



Technical Guide

September 3-6, 2021

Draft V1.5



Present the

2021

***Green Mountain
Stage Race***

RACE SPONSORS



Irasville Country Store

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Welcome from the Race Organizers

Welcome to the 2021 Green Mountain Stage Race!

After over a year’s absence, we are very excited to finally be able to bring you the 20th anniversary of the Green Mountain Stage Race. The GMSR is one of the oldest and most popular stage races in North America. The race attracts riders from around US and Canada, and in a normal year even further afield, to take on some of Vermont’s most scenic and challenging terrain over the four days of racing.

The GMSR would not be possible without the generous help of our sponsors, who recognize the value of supporting this iconic event. Our many sponsors include: Bioracer makers of our awesome leaders’ jerseys and fine custom team cycling apparel; Vermont Teddy Bear Company; Irasville Country Store in Waitsfield (a great place to purchase your fuel while you are in the area); Lawson’s Finest Liquids (awards host and Race Supporter’s Ride sponsor); The Richard Tom Foundation who organize the Kid’s Crit and are the sponsor of Stage 4. We thank all our sponsors for their support.

As a result of the recent increase in Covid cases we are instituting several Covid protective measures. One of these is avoiding inside spaces. Racer packet pick-up will be held outdoors as a drive through at the Mt. Ellen Base area which is the start of Stage 3. For all other outdoor activities social distancing is recommended and when that is not possible, please be prepared with a mask to wear. We will continue to monitor the Covid positivity rate in the area and add additional precautions as appropriate. We appreciate your cooperation with these Covid safety measures.

We wish you a very safe and fun weekend of competition.

For the GMSR Organizers,



Gary Kessler, Director

Race Staff

| | |
|---|---|
| Gary Kessler | Director, Organizer of Stages 1, 2 & 3 |
| Peter Oliver | Assistant Race Director, Caravan Coordinator |
| Tom Moody | Director Stage 4 |
| Kevin Bessett | Registrar Extraordinaire! |
| Danielle Hampton | Assistant Caravan Coordinator |
| Melanie Simon | Volunteer Coordinator, for Stages 1, 2 & 3 |
| John Williams, Sandy Dupuis & John Witmer | Shift Leaders Stage 4 Criterium |
| Jill Gagne & John O'Rourke | Prizes Stage 4 Criterium |
| Jon Bertelson | Head of Set-up Stage 4 Criterium |
| Bob Dillon | Chief of pre-event signs & road marking Stages 1, 2 & 3 |

USA Cycling Race Officials

| | |
|----------------|---------------|
| Jeffrey Poulin | Chief Referee |
| Juli Renquin | Chief Judge |

Judges:

Alan Atwood, Jim Smith, Cindi Hines, Ken McGuinness

Referees:

Chris deHahn, Marleen Grandia, Robert Hendricks, Paul Henry, **Tony Philpin**, Dorothy Pumo, Gary Toth

Motor Referees:

Pat Bradley, Bob Collins, Daniel Celik (Lead), David Harmacek (Lead), Joe Kidd, Chris McBurnie, Dave Percey, James Reilly, Tim Robinson, Shaun Weigand (Lead), James Whitaker, Chuck Winterberger



General and Technical Information

LOCAL HOSPITALS

Central Vermont Medical Center (Berlin) 802-371-4283
Fletcher Allen Health Care (UVM)(Burlington) 802-847-0000
Porter Hospital (Middlebury) 802-388-4701
Gifford Medical Center (Randolph) 802-728-7000
Dartmouth-Hitchcock (Hanover, NH) 603-650-5000
Rutland Medical Center (Rutland) 802-775-7111

REGISTRATION /PACKET PICKUP

Note: A valid USAC or UCI license must be brought to registration. This can include presenting it on your mobile device with the USA Cycling application. Women and Men Novices (Cat 5) competing in the Stage Race, who do not have a USAC annual license, must purchase either a USAC One-Day license for each day of competition for \$10 each day or an annual license.

Once you are in the parking area at Mt. Ellen, we will have signs and greeters to direct you to correct parking tier to pick-up your race packet.

Thursday, September 2, 2021

5:30PM to 7:00 PM Mt Ellen Base Area. More information will be provide in the welcome email which will be sent out at the close of registration on Wednesday 9/1.

Friday, September 3, 2021

Mt Ellen Base Area

7:00 AM to 8:30 AM: Only Juniors, Men 3 & Men 40+ and 50+ may pick-up their numbers

8:30 AM to 11:30 PM: Open for all categories

DIRECTIONS TO PACKET PICKUP – Be aware there is road construction on Rt. 17. Please expect delays and plan accordingly

- ***From the north:*** I-89 south to exit 10 (VT 100). Head south on Rt. 100 through Waterbury to Waitsfield and make a right on Rt. 17 after Waitsfield Village. West on Rt. 17 approx. 2 miles then turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).
- ***From the east:*** I-89 north to exit 9 (VT 100B). Head east on Rt. 2 to get to Rt. 100B. South on Rt. 100B to Rt. 100. Continue south Rt. 100 through Waterbury and Waitsfield to Rt.17. West on Rt. 17 approx. 2 miles turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).
- ***From the west:*** Rt. 17 west over Appalachian Gap to right turn onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles) ski area parking lot on left.
- ***From the south:*** Rt. 100 north to Rt. 17. West on Rt. 17 approx. 2 miles turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).

RIDER CONDUCT

Unless specific exceptions are noted in this Technical Guide, GMSR 2021 is governed by the rules found in the 2021 USA Cycling Rulebook. See <http://www.usacycling.org/usa-cycling-rule-book.htm>

The Chief Referee may increase/extend such fines or time penalties according to the gravity of the offense.

Relegations affect stage placing. General Classification (GC) time penalties affect only GC.

Monetary fines issued to riders or teams are to be paid directly to USA Cycling per USAC rule 1K2d. Non USA Cycling licensed riders must pay fines in cash prior to the next stage or will not be allowed to start.

ANNOUNCING

Ian Sullivan (Saturday, Sunday & Monday) joined by Alan Cote (Monday)

AWARD CEREMONIES

The top three finishers for each category and General Classification Leader, Sprint Leader and King/Queen of the Mountains Leader please plan to attend a brief podium presentation where both the Leader's Jerseys and daily prizes will be awarded.

All podium presentations prior to the determination of the official final results are unofficial and subject to later modification based on the final determination of any protests and/or imposition of any penalties.

Prizes for individual stages will be available after the completion of each stage at the awards ceremony. Prizes for overall general classification will be available after the final results for each category become official on Monday. This is typically one race after your field has finished. Please listen to the announcers calling you to awards on Monday.

Stage 1 Awards will be at Lawson's Finest Liquids Tap Room (155 Carrol Rd, Waitsfield, VT 05673). They will begin at 4:00 PM. Awards will be presented to the top 3 on the stage and the GC leader's jersey.

Stage 2 Awards will be at 1824 House Inn & Barn (2150 Main St, Waitsfield, VT 05673). They will begin at 5:45 PM and prizes will be presented to the top three on the stage, as well as the awarding of the Sprint, K/QOM, and GC leaders jerseys.

Stage 3 Awards will be presented at the finish area, which is at the summit of the Appalachian Gap. Only the top three finishers on the stage in each category should report to the podium in the spectator area. If the weather is inclement the awards will take place on Monday at the crit an 45-minutes prior to the start of your race. An announcement will be made at the finish if the awards are to be postponed. GC, K/QoM and Sprint jerseys will be presented on Monday at the crit and those in these leader's jerseys will be called up to the front row for the start. Please be sure to arrive at least one hour prior to your race start to collect your jersey from the awards area if you do not yet have one.

Stage 4 Awards will be presented at the conclusion of each race once final results are determined and the protest period has expired. This is typically 50 minutes after your race has ended. The top three riders in each field as well as the Sprint and K/QOM winners and the top three riders on GC, must report to the podium. The podium will be adjacent to City Hall Park in the center of the course. GC prizes will be presented to all designated finishers once results for a field become final. For those not in the top three on GC, if you do not pick-up your prize and it is over \$20 it will be sent to you following the race. **On Monday prizes will only be available for the Sprint and K/QoM competitions, and for the top three on Stage 4 and on GC. You must have photo identification to collect your prize money. If you failed to collect your award it will be sent to you following the race.**

CENTERLINE

USAC 3B1 "centerline rule" is in effect for Stages 1, 2, & 3 and will be **STRICTLY ENFORCED**. You have to stay **to the right** of the centerline (if the centerline is comprised of a double line, you must stay to the right of both lines). Riding **on** the centerline, riding to the left side of the centerline in order to advance position or repeated drifting to the left of the centerline without provocation will result in a GC time penalty. First offense: 30 seconds; 2nd offense: 1 minute; 3rd offense: DQ from the Stage Race. Rumble strips are being installed in places so riding on the yellow line could be rough.

Additionally, riders may also be relegated or disqualified at the discretion of the Chief Referee.

3B1 is in effect for all Hot Spot sprints, K/QOM sprints, and the finishes except as specified in the stage description.

NOTE: The USAC officials have the authority to ask riders to immediately withdraw from the race for centerline violations. Once asked to leave, riders are to remove themselves from the field and hand in their race numbers. Riders who have been asked to withdraw will be disqualified from the stage and are ineligible to compete in subsequent stages.

COMPETITIONS

All categories will have a sprint (points) and climbing (K/QoM) competition. Precedence of jerseys if winning multiple competitions is GC, Points, K/QoM.

