



# Technical Guide

Labor Day Weekend  
August 30 – September 2, 2019



*Present the*

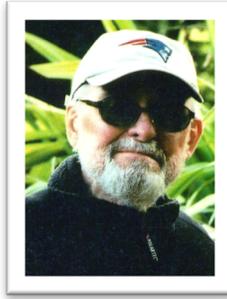
**2019**

***Green Mountain  
Stage Race***

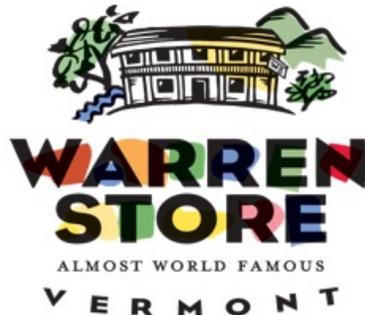
# RACE SPONSORS

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# *cutaway*<sup>®</sup>



In Memory of Robert Armstrong Perry - Stage 2 Sponsor



Stage 1 Sponsor

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## Welcome from the Race Organizers

### **Welcome to the 2019 Green Mountain Stage Race!**

The Green Mountain Stage Race LLC, the Green Mountain Bicycle Club and the community of the Mad River Valley are happy to welcome racers and their families and friends to the 2019 Green Mountain Stage Race. Celebrating 19 years, the GMSR has become one of the oldest and most popular stage races in North America. The race attracts riders from all over the US and Canada, as well as Europe the Caribbean and this year Columbia to take on some of Vermont’s most scenic and challenging terrain.

The GMSR would not be possible without the generous help of our sponsors, who recognize the value of supporting this great event. Our many sponsors include: Cutaway (Stage 3 sponsor and makers of our awesome leaders’ jerseys and fine custom team cycling apparel); Vermont Teddy Bear Company; The Warren Store (Stage 1 sponsor); Bruce Perry in honor of his Dad R.A. Perry (Stage 2 sponsor); Lawson’s Finest Liquids (awards host and Race Supporter’s Ride sponsor); and the Mad River Valley Chamber. The GMSR Race Committee would like to take this opportunity to thank all of our sponsors for their tremendous support.

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

For the GMSR Organizers,



Gary Kessler, Director

## Race Staff

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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
GSK	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 Set-up Stage 4 Criterium
Bob Dillon	Chief of pre-event signs & road marking Stages 1, 2 & 3

## USA Cycling Race Officials

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Jeffrey Poulin	Chief Referee
Christofer DeHahn	Assistant Chief Referee
Jim Smith	Chief Judge

### Judges:

Alan Atwood, Cynthia Hines, Sandy Rovelli

### Referees:

Gary Bavolar, Tim Cary, Marleen Grandia, Marta Havrylyshyn, Ryan Leonard, Anthony Philpin, Dorothy Pumo, David Rovelli, Gary Toth

### Motor Referees:

Pat Bradley, Daniel Celik, David Harmacek (Lead), Joe Kidd, James Reilly, Ela Schmuhl, Shaun Weigand (Lead), James Whitaker



# General and Technical Information

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## LOCAL HOSPITALS

Central Vermont Medical Center (Berlin) 802-371-4283

Fletcher Allen Health Care (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

## RACE HEADQUARTERS

The Bridges Resort, 202 Bridges Circle, Warren, VT  
(~2.5 miles up the Sugarbush Access Road, on the left)

## REGISTRATION /PACKET PICKUP

**Note:** A valid USAC or UCI license **MUST BE PRESENTED** at registration to receive your race packet. You must pick-up your number in person. Women 5 and Men 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. All junior waivers require a parental or legal guardian signature to enter the race.

### **Thursday, August 29, 2019**

6:30PM to 8:00 PM The Bridges Resort

### **Friday, August 30, 2019**

The Bridges Resort

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

8:30 AM to 1:00 PM: All categories

## DIRECTIONS TO RACE HEADQUARTERS/PACKET PICKUP

- From Quebec and points North: Autoroute 10 to PQ 133 south. 133 becomes I-89 south to exit 10 (VT Rt. 2 and 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 at a light onto Rt. 100 south. At the stop sign turn right (Rt. 100 south – Waitsfield). Continue through Waitsfield on Rt. 100 south for 8.8 miles. Turn right on the Sugarbush Access Rd for 2.5 miles to The Bridges Resort on 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 right onto Rt. 2 east. Take second left onto Rt. 100 south to Waitsfield for 19.6 miles. Turn right on the Sugarbush Access Rd for 2.5 miles to The Bridges Resort on left.
- From Springfield: I-91 north to I-89. North on 89 to exit 9 (Rt. 2). See directions for Boston above.

## RIDER CONDUCT

Unless specific exceptions are noted in this Technical Guide, GMSR 2019 is governed by the rules found in the 2019 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 Lawson's Finest Liquids Tap Room (155 Carrol Rd, Waitsfield, VT 05673). They will begin at 6:00 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 hour 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. **Please do not harass the Awards Staff! Only Criterium and GC awards will be given out on Monday. You must have photo identification to collect your prize money. If you failed to collect your award and it is over \$20 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; 2<sup>nd</sup> offense: 1 minute; 3<sup>rd</sup> 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.

#### **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 Criterium 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 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.

#### **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 of the Mad River Road race, the order will be determined by the number of K/QOM sprints in which each rider finished first, second and so forth until the greater number of places awarded determines the finish order.

### **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 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 should conditions warrant it.

