

Rocky Mount Stage Race

Race Bible

PERMIT # 2008 - 115

www.teamlasport.org

Schedule of Events

Friday 11 April 2008

6:00 PM - Registration. Late Registration and Packet Pick-Up will be available at [Moe's Southwest Grill](#), located at [2300 Airline, Suite 600](#) in Bossier City, LA on April 11, 2008 from 6:00 - 9:00 pm.

Saturday 12 April 2008

6:00 AM - Registration. Rocky Mount, All Classes. Registration closes 20 minutes before each race start.

8:00 AM - Rocky Mount Road Race. 13 mile loop in hilly Rocky Mount. (*All distances are approximate.*)

Category

Saturday Race times/ Distance

Senior 1,2,3
Women (Category 1-4)
Senior 5

8:00 AM/ 5 laps/ 67 miles
8:05 AM/ 3 laps/ 41 miles
8:10 AM/ 2 laps/ 28 miles

Masters 35+
Senior 4
Masters 45+/55+

11:30 AM/ 4 laps/ 54 miles
11:35 AM/ 4 laps/ 54 miles
11:40 AM/ 3 laps/ 41 miles

Saturday 12 April 2008

5:30 PM - Clyde Fant Time Trial. 4.0 miles out & back.

Category/ Race Number

Start time (:30 second intervals!!!)

Women (1-4)
Senior 5
Masters 35+
Senior 1,2,3
Senior 4
Masters 45+
Masters 55+

5:30 PM first rider off
5:45 PM approximate
6:00 PM approximate
6:10 PM approximate
6:15 PM approximate
6:20 PM approximate
6:30 PM approximate

Sunday 13 April 2008

7:00 AM - CenturyTel Center Criterium.

Category

Sunday Race Times/ Distance

Senior 5	8:00 AM/ 25 min
Women (1-4)	8:35 AM/ 30 min
Masters 45+/55+	9:15 AM/ 40 min
Masters 35+	10:05 AM/ 50 min
Senior 4	11:05 AM/ 55 min
Senior 1,2,3	12:10 PM/ 60 min

Overall Prize Payout

	<u>Prize Payout</u>	<u>Entry Fee</u>
Senior 1,2,3	10 places/ 80%	\$55.00
Senior 4	8 places/ 70%	\$55.00
Masters 35+	6 places/ 70%	\$55.00
Masters 45+	6 places/ 70%	\$55.00
Masters 55+	5 places/ 70%	\$55.00
Women 1-4	5 places/ 70%	\$55.00
Senior 5	3 places/ Medals	\$55.00

PRIZE PERCENTAGES PER CATEGORY

Senior 123	Senior 4	Master 35 & 45	Masters 55 & Women
1st – 25%	1st – 25%	1st – 30%	1st – 30%
2nd – 19%	2nd – 20%	2nd – 25%	2nd – 25%
3rd – 13%	3rd – 15%	3rd – 18%	3rd – 20%
4th – 10%	4th – 10%	4th – 12%	4th – 15%
5th – 8%	5th – 9%	5th – 9%	5th – 10%
6th – 7%	6th – 8%	6th – 6%	
7th – 6%	7th – 7%		
8th – 5%	8th – 6%		
9th – 4%			
10th – 3%			

FINAL STANDINGS IN ALL CLASSES WILL BE DETERMINED BY TOTAL ELAPSED TIME AFTER THREE EVENTS. Timing will be to the nearest second (truncated). See bunch timing rules below. Scoring for General Classification only, no Team Standings or Points Competitions (sorry, that would require *real* organization).

STAGE PLACING

The top finishers in the Road Race and Criterium stages will be awarded bonuses as follows for First, Second, and Third place finishes (all classes).

1st Place	<i>10 Seconds</i>
2nd Place	<i>7 Seconds</i>
3rd Place	<i>5 Seconds</i>

HOT SPOTS

There will be a single HOT SPOT for each class in the Road Race and in the Criterium. Road Race Hot Spots will be after the 1st lap, just after the feed zone. Criterium Hot Spot will be at the approximate mid-point of each race. Bonuses will be awarded for First and Second Places at the Hot Spots as below (all classes).