Sprint (Points) Competition

Hot Spot Sprint (HSS) points will be awarded during Stages 2, 3 and 4 (refer to stage info for HSS specifics). A Sprint Leader's Jersey will be awarded each day (except Friday) to the leader of the Sprint competition. A cash prize (1 deep - winner takes all) will be awarded to the rider with the most Sprint points after the Stage 4 in each field. **To be eligible to win the overall Sprint competition a rider must complete all 4 stages and receive a final GC time. If racers are pulled during the criterium, they will be given a calculated finish time and receive a final GC time.** Leaders of the Sprint competition must wear the Sprint Leader's Jersey in any subsequent stage (unless also in the GC lead in which case the GC Leader's Jersey shall be worn). In the event of a tie between two or more riders having an equal number of Sprint points by the end of Stage 4, the winner will be determined by which rider has the higher GC placing.

Climbing Competition (K/QOM)

Climbing points will be awarded during Stages 2 & 3 (refer to stage info for K/QOM point specifics for each stage and each climb). A Leader's Jersey will be awarded after Stage 2 and Stage 3. A cash prize (1 deep - winner takes all) will be awarded to the rider with the most K/QOM points in each field. **To be eligible to win the overall Climbing competition a rider must complete all stages and receive a final GC time. If racers are pulled during the criterium, they will be given a calculated finish time and receive a final GC time.**

Leaders of the Climbing competition must wear the Climbing Leader's Jersey in any subsequent stage (unless also in the GC lead in which case the GC Leader's Jersey shall be worn). In the event of a tie between two or more riders having an equal number of K/QOM points by the end Stage 4, the winner will be determined by which rider has the higher GC placing.

EQUIPMENT RETURN

In the event of an accident, all equipment will be brought to the start of that particular stage where neutral wheels are staged. Race staff will collect it at the end of the day for safekeeping. ITT: Start; Stage 2: Randolph Union High School; Stage 3: Mt. Ellen base; Stage 4: Pit Area.

FEEDING

Feeding shall occur only from designated feed zones. Riders are expected to dispose of feeding materials in the feed zone areas only. Rider support personnel in the feed zone are responsible for maintaining the cleanliness of the area. Riders who have support personnel that leave waste materials at feed zones will be **subject to fines** per littering rule on page 9. Feeders should use care when crossing the road and moving within the feed zone area. For feeding specifics see the specific stage info section.

MAXIMUM TEAM SIZE

In the Men's Pro/1/2 and Women's Pro/1/2/3 no team or club may have more than 9 racers pursuant to **rule 3H2**.

FINISHING

Riders must complete each individual stage in order to be eligible to start the next stage.

Once you have crossed the finish line **DO NOT** turn around and ride back across the finish line. Every stage except the time trial is designed for racers to continue riding in the direction of the race to return to the start. If a racer wishes to go to the finish he or she must walk their bike on the grass by the shoulder. Per USAC Discipline Table 8A5a, a monetary fine of \$20 will be assessed for reported infractions.

If you are unable to finish, please report your “DNF” to a race official.

TIME CUT

Per USAC rule 3H6(c)(iv), riders must finish each stage within a time limit equal to the winner in his/her field plus a percentage. There will be no time cut for the Time Trial (Stage 1). For Stages 2 & 3, the time cut is 20%. Riders who do not finish within the time cut will be eliminated from the stage race and not be permitted to start the next stage. When finishing, do not stop and ask the officials at the finish line whether or not you have made the time cut. Time cut information will be posted with the results for each field. The Chief Referee has the authority to extend the time cut for a particular field or stage.

GENERAL CLASSIFICATION (GC)

Each rider’s individual GC shall be calculated by summing the rider’s time in all individual stages plus/minus time bonuses and penalties. Final GC ties will be broken per USAC rule 3H4(c)(i). A yellow GC Leader’s Jersey will be awarded at the end of each day (or prior to the start of racing the following day) in each race category. The leader in each of these competitions is required to wear the GC Leader’s Jersey each day he/she remains in the lead of that competition. If a rider is the leader in the GC competition as well as an additional competition that rider shall wear the GC Leader’s Jersey. A new jersey will only be awarded when there is a lead change. If a rider regains the lead, that rider will not be awarded a new Leader’s Jersey but shall use the previously awarded Leader’s Jersey.

GROUP FINISH

The Chief Judge will place riders in group finishes per USAC rule 3H6(c). The Chief Referee and Chief Judge reserve the right to determine which riders comprise a finish group.

HELMETS

Per USAC rule 1J1, riders are required to wear a securely fastened helmet at all times while mounted on a bicycle (does not apply to riding rollers/trainers during warm-up). This rule is in effect at all times for all GMSR competitors from the opening of registration through the final awarding of prizes after Stage 4. Per USAC Discipline Table 8A1(a) 1st offense: warning. Subsequent offenses: \$20.

JUNIOR ROLLOUT

Per USAC rule 1I4, ALL Juniors, **(no matter what category they are competing in)** must report to rollout ***Riders must roll-out within 5 minutes of the rider’s finish of the stage.*** Rollout will take place at the finish. The Stage 4 rollout will take place by the Pit. Look for signs each day. Penalties for failing to report to rollout or if bike fails rollout: 1st offense: relegation (stage), loss of any sprint or K/QOM placings and a GC time penalty of 1 minute. 2nd offense: disqualification from the stage race.

LITTERING

Please respect our roads and our neighbors. Participants who discard bottles or wrappers in unapproved areas will be subject to a **\$30 fine** per the USAC Discipline Table 8A4(a) **or disqualification** from the race at the discretion of the Chief Referee and Race Director.

Approved areas for discarding litter: **Feed zones**

Under Vermont law, littering is subject to prosecution including a penalty **24 V.S.A. § 2201.**

MISHAPS

Stage 1-Time Trial: Riders suffering a mishap during the Time Trial will receive the time of the slowest rider in their category plus 1 second and permitted to start the next stage provided they report to officials immediately following their participation in the time trial. The slowest time will not include those who miss their designated start.

Stage 2-Circuit Race: Any rider suffering a mishap within the last 3 kilometers of Stage 2 will be given the time he or she would have attained had the mishap not occurred, provided the rider, if able, reports the mishap to finish line officials immediately following the race. The rider will be given his/her actual place across the finish line (or last place in the stage if unable to cross the finish line). The rider will be allowed to start the next stage (USAC 3H6(c)(ii)).

Stage 3-Road Race: The Race Jury shall determine the applicability of USAC 3H6cii for any rider suffering a mishap. You must report the mishap to the officials as soon as possible.

Stage 4-Criterium: Riders suffering a mishap in the Criterium after the free laps have ended (with 8 laps to go) and with less than 3 laps to go will be given the same finish time as the riders he/she was with at the time of the mishap. The rider will be given his/her actual place across the finish line (or last place in the stage if unable to cross the finish line).

NOTE: If you are involved in a mishap please report it to an USAC official so that the proper paperwork can be completed. This is for your protection and will allow you to file a claim if needed under the USAC insurance in place for the event.

PROTESTS

All protests shall be made electronically. If you wish to file a protest you must send it to protest@GMSR.info USAC rules require your protest be made within one hour after the finish. **Riders who have a protest about finish order** have until 30 minutes before the start of the next day's stage. **Protests regarding final general classification placement must be made no later than 15 minutes** after the official posting on Monday. Protests made beyond the listed time periods will not be considered. If the results are wrong after Stage 4 you **MUST** make your protest that day. Results cannot be altered once they become final after the race.

Be sure to include the following information in your email:

- o Your Name / Team Name
- o What Race you were in
- o Your Bib Number
- o Your Jersey Color
- o What and why you are protesting
- o If applicable, who you finished Infront of or behind
- o Anything else that may help

RADIOS

No two-way radios may be used, and no earpieces of any type may be worn. Audio playback devices are expressly forbidden. Fines per USAC Discipline Table 8A1(l) & 8A1(m).

RESTROOM FACILITIES

There will be restroom facilities available at the start and finish of each stage. For Stage 4 the bathrooms in City Hall will be available in addition to portolets near the staging area.

First report of public urination at stage starts, finishes, populated areas, or in front of spectators is subject to a \$50 fine. Second offense: Disqualification



NUMBERS

A total of three (3) numbers will be issued to each rider: two (2) jersey numbers and one (1) frame number. ALL three numbers must be worn on every stage. Refer to diagram below for proper number placement in each stage.

Position of jersey numbers:

Stage 1 (ITT): Right side & Left Side

Stage 2 (Circuit): Right side & Left Side

Stage 3 (Road race): Right side & back pocket

Stage 4 (Criterium): Left side and back pocket

The frame number is to be placed either inside of the top tube and the down tube, under the seat, or by the rear brake.

Do not trim/fold/reduce the size of jersey or frame numbers. Reducing

the number size makes it extremely hard to read with the result being that a rider may not be placed in a stage. Per USAC 1J7b, riders with folded, trimmed, or otherwise modified bibs will not be allowed to start. Any riders that manage to start with such bibs will be penalized as follows: First offense: 30 seconds; 2nd offense: 1 minute; 3rd offense: DQ from the Stage Race. There is a \$20 replacement fee for numbers that need to be reissued.



RESULTS

Race Results & Photo Finish: John Frey, Velocity Results

Results, official race announcements and notices, once available, will be posted online. They will be available on <http://www.velocityresults.net/results> as well as the race website, <http://www.gmsr.info>, each evening as soon as they are completed. Links will be posted on the GMSR Facebook Page and GMSR webpage. Stage 4 results, as well as overall GC results, will be posted on the west wall of the City Hall building at City Hall Park as soon as they are completed and online once the race is concluded.

RIDING OUTSIDE PROTECTED AREA

If you are dropped from the peloton and are passed by official & support cars, you are riding outside of the race caravan and its protection. When returning to the peloton, pass vehicles on the right to do so. You may be penalized for unsafe riding or impeding traffic when riding outside of the race caravan of the field you are racing in. While competing, riders who find themselves outside of the protected area (behind the follow vehicles) during their race are required to obey all traffic laws of the State of Vermont including not riding more than two abreast as well as the speed limit.

