



## OUCH: The Larch Mountain Time Trial

One Great Day of Time Trial Racing  
Sunday 26 July, 2009 - 9:30am Start

3816 feet of climbing over 16.53 miles  
Corbett School Complex to Sherrard Viewpoint  
Climb and Conquer Beautiful Larch Mountain

One day, one series, hundreds of racers, and tons of fun.

[www.Consystemy.Net/obra/ouch](http://www.Consystemy.Net/obra/ouch)

**Date:** Sunday 26 July, 2009 – OUCH: The Larch Mountain Hillclimb Time Trial

**Where:** Corbett School Complex located only 30 min east of Portland. From downtown PDX, head East on I-84 approximately 20 miles to Exit 22 (Corbett), right turn and go 2 miles up the hill, veering right at the "Y" (West on the Historic Columbia Gorge Scenic Hwy); the Corbett School Complex is 500m ahead on the left.

**Start Time:** The clock starts at 9:30AM with riders off at 30-second intervals. Pre-register to save time, money, and receive your start listing early, and avoid needing to check in. Sign up online for \$15 single, \$20 tandem team, or \$5 for Juniors online at: [www.AthletesLounge.com](http://www.AthletesLounge.com). Day-of registration is \$20 for individuals, \$25 for tandem teams, \$5 for Juniors and is from 8:00AM-9:00AM with category start positions filled on a first-come basis after categorized pre-registered riders.

A portion of each rider's entry will be donated to the local community association whose approval of this event is required to obtain our racing permits. We would like to thank them for their assistance and to remind riders they are ambassadors of OBRA and cycling.

**Categories:** OUCH will follow the 2009 OBRA category guidelines: Tandem, Juniors, plus the following Categories that apply to both Men's and Women's fields with more than 5 riders. Senior 1/2, Senior 3, Category 4 (Women Senior 3/4), Category 5 (Novice), Masters Category 3/4/5 for 40-44, 45-49, 50-54, 55-59, 60+.

**Course:** Pavement is good to excellent overall, starting with 2.1 smooth, wide-shouldered miles along the Scenic Columbia Gorge Hwy, before turning right onto Larch Mt. Road for ~3 miles of rollers before a steady, slow-burn climb over the remaining 11.1 miles through old growth forest. Course climbs 3,816' over the 16.53 mile total. The summit finish park features an amazing and breathtaking panorama and is yours for a brief 300meter walk up a paved then graveled path from the finish parking lot. Note: The final 50meters includes in-ground steps but is definitely worth the effort.

**Details:** Descending from the top of Larch can be cold and wet; be prepared. Plastic bags will be provided or riders can bring their own gear (backpack food, clothing, etc) for transport up to the summit for their return descent back to the staging area. Riders are free to ride back to the staging or have family or friends greet them at the summit (NOTE: Day pass required to park at Sherrard Point Park).

**Requirements & Notices:** This is an OBRA sanctioned event, all rules apply. OBRA membership required. A one day pass is \$5 or a season license only \$20. Helmets are required. OBRA and the organizers of this race do not provide insurance coverage for injuries that occur at the race. The costs related to those injuries are the responsibility of the individual participants. Permits are for racing up the mountain only. Your return trip **MUST** follow the rules of the road (e.g., do not impede vehicular traffic by riding unsafely or aggressively). Please contact the race organizer about any questions.

**For Bicycle Racing's Future:** You're an ambassador of our sport, please act accordingly. Riders who blatantly disregard OBRA rules and conduct will be sanctioned as deemed appropriate by the race organizer and chief official. Race permits are only for the race up Larch Mtn to Sherrard Point. Please obey and respect the rules of the road for a safe return to the staging area.

Questions, Comments, Need more information: Ernie Conway: [Racing@Consystemy.Net](mailto:Racing@Consystemy.Net)

Thanks for Racing!!!!