

# Nassau, Bahamas International Caliber Cycling Racing Weekend



[www.TouroftheBahamas.com](http://www.TouroftheBahamas.com)

- You can Register Online at BikeReg.com until January 20<sup>th</sup>.
- You can also Register by mail, by January 15<sup>th</sup>, your Registration Form and Payment to:

JAR Cycling  
c/o Jeff Major  
3218 N.W. North River Drive  
Miami, Florida 33142  
305-433-4295

- The Fee to enter all three races is \$80 for Adults and \$25 for Juniors.
- There will be a \$20 charge for the entire event to rent the transponders that will be used for accurate timing and scoring.
- No Late Fees and No Refunds
- Event Rules are available on this flyer and on our Website.
- Accommodation Information is available on this flyer and on our Website.
- Travel Information and Airline & Ground Transportation Information is available on this flyer as well as on our Website.
- Course Maps and Directions are available on this flyer and on our Website.

We look forward to seeing you soon!



**\$6,000 in Cash Prizes & Awards**  
**An Entry Fee of \$80\* for Adults and \$25\* for Juniors**  
**covers all three races. \*Plus AMB chip Rental**

**Fri, Jan 22<sup>nd</sup> – Welcome Cocktail Party**  
6:00pm at the Wyndham Nassau Resort

**Sat, Jan 23<sup>rd</sup> – Individual Time Trial (Eddy Merckx)**

8:30am - Juniors

Actual Start Times for all other categories  
will be posted on Saturday Morning

**Sat, Jan 23<sup>th</sup> – Circuit Race**

12:00pm - 18 miles – Juniors 15-16 (3 laps)

12:05pm - 18 miles – Juniors 10-14 (3 laps)

1:30pm - 30 miles - Men 3/4 (5 laps)

1:30pm - 30 miles – Masters 40+ & 50+ (5 laps)

1:35pm - 30 miles – Women 1-3 & 4 (5 laps)

3:30pm - 42 miles - Category Pro 1 & 2 (7 laps)

**Sat, Jan 23<sup>th</sup> – Pool/Beach Party**

7:00pm at the Wyndham Nassau Resort

**Sunday, Jan 24<sup>nd</sup> – Road Race**

Juniors - 6 Mile Road Course

8:00am - 24 miles – Juniors 15-16 (4 laps)

8:05am - 24 miles – Juniors 10-14 (4 laps)

Adults - 17 miles Road Course

9:30am - 105 miles - Pro 1 & 2 (6 laps)

9:35am - 70 miles - Masters 40+ & 50+ (4 laps)

9:40am - 70 miles - Women 1-3 & 4 (4 laps)

9:40am - 70 miles - Men 3-4 (4 laps)



## **Airline Transportation**

Bahamas Air and Spirit Air have several flights to Nassau.

We have arranged special airline ticket pricing for all riders and their families with [Bahamas Air](#). From Ft. Lauderdale leaving on Friday and returning on Sunday - \$188 plus Bike Case. (BahamasAir) The following are some of the costs we have seen recently:

From Ft. Lauderdale leaving on Friday and returning on Sunday - \$155 plus Bike Case. (SPIRIT)  
From Orlando leaving on Friday and returning on Sunday - \$169 plus Bike Case. (SPIRIT)  
From Tampa leaving on Friday and returning on Sunday - \$179 plus Bike Case. (SPIRIT)  
From Atlanta- leaving on Friday and returning on Sunday - \$291 plus Bike Case. (AIRTRAN)  
From New York- LGA - leaving on Friday and returning on Sunday - \$209 plus Bike Case. (SPIRIT)  
From Chicago- leaving on Friday and returning on Sunday - \$275 plus Bike Case. (DELTA)

## **Passport Requirement – Alert**

All travelers are required to carry current passports to visit the Bahamas and to enter or re-enter the U.S. \* Learn more about [Traveling to the Bahamas](#) from the U.S. State Department.

## **Ground Transportation**

There is Taxi service from and to the Millionaire Airport in Nassau.

The approximate cost for Taxi service from the airport to the Cable Beach hotel area is \$20 for two people and their bike cases.