## **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**

Per USAC rule 3H7e, riders who have a protest regarding race conduct must present their protest in writing 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 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. They cannot be changed after that time.

### **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 (Criterion):** 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 at Race Headquarters (The Bridges Resort) each evening (except Monday). Please do not call for results. They will also 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 closely 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 section 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 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 your 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 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.

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.** 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 vehicle as wheels have occasionally been reported missing in the past.

<b>Support Matrix</b>		Neutral (wheels must be provided)		
<b>Category</b>	Stage 1	Stage 2	Stage 3	Stage 4
	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>
Men Pro/1	LOOK NRS	LOOK NRS	LOOK NRS	LOOK NRS
Women Pro/1/2/3	LOOK NRS	LOOK NRS	LOOK NRS	LOOK NRS
Men 2	LOOK NRS	Neutral	LOOK NRS	LOOK NRS
Men 3	LOOK NRS	LOOK NRS	Neutral	LOOK NRS
Men 4/5 Open	LOOK NRS	LOOK NRS	Neutral	LOOK NRS
Men 4/5 Masters	LOOK NRS	LOOK NRS	Neutral	LOOK NRS
Men 50+	LOOK NRS	Neutral	Neutral	LOOK NRS
Juniors	LOOK NRS	LOOK NRS	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.

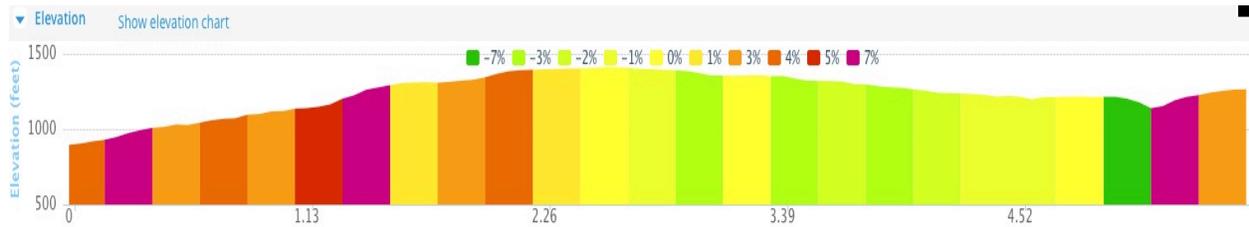
Riders ***MUST YIELD*** to all emergency vehicles. Failure to do so will result in immediate disqualification as well as a monetary penalty and possible arrest and prosecution under Vermont Law.

## ***Warren Store Individual Time Trial***

Friday, August 30, 2019

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 following the close of registration. Start times will also be posted at race headquarters during packet pick-up on Thursday evening.

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 3.3 miles from packet pickup at The Bridges Resort (Race Headquarters). 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 brand new 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 you will drive the final 500 meters, which is slightly uphill to the finish at the Waitsfield Common Road intersection.

## CAUTIONS

1. The final 3 K has some small cracks and holes and filled areas. This is the case in 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 if needed.

## 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 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.

## Warm up Area

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

## Restroom Facilities

There are bathrooms at The Bridges Resort. There will also be portable toilets in the start area, near the north entrance to Warren Village and at the finish.

## 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. **DO NOT PARK in Warren Village or at Vermont North Ski Shop at the bottom of the Sugarbush Access Road or the closed area of West Hill Road!** **Obey the NO Parking Signs.**