1st Place	<i>7 Seconds</i>
2nd Place	<i>5 Seconds</i>

Race Numbers

The large number should be placed on the *side* of the lower back, just above the pockets (if any), turned so that the numbers are upright when the rider is horizontal. We will be picking places by eye for the Road Race, and will have videotape as backup for the criterium. Judging for the Road Race will be on the LEFT, and the criterium and Time Trial on the RIGHT, so...

Road Race: Numbers on **LEFT** side.

Time Trial: Numbers on **RIGHT** side.

Criterium: Numbers on **RIGHT** side.

Numbering will be determined before packet pickup

REMINDER: All riders on the same team must wear identifiably similar jerseys in the road race and criterium.

Traffic Control

Road Race course is **OPEN TO TRAFFIC. STAY IN THE RIGHT LANE AT ALL TIMES!** All turns will be monitored, but the final responsibility rests with the rider! When warming up, keep the roads clear and do not stand around start/finish line. Volunteers will monitor start/finish area and advise riders where they can and cannot be. To ensure the safety of all riders and meet the requirements of law enforcement officials, failure to cooperate will result in a DISQUALIFICATION. Time Trial course & Criterium course will be closed to traffic

Rocky Mount Stages

STAGE 1 ROCKY MOUNT ROAD RACE

8:00 AM - Rocky Mount Road Race. 13 mile loop in hilly Rocky Mount. (*All distances are approximate.*)

Category

Saturday Race times/ Distance

Senior 1,2,3

8:00 AM/ 5 laps/ 67 miles

Women (Category 1-4)

8:05 AM/ 3 laps/ 41 miles

Senior 5

8:10 AM/ 2 laps/ 28 miles

Masters 35+

11:30 AM/ 4 laps/ 54 miles

Senior 4

11:35 AM/ 4 laps/ 54 miles

Masters 45+/55+

11:40 AM/ 3 laps/ 41 miles

DIRECTIONS TO ROAD RACE

(See Maps) Please carpool if possible – parking is limited. From I-20 Take Hwy 3 North towards Benton, La. Go through Benton at make a right on Hwy 160 and follow into Rocky Mount where Hwy 157 & 160 intersect.

PARKING

Park only in the field on the right of the Rocky Mount Store.

ROAD RACE RULES

COURSE IS OPEN TO TRAFFIC!

1. A single following wheel truck will be provided for main groups. The large groups will have lead motorcycles and/or vehicle. **ABSOLUTELY NO PRIVATE VEHICLES ARE ALLOWED ON THE COURSE!!!**
2. **FEEDING** only in the Designated Area (see map), approximately 1 mile off of Seven Pines Road. Feeding anywhere else or from a vehicle will result in **DISQUALIFICATION** of the rider! We will try to have some volunteers to provide neutral feeds to riders without support.
3. **COURSE:** Check the course map! Riders are responsible for staying on the course. The Road Race route includes turns at 4 intersections (excluding lead out turn).
4. Riders must finish the preceding stage in order to ride in the current one. (The only exception is the Time Trial in the event of a mishap). Riders who do not finish the stage **DO NOT** sign the finish control sheet.

5. Riders must MAINTAIN LANE POSITIONS in the final 200 meters for a sprint finish. WE DO NOT GUARANTEE A CLEAR LEFT LANE. If you do not feel you are in contention for the sprint (3 places get bonuses), you need not sprint if you are in contact at 200 meters. See section on bunch timing below.
6. CROSSING THE CENTER LINE of the road is prohibited. We are VERY serious about this! See special section below.
7. All USCF rules will be enforced at all times.
8. Riders in different races (separate starts) may not work together in the Road Race.
9. NUMBERS: Place your race number on back left.

