

This is the low bandwidth final bible. Page numbers are off from Table of Contents as all graphics have been removed for speedier PDF download.

# **RACE BIBLE**

**Labor Day Weekend 2004**

*Present the*

***2004 Mad River Valley  
Chamber of Commerce  
Green Mountain Stage  
Race***

# A Word From The Race Committee

Welcome!

The Mad River Valley Chamber of Commerce, the Green Mountain Bicycle Club, App Gap Promotions and the Mad River Riders are proud to welcome racers and their families and friends to the 2004 Green Mountain Stage Race. Now in its 4<sup>th</sup> year, the GMSR has become one of the most popular races in the east and a mainstay in the cycling calendar, attracting riders from all over North America to take on some of Vermont's most challenging terrain.

From the outset we have worked to refine and improve the GMSR for both racers and spectators. This year is no different. For 2004 we lengthened the Men's Pro/1/2 road race from 65 miles and 2 gap climbs to 103 miles and 3 gaps, with over 10,000 feet of climbing! Another change to the road race is the removal of the Bristol Notch climb, which seemed to appear out of nowhere to suck the life out of riders' legs. After the Notch came a very fast rough dirt road descent that resulted in many flat tires and mechanical problems. That is gone, too. We still have a short dirt road section, but it is much more rolling, has a better surface, and should not create the problems seen on the Notch Road.

Cycling has become a very spectator-friendly sport; venues are designed with the fans in mind, permitting up-close viewing of athletes in action. We are pleased to welcome the many thousands of spectators that help make the event so great for the athletes. Whether you are watching the high-speed sprints at the Ward Access on Route 100B (Saturday), racers fighting their way up the 20-percent grade to the summit of the Appalachian Gap (Sunday), or riders taking the sharp corners in the Burlington Criterium (Monday), you are sure to be thrilled with the grace, power and determination exhibited by the athletes. This year we have a wide range of racers, from National Champions and Olympians to up-and-coming juniors.

The GMSR would not be possible without the generous support of our sponsors. This year we welcome new sponsors: Sirius satellite radio and Vermont Tubbs Furniture. We welcome back our title sponsor, The Mad River Valley Chamber of Commerce, which represents the lodging and restaurants in the Valley (the host community). When making hotel reservations or dining out, please let the staff know that you are here for the GMSR and appreciate their support! In addition to our new sponsors, we have many returning sponsors: Voler Team Apparel, *Vermont Sports Today*, Sugarbush Resort, Mad River Glen Ski Area, The Bridges Resort, The Ski Rack, Onion River Sports, Select Design. The GMSR Race Committee would like to thank all of our sponsors for their tremendous support.

Once again, we welcome you to the GMSR. Enjoy the festivities as much as we enjoy bringing them to you.

For the GMSR Race Committee,  
Gary Kessler, Race Director

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# Race Staff

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Gary Kessler ..... Race Director, Race Committee, Organizer of the- Prologue, Circuit Race, & Mad River Road Race.

Tom Moody .....Race Committee, Organizer of the Criterium

Jeff Gauthier.....Race Committee - Organizer of the Criterium

Sam Hoar .....Race Committee - Organizer of the Criterium

Kevin Bessett .....Race Committee /Registrar

David Tremblay .....Course Czar- for the Prologue, Circuit Race & Mad River Race

Charlie Bates .....Deputy Course Czar

Geb Souhan .....Deputy Course Czar

Peter Oliver.....Assistant Race Director, Caravan Coordinator

Danielle Hampton.....Assistant Caravan Coordinator

Lori Kort .....Volunteer Coordinator, for the Prologue, Circuit Race & Mad River Race

Ellie Tobin .....Assistant Coordinator

Craig Schnider.....Volunteer Coordinator, for the Criterium

Jason Baer .....Technical Director

Alan Atwood.....Media Coordinator

# Race Officials

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Cindi Hines .....USCF Chief Referee

Sandy Rovelli .....USCF Chief Judge

## **USCF Officials** (alphabetically):

Jim Arnold    Liz Campbell    Jerry Chabot    Bill Crowther    Meesha Crowther

Ed Dailey    Bob Evans    Lee Evans    Al Kaifer    Jon Kohn    Charlie LaRosa

Tom LaRose    Chris    McBurnie    Patty Passetto    Danielle Risch    Dave Rovellie

Ann Marie Shrader    Gary Toth    Nancy Brennan (Official Liaison)

# General & Technical Information

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## **TECHNICAL SUPPORT**

**Mavic USA** and Volunteer neutral support. No team or individual support will be allowed. Under no circumstances may team cars or individual support cars follow the race. GC point deductions, monetary fines or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for non-compliance.

## **ANNOUNCER**

Alan Atwood

## **RACE RESULTS & PHOTO FINISH**

John Frey, Pioneer Event Productions

## **RACE HEADQUARTERS**

Bridges Resort, Warren, VT (Please do not call for race results).

## **LOCAL HOSPITALS**

Central Vermont Medical Center (Berlin) 802-371-4283  
Fletcher Allen Health Care (Burlington) 802-847-0000  
Porter Hospital (Middlebury) 802-388-8701  
Gifford Medical Center (Randolph) 802-728-7000

## **REGISTRATION PACKET PICKUP**

Thursday, September 2<sup>nd</sup>

6:30 to 8:30 PM Sugarbush Inn, located on the Sugarbush Access Road, Warren

Friday, September 3<sup>rd</sup> :

1:30pm to 4:30pm at Kenyon's Field, Prologue Start (North of Waitsfield on Rt. 100)

## **LICENSES**

A valid USCF or UCI license ***MUST BE PRESENTED*** at registration in order to receive race packet.