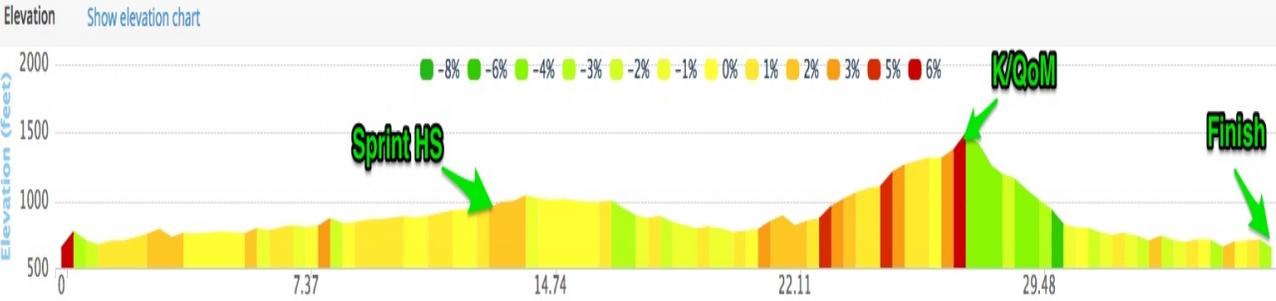
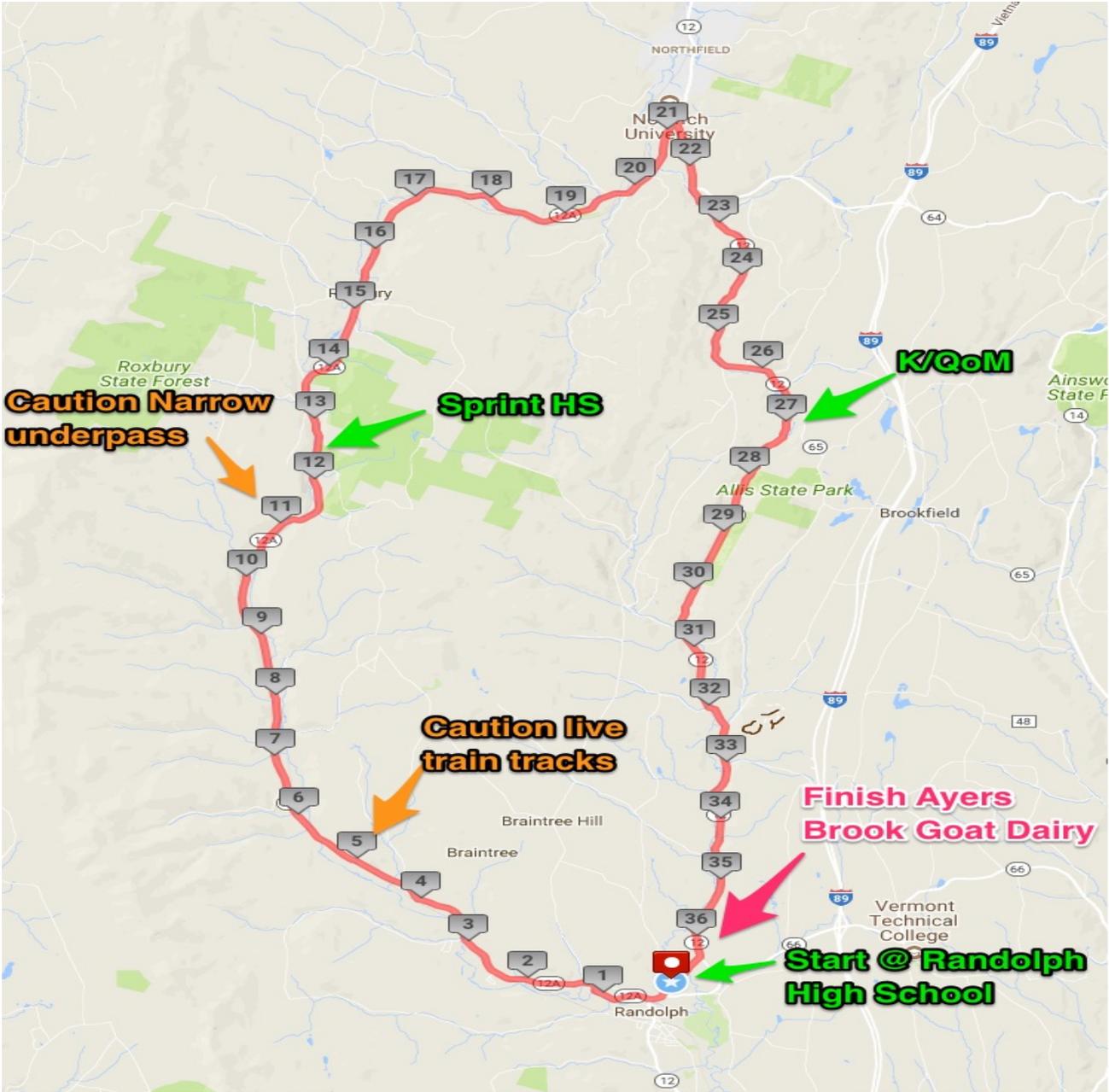
There is also parking in the following areas (look for signs):

- 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.
- Bobbin Mill - located on Rt. 100 .2 mile south of the North entrance to Warren on Rt. 100 and across from the south entrance. This area will hold approximately 50 vehicles along one side of the paved road and at the bobbin mill. **Do not park in the working gravel pit area.**
- Various pull offs along Rt. 100 – there are river access pull offs and parking lots along Rt. 100 both north and south of the Village. These may be used to park, but vehicles must be completely out of the roadway.

# Robert Armstrong Perry Memorial Circuit Race

Saturday, August 31, 2019

Stage 2



**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+ & Juniors 74 miles/120K (4008 f/1222m elev); Men P/1 & Cat 2 111 miles/179K (6016 f/1833m elev)

Category	Start Time	Distance	Support
<b>First Wave</b>			
Pro/1	8:30	111 miles/179K	Look NRS
Cat 2	8:40	111 miles/179K	Neutral
Cat 3	8:50	74 miles/120K	Look NRS
Master 50	9:00	74 miles/120K	Neutral
Women Pro 1/2/3	9:05	74 miles/120K	Look NRS
<b>Second Wave</b>			
Junior	12:25	74 miles/120K	Look NRS
Women 3/4/5 Cat 4/5	1:00	37 miles/60K	Neutral
Cat 4/5 Masters	1:20	37 miles/60K	Look NRS
Cat 4/5 Open	1:30	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 finish line 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 the .5 miles/.8K to the finish area as well as back to the high school. Please do not drive to the finish!

**Food at the Finish** – the farm that is hosting the finish will be offering farm raised hamburgers and farm grown grilled sweet corn for purchase. The freshest and locally raised if you are hungry this is the place to eat.

**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 50+, Women Pro 1/2/3 – 4 sprints
- Men Pro 1, Men 2 – 6 sprints

**K/QOM COMPETITION** — There are 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 50+, Women Pro 1/2/3 – 2 sprints
- Men Pro 1, Men 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 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.

<b>Distance</b>		<b>Description</b>
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 and fast descent
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 rail road 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 stay 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 short distance 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 this 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. Also 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.

## 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 to 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 vehicle 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 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.

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

- 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. You may also park at the elementary school .1 miles north of the high school. See parking and staging map on next page.



