2017 Hell of the South
RACE BIBLE

Racers,

On behalf of Shake-n-Bake racing, the city of Lewisburg, the community of Belfast, and all of our sponsors it's my pleasure to welcome you to the 2017 Hell of the South road race.

Our goal back in 2010 was to provide a unique racing experience in middle Tennessee, a race that had a bit of the feel of a spring classic like the tour of Flanders or Paris-Roubaix. The move to Lewisburg in 2015 introduced a different dynamic to our race. In addition to a bit more climbing we have some of the best scenery and best roads to ride a bike through anywhere in Tennessee. So enjoy your visit to Lewisburg and Marshall county, please visit and support our sponsors, interact with the local residents and show your appreciation to them for welcoming us to their home.

Lastly, we want to thank all of our sponsors, without them there is no race. Shake and Bake Racing would especially like to thank our gracious hosts, Cary Whitesell and the City of Lewisburg. Their support can't be overstated and is critical to the success of our race, when we lost our venue in 2015, the city of Lewisburg stepped up with unprecedented support in the form of volunteers, logistics, and of course race sponsorship. If you have a chance to meet any of the representatives from the city this weekend, please thank them for their dedication and support to allow the ***Hell of the South*** to happen. Also, please be courteous to all volunteers you see and/or interact with as they have dedicated a large part of their day for your success and enjoyment.

Lewisburg Tennessee

In the Middle of Everything

GENERAL INFORMATION

You are responsible for knowing the contents of the race bible and any communications issued by the Chief Referee, check our website periodically for any updates by our staff https://hellofthesouth.wordpress.com/

- **ALWAYS WEAR A HELMET WHILE ON THE BIKE**

- As a USAC sanctioned event the USA cycling rule book applies including the USA Cycling Code of Conduct

- USAC rules forbid the use of any audio playback device.

- **Any cyclist caught urinating anywhere other than the designated facilities will be disqualified – NO QUESTIONS ASKED**

- Please pick up your litter, discarded bottles, etc before you leave. Please leave the area cleaner than you found it.

- Please be kind to the officials, volunteers, staff and fellow riders.

- We will have wheel trucks for each race. It will be wheel in/wheel out. No neutral wheels provided. IF YOU FLAT…please be patient with the volunteer truck driver. THEY ARE NOT A DESIGNATED MECHANIC. you are responsible for finding and changing your own wheel. Please be kind, If I hear of sharp words being exchanged, I will get involved with you, your team, your bike shop etc… so again be considerate of our VOLUNTEERS.

- A photo ID is required for number pickup. If you are registering onsite, please have your racing license available.

- Results for the Road Race will be posted at the Belfast lions club building and will be FINAL at the conclusion of the protest period. That means NO CALLS 2 days later asking to change from 33rd to 23rd place. If it's important stick around for 15 minutes after the results are posted and olead your case then.

- Junior rollout will be required for Jr's racing in their respective USAC category. Rollout will take place near the start of the RR in Belfast BEFORE the designated category start time.

- Please be sure to have your bike checked before the day of the race. We pride ourselves on having a course that is tough but fair, the roads are not pristine. Stuff will fall off your bicycle if you have not properly maintained it.

Race Number Pickup / Race Hotel

Race Number Pickup

There will early race number pick up on Friday evening from 5:30 pm – 7:30 pm at the Lewisburg recreation center,1551 Mooresville Hwy, Lewisburg, TN 37091

We encourage you to bring your family as there will be music and food provided by our awesome hosts, the City of Lewisburg. We'll also have some raffle prizes from some of our sponsors, we'll have maps of the course and MOAB bikes will be on site for last minute tune ups and will have some cool new bikes on display.

You will be given 2 numbers: NUMBERS WILL BE ON THE LEFT SIDE and BACK

Race Hotel

For those wishing to stay in Lewisburg on Friday night, the Richland Inn is offering a discount for racers. Just mention Hell of the South when you call for reservations.