## **SUPPORT**

Mavic will provide neutral support to all fields on Friday. Mavic will provide neutral support to most fields on Saturday. On Sunday Mavic will only be supporting the Pro races. **Mavic will not stop to support racers in other fields.** Where Mavic does not provide support, volunteer neutral support will be provided whenever possible. For fields that will be serviced by volunteer support, 10 sets of wheels will be required for the service vehicle to maintain neutral support. If there are fewer than 10 sets, wheels-in, wheels out rules will apply. Wheels will be left near the start line of the Circuit Race and at Sugarbush Mt. Ellen Base Area after the Road Race. **Please claim your wheels immediately after you finish.** Race organizers are **not responsible** for unclaimed or stolen wheels. Please, if the loss of your wheel will be too much to bear do not put it in the wheel van as wheels have been reported missing in the past.

## **NUMBERS**

Two (2) jersey numbers will be issued to each rider. Numbers should not be folded. One is to be worn on the pocket area, which allows the number to be visible from behind. The other number is to be worn on the side of the jersey, so the number is visible to the officials on the judging stand at the finish of each event.

Position of numbers:

Prologue	Right Side & Pocket
Stage 1 (Circuit Race)	Right Side & Pocket
Stage 2 (Road Race)	Right Side & Pocket
State 3 (Criterium)	Left Side & Pocket

A frame number will also be issued. This is to be placed inside of the top tube and the down tube. The frame number may be placed under the seat on small frames.

**NOTE:** Improperly worn/placed numbers may result in the rider not being placed in an event. Additionally, per USCF rule 4H4d, "misplacing, mutilating or reducing the size of frame or rider numbers may result in a General Classification (GC) point deduction.

## **GENERAL CLASSIFICATION POINT DEDUCTIONS (Penalties)**

The USCF Chief Referee will have full discretion in levying penalties for violations of USCF racing rules and regulations posted in this bible. General classification (GC) point deductions which are not specified in the race bible will be assessed 1 point per second of time penalty per USCF rule 4H2 (Stage Race Scale of Penalties). However, the USCF Chief Referee reserves the right to assess monetary fines or additional GC point deductions based on the degree of the offense committed.

## **RESTROOM FACILITIES**

There will be restroom facilities provided at each venue (on Sunday there will be port-o-lets and the base lodge will be open for use of the bathrooms located in the basement). Pubic urination is subject to the following penalties:

1<sup>st</sup> offense – \$50 fine, deduction of 100 GC points or disqualification.

2<sup>nd</sup> Offense – disqualification.

The penalty assessed will be at the discretion of the Chief Referee and the Organizers.

## **HELMETS**

Per USCF rule 1K1, 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). Monetary fines, GC point penalties will be assessed at the discretion of the Chief Referee.

## **WARM-UP/COOL DOWN**

Each stage has specific warm-up & cool down instructions. While warming-up & 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, including riding single file, obeying all traffic lights, posted signs and yielding to police and rescue vehicles. GC point deductions, monetary fines or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for non-compliance. To insure that racers are on their best behavior motor marshals will be patrolling looking for violators.

## **SIGN-IN**

Per USCF rule 4E1, riders must personally sign-in for each stage (except prologue) at least 15 minutes before the announced time of their start. Sign-in closes 10 minutes before the announced starting time. Any rider appearing after this may receive a GC point deduction. If anyone else signs in for a given rider, that rider will receive a GC point deduction.

## **STAGING**

Riders must report to the staging area (all stages) no less than 10 minutes before the announced start. Riders who are late to the staging area may be assessed a GC point deduction (determined by the USCF Chief Referee) based on the degree of tardiness. Race leaders will be called to the front of each stage.

Additionally at the Criterium stage (Monday), the top 10 riders in GC will be called individually to the start line. Riders who arrive at the staging area late delay the start of the races and will incur the wrath of the race announcer and race committee members.

## **RACE CONDUCT**

Races will be conducted under normal USCF guidelines. **The centerline rule 3B1** is in effect for all races (except Criterium) and will be **STRICTLY ENFORCED**. **Deliberate riding on the left side of the center line in order to advance position or repeated drifting to the left of the center line without provocation will result in a GC point deduction or disqualification at the discretion of the Chief Referee.**

The only exception to the centerline rule is: the last 400m before the finish of Stage 1 (Circuit Race). The centerline rule will be in effect for all intermediate sprints.

Riders who are outside of the protected area (behind the follow vehicles) are required to obey all traffic laws of the State of Vermont, including riding single file and obeying all traffic lights and posted signs.

## **AWARDS**

Prizes for individual stages will be available after the completion of each stage. Prizes for overall general classification will be available after the final results for each class become official. The top three finishers of each stage (except Prologue), and overall finishers following the last stage, must report to the finish line immediately after finishing to participate in a brief ceremony.

## **LEADER'S JERSEY**

A yellow Voler GC leader's jersey will be awarded at the end of each day in each race category. The GC leader is required to wear the leader's jersey each day he/she remains in lead of the GC competition. A new jersey will only be awarded when there is a lead change.

## **JUNIOR ROLLOUT**

Per USCF Rule 1J6, "the authorized maximum chain gear ratio allowed in any road event is 7.93 meters (rollout 26')". All juniors must report to rollout **IMMEDIATELY** after finishing each stage. Penalties for failing to report to rollout: 1<sup>st</sup> offense: relegation and **deduction of 25 GC points**. 2<sup>nd</sup> offense: disqualification from the stage race.

**Penalties for riders whose bikes fail rollout: 1<sup>st</sup> offense: relegation and deduction of 50 GC points. 2<sup>nd</sup> offense: disqualification from the stage race**

## **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 will be responsible for maintaining the cleanliness of the area. Riders who have support personnel that leave waste materials at feed zones will be subject to point penalties and/or fines. We ask that feeders please help us keep the feed zones clean.

On Sunday September 5, (Sugarbush Resort Mad River Road Race) feed zone vehicles must depart for the feed zone **prior** to the stage start. Feed zone vehicles must follow the course in reverse to return to the Finish area. They may not follow or interfere with the race caravans.