\* Please contact Jeff Major to make ground transportation arrangements for larger groups. Jeff Major can be reached at 305-433-4295 or 242-393-5635 or 242-424-4782.

## **Accommodations**

Our host hotel is the:

[Wyndham Nassau Resorts & Crystal Palace Casino](#)

West Bay Street at Cable Beach, Nassau, Bahamas  
800-222-7466 or 242-702-4200

The rates are \$129 for Single/Double and \$159 for Triple, plus Tax on all rooms.

\* Please make reservations directly with the hotel. These special rates are available only to participants of the 2010 Tour of the Bahamas and their families.

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## Event Rules

The Time Trial is “Eddy Merckx” style – regular road bikes – no aero equipment allowed (handlebars, clip-on, helmets, etc.). This makes the 3 miles event more competitive, fair for more people, and it does not require traveling with two bikes to the island.

Riders may rent transponders if needed for a small cost of \$20.00 for the entire event. A deposit of \$100 or a credit card imprint will be required to secure each transponder, which will be returned when the transponder is returned at the end of the event.

Always drive on the left side of the road – the course is open and while the organizers will make every effort to control traffic all racers are asked to ride with a normal degree of caution, especially at roundabouts and corners.

Do not cross the centerline at any point during any of the races

The same race numbers are to be used for each event and you will need to keep your number in good condition and have it clearly visible at all times during the races.

The number should be pinned on your left side.

No drafting or assistance of any kind during Time Trial. It is expected that you steer clear of any racer to avoid even the appearance of drafting.

There will be two (2) feed zone areas. The first will be immediately south/west of the start line and the second will be from the Coral Harbor Roundabout to Millionaire Airport.

There will be only one team vehicle allowed per team, any additional equipment must be placed on/in the neutral vehicle.

All riders participating in the junior divisions will be subjected to the 26" rule.

## Time Bonuses

Finish Line Bonus - Stage II & III

- 05 sec
- 04 sec
- 03 sec

- 2 intermediate sprint laps (\$20 prize to the winner of each sprint) - Stage II & III
- 03 sec
- 02 sec



# Mail in Registration Form

For Online Registration visit <http://www.bikereg.com/events/register.asp?eventid=9521>

Please complete and sign this Registration Form, and mail it with your Payment to:  
JAR Cycling Company Ltd. c/o Jeff Major, 3218 N.W. North River Drive, Miami, Florida 33142  
305-433-4295, 242-393-5635, Fax: 242-393-3095, [jarcycling@gmail.com](mailto:jarcycling@gmail.com)

\* Do not mail this Registration Form after January 15<sup>th</sup> – Register Online or Onsite after Jan 15<sup>th</sup> \*

Junior Event Entry Fee: \$25.00  
Adult Event Entry Fee: \$80.00  
Tee Shirt: \$15.00 S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_  
Transponder Rental: \$20.00

Total Amount Enclosed: \_\_\_\_\_

Pro 1,2 \_\_\_ Woman Cat 1-2-3 \_\_\_ Woman Cat 4 \_\_\_ Men Cat 3-4 \_\_\_

Men Master 40+ \_\_\_ Men Master 50+ \_\_\_ Junior 10-14 \_\_\_ Junior 15-18 \_\_\_

### NO REFUNDS OR TRANSFERS FOR RIDER CANCELLATION

Today's Date \_\_\_\_\_ Club/Team \_\_\_\_\_

License # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Racing Age \_\_\_\_\_

