

The Heart of the South 500/200

Sixth Annual Heart of the South 500, April 3, 4 and 5,
Heart of the South 200 on April 4th.

Birmingham, Alabama

Heart of the South 500

SOLO START TIME is 8 PM ON FRIDAY NIGHT April 3 AND TEAMS AT MIDNIGHT.

The Heart of the South 500 is a Ultramarathon Cycling Association Sanctioned race. It is a qualifier for solo riders wanting to race in the Race Across America (RAAM) (www.ultracycling.com/events/raamqualifiers.html). It covers roughly 500 miles and travels through north central and northeast Alabama, then through the northwest corner of Georgia, over Fort Mountain State Park to Ellijay - back to Piedmont, Alabama, then to the top Mount Cheaha and then back to Birmingham. The course climbing elevation is roughly 35,000 feet.

The Heart of the South Double Century!!

START TIME---5 AM April 4th!!!!!!!!!!!!!!

The Heart of the South Double Century covers the first 75 miles of the 500 mile race and then cuts across to the last 125 miles. This is a John Marino event and carries 1 difficulty point. THE DOUBLE DOES NOT REQUIRE A CREW—OR FOLLOWING VEHICLE!!

The double is supported via a moving vehicle (from about 7:00 to the finish) for food, bags, sagging (if necessary). There are many stores along the way for food and drink.

Event Schedule

Sunrise is 6:30 AM & sunset at 7:00 PM.

Friday, April 3rd

Below Meetings at Marriott Courtyard

3:00-7:00 PM – Registration for 500/200, please come by and pick up materials

3:30 PM -- Solo 500 Meeting

4:30 PM – Teams 500 Meeting

Starting location between BankCorp South and Cracker Barrel Restaurant. Birmingham, AL

8 PM HOS 500 solo start

Midnight-HOS 500 team start

Saturday, April 4th

Double Century riders can pick up materials from 4 AM to 5 AM

5 AM 200 Start -- Double Century *Double Century riders finish between 4 PM and 10 PM Saturday*

Sunday, April 5th

500 mile riders finish between 1 PM and 8 PM Sunday.

MORE Information:

Entry form, course maps, profiles & description, pictures,

Go to: www.hearttothesouth500.com