## **NO LITTERING**

Please respect our roads and our neighbors. Participants who discard bottles or wrappers in unapproved areas will be subject to point penalties, fines, or disqualification from the race at the discretion of the Chief Referee and Race Organizer.

## **FINISHING**

All riders must complete a stage in order to be eligible to start the next stage. Riders who do not complete the prologue due to a recognized mishap will be given the time of the last rider in their field and will be permitted to start Stage 1.

## **MISHAPS**

Any rider suffering a mishap within the last 1-kilometer of any stage will be given the points they would have attained (if any) 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 placed at the end of the group they were riding with at the time of the mishap and allowed to start the next stage.

## **TIME CUT**

Since this stage race is based on points and not time; there will be no time cut.

However, if a rider's finishing time is over 25% (30% for Pro/1/2/3 Women) greater than the winner of his/her field, the rider will receive a deduction of 35 GC points.

Riders with no GC points will receive a GC score of negative 35 points.

## **RESULTS**

Results, official race announcements and notices, once available, will be posted at Race Headquarters (The Bridges Resort) each evening (except Monday). They will also be available on the race website, <http://www.gmsr.info>, by 9pm each night.

## **PROTESTS**

Per USCF rule 4F7, riders who have a protest regarding race conduct must present their protest no later than 1 hour after their 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 results must be made within 15 minutes of official posting of the results.

## **PRE AND POST EVENT SPORTS CHIROPRACTIC & MASSAGE (located at each day's start)**

The Vermont Chiropractic Sports Council will be present both pre and post race to provide **FREE** chiropractic treatment. The Vermont Sport Massage Team will be available to provide professional pre & post event sports massage therapy (for a fee) geared toward complimenting your warm up and cool down routines.

# Egan's Big World Prologue

Friday, September 3<sup>rd</sup> 2004

## PROLOGUE

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### DISTANCE

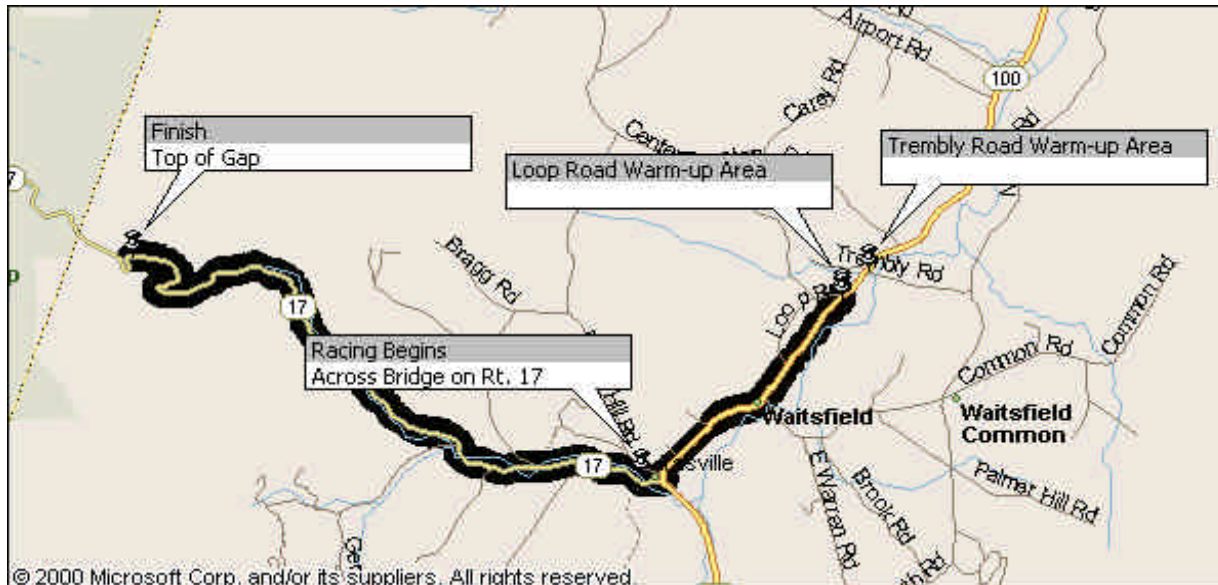
8.1 miles

### POINTS AVAILABLE

50 places (see page 27 for details)

### COURSE DESCRIPTION

The prologue begins with a neutral start through Waitsfield traveling south on Rt. 100. From Kenyon's field take a left South on Rt. 100. Turn right onto Rt. 17 just outside of Waitsfield Village. Racing will begin after crossing a narrow bridge. It is 7.3 miles with a 1730 foot elevation gain (1276 of it in the last 2.5 miles average grade of 8.5%) from the start of racing to the finish at the summit of Appalachian Gap.



Elevation Profile (removed)

## **PARKING**

Is at Kenyon's Field just off Rt. 100 north of Waitsfield. Please park in designated areas only. Do not park in or around the large craft fair tent.

## **DIRECTIONS TO PARKING & PACKET PICK-UP**

- *From Quebec:* Autoroute 10 to PQ 133 south. 133 becomes I-89 south to exit 10 (VT Rt. 2 & 100). Take a right at the end of the off-ramp. At stop sign turn left (south on Rt.100 and east on Rt. 2). After you pass through Waterbury and cross a bridge take a right on to Rt. 100 south. At the stop sign turn right (Rt. 100 south – Waitsfield). Just prior to Waitsfield look for Kenyon's Field on the left.
- *From Boston:* I-93 north to I-89. I-89 north into Vermont, to exit 9 (Rt. 2). At end of ramp take a left, pass under the interstate and take a left onto Rt. 2 east. Take second right onto Rt. 100B. Follow Rt. 100B through Moretown (it will turn into Rt. 100 South). Just prior to Waitsfield look for Kenyon's Field on the left.
- *From Albany:* I-87 north to exit 28 (NY 74). East on Rt. 74 to Ticonderoga, and turn left on Rt. 9N/22. North on Rt. 9N/22 through Crown Point, and follow signs for "Bridge to Vermont". Cross into Vermont, and head west on Rt. 17. Stay on Rt. 17 until it ends at Rt. 100. Left onto Rt. 100 north to through Waitsfield Kenyon's Field is on your right just outside town.
- *From Springfield:* I-91 north to I-89. North on 89 to exit 9 (Rt. 2). At end of ramp take a left, pass under the interstate and take a left onto Rt. 2 east. Take next right onto Rt. 100B. Follow Rt. 100B through Moretown (it will turn into Rt. 100 South). Just prior to Waitsfield look for Kenyon's Field on the left.