# Cutaway Mad River Road Race

Sunday, September 1, 2019

Stage 3

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## **DISTANCE**

All fields **except** Men Pro/1 & Men 2 – 64.7 miles /104 K (6357 ft/1937m elev). Men Pro/1 & Men 2 – 82.2 miles/132K (8003 ft/2439m 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**

<b>Time</b>	<b>Category</b>	<b>Distance</b>	<b>Support</b>
8:15 am	Open Road Race	64.7 miles /104 K	Neutral
8:30 am	Cat 3 Men	64.7 miles /104 K	Neutral
8:40 am	50+ Men	64.7 miles /104 K	Neutral
8:50 am	4/5 Men Open	64.7 miles /104 K	Neutral
9:00 am	4/5 Men Masters	64.7 miles /104 K	Neutral
9:10 am	P/1/2/3 Women	64.7 miles /104 K	LOOK NRS
9:15 am	3/4/5 Women	64.7 miles /104 K	Neutral
9:40 am	P/1 Men	82.2 miles /132 K	LOOK NRS
9:45 am	2 Men	82.2 miles /132 K	LOOK NRS
9:50 am	Junior Men	64.7 miles /104 K	Neutral

## **FINISH BONUS**

There is no finish bonus.

## **SPRINT COMPETITION**

There is one sprint during this stage; on Route 100 in Granville, approx. 19.5 miles into the race. Points will be awarded 5 deep: 6-4-3-2-1.

## **CLIMBING COMPETITION**

There are 4 K/QOM sprints during this stage (5 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: 10-7-5-3-2
2. Notch Road Bristol at mile 47.7 (76.4k). Points will be awarded 5 deep 5-4-3-2-1
3. Near summit of Baby Gap climb in Jerusalem at mile 58 (58.9k). Points will be awarded 5 deep: 8-6-4-2-1
4. Summit of Appalachian Gap (Finish Line) Mile 64.7 (104k) and 82.2 (132k). Points will be awarded 5 deep: 10-8-6-4-2
5. West Hill Road (P/1 & 2 only) at mile 11.3 Mile (18k) 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

## **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 recently paved west side of the gap passing Middlebury College's historic "Bread Loaf Campus" and through Ripton, former home to Poet Robert Frost. Once through East Middlebury the course rolls along Rt. 116 until a right turn onto the steep climb of the Notch Road, which has 2.35 miles of descending unpaved 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.

<b>Mad River Road Race Main Loop (Men Pro/1 &amp; Men 2 Ext. Below)</b>		
<b>Miles</b>	<b>KM</b>	<b>Description</b>
0	0.0	Start at Mt. Ellen Base Area
0.67	1.0	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 Crossing next 2 miles!
21.5	34.6	Hot Spot Sprint Finish
23.6	38.0	Right turn Rt. 125 Middlebury Gap
29.8	48.0	K/QOM
29.9	48.1	<b>CAUTION</b> the top 3 turns are decreasing radius and very challenging. Do not go out over the fog line at the pull off.
32.2	51.8	Bread Loaf Campus Use Caution – Feed Zone
38.15	61.4	<b>CAUTION-SLOW VERY SHARP RIGHT ONTO BRIDGE IN EAST MIDDLEBURY</b>
39.3	63.2	Right turn onto Rt. 116
46.8	75.3	Right turn onto Notch Road
47.5	76.4	K/QOM
47.75	76.8	Left turn Top of Notch Road to Lower Notch Road -Road is unpaved
48	77.2	Road surface back to pavement
48.5	78.1	Road surface is unpaved
51.8	83.4	Right turn onto Main Street (Rt. 17) in Bristol USE CAUTION!
55	88.5	Right turn onto Rt. 17 (start of Baby Gap) -Traffic light construction zone <b>STAY RIGHT OF STOPPED CARS!</b>
56.6	91.1	Neutral Feed Zone at Memorial Park on Right
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	99.0	Start of App. Gap Climb
64.3	103.5	Caution - Moose Crossing!
64.7	104.1	Finish at the Top of the App. Gap

