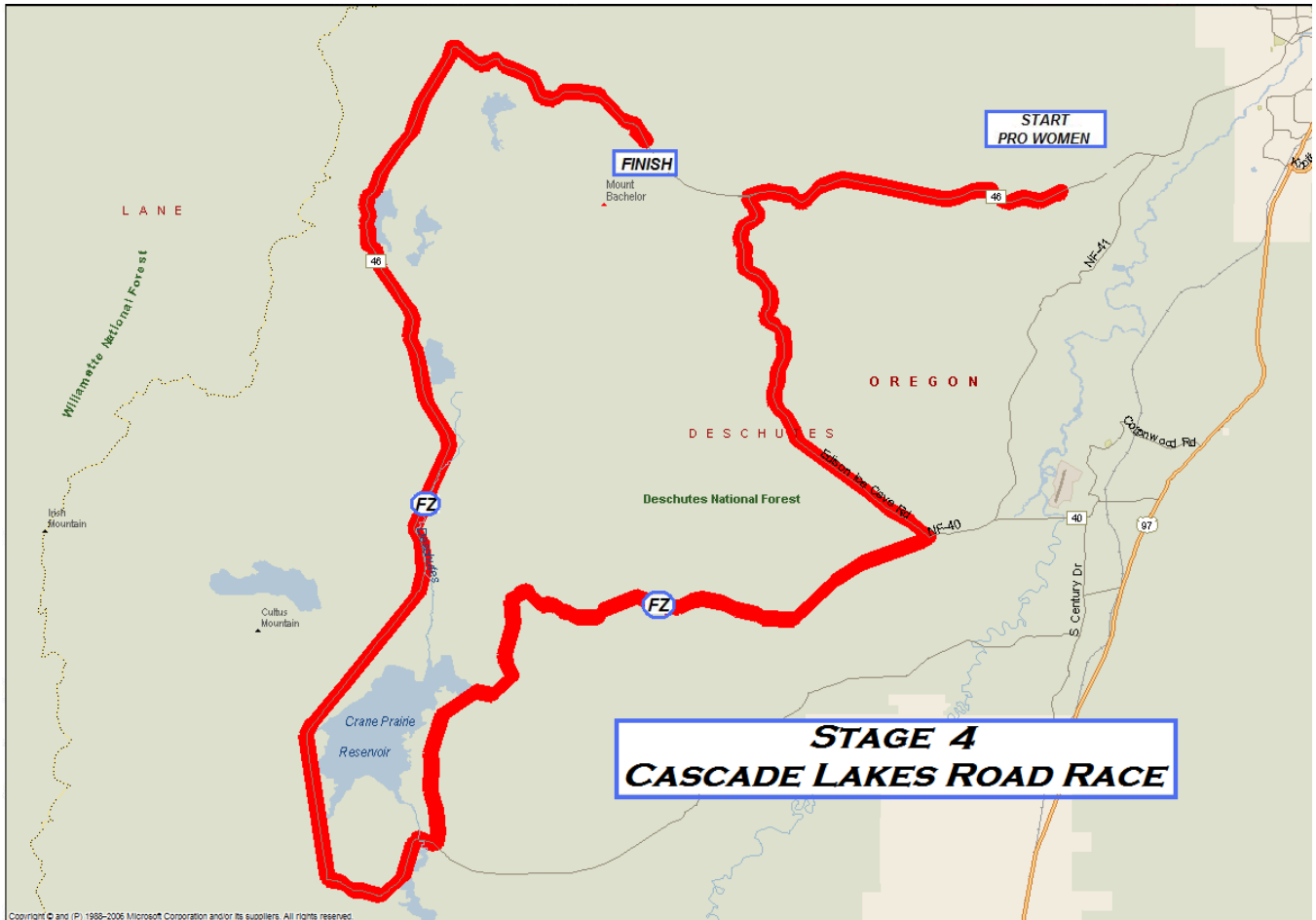
Stage 4 Pro Men



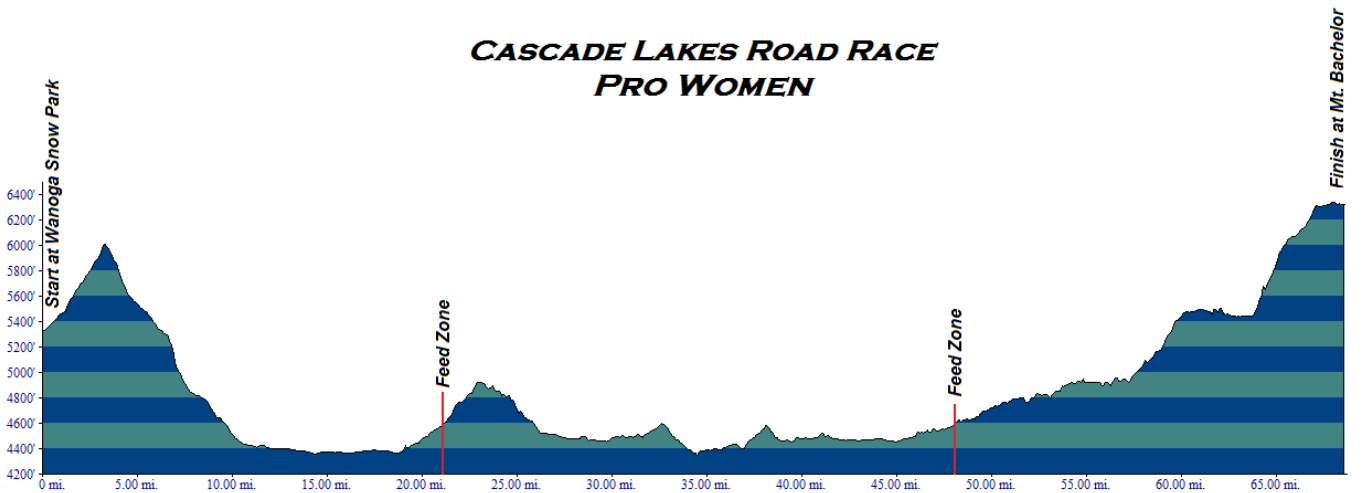
CASCADE LAKES ROAD RACE PRO MEN



Stage 4 Pro Women



CASCADE LAKES ROAD RACE PRO WOMEN



Stage Five: Downtown Criterium

Date:	Saturday, July 25 th
Start time:	Pro 1-2 Women 5:45 PM Pro-1 Men 7:00 PM
Start location:	Downtown Bend
Finish location:	Downtown Bend
Distance:	60 Minutes for Women / 90 Minutes for Men
Description	Flat, fast and rowdy. The Downtown Bend Criterium is a huge crowd favorite. Last year an estimated 15,000 people packed the streets to watch the best riders in the country do battle. With a new course this year that is even faster look to the sprinters to have their opportunity to shine. Big primes and even bigger noise will motivate competitors to go hard from the gun.

Stage Six: Awbrey Butte Circuit Race

Date: Saturday, July 26th

Start time: Pro-1 Men 1:00 PM
Pro 1-2 Women 1:05 PM

Start location: Summit High School

Finish location: Summit High School

Distance: Pro-1 Men 83 miles (5 Laps)
Pro 1-2 Women 67 miles (4 Laps)

Description: The Awbrey Butte Circuit Race has become a recent favorite among riders. With a winding twisting road that throws short power climbs with fast descents and smooth asphalt this stage truly goes to the strongest overall rider. No favoritism to the climbers nor the sprinters it comes down to who is willing to make the decisive break and power their effort home.