## **START TIMES**

- 4/5 Men A – 3:30pm
- 4/5 Men B – 3:40pm
- Juniors 15-18 – 3:50pm
- 4 Women – 3:55pm
- Master 30 – 4:30pm
- Master 40 – 4:40pm
- Pro/1/2/3 Women – 4:50pm
- Master 50 – 5:00pm
- 3 Men – 5:35pm
- Pro/1/2 Men – 5:45pm

## **GEAR RECOMMENDATIONS**

39x25

## **FEEDING**

None

## **WARM-UP AREA**

While warming-up you are limited to the following areas: The Loop Road, which is directly across from the entrance to Kenyon's Field, is a kilometer in length with a hill in the middle. North on Rt. 100 about 250 meters on the right is Tremblay Road, which leads up to the Waitsfield Common and provides a good climb and was recently repaved. Both these roads are marked on the map. **Do not warm-up on the course, Rt. 100 or in downtown Waitsfield.**

## **CAUTION**

Riders may remain at the finish area at the top of Appalachian Gap to watch the race. If a rider remains at the finish, he or she must move completely out of the travel portion of the roadway and behind the fencing and follow directions of Race Officials. Riders who do not move out of the roadway will be assessed point penalties or disqualification. There will be a limited supply of water at the summit. Please use caution on the descent of Appalachian Gap. Other fields will be climbing on the course and race vehicles will be descending as well. You may wish to have a vehicle at the Mad River Glen Parking lot to avoid riding back to the start. When riding back through town do so **single file**. Both the descent and the road back to the start will be monitored by moto-marshals for compliance. Failure to use caution on the descent or to ride single file will result in point penalties or disqualification.

## **EMERGENCY MEDICAL SERVICES**

Located at the junction of Rt.s 100 and 17 and at the summit.

# *Moretown Circuit Race*

Saturday, September 4<sup>th</sup>

STAGE 1

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## **DISTANCE**

19.4 mile circuit, 13.6 mile finish section

## **POINTS AVAILABLE**

- Finish: 50 places
- Intermediate Sprints: 3 places
- KOM/QOM: 3 places

Course Map (removed)

## **COURSE DESCRIPTION**

A rolling circuit with a gradual 2-mile climb and net elevation gain of 700 feet of per lap. Riders start at base of the climb and then descend towards Waterbury. Riders then roll along the flats of the Winooski River Valley toward Middlesex. The course travels over an iron bridge and up a short hill into Middlesex and then turns right onto Rt. 100B. The course follows the Mad River heading east where you will pass the Ward Access, which is the finish line. The course then passes through Moretown Village and then turns right onto Rt. 100 up the climb and past the start where the feed zone is located.

Elevation Profile (Removed)

## **THE FINISH**

The Circuit Race finishes approximately two-thirds of the way around the circuit on Rt. 100B (see map) at the Ward Access.

## **INTERMEDIATE SPRINTS**

Intermediate sprints will be at the *FINISH LINE*, not at the start line. The centerline rule will be in effect for all intermediate sprints.

- Pro/1/2 Men and Cat. 3 Men – 3 sprints
- 4 Women – 2 sprint
- All other fields – 2 sprints

### **KOM/QOM COMPETITION**

At the top of Duxbury Hill. Points will be scored each time up the climb except the first lap warm-up.

### **PARKING**

Harwood Union School – South Duxbury.

### **DIRECTIONS TO PARKING**

- *From the north:* I-89 south to exit 10 (VT 100). Take a left at the stop sign (Rt. 100 & 2) through Waterbury. Rt. 100 makes a right turn after you leave the town of Waterbury. Harwood will be on the left after cresting the top of Duxbury Hill (look for signs for school).
- *From the east:* I-89 north to exit 10 (VT100). Take a left at the stop sign (Rt. 100 & 2) through Waterbury. Rt. 100 makes a right turn after you leave the town of Waterbury. Harwood School will be on the left after cresting the top of Duxbury Hill (look for signs for school).
- *From the west:* Rt. 17 (over App Gap) west to Rt. 100. Left onto Rt. 100 in Waitsfield. Take Rt. 100 to the intersection of Rt. 100 and Rt. 100B. Take a left at that intersection to continue on Rt. 100. Harwood School will be on the right (look for signs).
- *From the south:* Rt. 100 north through Waitsfield to the intersection of Rt. 100 and Rt. 100B. Take a left at that intersection to continue on Rt. 100. Harwood School will be on the right (look for signs).

### **SIGN-IN AREA**

Harwood Union School under the roof in front of the school

### **START TIMES/ DISTANCES**

- 4/5 Men (under 32) 8:45am – 52.6 miles
- 4/5 Men (32 and over) 8:55am – 52.6 miles
- Master 50 9:00am – 52.6 miles
- Juniors 15-18 9:05am – 52.6 miles
- 4 Women 9:10am – 52.6 miles
- Pro/1/2 Men 12:15pm – 71.9 miles
- Category 3 Men 12:25pm – 71.9 miles
- Master 30 12:30pm – 52.6 miles
- Master 40 12:35pm – 52.6 miles
- Pro/1/2/3 Women 12:40pm – 52.6 miles

### **GEAR RECOMMENDATIONS**

39x23

### **FEED ZONE**

Located on the hill in the grass area in front of Harwood Union School (start area). Support personnel should park at the school and bring their supplies with them to the roadway.

