

EVENT BIBLE

Dear Athlete,

Welcome to the coolest ride in the country! This document is based on information all registered athletes **NEED TO KNOW**. You are responsible for these contents. We appreciate you attending the event and look forward to hearing about your experience. Have a great time out there and be safe.

Please remember the following:

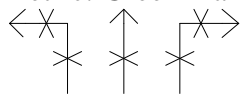
1. This is **NOT** a race – only 3 zones will be timed.
2. Obey all traffic laws at all times.

Be safe and have fun!!
The Buttar.com Team

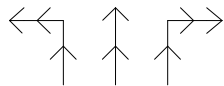
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General Information

- Each zone has a sign that reads “Zone Start”
- Each zone has a sign that reads “Zone End”
- As you cross the “Zone Start” sign you will cross a ‘detection point’ which time stamps your passing.
- As you cross the “Zone End” sign you will cross a ‘detection point’ which time stamps your passing again.
- Your zone time is the difference between these 2 time stamps.
- NEVER enter the zone and then turn around to restart – if you do your time for that zone will be disqualified.
- There are no ‘do-overs’ or restarts – if you flat or crash in a zone that zone will be disqualified.
- Both Century and Metric Century courses contain 3 zones which are climbs.
- The male and female riders with the lowest combined climb times will win the yellow jerseys.
- Full zone times will be posted online by the evening of 1/31/09 and emailed to those athletes with email addresses.
- You must be able to complete the full course in 9 hours (11.1 mph average)
- All SAG stops and zones will close based on minimum speed of 11.1 mph.
- Recommended minimum gearing – 39 x 23
- If at any time you are the ‘lantern rouge’ or close to a time cut off – we will make every effort to notify you.
- Be sure to carry all repair items you anticipate requiring.
- This course has 3 SAG stops, which will be visited a combined 6 times throughout the ride.
 - Astatula Police Park closes at 1:00 pm
 - West Orange Trailhead - Killarney Station closes at 2:00 pm
 - Ferndale Baptist Church closes at 3:00 pm
- Course markings
 - Metric: Green markings