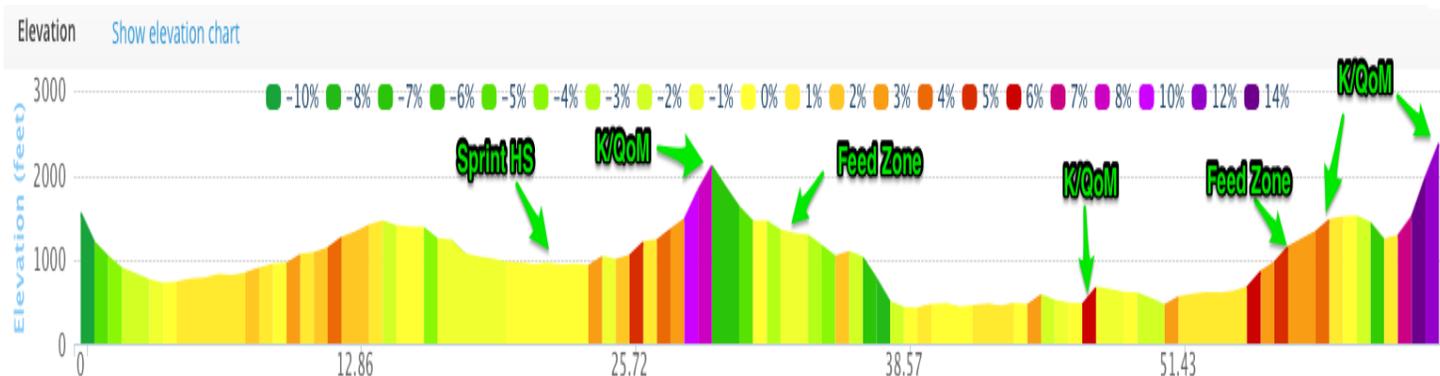
## **Notes of Caution**

1. 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.
2. There is some rough pavement in Granville Gulf after the summit. It may be paved by the race.
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. Please slow down for these turns you will have plenty of downhill left to catch a group ahead of you. You will never catch the group if you crash here. **PLEASE BE SMART and use CAUTION. Do not ride over the fog line in the third turn as the road narrows here 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. 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.
6. The lower Notch Road has unpaved gravel sections. These can be rough use caution.
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. There is a single lane bridge north of the Rt 116 & Rt 17 intersection. The intersection is controlled by traffic lights. We will have 3 police officers to move traffic at this 3-way intersection. Main field vehicles will be moved through the intersection. If you are not in the main field of your group there may be vehicles stopped at the light. Please ride right inside the fog line and pass the stopped vehicles. You should not need to stop.
10. The pavement on the lower miles of the App Gap Climb is poor. You will not be going very fast but please be alert to cracks, heaves, dips and holes and ripples.
11. 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.
12. 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.

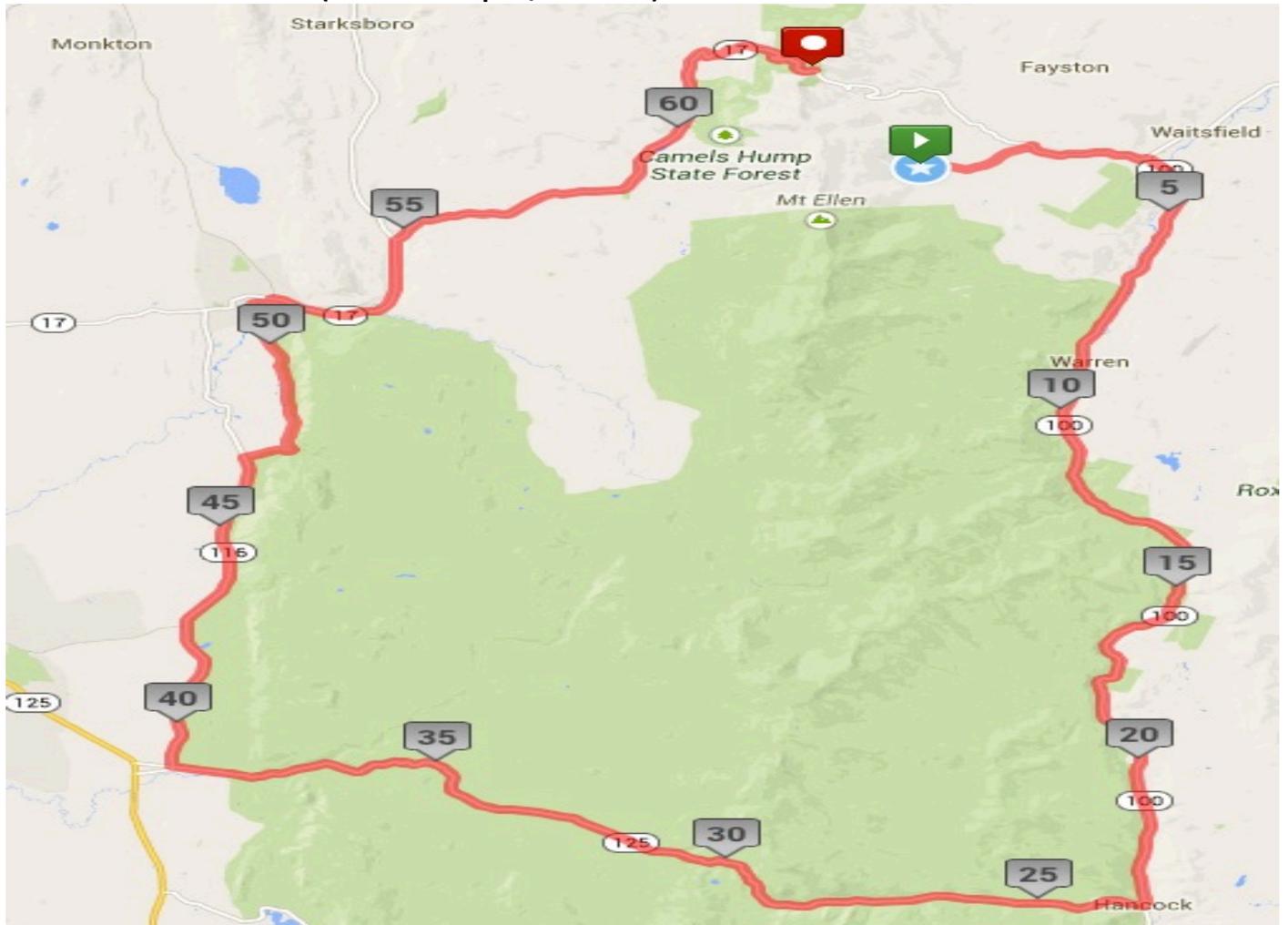
### EMERGENCY MEDICAL SERVICES

Near bottom of Middlebury Gap in East Middlebury, Summit of App Gap (finish) as well as in five race caravans.