### **WARM-UP AREA**

The dirt road across Rt. 100, well as a designated portion of the parking lot, can be used for warming up. ***THERE IS TO BE NO WARM-UP ON ROUTE 100***; violators will be subject to fines and/or GC point penalties or disqualification at the discretion of the Chief Referee and Race Organizer. Because of the limited warm-up area, there will be a neutralized start for the first two miles (on the first climb) of the Circuit Race.

### **CAUTIONS**

1. On Rt. 100 there are cracks in the pavement. Please use caution.
2. Route 2 has a series of cracks that run in the direction of travel. These cracks are on the right-hand side of the road (near the fog line). Caution signs will be posted. Please be vigilant and move to the left. The worst section is just past the WSI landfill until Browns Auto Salvage.
3. On Rt. 2 approximately one mile past WSI Landfill there is a very narrow iron bridge please use ***extreme caution*** and stay on the correct side of the center-line.
4. Just outside Moretown there is a narrow bridge please use ***extreme caution*** and stay on the correct side of the centerline.

### **EMERGENCY MEDICAL SERVICES**

At the finish area and at the junction of Rt.s 100 and 2.

# Sugarbush Resort Mad River Road Race

Sunday, September 5<sup>th</sup>

STAGE 2

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## DISTANCE

Pro/1/2 Men - 103 miles

All others - 64.5 miles

## POINTS AVAILABLE

Finish: 50 places

1 Intermediate Sprint: 3 places (all categories)

2 KOMs (Pro 1 2 Men only)-3places; all other categories 1KOM/QOM: 3 places

## COURSE DESCRIPTION

The course is 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. ***For the pro men, they continue on 100 to Rochester and head east to Bethel via the first climb of the day up Rochester Gap. From Bethel they run along the White River back to Rochester and Hancock.***

The course then turns for the first of two crossings of the Green Mountains. The first crossing is via Middlebury Gap. After pushing over the summit racers will descend the twisty west side passing Middlebury College's historic "Bread Loaf Campus" and through Ripton, former home to Poet Robert Frost. Once through E. Middlebury the course rolls along Rt. 116 until the right onto Carlstrom Road which is 2 miles of gravel road. After a paved downhill there is a short sharp climb into downtown Bristol. 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". The Baby Gap will take racers through the town of Jerusalem and a brief but fast descent as the course rolls on to the base of App. Gap proper. This final section is only about 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. Of course that final 500m will take racers up one of the steepest pitches of the day. If the weather is good this last pitch will be lined with hundreds of cheering spectators to help racers push through the pain to the finish.

## COURSE DIRECTIONS

Proceed down hill from the base lodge and take a left at the end onto German Flats Road. Proceed about 3/4 mile to end of road and make a right onto Route 17. Go east towards Waitsfield. At the Jct. of Rt. 100, turn right and head south approximately 20 miles to Hancock (Sprint Hot Spot at bottom of Granville Gulf). **(PRO/1/2 Men Only: continue south on Rt. 100 4 miles to Rochester turn left at the Mobil station by the town green onto the Bethel Mt. Road. (Feed Zone 1 about 1 mile from the summit) Climb to the summit where there will be a KOM then descend with CAUTION. At the bottom of the climb take a right into Bethel on Rt. 12. Follow Rt. 12 through Bethel (use care in town) and onto Rt 12/107 (under RR bridge then over a narrow iron bridge). Stay on Rt. 107 past Gaysville for 1.75 miles then turn right onto Blackmer Blvd. Follow Blackmer Blvd. to the flashing light in Stockbridge (by the Ted Green Ford Dealership). Ride straight onto Rt. 100 north through Rochester back to Hancock and rejoin the 64.5 mile course).** Turn right (Pro/1/2 men turn left here) and head west on Rt. 125 (Feed Zone 2 miles from summit) over Middlebury Gap

(KOM at summit). After descending for several miles (CAUTION), turn right in East Middlebury onto Rt. 116 North. Approximately 9 miles up Rt. 116 turn right onto Carlstrom Road (just before a light controlled single-lane bridge). After approx. 2 miles of rolling hard packed dirt turn left onto Lower Notch Road (it is paved). Follow this to River Street at the top of short sharp uphill turn right at light onto Main Street (Rts 17/116). Head out of town on Rt. 17/116 north approximately 2 miles, and turn right onto Rt.. 17 east. Climb steadily up Rt. 17 for several miles (Baby Gap) before descending for about 2 miles to the final climb (4k) up Rt. 17 to the top of Appalachian Gap.

**The 64.5 mile loop:**  
**(removed)**

**Inset:**  
**(Removed)**

**The Extra 40 miles for the Pro men:**  
**(Removed)**

**Pro men elevation chart: (Removed)**

**Elevation chart for all others: (Removed)**

## **INTERMEDIATE SPRINT**

Intermediate sprint will be at the Granville Gulf on Route 100, north of the town of Granville. The centerline rule will be in effect for the intermediate sprint.

## **KOM/QOM COMPETITION**

At the top of Middlebury Gap, with an additional spot for the ***Pro men only*** at the top of the Rochester Gap on Bethel Mountain Road.

## **PARKING AT START**

Mt. Ellen Base Area – Fayston.

## **DIRECTIONS TO PARKING**

- ***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 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).