ROAD CONDITIONS

We have worked with the Vermont Agency of Transportation (VTrans). VTrans has filled in many cracks and potholes, as well as swept the racecourses. Despite their very significant (and greatly appreciated) efforts the roads are not crack or pothole-free. As a racer you must pay attention to the road conditions and use caution to avoid damage to your equipment and yourself. Please be courteous and point out road issues to your fellow competitors when possible. See each stage cautions for specific hazards.

SIGN-IN

There is no sign-in for Stage 1 (TT). For Stages 2, 3, & 4, riders must sign in at least 15 minutes before the announced time of their start. Refer to specific stage information for sign-in location and when sign-in opens.

Sign-in closes 10 minutes before the announced starting time. USAC Discipline Table 8A5(I), the penalty for not signing in: First offense: Warning. Subsequent offenses: \$20.

STAGING

Riders must report to the staging area (all stages) no less than 10 minutes before the announced start time. Prior to the start of Stages 2 & 3, the top five on GC as well as the Sprint and K/QOM leaders for each category will be called to the front row. Prior to the start of Stage 4 the top 10 riders on GC as well as the Sprint and K/QOM leaders will be called to the front row.

START TIMES

The start times contained in this Technical Guide may be changed. Changes in start times will be posted in the daily communiqué on the GMSR website. Please be sure to check the communiqué every day for any changes.

TAKING PACE/OUTSIDE ASSISTANCE

Taking pace or assistance from any outside means is forbidden, including holding onto a motor vehicle or taking pace from riders in a different race occurring concurrently on the same course. Penalties (fines and GC time penalty or disqualification) will be assessed depending on the situation.

During the Time Trial (Stage 1), USAC rule 3E6 covering centerline and passing will be strictly enforced. Per USAC Discipline Table 8A5a & 8C1, a \$20 fine and a time penalty per Table 8I will be assessed for extended and/or repeated pacing. Competitors being overtaken must move to the right and allow the overtaking rider to pass.

TECHNICAL SUPPORT

Look NRS and volunteer neutral support will be provided. No team or individual support will be allowed. Under **no** circumstances may team cars or individual support cars follow a race. Non-compliance will result in a monetary fine of \$150 per USAC Discipline Table 8A5a and/or First offense: 1 min GC penalty for all team members; Second offense: DQ for all team members.

NOTE: During Stage 2 & Stage 3, it is your responsibility to be able to repair your own bicycle in the event the support vehicle is ahead of you or is unable to help you.

See the Support Matrix below for stage details. **LOOK NRS and neutral wheels will be supporting only the fields to which they are assigned and will not stop to support racers in other fields.** All service is to be done from the right-hand side of the road. You must be stopped to receive service.

Where LOOK NRS does not provide support, volunteer neutral support will be provided. Please be sure to properly mark your wheels with index cards including with your bib number, name, team & number of gears or Jr. to avoid confusion for volunteers. For fields that will be serviced by volunteer support, 10 sets of wheels will be required for the service vehicle to maintain neutral support. Otherwise, wheels-in-wheels-out will apply, meaning only riders who have given wheels to neutral support will be allowed to get wheels (the rule may be waived immediately prior to the start for smaller fields). Note that neutral-support drivers are not mechanics. They can provide you with a fresh wheel after a mishap and provide as much help as possible, but it is your responsibility to replace your own wheel. If you have thru axle wheels without levers, please carry the proper wheel removal tool to make a wheel change as neutral support drivers may not have the proper tools

Wheels will be returned to the Randolph Union High School for Stage 2 and at the Sugarbush Mt. Ellen base area in front of base lodge after Stage 3. **Please claim your wheels immediately after you finish.** Any unclaimed wheels will be removed from the wheel return area 30 minutes after the last fields has finished. Any wheels left after Stage 3 will be brought to the wheel pit area at Stage 4. Race organizers are **not responsible** for unclaimed or stolen wheels. Please, if the loss of your wheel(s) will be too much to bear do not put it in the wheel vehicle as wheels have occasionally been reported missing in the past.

| Support Matrix | | Neutral (wheels must be provided) | | |
|-----------------------|---------------|-----------------------------------|---------------|---------------|
| Category | Stage 1 | Stage 2 | Stage 3 | Stage 4 |
| | Friday | Saturday | Sunday | Monday |
| Men P/1/2 | LOOK NRS | LOOK NRS | LOOK NRS | LOOK NRS |
| Women P/1/2/3 | LOOK NRS | LOOK NRS | LOOK NRS | LOOK NRS |
| Men 3 | LOOK NRS | LOOK NRS | Neutral | LOOK NRS |
| Men 4/5 Open | LOOK NRS | Neutral | Neutral | LOOK NRS |
| Men 4/5 Masters | LOOK NRS | LOOK NRS | Neutral | LOOK NRS |
| Men 40+ | LOOK NRS | Neutral | Neutral | LOOK NRS |
| Men 50+ | LOOK NRS | Neutral | Neutral | LOOK NRS |
| Juniors | LOOK NRS | Neutral | Neutral | LOOK NRS |
| Women 3/4/5 | LOOK NRS | Neutral | Neutral | LOOK NRS |

ANTI-DOPING

All USA Cycling and US Anti-Doping regulations are applicable to the event.

WARM-UP/COOL DOWN

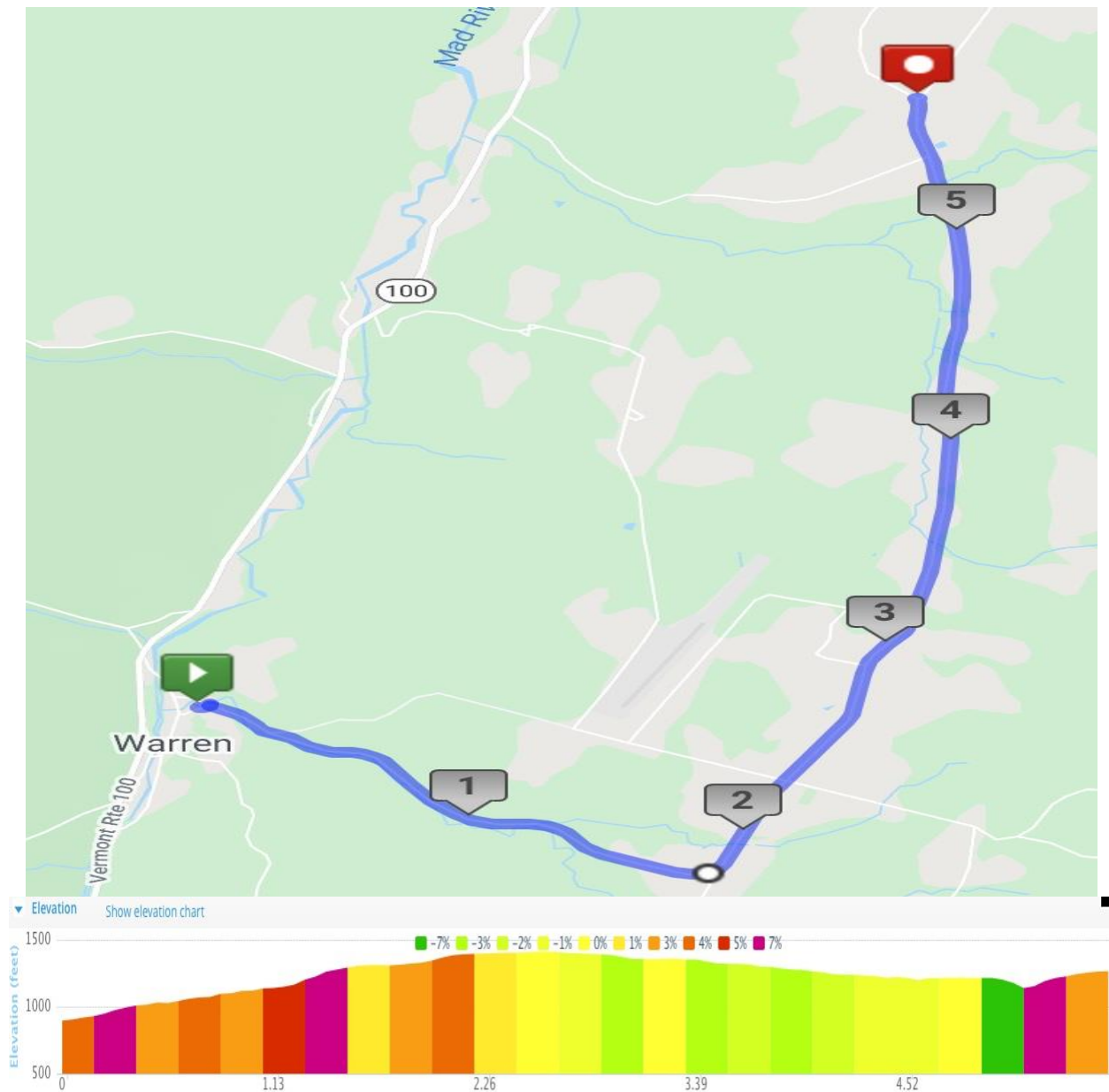
Refer to the individual stage sections of this guide for specific information concerning warm-up/cool down areas for a particular stage. While warming-up and cooling down, or in transit to the designated area, riders are reminded that the roads are open to public traffic. Riders must obey all traffic laws of the State of Vermont, obeying all traffic lights, posted signs and yielding to police and rescue vehicles and school buses. Per USAC Discipline Table 8A5(a), a monetary fine of \$35 will be assessed for reported infractions. Disqualification from the stage race for any infractions reported to the Chief Referee or Organizer by police or rescue personnel.

Riders **MUST YIELD** to all emergency vehicles. Failure to do so will result in immediate disqualification as well as a monetary penalty and possible arrest and prosecution under Vermont Law.