**Elevation profile for all fields (except Men Pro/1 & Men 2):**



**The 64.7 mile Course Overview (All field except P/1 & Cat 2):**

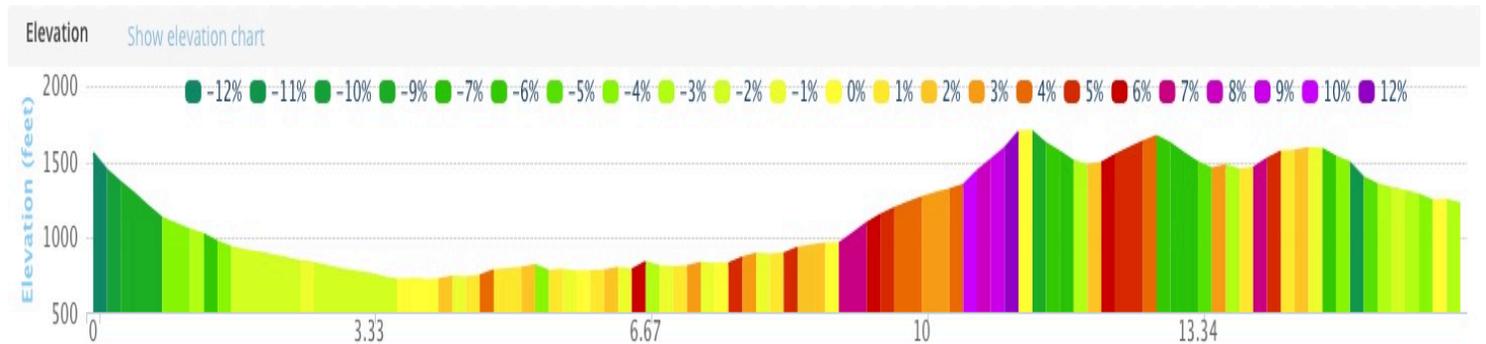
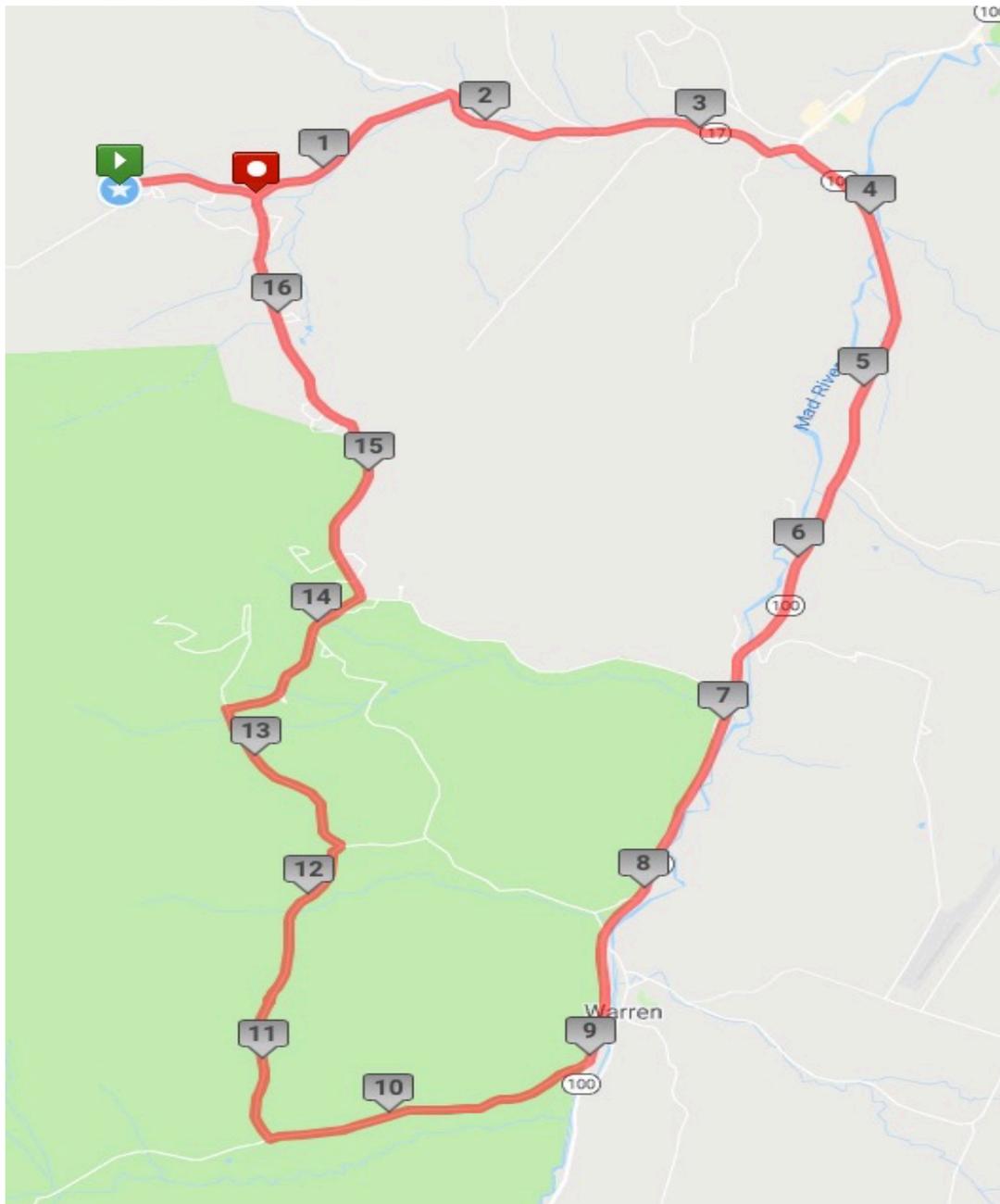


**For the Men Pro/1 and Men 2 only** we have an extra 16.5-mile loop and 1650 feet of climbing for your racing pleasure.

This extension starts at Mile 0/KM 0 in once completed you will be on the main 64.7 mile loop, above.