ROAD RACE COURSE

The Road Race course starts in Rocky Mount on Hwy 160 with a lead out for the first mile. Course makes a left onto Seven Pines Road where the course begins. Course consists of four right turns with the finish ending in a climb up Rocky Mount Hill. The course is moderately hilly with good surface. The course will be ridden clockwise. Feed zone is approximately 2 miles from start/finish line (see above rules).

SPECIAL PRECAUTION must be taken by riders at each intersection. Remember, we sometimes have trouble stopping cars. DO NOT blindly follow other riders through turns. **NOTE:** Riders finishing outside the 20% time limit in the USCF Road Races *may* be disqualified.

BUNCH TIMING

Riders finishing in a group will be given the same time as the leader unless there is a clear (i.e. five-bike-length) gap at 200 meters. ALL RIDERS must verify their finish by signing the control sheet IMMEDIATELY after.

CONTROL SHEET

There will be an official with a control sheet in the finish area following each race. Riders must check in with this official immediately following their finishes. Failure to confirm your finish with the referee may result in a DNF placing! When returning to the start/finish area after your finish, watch for other oncoming riders.

OVERLAPPING GROUPS

If one group catches another group on the course, the group being overtaken should neutralize until the overtaking group and its following car has passed it. Riders in one group are not allowed to accept or receive pace from riders in other groups.

FOLLOWING CARS

There will be a single following vehicle with neutral, rider-provided, wheel support. Following cars will be located near the start line. Spare wheels must be labeled with the rider's number and name. It is strongly recommended that you write your name on the tire. Don't forget to retrieve them immediately after the race! Riders who receive wheel changes during the race are expected to return those wheels to the following car immediately after the finish. Unclaimed wheels will be at the officials table at the Time Trial and Criterium.

LEFT LANE RULE

RIDERS ARE FORBIDDEN TO USE THE LEFT LANE. We are NOT able to provide a secure rolling enclosure.. Increasing one's position while over the center line will result in a 30 second penalty. Repeated violations for any reason will result in **DISQUALIFICATION!!**

ROAD RACE RESULTS

Final results through stage 2 will be posted near the start/finish of the time trial and at a designated location TBA on Saturday night. Protests of stage and GC placing are acceptable up until the start of the next stage.

STAGE 2 CLYDE FANT TIME TRIAL

5:30 PM - Clyde Fant Time Trial. 4.0 miles out & back.

Category/ Race Number

Start time (:30 second intervals!!!)

Women (1-4)
Senior 5
Masters 35+
Senior 1,2,3
Senior 4
Masters 45+
Masters 55+

5:30 PM first rider off
5:45 PM approximate
6:00 PM approximate
6:10 PM approximate
6:15 PM approximate
6:20 PM approximate
6:30 PM approximate

DIRECTIONS TO TIME TRIAL

(See map) From I-20 go north on Hwy 71/Spring St. Take a right on either Crockett or Milam st. These roads will dead end into Clyde Fant Parkway. Take Clyde Fant Parkway to the Stoner Boat Launch.

The Time Trial start will be located at the Stoner Boat Launch off of Clyde Fant Parkway. The course is an out and back. The start list will be posted there as well. Make sure you know when you start! We will start each group in order of race number. Riders will be staged on Clyde Fant entrance ramp on the northbound lane. Once you know when your start will be, you can warm up with a ride down the course heading south from Stoner Ave.

TIME TRIAL RULES

1. The course IS NOT OPEN TO TRAFFIC.
2. **START ORDER:** RIDERS WITHIN A CLASS START IN THE ORDER OF THEIR NUMBERS (NUMBER SEQUENCES TBA).
3. **START TIMES:** Riders start at 30-second intervals. There will be gaps in the sequence of numbers between classes, so PAY ATTENTION TO THE NUMBER CALLER!!

4. **REPORTING TO THE STARTER:** You must be in the start line three minutes (6 riders) before your start. If a rider misses his start, he must STOP at the starting line (one foot down), then he may begin unless his start will interfere with that of another rider, in which case the referee will instruct him to wait. Timing begins from the original start time.
5. **RESTARTS** will normally not be allowed. Riders suffering mishaps will be given the time of the slowest rider who finishes in his class.
6. DO NOT WARM UP ON THE COURSE! Use the open lane of Clyde Fant south of the S/F line to warm-up on.