Warren Individual Time Trial

Friday, September 3, 2021

Stage 1



DISTANCE — 5.7 miles

ELEVATION — 550ft/168m (but hurts like it is so much more!)

FINISH BONUS — None

SPRINT COMPETITION — None

K/QOM COMPETITION — None

SIGN-IN — None

FEEDING — None

NUMBERS — Left and Right side, frame

START TIMES — Will be posted on the GMSR Website the day following the close of registration

Racers missing their start time should report to the start area as soon as possible to be started. Finish time is elapsed time based on the posted start time. Racers who miss their start, and do not report to the start line to ride the time trial course will not be given a time for the stage and will be disqualified from the stage race. Access to the TT course closes with the last posted start time.

JR ROLLOUT - Just past the Finish Line on the right at the pull out on Waitsfield Common Road, look for signs/officials

COURSE DESCRIPTION

The race starts in Warren Village, which is located just off Rt. 100 approximately 5.3 miles from packet pickup at Mt Ellen. The course starts on Flat Iron Road and takes a gentle right merging onto Brook Rd. After this first right there are no other turns on the course. There is good pavement on Brook Road for 4.5 miles. Brook Rd then climbs for 2.3 miles until the intersection with the Roxbury Gap Road where it continues straight on the East Warren Road. At this point the course rolls along tending to be slightly downhill. At mile 5.2 you will enter the "dip." Once at the bottom you will immediately encounter a short sharp climb out. Once at the Rolston Road intersection the climb relents, and as your legs and lungs burn as you drive the final 500 meters, which is slightly uphill to the finish at the Waitsfield Common Road intersection.

CAUTIONS

The final 3K has numerous small cracks and holes and filled areas. This is the case in the descent into the dip so please use caution and be alert to these.

TIME TRIAL SPECIFIC RULES

Only equipment that is permissible for use in a mass start road race under USAC 1I1(g) may be used for the time trial (Stage 1). Disk wheels and TT helmets are permitted. Only current team clothing per USAC 3H5(a) is permitted. Non-team skinsuits are acceptable for the TT. The Chief Referee shall be the final arbiter in any disputes regarding acceptable equipment and clothing.

Neutral Support

LOOK NRS will be at the start area to assist you and on the TT course at the Roxbury Gap Road Intersection at 2.3m/3.9k.

TIME TRIAL SPECIFIC PENALTIES

1. **There is NO PARKING in Warren Village.** Doing so may result in a **\$100 Fine and a 1-minute GC time penalty** at the discretion of the Chief Referee. This will be monitored, and numbers noted. Police will be present, and cars may be towed.
2. **Once racing begins at 8:30 AM racers may not pre-ride the course on their bikes or in their vehicles. 1-minute GC time penalty for doing so.**
3. During the time trial, the road is still open to traffic. **ALL** racers must stay to the right (not blocking traffic) at all times except when passing another racer. Riders who have started but have not crossed the finish line will receive a **30-second GC time penalty** for failing to stay right.
4. Riders who have finished their race and are returning to the start who fail to stay right, ride double and/or impede traffic will receive a **1-minute GC penalty and up to a \$100 fine** at the discretion of the Chief Referee. Additional penalties, including monetary fines & disqualification, may be assessed at the discretion of the Chief Referee and Race Director.

Mishaps

Riders suffering a mishap during the Time Trial will receive the time of the slowest rider in their category plus 1 second and permitted to start the next stage provided they report to officials immediately following their participation in the time trial. The slowest time will not include those who miss their designated start.

NOTE: If you are involved in a mishap resulting in injury, please report it to a USAC official so that the proper paperwork can be completed. This is for your protection and will allow you to file a claim if needed under the USAC insurance in place for the event.

Warm up Area

Lincoln Gap Road, which is located off Rt. 100 across from the south entrance to Warren Village provides a climb like that of the racecourse. This is a quiet road and is the best warm-up location. Rt. 100 south into Granville Gulf also has good pavement and provides a series of short climbs.

Restroom Facilities

There will be portable toilets in the start area, near the north entrance to Warren Village at the Park & Ride and at the finish. Do not urinate in public.

Directions to Race / Parking

Racers may park at Lincoln Peak Base area and ride to the start in Warren which is 2.4 miles away traveling on West Hill Rd (.2-mile dirt section and steep paved descent – use caution) and 4.3 miles traveling on the Sugarbush Access Road. Keep in mind that parking at Sugarbush will result in a good climb back to your vehicle. **DO NOT PARK** in Warren Village or at Vermont North Ski Shop at the bottom of the Sugarbush Access Road or on West Hill Road! **Obey the NO Parking Signs.**

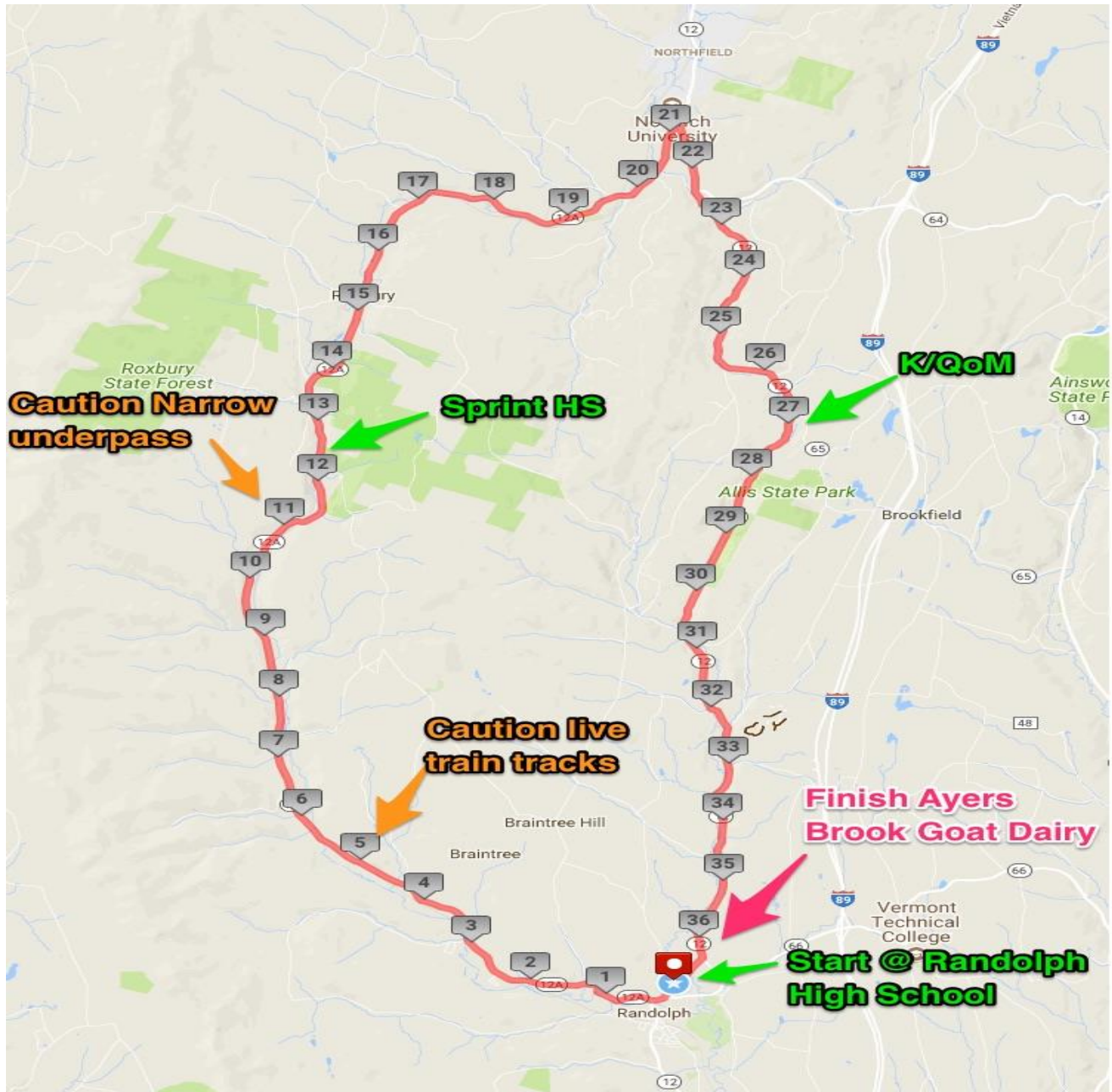
There is also parking in the following areas (look for signs):

- Sugarbush Snow Making Pond – located on Rt. 100 0.3 miles north of the Rt. 100 and Sugarbush Access Rd. intersection. This area will hold approximately 40 vehicles.
- Numerous pull offs along Rt. 100 – there are river access pull offs and parking lots all along Rt. 100 heading both north and south of the Village. These may be used to park, but vehicles must be completely out of the roadway.