<b>Mad River Road Race Men P/1 &amp; 2 Extension</b>		
<b>Miles</b>	<b>KM</b>	<b>Description</b>
0	0.0	Start at Mt. Ellen Base Area
0.67	1.0	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
9.1	14.6	Right turn onto Lincoln Gap Road – <b>Caution culvert cuts</b>
10.5	16.9	Right turn onto West Hill Road – <b>Caution gravel climb</b>
11.2	18.1	KoM
11.3	18.3	<b>Caution Fast Gravel Descent</b>
12.3	19.8	Left turn onto Inferno Road
13.25	21.3	Right turn onto Sugarbush Access Road
14.1	22.7	Left turn onto German Flats Road – Caution fast downhill
16.5	26.6	Pass Start Mt. Ellen Access Road
17.1	27.5	Right turn onto Rt. 17 (rejoin the main course)

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



**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, Men 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**

The first will be at the Bread Loaf Campus of Middlebury College on Rt. 125 in Ripton. This is on the west side of Middlebury Gap 2.3 miles from the summit. Parking is located in the parking lot on the right side of the road. Please park in the parking lots and be courteous. Look for signs. Do not park on the roadway. Feeding is on the gradual rise up to the campus entrance. Please pick-up all trash. This is the fourth year we have been allowed to feed here and it would be great to be able to return next year but we must leave the area clean.

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.

A second neutral feed zone (no team feeders) is located on the Baby Gap at the Bristol Memorial Park. For all racers water will be available to fill your bottle. Volunteers will be present to assist you if needed. There is a local high school cross-country team helping please be polite as they work to quickly fill your bottle.

## **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.

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. Please use extreme care on the descent of Appalachian Gap; there are cracks in the road in the directions of travel and the pavement is heaved and generally in very poor condition we do not want you to crash after the race is over.

### **SPECTATING AT THE FINISH**

Spectators are encouraged to be at the finish. 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! Colored chalk will be provided by the race organizers to spectators for writing messages 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 11:00AM when the road closes!

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

Sunday, September 1<sup>st</sup> @ 4:30 pm

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This is a GMSR tradition (now in its 17<sup>th</sup> year) encourages 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 two covered bridge and we may ride an extra few miles of high quality scenic unpaved roads (mostly downhill). 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. 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 2, 2019

Stage 4

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## DISTANCE

1 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 a 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. 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.
3. 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.
4. 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 8:30 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>Start Time</u>	<u>Laps/Distance</u>
Men 4/5 Masters	8:30 am	25 laps - 15.5m/25k
Men 4/5 Open	9:15 am	25 laps - 15.5m/25k
Men 50+	10:05 am	25 laps - 15.5m/25k
Women 3/4/5	10:50 am	25 laps - 15.5m/25k
Men 3	11:40 pm	30 laps - 18.3m/30k
Kid's Race	12:30 pm	small laps
Men 2	12:55 pm	34 laps - 21.0m/34k
Junior	1:50 pm	30 laps - 18.3m/30k
Women Pro/1/2/3	2:35 pm	30 laps - 18.3m/30k
Men Pro/1	3:25 pm	50 laps - 31m/50k

## 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)			45	35	30	25	20	15	10	5	FINISH	TOTAL \$
Field	Laps											
<b>Men 4/5 Open</b> <b>Men 4/5 M</b> <b>Men 50+</b> <b>Women 3/4/5</b>	25	Points Sprints					GC	HSS	GC	HSS	FSP/GC	
		Primes						\$50		\$50		\$100
<b>Juniors</b>	30	Points Sprints				GC	HSS	GC		HSS	FSP/GC	
		Primes				\$50	\$50	\$50		\$50		\$200
<b>Men 3</b>	30	Points Sprints				GC	HSS	GC		HSS	FSP/GC	
		Primes				\$50	\$100	\$50		\$100		\$300
<b>Women P/1/2/3</b>	30	Points Sprints				GC	HS		GC	HSS	FSP/GC	
		Primes				\$75	\$75		\$75	\$75		\$300
<b>Men 2</b>	34	Points Sprints			GC	HSS	GC	GC		HSS	FSP/GC	
		Primes			\$50	\$100	\$50	\$50		\$50		\$300
<b>Men P/1</b>	50	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: 1<sup>st</sup>=\$25, 2<sup>nd</sup>=\$15, 3<sup>rd</sup>=\$10

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

# Prize Value Breakdown

Place	Men P/1		Men 2 & 3 W P/1/2/3		W 3/4/5, Men 4/5 & 50+		Junior	
	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	G.C.
1	\$200	\$500	\$160	\$420	\$60	\$200	\$85	\$250
2	\$150	\$400	\$110	\$310	\$40	\$150	\$50	\$200
3	\$100	\$300	\$80	\$260	\$20	\$100	\$30	\$140
4		\$250		\$160		\$70		\$80
5		\$200		\$100		\$50		\$50
6		\$120		\$90				
7		\$80		\$80				
8		\$50		\$60				
<b>Daily Totals</b>	\$1,800		\$1,400		\$480		\$660	
<b>Primes Totals</b>	\$400		\$300		\$100		\$200	
<b>Sprint</b>		\$200		\$160		\$50		\$85
<b>K/QOM</b>		\$200		\$160		\$50		\$85
<b>Totals</b>	\$2,200	\$2,300	\$1,700	\$1,800	\$580	\$670	\$860	\$890
<b>Grand Totals</b>		\$4,500		\$3,500		\$1,250		\$1,750

In the event of a tie on GC, USAC Rule 3H4(c)(i) covers how ties will be resolved.