## **SIGN-IN AREA**

Mt. Ellen base lodge area

## **START TIMES**

- Master 30 – 8:45am
- Men 3 – 8:50am
- Master 40 – 8:55am
- 4/5 Men A – 9:00am
- Pro/1/2 Men – 9:05am
- 4/5 Men B – 9:10am
- Juniors 15-18 – 9:20am
- Master 50 – 9:25am
- Pro/1/2/3 Women – 9:30am
- Citizens – 9:40am
- 4 Women – 9:45am

## **GEAR RECOMMENDATIONS**

39x25 or easier

## **EMERGENCY MEDICAL SERVICES**

Rtes 17 & 100, Base of Middlebury Gap, bottom of Bethel Mt. Road, Ripton, East Middlebury, down town Bristol, Jerusalem Store and the finish area

## **FEED ZONE**

The feed zone is located 2 miles below the summit of Middlebury Gap. The feed zone has been expanded to cover about a mile of Rt. 125 and includes 2 large pull-offs on Rt. 125. The first is approximately 3 miles from the Rt. 100/Rt. 125 intersection (see road signs). All fields are eligible for feeding. The P/1/2 men have an additional feed zone located on the Bethel Mt. Road about 1 mile from the summit feeders must only park at the **Riley Bostwick Wildlife Management Area** pull off which is signed on the left hand side of the road. No parking on the road. After parking feeders should use care crossing the road and moving with the feed zone (see signs on course). P/1/2 men feeders will have time to get back to the Middlebury Gap feed zone. Feed zone vehicles should depart for the feed zone prior to the stage start. If you leave after the start of the stage expect to follow the race (without passing) until you reach the feed zone. Feed zone vehicles must follow the course in reverse back to the finish area where a shuttle bus can take you to the summit from Mad River Glen parking lot. They may not follow or interfere with the race caravans. Support personnel should park vehicles as far off of the road as possible and use caution when feeding. Feeders please cleanup the area in which you were feeding. There is no feeding outside of the designated feed zone, and feeding outside of designated areas will be subject to GC point deduction. There will also be an unstaffed neutral feed zone that will have cola and water. There will be no bottle hand-ups, racers who need this feed will have to stop. It will be located at a pull off on the lower slopes of Appalachian (baby) Gap. If you must, you may also discard any bottles at this feed zone.

## **WARM-UP AREA**

Racers may warm-up on the Mt. Ellen Access Road prior to the 8:45 am start of the first field. After that time racers may use the parking lot and side roads. 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 all downhill from the finish.

## **ADDITIONAL CONSIDERATIONS**

There is a 2-mile dirt road section on this course. This section may be rough. You should consider using sturdy tires and wheels and be sure your bottle cages hold your bottles securely. **Be prepared to fix a flat tire as the service vehicles will go with any break. Mavic will only be supporting the P/1/2 men and P/1/2/3 women they will not stop to assist riders not in those fields.**

## **CAUTIONS**

1. During warm-up and race start please be careful going down the Mt. Ellen Access Road.
2. Just south of the Granville Town Office there is a steel plate covering a hole on the bridge. The lip is slightly elevated racers should use care crossing it especially if wet. It may be repaired by race day.
3. The descent from Middlebury Gap is fast and dangerous. The very top section until the entrance to the Middlebury Snow Bowl entrance is extremely frost heaved. Hitting these frost heaves at high speed could result in a crash. Please **USE EXTREME CAUTION.**
4. P/1/2 men the Bethel Mt. Road descent is very steep and fast, please use caution.
5. There is a dangerous curve near the bottom of Middlebury Gap – at the bottom of a steep section, the road makes a sharp right, goes over a narrow bridge, then makes a sharp left. Be careful of on-coming traffic on and after the bridge. On-coming traffic on that turn may be turning left across the course. Stay to the right. Control your speed. **USE EXTREME CAUTION. Look for caution signs and slow down.**
6. Please be alert for Moose on and near the road Rt. 100 at the top of Granville Gulf and on the climb up Appalachian Gap from 2k to approximately 400m to go. These animals frequent this area and often cross the road and travel up it. Moose weigh about as much as a small car and

are not particularly afraid of cyclists (or cars for that matter). If you see a moose pass with caution as they often respond in apparently unpredictable ways when startled.

### **CONTROLLED START**

The start of the race will be controlled for approximately 4 miles until the course turns onto Rt. 100 south.

### **COOL-DOWN/FINISH AREA**

Riders may remain at the finish area at the top of Appalachian Gap to watch the race. If a rider remains at the finish, he or she must move completely out of the travel portion of the roadway and behind the fencing and follow directions of race personnel. Riders who do not move out of the roadway will be assessed point penalties or be disqualified. There will be a limited supply of water at the summit. To return to the start you will have to climb the Mt. Ellen Access Road. You may wish to have a vehicle at the Mad River Glen Parking lot to avoid having to climb back to the start. Please use caution on the descent of Appalachian Gap. Don't forget that chiropractic and massage are available at the start at Mt. Ellen (by the base area).

### **SPECTATING AT THE FINISH**

Spectators are welcome at the finish. There is no parking above the Mad River Glen upper parking lot (please 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. A shuttle bus will be running from the Mad River Glen Parking lots to the finish on Rt. 17. Please flag the bus down for a ride. You may also walk to the finish but please use caution on Rt. 17.

### **THE HARPOON BREWERY ABOVE AND BEYOND SUPPORT STAFF AFTER RACE RIDE**

A GMSR tradition (now in its 2<sup>nd</sup> year) whereby all support staff (team managers, mechanics, feeders, officials, Mavic staff, spouses, race staff, etc.) get to ride their bikes, too! The ride will depart from the Lareau Swimming Access located on Rt. 100 just south of the Rt. 17 intersection (see map). It will be lead by your now exhausted Race Director (Gary Kessler) who will no doubt be needing a ride after watching 800 racers climb the Gap. The ride will depart at 4:00 pm (after your racers are cleaned, fed and tucked in for a nap). The ride will be about an hour and a half (give or take) and being Vermont will be very scenic (crossing 2 covered bridges) and will of course feature some climbing (with a mostly downhill finish). 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. Rain, sleet, snow or swarms of black flies cancels (we're not the postal service – none of these are likely anyway).