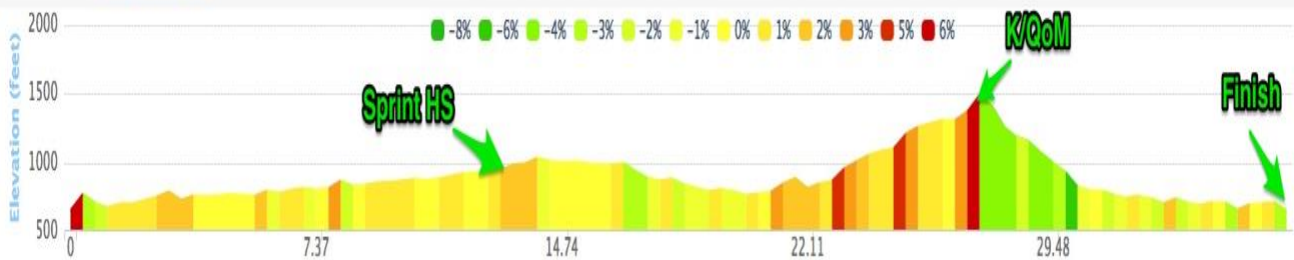
Randolph Circuit Race

Saturday, September 4, 2021

Stage 2



Elevation [Show elevation chart](#)



DISTANCE — Women 3/4/5, Men 4/5 Open & Masters 37 miles/60K (2004 f/611m elev); Women P/1/2/3, Men Cat 3, Men 50+, 40+ & Juniors 74 miles/120K (4008 f/1222m elev); Men P/1/2 111 miles/179K (6016 f/1833m elev)

| Category | Start Time | Distance | Support |
|--------------------|-------------------|-----------------|----------------|
| First Wave | | | |
| Pro/1/2 | 8:30 | 111 miles/179K | Look NRS |
| Cat 3 | 8:40 | 74 miles/120K | Look NRS |
| Master 40 | 8:50 | 74 miles/120K | Neutral |
| Master 50 | 9:00 | 74 miles/120K | Neutral |
| Second Wave | | | |
| Junior | 12:20 | 74 miles/120K | Neutral |
| Women P/1/2/3 | 12:25 | 74 miles/60K | Look NRS |
| Women 3/4/5 | 12:35 | 37 miles/60K | Neutral |
| Cat 4/5 Open | 1:05 | 37 miles/60K | Neutral |
| Cat 4/5 Masters | 1:15 | 37 miles/60K | Look NRS |

FINISH LINE — The race finishes on a straight section of Rt. 12 at the Ayers Brook Goat Dairy which is .5 miles from the start. Racers may use the entire roadway starting at **500M for all finishing sprints**. Use caution and be alert for any cars in the finishing zone.

There is no parking for spectators at the finish area. There will be a shuttle bus leaving from the in front of the high school approximately every 15 minutes that will take you to the finish area as well as back to the high school. Please do not drive to the finish! You can also walk to the finish which is .5 miles/.8K away. If walking please use caution and be alert to racers and vehicles.

FINISH BONUS — Finishing Sprint is 5 deep for both Hot Spot Sprint points and GC time bonus:

Hot Spot Sprint Points= 10-7-5-3-1

GC time bonus = 15-11-8-5-3 (seconds)

SPRINT COMPETITION — Two sprints per lap with an intermediate sprint on Rt. 12a at mile 12.5 and a second sprint at the finish line. Points will be awarded 5 deep for the intermediate sprint: 6-4-3-2-1.

- Women 3/4/5, Men 4/5 Open & 4/5 Masters – 2 sprints
- Men 3, Junior, Masters 40+, Masters 50+, Women Pro 1/2/3 – 4 sprints
- Men Pro 1/2 – 6 sprints

K/QOM COMPETITION — One sprint location per lap at mile 27.5 (44K) at the top of the Brookfield Gulf climb. Points will be awarded 5 deep: 6-4-3-2-1

- Women 3/4/5, Men 4/5 Open & 4/5 Masters – 1 sprint
- Men 3, Junior, Masters 40+, Masters 50+, Women Pro 1/2/3 – 2 sprints
- Men Pro 1/2 – 3 sprints

SIGN-IN — In front of the main entrance to the high school.

FEED ZONE — On the rise across the street from the start at the high school.

NUMBERS — left side and right side, frame

GEAR RECOMMENDATIONS — 34x25 – 39x27

EMERGENCY MEDICAL SERVICES - At the finish area and out with fields.

JR ROLLOUT – Just after the finish in the Ayers Brook Goat Dairy driveway area.

| Distance | | Description |
|-----------------|------|--|
| Miles | KM | |
| 0 | 0 | Start at Randolph Union High School |
| 0 | 0 | Left onto Rt. 12 |
| 0.3 | 0.5 | At stop right onto Rt. 66/Rt 12 |
| 0.5 | 0.9 | Left onto Rt. 12a |
| 0.7 | 1.1 | Racing Starts at Randolph Rec Fields |
| 5 | 8 | Caution Live Railroad Tracks |
| 11 | 18 | Caution Narrow Underpass |
| 12 | 20 | Sprint Hot Spot |
| 15 | 24 | Entering Roxbury Village |
| 21.2 | 34 | Right onto Rt. 12 |
| 27.5 | 44 | K/QoM Hot Spot - Top of Brookfield Gulf |
| 27.6 | 44.2 | Caution winding descent with some poor pavement |
| 37 | 60 | Finish Ayers Brook Goat Dairy |

COURSE DESCRIPTION

The course starts at the Randolph High School on Forest Street/Rt. 12 in Randolph. There will be a neutral rolling start of .7 miles (1.1K) until Rt. 12a at the Randolph Recreation fields. At mile 5 (8K) racers will cross a live and active railroad track. Please use caution here as the crossing is not perpendicular to the road. Also be alert for approaching trains and stop as required. At mile 11 (18K) the road narrows as you pass under a narrow railroad bridge – please be sure to be on your side of the yellow line. The first sprint hot spot is at mile 12 (20K) near Cram Hill Road. Racers will ride through Roxbury and onto Northfield where the course turns right onto Rt. 12 south. The single K/QoM will come at mile 27.5 (44K) is at the summit of the Brookfield Gulf. From the K/QoM there is a fast twisty downhill for 5 Miles (8K). The finish and second sprint hot spot is at Ayers Brook Goat Dairy at 37 miles from the start. It is a .5m/.8K from the finish to return to the high school.

CAUTIONS

1. The intersection of Rt. 12 where it enters Rt. 66 is unusual. The first lap will be neutral and there will be police, please use caution and follow the directions of the police/marshals.
2. Railroad crossing at mile 5. It is a newly rebuilt crossing but at a slight angle to the road. Use caution. This is a live crossing! Be alert to approaching trains. You must stop for trains. Failure to do so, or to try to race across the tracks in front of an approaching train will result in immediate disqualification from the stage race (as well as a worse fate if you do not make it).
3. At mile 11 (18K) the road narrows as you pass under a railroad bridge – please be sure to stay on your side of the yellow line.
4. Some of the newly paved sections of Route 12A has a rumble strip on the yellow line.
5. The descent from the K/QoM in the Brookfield Gulf has some cracked and broken pavement.

MISHAPS

Any rider suffering a mishap within the last 3 kilometers of Stage 2 will be given the time they would have attained had the mishap not occurred, provided the rider, if able, reports the crash to finish line officials immediately following the race. The rider will be given his/her actual place across the finish line (or last place in the stage if unable to cross the finish line). The rider will be allowed to start the next stage.

NOTE: If you are involved in a mishap resulting in injury, please report it to a USAC official so that the proper paper work can be completed. This is for your protection and will allow you to file a claim if needed under the USAC insurance in place for the event.

WHEEL SUPPORT

LOOK NRS will support the listed fields. Neutral support will be provided for other fields. In these fields there must be 10 sets of wheels or the support will be wheels-in/out only! Racers must provide these wheels to the service vehicles, which will be located in the staging area near the start. Junior wheels must have appropriate gearing.

Be prepared to fix a flat tire as the service vehicles usually go with any break and support for other fields will not provide service for racers not in the race they are supporting. LOOK NRS and neutral support vehicles will not stop to assist riders in any field other than the one they have been assigned to.

It is your responsibility to be able to repair your bicycle in the event the support vehicle is unable to help you. Volunteer neutral support vehicle drivers will do their best to help you get back on the road as quickly as possible, but they are not bicycle mechanics. If you have thru axle wheels without levers, please carry the proper wheel removal tool.

Note: All neutral wheels will be returned to the start at the high school once your field has finished.

WARM UP AREA

Racers may warm-up by riding north on Rt. 12 prior to the last start of the first wave. For the second wave warm-up on Rt. 66 heading east. You can access Rt. 66 from the high school parking lot. This is a busy road so please be courteous and use caution.

RESTROOM FACILITIES

Portable toilets are located at start area and the finish.

Directions to Race – Address 15 Forest Street (Rt. 12), Randolph, VT 05060

NOTE: Roxbury Gap is presently closed and under construction. It is planned to reopen by 9/3. Look for updates posted on the GMSR Facebook Page regarding this road opening. If the road remains closed take I-89 from the Middlesex exit to Randolph.

- ***From the the Mad River Valley:*** Brook Road (TT course) to the Roxbury Gap Road. Take a right onto Rt. 12a to Randolph. Take Rt. 66 east and at the 4 way stop sign take a left onto Forest Street/Rt 12. The high school is on your right. Plan for a 50-minute drive.
- ***From the north:*** I-89 south to exit 4 (Randolph Exit). Take a right at the end of the exit ramp onto Rt. 66 west to the 4 way stop and take a right onto Forest Street/Rt 12. The high school is on the right.
- ***From the south:*** I-89 north to exit 4 (Randolph Exit). Take a left at the end of the exit ramp onto Rt. 66 west to the 4 way stop and take a right onto Forest Street/Rt 12. The high school is on the right.

Parking is at the high school. There is parking behind the school (turn right after entering) and a large parking lot on the left when you enter the school. There is no parking in the staging area in front of the school. You may also park at the elementary school .1 miles north of the high school. See parking and staging map on next page.



Bioracer Mad River Road Race

Sunday, September 5, 2021

Stage 3



DISTANCE

All fields **except** Men Pro/1/2 – 64.7 miles /104 K (6031ft/1838m elev). Men Pro/1/2 – 76.1 miles/124.5K (7051 ft/2149m elev)

SIGN-IN

Mt. Ellen Base Lodge - 626 Mt Ellen Rd, Waitsfield, VT 05673. Sign-in for Stage Racers starts at 7:30 am. Registration for the Gran Fondo starts at 7:00am.

GEAR RECOMMENDATIONS — 34x28 or 39x30 or easier. Steepest pitch is over 20%.