Name \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

### WAIVER – ASSUMPTION OF RISK FOR BICYCLE RACING & AGREEMENT NOT TO SUE

In consideration of my application for entry in this event, I \_\_\_\_\_ (participant's name) hereby agree to the following: I acknowledge that cycling has an inherent risk and I fully agree to assume the risks associated with participation in this event. I agree that it is my sole responsibility to be familiar with the racecourse, JAR Cycling Company Ltd. and any special regulations for the event. I understand and agree that situations may arise during the race that may be beyond the immediate control of the race officials or organizers and I must continually ride so as to neither endanger others or myself. I accept responsibility for the condition and adequacy of my competition equipment. I will compete wearing a helmet, which satisfies the requirements of the JAR Cycling Company Ltd. Racing Rules. When signing this form, I release all responsibility (agree not to sue) the New Providence Cycling Association, Bahamas Cycling Federation, Jeff's Auto Repair, JAR Cycling Company Ltd., The Government of the Bahamas, the race organizers, all officers, directors, volunteers, sponsors, coaches or employees of the above, in respect of my death, injury, loss or damage to person or property associated with riding a bicycle and I hereby voluntarily assume all physical and legal risks associated with riding a bicycle including the risk of death, injury, loss or damage however caused in the course of my participation in this event. The Release of Waiver Form extends to all claims or every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I, the undersigned, have read this form carefully and fully understand it and agree to all the above terms and conditions on behalf of heirs executors and myself. I hereby acknowledge having read this Release and Waiver Form and I understand and accept its terms.

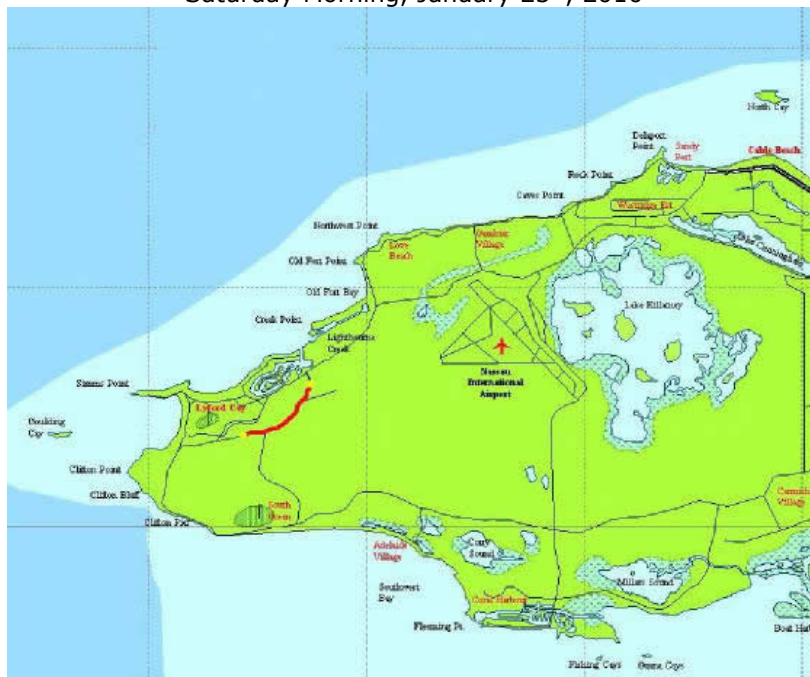
\_\_\_\_\_ Participant's Signature (Parent/Guardian if under the legal age of 18)

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## Course Maps

**Individual Time Trial**  
3 miles (1.5 miles each way)  
Saturday Morning, January 23<sup>rd</sup>, 2010



**Circuit Race**  
6 miles loop  
Saturday Morning, January 23<sup>rd</sup>, 2010



**Road Race**  
6 miles loop for Juniors - 17 miles loop for Adults  
Saturday Morning, January 24<sup>th</sup>, 2010

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## Directions to Courses

From the Cable Beach area:

Head west on Bay St (that's the street where your hotel is) keeping on the left side of the street, continue west along the sea shore to Lyford Cay then make a left over the hill and continue 2.5 miles to start line.

From the Paradise Island area:

Take Paradise Island bridge over to Nassau, continue to the second traffic light and turn right onto Shirley St. Continue on Shirley St. and turn right on Cumberland St. at the seventh traffic light and then left onto West Bay St. Continue west along West Bay St. (the sea shore should be on your right) to Lyford Cay then make a left over the hill and continue 2.5 miles to start line.

From the Airport area:

From Nassau's Lynden Pindling Airport, make a left onto JFK Drive and head west to Lyford Cay then make a left over the hill and continue 2.5 miles to start line.