Map For Ride Removed

# Voler Burlington Criterium

Monday, September 6<sup>th</sup>

## STAGE 3

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### DISTANCE

1 kilometer (.62 miles) per lap

### POINTS AVAILABLE

Finish: 50 places; Intermediate Sprints – 3 places (see page 27 for details)

### COURSE DESCRIPTION

A 6-corner, very technical course in the heart of downtown Burlington, Vermont.

**Note: Church Street has been renovated since last year. Please be sure to review the course prior to your race.**



### LAPPED RIDER RULE

For reasons of safety, at the discretion of the race officials, if you are in danger of being lapped, you may be pulled from the criterium.

- Any rider pulled in the first half of the race will receive a deduction of 35 GC points and will be placed in the final GC.
- Any rider pulled in the second half of the race will be given a pro-rated place and placed in the final G.C.

If lapped riders are allowed to remain in the race, they will finish on the same lap as the leaders.

## **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 shows 8 to go. Riders must report to the pit area after a mishap. Riders may only ride in a forward direction on the course but may dismount and run backwards to the pit area when it is safe to do so. Riders may also cut the course to get to the pit area.

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.

## **INTERMEDIATE SPRINTS**

Intermediate sprints will be at the finish line.

- Pro/1/2 Men – 4 sprints (40, 30, 20, and 10 to go)
- Pro/1/2/3 Women, 3 Men, Master 30 – 3 sprints (25, 15, and 5 to go)
- All other fields – 2 sprints (15 and 5 to go)

## **PARKING**

We recommend the Howard Bank parking lot. There will also be parking along St. Paul Street (between College Street and King Street), and along Main Street (between Church Street and No. Winooski Street).

## **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.

## **SIGN-IN AREA**

City Hall Park, Burlington

## **START TIMES/DISTANCES**

○ Citizens	8:30am	9.9 miles	16 laps
○ Junior 15-18	9:00am	14.8 miles	24 laps
○ 4/5 Men A	9:40am	14.8 miles	24 laps
○ 4/5 Men B	10:23am	14.8 miles	24 laps
○ Master 50	11:06am	12.4 miles	20 laps
○ 4 Women	11:43am	14.8 miles	24 laps
○ Master 40	12:32pm	14.8 miles	24 laps
○ Master 30	1:14pm	18.6 miles	30 laps
○ P/1/2/3 Women	2:04pm	19.8 miles	32 laps
○ Men 3	2:59pm	19.8 miles	32 laps
○ P/1/2 Men	3:54pm	31.0 miles	50 laps

## **FEED ZONE**

None

### **WARM-UP AREA**

The immediate area surrounding the course will be available to warm up, including Main St. between Church Street (turn 1) and S. Winooski Avenue. Obey traffic laws and be courteous to motorists. Warm-up on the course will be permitted at the conclusion of the previous race.

### **CONTROLLED START**

The first lap of each race will be controlled. Riders may not pass the pace car until instructed to do.

### **CAUTIONS**

1. The course has some irregular pavement, cobblestones, manhole covers and grates. *USE EXTREME CAUTION.*
2. The left-hand turn from Pine Street onto Main Street is fast and dangerous. *USE EXTREME CAUTION.*
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.

### **FACILITIES**

Restroom facilities are available in City Hall, on the course. Port-o-lets will also be available in City Hall park. Riders should refrain from using restrooms in shops and restaurants along the course. It is likely that traffic on Main Street will be heavy at times. Please be courteous to motorists and obey traffic laws.

### **EMERGENCY MEDICAL SERVICES**

Located just off Main Street.

# Prize Value Breakdown

Place	Pro/1/2 Men		Pro/1/2/3 Women, 3 Men		Master 30+ & 40+		4 Women, Junior Master 50+		4/5 Men	
	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	GC
1	\$150	\$350	\$100	\$260	\$50	\$220	\$50	\$150	\$50	\$200
2	\$100	\$300	\$60	\$220	\$30	\$180	\$30	\$120	\$30	\$170
3	\$50	\$270	\$40	\$185	\$20	\$160	\$20	\$100	\$20	\$145
4		\$240		\$140		\$120		\$85		\$120
5		\$215		\$130		\$110		\$75		\$110
6		\$180		\$120		\$100		\$70		\$95
7		\$160		\$110		\$95				\$85
8		\$150		\$105		<b>\$85</b>				\$80
9		\$140		\$95		\$80				\$75
10		\$130		\$85		\$75				\$70
11		\$120		\$80		\$65				
12		\$110		\$75		\$60				
13		\$100		\$70						
14		\$95		\$65						
15		\$85		\$60						
16		\$75								
17		\$65								
18		\$60								
19		\$55								
20		\$50								
<b>Daily Totals</b>	\$1,050		\$700		\$350		\$350		\$350	
<b>G.C. Totals</b>		\$2,950		\$1,800		\$1,350		\$600		\$1,150
<b>Grand Totals</b>	\$4,000		\$2,500		\$1,700		\$950		\$1,500	

General Classification prizes will be in cash.

In the event of a tie on GC points the riders will split that place and the following place's cash.

# Stage General Classification

PLACE	Prologue	Stage 1				Stage 2				Stage 3		
	Finish	Sprint	KOM	Finish	Bonus	Sprint	KOM	Finish	Bonus	Sprint	Finish	Bonus
1	50	5	5	100	25	5	10	100	25	5	100	25
2	49	3	3	94	18	3	8	94	18	3	94	18
3	48	1	1	90	13	1	5	90	13	1	90	13
4	47			86	10		2	86	10		86	10
5	46			82	8		1	82	8		82	8
6	45			78	6			78	6		78	6
7	44			74	4			74	4		74	4
8	43			70	3			70	3		70	3
9	42			66	2			66	2		66	2
10	41			62	1			62	1		62	1
11	40			58				58			58	
12	39			54				54			54	
13	38			50				50			50	
14	37			46				46			46	
15	36			42				42			42	
16	35			38				38			38	
17	34			34				34			34	
18	33			30				30			30	
19	32			26				26			26	
20	31			25				25			25	
21	30			24				24			24	
22	29			23				23			23	
23	28			22				22			22	
24	27			21				21			21	
25	26			20				20			20	
26	25			19				19			19	
27	24			18				18			18	
28	23			17				17			17	
29	22			16				16			16	
30	21			15				15			15	
31	20			15				15			15	
32	19			15				15			15	
33	18			15				15			15	
34	17			15				15			15	
35	16			10				10			10	
36	15			10				10			10	
37	14			10				10			10	
38	13			10				10			10	
39	12			10				10			10	
40	11			5				5			5	
41	10			5				5			5	
42	9			5				5			5	
43	8			5				5			5	
44	7			5				5			5	
45	6			1				1			1	
46	5			1				1			1	
47	4			1				1			1	