NUMBERS — Right side and back pocket, frame

Start Times

| Category | Time | Distance | Support |
|-----------------|-------------|-------------------|----------------|
| Open Road Race | 8:15 am | 64.5 miles /104 K | Neutral |
| Cat 3 Men | 8:30 am | 64.5 miles /104 K | Neutral |
| Men 40+ | 8:40 am | 64.5 miles /104 K | Neutral |
| Men 50+ | 8:50 am | 64.5 miles /104 K | Neutral |
| 4/5 Men Open | 9:00 am | 64.5 miles /104 K | Neutral |
| 4/5 Men Masters | 9:10 am | 64.5 miles /104 K | Neutral |
| P/1/2/3 Women | 9:20 am | 64.5 miles /104 K | LOOK NRS |
| 3/4/5 Women | 9:25 am | 64.5 miles /104 K | Neutral |
| P/1/2 Men | 10:00 am | 75.1 miles /122 K | LOOK NRS |
| Junior Men | 10:10 am | 64.5 miles /104 K | Neutral |

FINISH BONUS

No finish bonus.

SPRINT COMPETITION

There is one sprint during this stage; on Route 100 in Granville, approx. 18.3 miles into the race. Points will be awarded 5 deep: 6-4-3-2-1.

CLIMBING COMPETITION

There are 3 K/QOM sprints during this stage (4 for the P/1/2 Men). Look for signs and finish banners.

1. Summit of Middlebury Gap at mile 29.8 (48k). Points will be awarded 5 deep: 10-8-6-4-2
2. Near summit of Baby Gap climb in Jerusalem at mile 58 (58.9k). Points will be awarded 5 deep: 8-6-4-2-1
3. Summit of Appalachian Gap (Finish Line) Mile 64.5 (104k) and 75.1 (122k). Points will be awarded 5 deep: 10-8-6-4-2
4. Sugarbush Access Road (P/1/2 only) at mile 8.6 Mile (14k) Points will be awarded 5 deep: 5-4-3-2-1

CONTROLLED START

The start of each race will be controlled for approximately 4.5 miles until the entire caravan has turned onto Route 100.

JR ROLLOUT - In pull out area to the left of the Finish Line

| Mad River | Road | Race Main Loop |
|------------------|-------------|---|
| <u>Miles</u> | <u>KM</u> | <u>Description</u> |
| 0 | 0 | Start at Mt. Ellen Base Area |
| 0.67 | 1 | Left turn onto German Flats |
| 1.75 | 2.8 | Right turn onto Rt. 17 East |
| 3.5 | 5.6 | Right turn onto Rt. 100 South - Racing begins at the Eagles Resort on right |
| 14.5 | 23.3 | Caution Moose Area next 2 miles |
| 18.2 | 29.6 | Hot Spot Sprint Finish |
| 23.6 | 38 | Right turn Rt. 125 Middlebury Gap |
| 27.3 | 44.7 | Feed Zone |
| 29.5 | 47.8 | K/QOM |
| 29.9 | 48.1 | CAUTION the top 3 turns are decreasing radius and very challenging. Do not go out over the fog line! |
| 33.2 | 54.4 | CAUTION Gravel Culvert Cuts (2) - Could be lose & rough |
| 34.6 | 56.7 | CAUTION Gravel Culvert Cuts (2) - Could be lose & rough |
| 35 | 57 | CAUTION Gravel Culvert Cuts (3) - Could be lose & rough |
| 38 | 61 | CAUTION-SLOW VERY SHARP RIGHT ONTO BRIDGE IN EAST MIDDLEBURY |
| 39 | 63 | Right turn onto Rt. 116 |
| 50 | 82 | Right turn onto Hewitt Road |
| 50.7 | 83.1 | Left Turn onto South Street |
| 51.3 | 83 | Right turn onto Main Street (Rt. 17) in Bristol USE CAUTION! |
| 51.3 | 83 | Caution Downtown Bristol - cars backing out & pedestrians crossing |
| 52.9 | 86.7 | Caution - Lincoln Gap Road Intersection |
| 55.6 | 89 | Right turn onto Rt. 17 (start of Baby Gap) |
| 58.6 | 94.3 | Jerusalem Store on right Caution |
| 58.9 | 94.8 | K/QOM |
| 59.7 | 96.1 | Top of the Baby Gap |
| 61.5 | 99 | Caution Gore Road Intersection |
| 61.5 | 99 | Start of App. Gap Climb |
| 64.3 | 103.5 | Caution - Moose Area |
| 64.5 | 104.5 | Finish at the summit of the App. Gap |

COURSE DESCRIPTION

A point-to-point race that starts at the Sugarbush Ski Resort Mt. Ellen Base area in Fayston, passing through the scenic Vermont towns of Waitsfield, Warren, Granville, and Hancock while traveling through the Mad River and White River valleys on Route 100. The course then turns right for the first of two crossings of the Green Mountains. The first crossing is via Middlebury Gap where the steepest grade is 18%. After pushing over the summit racers will descend the twisty west side of the gap passing Middlebury College's historic "Bread Loaf Campus" and through Ripton (**CAUTION 7 gravel culvert cuts**), former home to Poet Robert Frost. Once through East Middlebury the course rolls along Rt. 116 until a right turn Hewitt Road. Racers next encounter a short sharp climb into downtown Bristol on South Street. The course then follows flat roads for 4 miles to the day's final obstacle - Appalachian Gap. Appalachian Gap is Vermont's highest 4-season maintained roadway. Racers will start the first of two climbs known as the "Baby Gap". Baby Gap will take racers through Jerusalem and a brief but fast descent as the course rolls onto the base of App. Gap proper. This final section is only 4K, but it twists and turns and climbs very steeply in sections. As racers approach the last pitch, the canopy of trees opens up and the top of the Gap comes into view less than 1K away. The final 500m will take racers up one of the steepest

pitches of the day (20% in places). This final pitch will be lined with hundreds of cheering spectators and a chalked road to help racers push to the finish.

Notes of Caution

1. The Mt. Ellen Access Road has several large potholes please be alert and leave space so that you can see them.
2. Please be **alert for moose** in Granville Gulf and on the climb up Appalachian Gap from 2k to approximately 300m to go. These animals frequent these areas and often cross the road and travel up it. Moose can weigh as much as a small car and are not particularly afraid of cyclists (or cars for that matter). If you see a moose please pass with caution as they often respond in unpredictable ways when startled.
3. **The first three turns off the summit of the Middlebury Gap** have been a challenge for racers. While the road has been rebuilt and improved, please use **EXTREME CAUTION** after you crest the summit until you have passed the Middlebury Snow Bowl entrance. Please slow down for these turns you will have plenty of downhill left to catch racers ahead of you. You will never catch on if you crash here. **PLEASE BE SMART and use CAUTION. Do not ride over the fog line in the third turn as this is a decreasing radius turn and you will end up in the trees!**
4. The bridge in Ripton village can be a challenge. Please slow down and stay in your lane.
5. **Extreme Caution:** East and west of Ripton Village there are gravel culvert cuts (7 in total). These could be loose, sandy, potholed and rough. Several are in slight bends slowdown, so you do not crash or flat.
6. The **East Middlebury Bridge** near the bottom of the descent is a **VERY** hard right. The road in this area steepens sharply. Please mind the flagger and **slow down** to make the turn here.
7. In Bristol the right turn off South Street (short steep climb) has been changed. Please stay as far right as possible once you have reached the top and the Rt. 116/17 intersection
8. In Bristol be alert for pedestrians crossing the road and **yield the right of way to any pedestrians crossing.**
9. As you approach the final 4K of the course vehicles will be turning left off the course. We will have police, flaggers and marshals to move the vehicles but please be alert for possible stopped vehicles and pass on the right.
10. The final 4K climb to the summit of App Gap is closed to traffic, but there will still be local traffic so please be alert.