TIME TRIAL COURSE

The Time Trial will be an OUT and BACK. The road surface is generally good to excellent. The course runs along Clyde Fant Parkway turns around approximately 2.0 miles and finishes on top of Stoner Ave Bridge. The following estimated start times are based on minimum anticipated field sizes. They may be significantly different on race day. Don't miss your start!! The times below are **estimated**, we should be able to provide more accurate times at the start. ***They may be significantly different on race day.***

TIME TRIAL RESULTS

Results of the Time Trial will be posted AT DESIGNATED LOCATION TBA. Do not disturb the officials at the finish line they will be unable to tell you your time. If you suffered a mishap and failed to cross the finish line, notify the officials at the start line. You will be assigned the time of the slowest rider in your class, and you will be allowed to ride the next stage. If you find a problem with the TT results, notify the chief referee prior to the start of the Criterium.

STAGE 3 **CENTURYTEL CRITERIUM**

7:00 AM - CenturyTel Center Criterium.

<u>Category</u>	<u>Sunday Race Times/ Distance</u>
Senior 5	8:00 AM/ 25 min
Women (1-4)	8:35 AM/ 30 min
Masters 45+/55+	9:15 AM/ 40 min
Masters 35+	10:05 AM/ 50 min
Senior 4	11:05 AM/ 55 min
Senior 1,2,3	12:10 PM/ 60 min

CRITERIUM DIRECTIONS

(SEE MAP)

CRITERIUM COURSE

Start/Finish is at the Centurytel Center in Bossier City. Course is to be ridden counter-clockwise. Course is approximately 1.3 miles in length with 6 left turns and a small rise.

CRITERIUM RULES

1. Riders are not permitted to warm up on the course until all riders from the previous race have finished.
2. The FREE LAP RULE will be in effect. You **MUST** report to the pit in order to receive a free lap. The pit will be located in the area of the start line. Free laps are allowed only for mishaps as per USCF regulations. Riders suffering a mishap may not ride "against traffic" in order to get to the pit. Proceed in the direction of the race only. **NO FREE LAPS WILL BE GRANTED DURING THE FINAL 2 LAPS OF THE RACE.**
3. All riders finish on the same lap as the leader. Lapped riders will be pulled if they threaten to interfere with the finish. Times for pulled and lapped riders will be calculated.
4. Lapped riders **MAY NOT COMPETE FOR PRIMES**. Lapped riders who compete for primes, bonus points, or for the finish will be disqualified! Lapped riders may not contest the final sprint. Riders may not drop back in order to assist another rider off the front of the pack.
5. Times of lapped and pulled riders will be calculated according to USCF rules.
6. Riders must finish the Road Race and Time Trial in order to ride in the Criterium.
7. Following a bunch sprint, riders in the group must verify their presence in the group with the judges **IMMEDIATELY** after the sprint. See the section on **CONTROL SHEET** sign-in.
8. Bikes and tires will be checked at the start.
9. **NUMBERS:** Place your shoulder number on your **RIGHT** shoulder.

HOT SPOT

There will be a time bonus Hot Spot at the approximate **mid-point** of each race for *First and Second places only* worth 7 and 5 seconds respectively. Hot Spots will be indicated by ringing of the bell.

CONTROL SHEET

All criterium riders are required to check in with the official handling the control sheet at the start line immediately (within 5 minutes) after the finish. If you feel you placed in the top 5 in a pack sprint, please verify you're placing with the chief judge at that time.

BUNCH TIMING

Bunch timing is the same as for the Road Race (see Road Race Rules). Lapped riders may not contest the sprint.

CRITERIUM AND FINAL RESULTS

Results of each race will be posted in the area of the start/finish as soon as possible following that race. Protests of final results must be made within 15 minutes of posting. ALL awards will be given following the final. Complete final results will be posted to The LaS'port website at www.teamlasport.org