Racers must present photo identification and sign when collecting prize money on Monday.

Sprint and K/QOM prize money is 1 deep for the entire stage race (winner takes all).

Uncollected prizes over \$20 will be sent to racers following the event.

## Local Area Guide

Welcome to the Mad River Valley. Whether this is your first time, or you visit us often, we welcome you and appreciate your decision to join our community for this fantastic event. You will find [www.MadRiverValley.com](http://www.MadRiverValley.com) a valuable resource for current events and activities in the Mad River Valley.

When doing business at any of our fine establishments please let the staff know you are here for the GMSR. It really helps with future sponsorship and helps keep the cost of the race lower for you.

Here are but a few:

**Where to Eat** (B=breakfast; L=lunch; D=Dinner; Pub=evening pub fare): **BOLD = Race Supporter**

**Lawson's Finest Liquids** (Tap Room & Brewery) Pub fare 155 Carol Road, Waitsfield

**Warren Store** (Great Deli) (B,L; 7 days, take out or eat in) \$ 284 Main St. Warren

**Blue Stone Pizza** - Rt. 100 Waitsfield - Great pizza! \$\$ Main St. Waitsfield

American Flatbread (Wood-Fired Organic Pizza)\$\$; (D; Thurs-Sun) Lareau Farm Inn Rt. 100 Waitsfield

Hyde Away (American) \$-\$\$; (D, Pub; 7 days) 1428 Rt. 17, Fayston

Terra Rossa Ristorante (Italian Food) - \$-\$\$; 527 Sugarbush Access, Warren  
Tracks Lounge at Pitcher Inn: (Upscale Pub Fare) \$\$-\$\$\$ (Wed-Mon) 275 Main St, Warren  
Rumble's Kitchen at Sugarbush: Fresh American Cuisine \$\$-\$\$\$ Lincoln Peak Village  
Mary's at Baldwin Creek Bristol (D - Reservations Best) \$\$-\$\$\$ 1868 Rt. 116, Bristol  
Mad Taco (Mexican), Waitsfield at the Mehuron's Shopping Center \$  
Canteen, Waitsfield at the Mehuron's Shopping Center \$  
275 Main at Pitcher Inn, Warren (fresh, local seasonal fare) \$\$\$: (D; Wed-Mon)  
Big Picture – At the movie theater Carrol Rd, Waitsfield \$-\$\$  
Sage – Rt. 17 & Rt 100, Waitsfield. \$\$-\$\$\$

### **Things to Do:**

**Saturday Farmers' Market:** 9am-1pm in Waitsfield – Great Food & Hand Crafts.

**Clearwater Sports:** Rental of kayaks, stand up paddle boards. Rides provided to river put-in. Open daily.

**Glider Ride** – Take to the air and get a great view of the Mad River Valley & beyond – Sugarbush Airport, Warren

**Sugarbush Adventure Center:** disc golf, lift-served hiking and mountain biking, tennis, golf, rock climbing wall, pools, sports center. Open daily.

**Take a Swim:** In the Mad River- Lareau Swim Hole on Rt 100, south of Waitsfield Village. The Covered Bridge in Waitsfield. Warren Falls south of Warren Village (look for parked cars). Blueberry Lake - Plunkton Road Warren.

**Take a Walk:** Park at the top of Joslin Hill by the Green (called Common in Vermont) (thru Waitsfield covered bridge, bear left on Joslin Hill) and walk along the tree-canopied Waitsfield Common Road (where ITT finishes).

**Watch a sunset from the Long Trail:** Lincoln Gap Rd. to the Long Trail parking. Head south on the trail one and a half miles to an open outlook called Sunset Rock and watch the sun set over the Champlain Valley and the Adirondacks. Bring a flashlight for the return hike.

**Watch Artisans at work:** Visit the Craft Fair at Kenyon's Field 9/2 & 3. Stop in at the many artist shops in Historic Waitsfield Village and watch artists at work.

**Local Beer** – Some of the most highly rated and most sought after beers in the world are brewed in the area.

**Lawson's Finest Liquids** is brewed in Waitsfield and Heady Topper is brewed in Waterbury. If you are a beer lover check these two beers out.

**Wildlife viewing:** Deer, bear, moose, fox, ermine, fisher cats, coyotes, and wild turkeys are among the many wild animals commonly seen in the Mad River Valley, especially around dusk. Granville Gulf just south of Warren is an especially popular evening gathering spot for moose.

### **Greater Area:**

**Waterbury Foods Tour-** Ben & Jerry's Factory; Cabot Annex; Cold Hollow Cider Mill; Green Mtn Coffee Roasters Visitor Center.

**Montpelier, The Nation's Smallest Capitol City:** Visit the State House; VT Historical Museum

**Morse Farm Maple Sugarworks;** Rock of Ages granite quarries in nearby Barre VT.

**Shelburne,** Vermont Teddy Bear Factory, Shelburne Museum, Shelburne Farms.

## **RACE NOTES**

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