EMERGENCY MEDICAL SERVICES

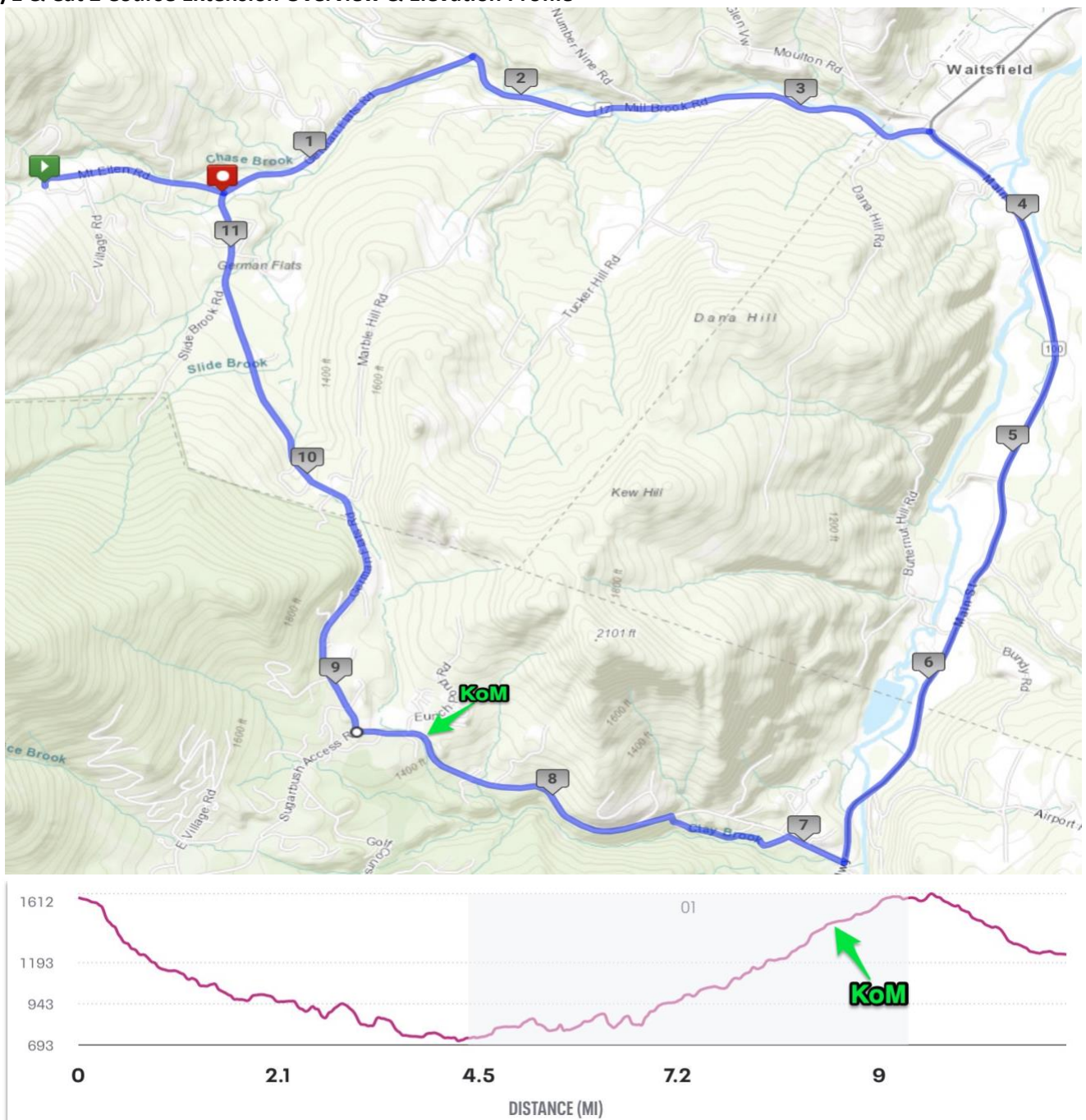
In Ripton on Rt 125 Middlebury Gap, Summit of App Gap (finish) as well as in five race caravans.

For the Men Pro/1 and Men 2 only we have an extra 11-mile/18k loop and 1021 feet of climbing for your racing pleasure.

This extension starts at Mile 0/KM 0 once completed you will be on the main 64.5-mile loop, above.

| Mad River | Road | Race P/1/2 Only Loop |
|---------------------|------------------|---|
| <u>Miles</u> | <u>KM</u> | <u>Description</u> |
| 0 | 0 | Start at Mt. Ellen Base Area |
| 0.67 | 1 | Left turn onto German Flats |
| 1.75 | 2.8 | Right turn onto Rt. 17 East |
| 3.5 | 5.6 | Right turn onto Rt. 100 South - Racing begins at the Eagles Resort on right |
| 6.8 | 23.3 | Right turn onto the Sugarbush Access Road |
| 8.6 | 14 | KoM HS |
| 8.8 | 14.4 | Right turn onto German Flats Road |
| 11 | 18 | Rejoin the Mad River Road Race Loop at Mt. Ellen Access RD |

Men P/1 & Cat 2 Course Extension Overview & Elevation Profile



COURSE DESCRIPTION

This extra loop follows the Mad River Road Race route, but racers will take a right onto the Sugarbush Access Road. Where they will face a ramped climb of just over 1000 feet. The ramps vary in grade and length culminating with a KoM by Alpine Options at mile 8.5. The climb continues gradually after the KoM for .5 miles/.9K. Racers will turn right onto German Flats Road where they will rejoin the Mad River Road Race route at the bottom of the Mt. Ellen Access Road.

Notes of Caution

1. There is one sharp turn on a fast downhill on German Flats Road below Sugar Run Condos (mile 9.7/16K). Use Caution as there is a large pothole in the center of the lane.
2. Use Caution as you turn off German Flats Road onto Rt. 17.

PARKING AT START

Mt. Ellen Base Area – Fayston.

DIRECTIONS TO START

- **From the north:** I-89 south to exit 10 (VT 100). Head south on Rt. 100 through Waterbury to Waitsfield and make a right on Rt. 17 after Waitsfield Village. West on Rt. 17 approx. 2 miles then turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).
- **From the east:** I-89 north to exit 9 (VT 100B). Head east on Rt. 2 to get to Rt. 100B. South on Rt. 100B to Rt. 100. Continue south Rt. 100 through Waterbury and Waitsfield to Rt.17. West on Rt. 17 approx. 2 miles turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).
- **From the west:** Rt. 17 west over Appalachian Gap to right turn onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles) ski area parking lot on left.
- **From the south:** Rt. 100 north to Rt. 17. West on Rt. 17 approx. 2 miles turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).

NEUTRAL SUPPORT

During this stage LOOK NRS will only support the following categories: Men Pro/1/2 and Women P/1/2/3. They will not stop to assist riders in other categories.

Neutral support will be provided for all other categories. In these categories there must be 10 sets of wheels or the support will be wheels-in/out only unless the chief referee decides to waive the rule immediately prior to the start for small fields.

Be prepared to fix a flat tire, as the service vehicles will go with any significant break.

FEED ZONES

Parking is in a small pull off on the right side of the road at mile 27.3. Look for signs for start feed by the road. Do not park on the roadway. Please pick-up all trash. Because of the small size of the parking area please depart promptly once you have fed your racer(s). Sadly, Covid prevented us from feeding at the Bread Loaf Campus on the west side of the Middlebury Gap this year.

All feed zone vehicles should depart for the feed zone prior to the stage start. They may not pass any race caravans. Per USAC rule 4H3, \$150 fine for reported infractions. After leaving the Feed zone, vehicles must follow the course in reverse. Feed zone vehicles passing race caravans will be fined and have their riders disqualified.

WARM-UP AREA

Racers may warm-up on the roads of the Mt. Ellen base area. These roads are paved and climb. You may also park at the Mad River Glen Parking lot on Rt. 17 and ride to the start as your warm-up. This will make it easier to get to your car after the race, as it will be downhill from the finish.

COOL-DOWN/FINISH AREA

Racer must stop at the finish area for a minimum of 5 minutes to let the blood return to their brains and hands before descending the east side of the gap. This requirement has greatly reduced the number of injuries suffered after the race on the descent allowing EMS to stay in place at the finish. Violation of this rule will result in a 1-minute GC penalty and a \$50 monetary penalty. There is new pavement from the just east of the finish to the Mad River Barn. There are raised line markers so please use caution. Remember the race is over so no need to try to achieve top speed on this descent with one more stage to race.

Racers are welcome to remain at the finish area at the top of Appalachian Gap to watch the race and cheer on teammates. If a rider remains at the finish, he or she must move completely out of the travel portion of the roadway and stay behind the fencing and follow the directions of race personnel, police, and officials. Riders who

do not move out of the roadway may be assessed a fine or a GC time penalty. There will be water at the summit. To return to the start you will have to climb back to the Mt. Ellen base area. You may wish to have a vehicle at the Mad River Glen Parking lot to avoid the climb back to the start.

SPECTATING AT THE FINISH

Spectators are encouraged to be at the finish. Please practice social distancing and use a mask when you cannot do so. There is plenty of space to spread out on the final climb. There is no parking above the Mad River Glen upper parking lot (**do not park on the roadway**). You may park at the upper (above the main lot at the top of the practice slope) or lower lot. Shuttle buses will be running from the Mad River Glen Parking lots to near the finish on Rt. 17 starting at 10:00. Please flag the bus down for a ride. You may also walk to the finish but please use caution on Rt. 17. Arrive early to chalk the roadway! Sidewalk chalk will be provided by the race organizers to spectators for writing messages and drawings of welcome and encouragement on the pavement to their favorite riders. Rt. 17 east-bound will be closed at the Gore/Main Road intersection. If you plan to approach from that direction, be past this intersection prior to 11:15AM when the road closes!

THE LAWSON'S FINEST LIQUIDS ABOVE AND BEYOND SUPPORT STAFF AFTER-RACE RIDE!

Sunday, September 5th @ 4:30 pm

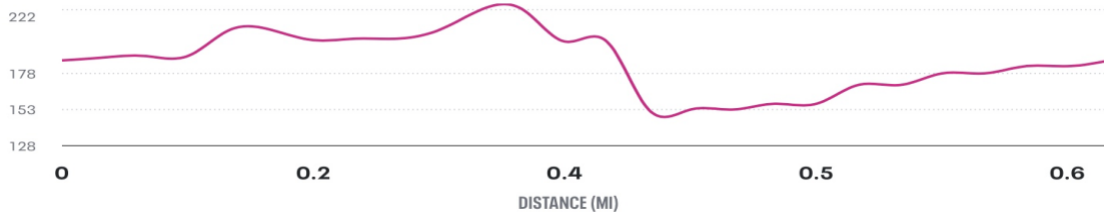
This is a GMSR tradition (now in its 18th year) encouraging all support staff (team managers, coaches, mechanics, feeders, officials, spouses, significant others, parents, race staff, etc.) to come out and get a scenic ride in. The ride will depart from the Bridge Street Market Place parking lot, which is located in the center of Waitsfield by the covered bridge. It will be led by your intrepid, but now exhausted (as well as undertrained), Race Director Gary Kessler (feel free to offer a push up any hill), who will no doubt need to ride after watching all the racers finish at the top of the App Gap.

The ride will depart at 4:30 pm (after your racer(s) is/are cleaned, fed and tucked in for a nap). The ride will be about an hour and a half (give or take) through the scenic Mad River Valley. **Note** there is no course map to keep you from getting too far ahead. We will cross a covered bridge or two and we may ride a/2 few miles of high quality scenic unpaved roads. The pace will be moderate and anyone going off the front will be forced to do a penalty loop (explained on the ride) at the top of any climb. Steady rain, lightening, hail, sleet or snow cancels the ride (check the GMSR Facebook page for a cancelation notice). Expect lots of fun and at the conclusion of the ride we will visit the Lawson's Finest Liquids tap room for an adult beverage, with the first round on your now thirsty race director.