48	3			1			1			1	
49	2			1			1			1	
50	1			1			1			1	

**Group Finish Rule:** All riders in a stage or prologue that finish in a group (time gap between riders in the group less than 2 seconds) will receive the same finishing points as the leader of that group. In the event of a tie the riders will receive the same points.

For example; if a 2-rider break finishes ahead of a group of 60 riders, the points earned would look like this:

- 1st place:  $100+25 = 125$  points
- 2<sup>nd</sup> place:  $100+18 = 118$  points
- 3<sup>rd</sup> place:  $90+13 = 103$  points
- 4<sup>th</sup> place:  $90+10 = 100$  points
- 5<sup>th</sup> place:  $90+8 = 98$  points
- 6<sup>th</sup> place:  $90+6 = 96$  points
- 7<sup>th</sup> place:  $90+4 = 94$  points
- 8<sup>th</sup> place:  $90+3 = 93$  points
- 9<sup>th</sup> place:  $90+2 = 92$  points
- 10<sup>th</sup> place:  $90+1 = 91$  points
- 11<sup>th</sup> – 60<sup>th</sup> place: 90 points

NOTE: The Chief Referee & Chief Judge reserve the right to determine which riders comprise a finishing group.

**Intermediate Sprints:** All categories will have a Sprint Leader series. There will be sprints during the Circuit Race, Road Race and Criterium where riders can earn extra GC points by placing in the top 3 at the end of a prescribed lap or at the Hot Spot. A sprinter's jersey as well as a cash prize will be awarded to the rider with the most points after the Criterium. To be eligible for the sprinter's jersey, a rider must complete all stages.

If two or more riders have an equal number of intermediate sprint points by the end of the last stage, the order will be determined by the number of sprints in which each rider finished first, second and so forth until the greater number of places awarded determines the final finish order.

**KOM/QOM:** All categories will have a KOM/QOM Competition during the Circuit Race and Road Race where riders can earn extra GC points by placing top 3 at the KOM Hot Spot. A KOM/QOM jersey as well as a cash prize will be awarded to the rider with the most points after the Mad River Road Race. Winners of this competition will be required to wear the awarded jersey in the Criterium (unless also in GC lead in which case the leader's jersey shall be worn).

If two or more riders have an equal number of KOM/QOM points by the end of the last stage, the order will be determined by the number of KOM/QOM sprints in which each rider finished first, second and so forth until the greater number of places awarded determines the final finish order.

## NOTES

# Rider Questionnaire

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The members of the race committee would appreciate some feedback from participants on how their experience was this year and how it can be improved for next year.

Please take a minute to fill out the following questionnaire or give us your comments on our website: [WWW.GMSR.INFO](http://WWW.GMSR.INFO) (under questionnaire button).

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Name: \_\_\_\_\_ (optional)

Which race did you participate in?

? Pro/1/2 Men ? Pro/1/2/3 Women ? Men 3 ? Men 4/5 ? Women 4 ? Master 30 ? Master 40  
? Master 50 ? Juniors

How did you place overall?

? Top 5 ? Top 10 ? Top 25 ? I finished!!! ? Did Not Finish

Would you prefer an ITT over the mass start Prologue (even if it starts early Fri)? YES NO

If yes what type of course and distance would you like? \_\_\_\_\_

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*Tell us about our courses.....*

Prologue: ? Great course ? OK course ? Didn't like it  
? Easy ? Moderate ? challenging ? Too difficult

Circuit Race: ? Great course ? OK course ? Didn't like it  
? Easy ? Moderate ? challenging ? Too difficult

Mad River Road Race: ? Great course ? OK course ? Didn't like it  
? Easy ? Moderate ? challenging ? Too difficult

criterium: ? Great course ? OK course ? Didn't like it  
? Easy ? Moderate ? challenging ? Too difficult

Tell us about your overall racing experience at the 2004 GMSR:

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What was the best part about the race?

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What was the worst part about the race?

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What can we do to improve the race for next year?

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What did you think of our scoring system?

Liked it, keep using it!

I think scoring on time would be better.

Do you plan to return for next year's race?    Yes    No

Any other comments?

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How far did you travel to get to the GMSR? \_\_\_\_\_

How many others accompanied you for the weekend? \_\_\_\_\_

When did you arrive in Vermont? \_\_\_\_\_

Approximately how much did you spend on lodging? \_\_\_\_\_

Approximately how much did you spend on food? \_\_\_\_\_

What did you like about the Mad River Valley? \_\_\_\_\_

Would you consider returning to the Mad River Valley to vacation?     Yes     No

Did you visit the Mad River Valley prior to the event to ride the race courses?    Yes    No

If so did you stay overnight?    Yes    No        How many nights? \_\_\_\_\_

Thank you for taking the time to complete this survey. Your comments are all considered and help us improve the race. In addition, they help us continue to obtain sponsorship, which keeps the GMSR going. Comments can be mailed to the following address:

Green Mountain Stage Race, P.O. Box 1172, Waitsfield, Vermont 05673

Enjoy the races!

Gary Kessler  
Race Director