Richland Inn : 1551 Mooresville Hwy, Lewisburg, TN 37091 Phone:(931) 359-1800

Race Course…

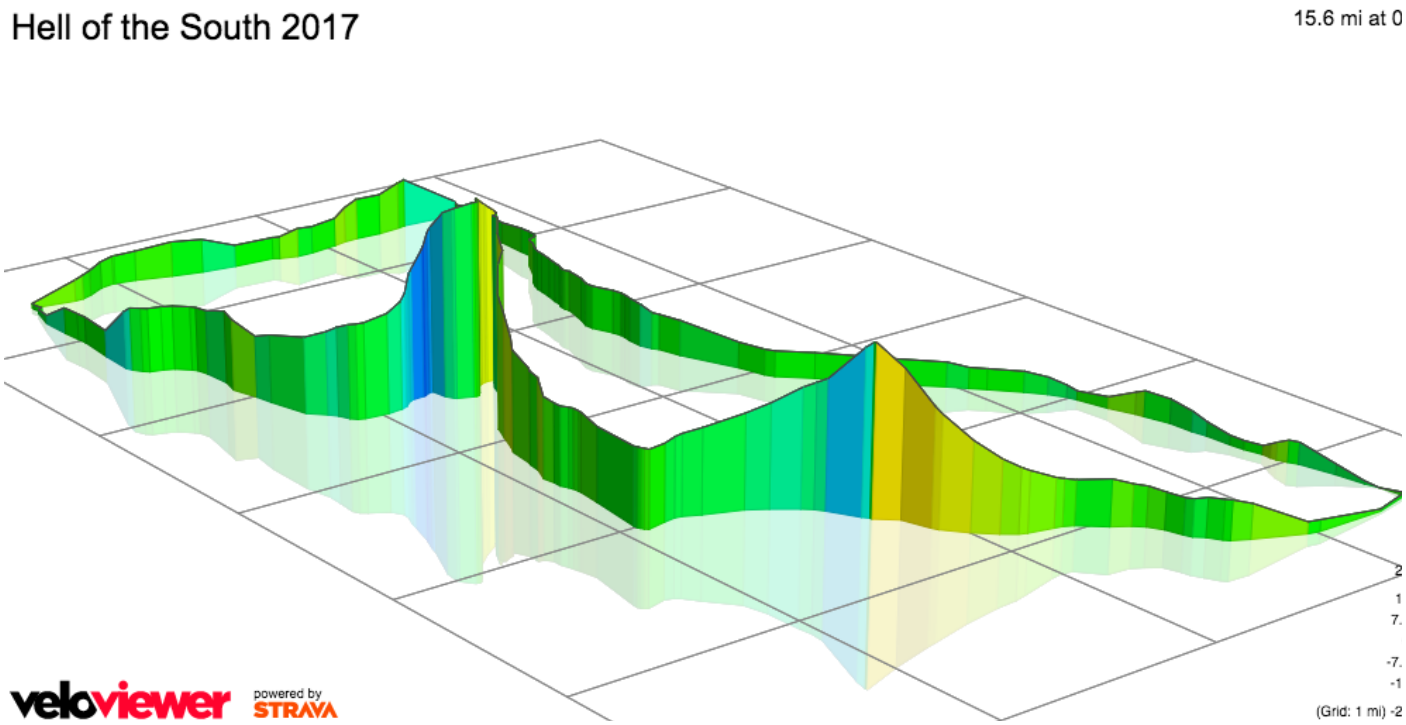
You are responsible for knowing the course. We strongly encourage pre-riding, however if you can't or you still have questions regarding the courses please don't hesitate to call or email. The course consists of chip/seal roads, un-maintained rural roads, roads with questionable pavement and unfortunately a few roads with excellent pavement. Please use extreme caution on the downhills while we have tried to mark the largest potholes, we just can't mark them all. Please watch for patches of deep gravel as well. Stay in control and ride within your abilities at all times.