Richard Tom Foundation Burlington Criterium

Monday, September 6, 2021

Stage 4



DISTANCE

kilometer (.62 miles) per lap

COURSE DESCRIPTION

A 6-corner, very technical course in the heart of downtown Burlington, Vermont. Please be sure to review the course prior to your race.

CONTROLLED START

The start of each race will be controlled for +/- ½ lap. This means the pace will be slow so riders can get clipped in and settled. Riders may not ride the bumper or pass the pace car.

CAUTIONS

1. The course has some irregular pavement, cobblestones, manhole covers and grates. ***Due to the technical nature of this course and irregular surface conditions, participants are encouraged to make a walking inspection of the course to become familiar with the location of manholes and catch basin covers. USE EXTREME CAUTION.***
2. The turn from Church Street to College Street has been narrowed from 2019. Please inspect this left turn.
3. Marshals will be posted around the course to warn riders of downed riders, dogs and other obstacles. Please be aware that there may be unforeseen obstacles on the course.

- The turn from Pine Street onto Main Street is a high-speed corner. Please preview this turn prior to your race and be alert to the storm drain and water line cover in the turn.
- Because of City Hall Park reconstruction, the finish on Main Street will be narrowed for 2019.

EMERGENCY MEDICAL SERVICES

Located just off Main Street at the corner of Church Street.

ESTIMATED START TIMES/DISTANCES

Except for the first race of the day (which begins at 8:15 am), the actual start times for this stage may differ from the estimated start times posted below. Listen for the announcer's call to staging.

| <u>Category</u> | <u>Staging Time</u> | <u>Start Time</u> | <u>Laps/Distance</u> |
|------------------------|----------------------------|--------------------------|-----------------------------|
| Men 4/5 Open | 8:05 | 8:15 | 25 laps - 15.5m/25k |
| Men 4/5 Masters & 60+ | 8:50 | 9:00 | 25 laps - 15.5m/25k |
| Men 50+ | 9:35 | 9:45 | 25 laps - 15.5m/25k |
| Men 40+ | 10:20 | 10:30 | 25 laps - 15.5m/25k |
| Women 3/4/5 | 11:05 | 11:15 | 25 laps - 15.5m/25k |
| Men 3 | 11:55 | 12:05 | 25 laps - 15.5m/25k |
| Kid's Crit | 12:30 | 12:40 | Small Laps |
| Junior | 12:55 | 1:05 | 25 laps - 15.5m/25k |
| Women P/1/2/3 | 1:35 | 1:45 | 30 laps - 18.6/30k |
| Men P/1/2 | 2:25 | 2:35 | 40 laps - 24.8/40k |

SIGN-IN AREA

Flynn Theatre (across from the start line), 153 Main Street, Burlington, Vermont. Sign-in opens at 7:30 am.

FEED ZONE

None

FREE LAP RULE IN EFFECT UNTIL LAP CARDS SHOW 8 TO GO

The Free Lap Rule will be in effect for any rider who punctures or suffers a legitimate mishap. No free laps will be granted once the lap cards show 8 to go. Riders must report to the pit area (located on Main Street at the corner of St. Paul Street) after a mishap. Riders may only ride in a forward direction on the course but may dismount and run backwards with their bike to the pit area when it is safe to do so. Riders may also cut the course to get to the pit but only while the free lap rule is in effect.

Due to the length of this course (1KM), up to two laps per mishap may be allowed.

Riders granted a free lap must return to the race in the position held at the time of the mishap. Riders returning to the race after a free lap are ineligible for sprint prizes for one lap thereafter.

FINISH OF RACE

Per USAC rule 1M2, the beginning of the last lap will be announced by ringing the bell and displaying the number 1 on the lap card. Should the bell be rung in error at the wrong lap, the judges shall record the order of the finish at the end of that lap. The Chief Referee shall decide whether to declare these results final or rerun some or all of the race.

LAPPED RIDERS

Riders in danger of being lapped may be pulled from the criterium. Riders will be pulled at the Start/Finish line by a USAC Official. All pulled racers will receive an estimated finish time and placed in the final GC results. If lapped riders remain in the race, they will finish on the same lap as the leaders, receive an estimated finish time and placed in the final GC results.

Any rider who drops out at any time for any reason other than at the direction of a USAC official, will be eliminated from the stage race and will not be placed in the final GC results.

If the leaders lap the field, the field is only eligible for cash primes. The field is not eligible for points or time bonuses.

PARKING

There is parking along St. Paul Street (but not between College Street and Main Street, which is reserved for the Kid's Crit event). Also, along Main Street (between Church Street and No. Winooski Street) and in various other places outside the course perimeter.

DIRECTIONS TO PARKING

- From the north: I-89 south to exit 14W (US 2). Head west on Rt. 2 (Main Street) towards Burlington.
- From the east: I-89 north to exit 14W (US 2). Head west on Rt. 2 (Main Street) towards Burlington.
- From the south: Rt. 7 (Shelburne Road) north to Burlington. At junction with Rt. 2 (Main Street), take a left and head into Burlington.

WARM-UP AREA

Use of stationary trainers is encouraged. The immediate area surrounding the course will be available to warm up. Obey traffic laws and be courteous to motorists, and obey stop signs and stop lights.

CRITERIUM SPRINTS & PRIME SCHEDULE

| Sprint Lap (to go) | | | 40 | 35 | 30 | 25 | 20 | 15 | 10 | 5 | FINISH | TOTAL \$ |
|--|------|----------------|----|-------|------|------|-------|-------|------|-------|--------|----------|
| Field | Laps | | | | | | | | | | | |
| Men 4/5 Open Men 4/5 M & 60+ Men 40+ Men 50+ Women 3/4/5 | 25 | Points Sprints | | | | | GC | HSS | GC | HSS | FSP/GC | |
| | | Primes | | | | | | \$50 | | \$50 | | \$100 |
| Juniors | 25 | Points Sprints | | | | | GC | HSS | GC | HSS | FSP/GC | |
| | | Primes | | | | | \$50 | \$50 | \$50 | \$50 | | \$200 |
| Men 3 | 25 | Points Sprints | | | | | GC | HSS | GC | HSS | FSP/GC | |
| | | Primes | | | | | \$50 | \$100 | \$50 | \$100 | | \$300 |
| Women P/1/2/3 | 30 | Points Sprints | | | | GC | HS | | GC | HSS | FSP/GC | |
| | | Primes | | | | \$75 | \$75 | | \$75 | \$75 | | \$300 |
| Men P/1 | 40 | Points Sprints | | HSS | GC | | HSS | GC | | HSS | FSP/GC | |
| | | Primes | | \$100 | \$50 | | \$100 | \$50 | | \$100 | | \$400 |

HSS = Intermediate Hot Spot Sprints for points are 4 deep: 6-4-3-2 (points)

GC = General Classification time bonus sprints are 4 deep: 8-6-4-3 (seconds)

FSP = Finish Sprint Points are 5 deep: 10-7-5-3-1 (points)

FGC = Finish GC time bonuses are 5 deep: 15-11-8-5-3 (seconds)

All Primes are 3 deep

\$50 primes: 1st=\$25, 2nd=\$15, 3rd=\$10; \$75 primes: 1st=\$35, 2nd=\$25, 3rd=\$15

\$100 primes: 1st=\$50, 2nd=\$30, 3rd=\$20

Prize Value Breakdown

| Place | Men P/1 | | Men 3 W P/1/2/3 | | W 3/4/5, Men 4/5 40+ & 50+ | | Junior | |
|----------------------|---------|---------|--------------------|---------|-------------------------------|---------|---------|---------|
| | Daily | G.C. | Daily | G.C. | Daily | G.C. | Daily | G.C. |
| 1 | \$225 | \$600 | \$160 | \$420 | \$60 | \$200 | \$130 | \$300 |
| 2 | \$160 | \$450 | \$110 | \$320 | \$40 | \$150 | \$90 | \$220 |
| 3 | \$100 | \$300 | \$80 | \$260 | \$20 | \$100 | \$60 | \$160 |
| 4 | | \$250 | | \$180 | | \$70 | | \$100 |
| 5 | | \$200 | | \$120 | | \$50 | | \$80 |
| 6 | | \$150 | | \$100 | | | | \$60 |
| 7 | | \$100 | | \$80 | | | | |
| 8 | | \$60 | | | | | | |
| | | | | | | | | |
| Daily Totals | \$1,940 | | \$1,400 | | \$480 | | \$1,120 | |
| Primes Totals | \$400 | | \$300 | | \$100 | | \$200 | |
| Sprint | | \$225 | | \$160 | | \$50 | | \$130 |
| K/QOM | | \$225 | | \$160 | | \$50 | | \$130 |
| Totals | \$2,340 | \$2,560 | \$1,700 | \$1,800 | \$580 | \$670 | \$1,320 | \$1,180 |
| Grand Totals | | \$4,900 | | \$3,500 | | \$1,250 | | \$2,500 |

1. Prize money for Stages 1, 2, 3 & 4 will be paid at the awards ceremony for that stage.
2. Prize money for GC will be paid following Stage 4 **ONLY to the top 3 GC places**. Prize money for all places below the top 3 will be paid electronically the week following the race.
3. Prize money for K/QoM and Sprint competition winners will be paid following Stage 4.
4. All primes from the Criterium will be paid the week following the race.
5. In the event of a tie on GC, USAC Rule 3H4(c)(i) covers how ties will be resolved.
6. Racers must present photo identification and sign when collecting prize money on Monday.
7. Sprint and K/QOM prize money is 1 deep for the entire stage race (winner takes all).