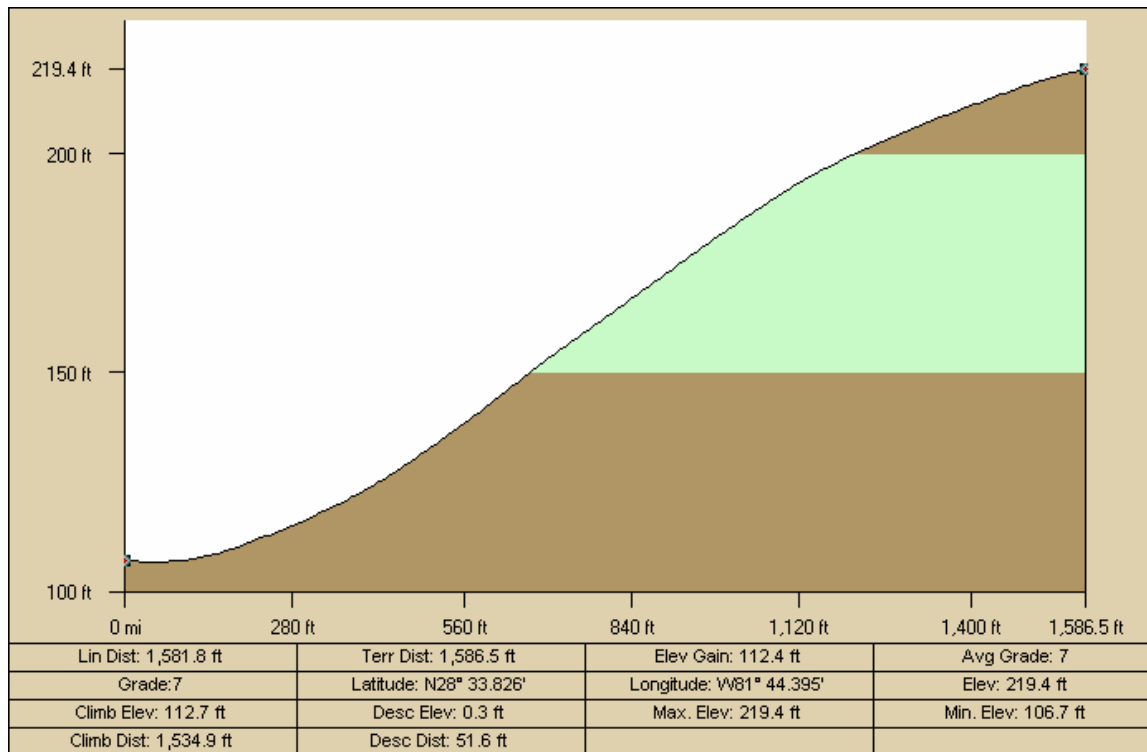


- Century: Orange markings



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Zone 1 – Citrus Tower

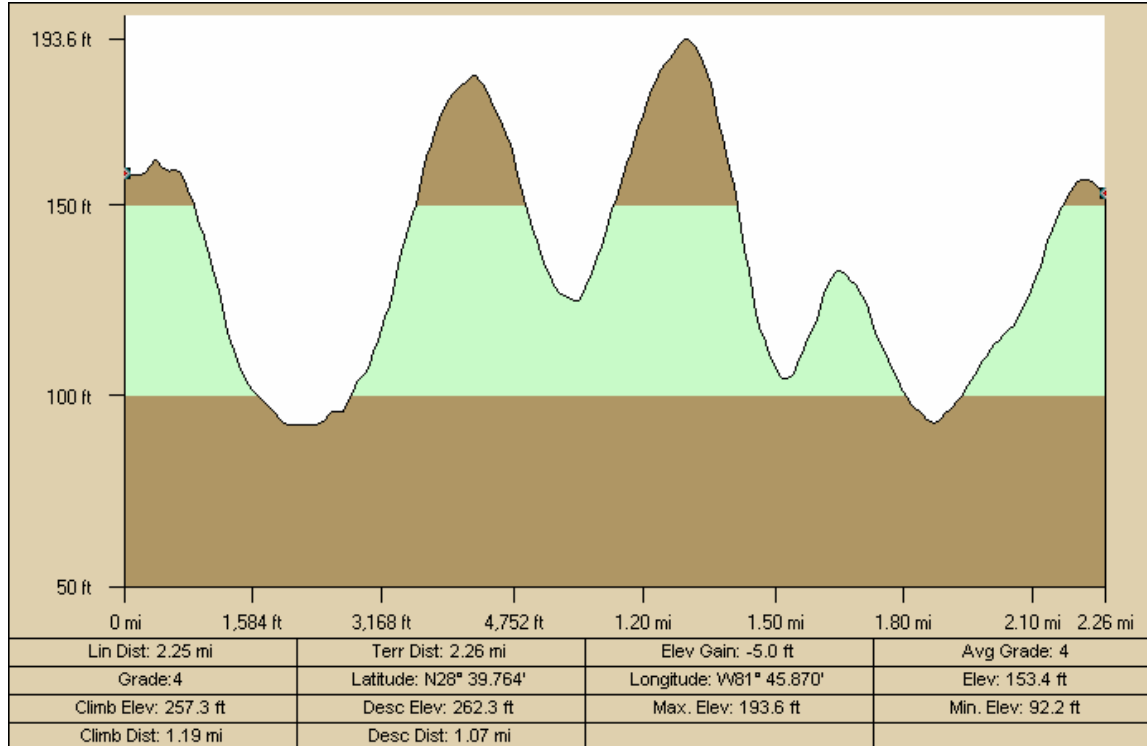


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Zone 1 starts approximately 0.5 miles from the start of the event. **WARM UP!!!** This zone will close at 8:20 am. This hill is very short but vicious, only well warmed up athletes will get a good time on this one. **Tip to maximize speed:** Build up speed on the downhill prior to the hill and do this one in the big ring.

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Zone 2 – Buckhill Road

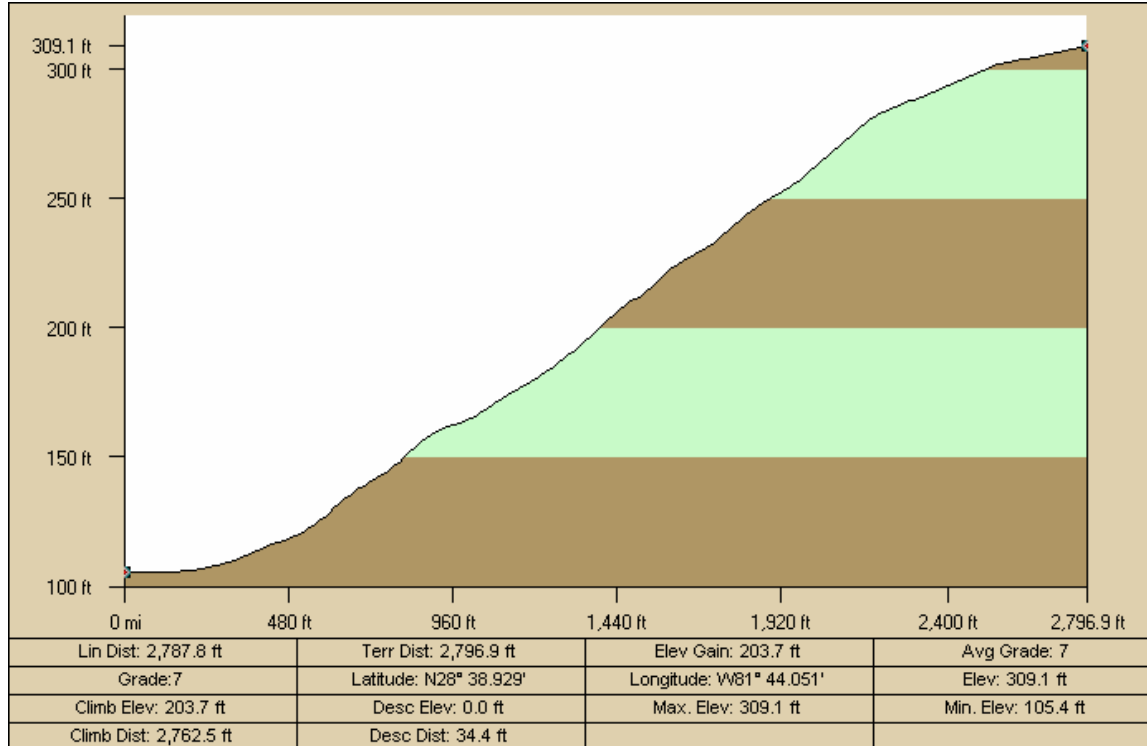


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Zone 2 starts approximately 9 miles from the start of the event. This zone will close at 9:00 am. This series of hills can be brutal but the roller coaster nature will allow just a little recovery. **Tip to maximize speed:** pedal on the downhill – ride uphill at the upper end of your threshold.

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Zone 3 – Sugarloaf



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Zone 3 starts approximately 14.5 miles from the start of the event. This zone will close at 10:00 am. This hill will be the most severe – especially due to the fact that this will be the 3rd major climbing effort in less than 15 miles. **Tip to maximize speed:** there is none for this hill – keep it in the little ring and get ready to accept pain if you want a good time.

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