Cue Sheet:

- Start Line at the First National Bank Intersection of Old Belfast Rd and Fishing Ford
- Proceed on Fishing Ford Rd ~ 5.4 miles
- Right turn onto to Talley Rd. WATCH FOR GRAVEL continue ~ 3.2 miles
- Right turn onto Springplace Rd. Continue ~ ½ mile
- Right turn onto Snake Creek Rd. FINISH LINE IS AT TOP OF THE CLIMB APPX 1.4 MILES
  Continue on Snake Creek ~ 4.2 miles BE CAREFUL ON THE DESCENTS!
- Right Turn onto Old Belfast Rd. ~ 2.3 miles to complete the loop

LAP DISTANCE APPROXIMATELY 15.5 miles

https://www.strava.com/routes/7741145



Race Course cont. The START and PARKING

ROAD RACE START

Link to RR map: https://ridewithgps.com/routes/19229586

The start of this year's race will again be held in the Belfast Community. Parking, Registration, and restrooms will be provided at the Belfast Lions Club, show grounds located at 450 Belfast-Farmington Rd. (Approximately 4.5 miles down Hwy 431 from the intersection with Hwy 50 in Lewisburg, TN)
The race start line will be on Fishing Ford Rd, as shown on the map below.

PLEASE USE EXTREME CAUTION CROSSING HWY 431

DO NOT USE HWY 431 AS YOUR WARM UP AREA.

LET ME SAY THIS AGAIN….

DO NOT USE HWY 431 AS YOUR WARM UP AREA.

This is for *YOUR OWN SAFETY.* We anticipate the highway to be very busy and we do not want 150 bike racers mixing with 50 dump trucks traversing a sketchy part of the road.

All of you mean a lot to me and our race team, and I know that it is within your legal right to ride on the public right of way, however, if you are seen warming up of HWY 431 ***I reserve the right to publicly shame, and/or offer you a refund on your race fee***. We want all of our bike racers, support crew, spectators and officials to be safe and not get involved in any altercations.

We're proud to present the

2017 Hell of the South

Road Race

Saturday April 1 – Belfast Lions Club Showgrounds. 450 Belfast-Farmington Rd. **(Approximately 4.5 miles southeast on Hwy 431 from the intersection with Hwy 50 in Lewisburg, TN)**

Category	***Distance***	***Start Time***	***Payout***	***Entry Fee***	
P/1/2	72.5 miles	8:30 am	$1250 / 10	$40 / $55	PODIUM AWARDS APPX 1:30 PM
Cat 3	57 miles	8:40 am	$550 / 5	$40 / $55	
Masters 35 (Cat 1-4)	57 miles	8:50 am	$550 / 5	$40 / $55	
Masters 45 (Cat 1-4)	57 miles	8:50 am	Bonus $150 / 4	$40 / $55	
Masters 50 (Cat 1-5)	41.5 miles	1:15 pm	$550 / 5	$40 / $55	PODIUM AWARDS APPX 4:30 PM
Masters 60 (Cat 1-5)	41.5 miles	1:15 pm	Bonus $150 / 3	$40 / $55	
Cat 4	41.5 miles	1:25 pm	$300 / 5	$40 / $55	
Women (Cat 1/2/3)	41.5 miles	1:35 pm	$550 / 5	$40 / $55	
Cat 5 **	26 miles	4:00 pm	Prizes / 3	$40 / $55	PODIUM AWARDS APPX 6:00 PM
Juniors 15-18	26 miles	4:10 pm	Prizes / 3	Free!	
Women 4/5	26 miles	4:15 pm	Prizes / 3	$40 / $55	
Juniors 9-14	10.5 miles	4:20 pm	Prizes / 3	Free!	

Held rain or shine under USA Cycling rules and permit 2017-1073 • Helmets must be worn while riding a bicycle • Racers registering on-site must present valid USA Cycling license • One-day ($10) and annual license applications available at registration • On-site registration opens at 7:00 am. • Entry fee includes $3.85 USAC insurance surcharge and $2 TBRA surcharge • All times Central Daylight Time • No neutral support, come prepared • lead car/wheel truck (wheel in/wheel out) available for most races • ** Per USAC Field limit of 75 in cat 5 race

Link to pre-registration at http://www.tbra.org/raceschedule.php?year=2017&raceid=1768

Pre-registration closes at 12:00 pm March 31st, 2017

Race start line at First National Bank parking lot • 1600 Fishing Ford Rd, Belfast TN

Please reference and read the race bible found at

https://hellofthesouth.wordpress.com/

for all details including early number pickup party