

5th Annual *Rocky Mount Stage Race*

May 16th & 17th 2009

Stage Race Event – Cash & Additional Prizes

Promoted by Team LaS'port - www.teamlasport.org

LCCS Event Held Rain or Shine

USA Cycling Event Permit # 2009-572

Schedule of Events

Saturday May 16th, 2009

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

Category

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

Saturday Race Times/ Distance

8:00 am/ 5 laps/ 67 miles
8:05 am/ 3 laps/ 41 miles
8:10 am/ 2 laps/ 28 miles
11:30 am/ 4 laps/ 54 miles
11:35 am/ 4 laps/ 54 miles
11:40 am/ 3 laps/ 41 miles

Saturday May 16th, 2009

5:30 PM -- Clyde Fant Time Trial -- 4.8 miles out and back.

Category

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

Start time (:30 second intervals!!!)

5:30 pm first rider off

2 Minute Ghost Rider
Between Categories

Sunday May 17th, 2009

7:30 AM -- Bike's Etc Crit -- 1.2 mile loop with 4 turns, 2 are 180.

Category

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

Sunday Race Times/ Distance

7:30 am/ 35 min PLUS 5 Laps
8:15 am/ 30 min PLUS 5 Laps
8:55 am/ 40 min PLUS 5 Laps
9:45 am/ 45 min PLUS 5 Laps
10:40 am/ 45 min PLUS 5 Laps
11:35 am/ 70 min PLUS 5 Laps

Payouts

Overall Prize Payout from GC Standings after 3 events

	<u>Prize Payout</u>	<u>Entry Fee</u>
Senior 1,2,3	8 places/ 35%	\$60.00
Senior 4	8 places/ 20%	\$60.00
Masters 35+	8 places/ 20%	\$60.00
Masters 45+	6 places/ 20%	\$60.00
Masters 55+	6 places/ 20%	\$60.00
Women 1-4	8 places/ 25%	\$60.00
Senior 5	3 places/Medals	\$60.00

Rules and Regulations

FINAL STANDINGS IN ALL CLASSES WILL BE DETERMINED BY TOTAL ELAPSED TIME. 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). Reminder: All riders on the same team must wear identifiably similar jerseys in the road race and crit.

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 and Criterium will be on the LEFT, and the Time Trial on the RIGHT, so...

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

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

Criterium: Numbers on **LEFT** side.

Numbering will be determined before packet pickup!

STAGE PLACING

The top finishers in the Road 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 ½ into the 1st lap (all classes). 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>

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! Do not stand around start/finish line! Time Trial course & Criterium course will be closed to traffic.

Stage 1

Rocky Mount Road Race

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

Category

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

Saturday Race Times/ Distance

8:00 am/ 5 laps/ 67 miles
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11:30 am/ 4 laps/ 54 miles
11:35 am/ 4 laps/ 54 miles
11:40 am/ 3 laps/ 41 miles

DIRECTIONS TO ROAD RACE

(See Map on Website) Please carpool if possible – parking is limited. From I-20: Take Hwy 3 North towards Benton, La. Go through Benton and 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.
10. Special rules and information appear below.

ROAD RACE COURSE

The Road 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 with the 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.

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.

NOTE: Riders finishing outside the 20% time limit in the Senior USCF Road Races *may* be disqualified.

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.

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.

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 criterium 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

The Time Trial start will be located at the Stoner Boat Launch off of Clyde Fant Parkway. 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. The first group to start will be the Women (All). Riders will be staged on Clyde Fant on the Southbound Lane. Once you know when your start will be, you can warm up with a ride down the right lane of the course heading south from Stoner Ave.

DIRECTIONS TO TIME TRIAL

From I-20 and I-49 go East on I-20 and Take Exit 19 Spring/Market St. Go South on Market Street and merge left and go South on Youree Drive/LA 1 for 2 miles. Make a Left on Stoner Ave and go 1 mile and you will dead end into Stoner Boat Launch. Parking at Stoner Boat Launch. (See Map on Website)

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. **RETURNING FROM THE FINISH:** Riders will use the left lane to return to the start of the race. Both lanes will be blocked.
6. **RESTARTS** will normally not be allowed. Riders suffering mishaps will be given the time of the slowest rider who finishes in his class.
7. DO NOT WARM UP ON THE COURSE! Use open lane of Clyde Fant to warm-up on. Northbound lane will be open to traffic. DO NOT RIDE AGAINST TRAFFIC!

TIME TRIAL COURSE

The Time Trial will be an OUT and BACK. The road surface is generally good to excellent. The course runs North along Clyde Fant Parkway, turns around after approximately 2.0 miles, and finishes approx. 0.8 miles past the start.

TIME TRIAL START TIMES

5:30 PM -- Clyde Fant Time Trial -- 4.8 miles out and back.

Category

**Women (all)
Senior 5
Senior 4
Master 35+
Masters 45+
Masters 55+
Senior 1,2,3**

Start time (:30 second intervals!!!)

5:30 pm first rider off

**2 Minute Ghost Rider
Between Categories**

TIME TRIAL RESULTS

Results of the Time Trial will be posted AT A 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

Bike's Etc Criterium

7:30 AM -- Bike's Etc Crit -- 1.2 mile loop with 4 turns, 2 are 180.

Category

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

Sunday Race Times/ Distance

7:30 am/ 35 min PLUS 5 Laps
8:15 am/ 30 min PLUS 5 Laps
8:55 am/ 40 min PLUS 5 Laps
9:45 am/ 45 min PLUS 5 Laps
10:40 am/ 45 min PLUS 5 Laps
11:35 am/ 70 min PLUS 5 Laps

DIRECTIONS TO CRITERIUM

From I-20 and I-49 Go West on I-20 for 6 miles and exit #11/Inner Loop Express Way at I-220 and LA-3132. Go 0.7 miles on LA3132 E/Inner Loop Take exit #1D/WEST 70TH ST onto W 70TH ST (LA-511 W) - go 0.3 miles. Turn Left on Buncombe Rd 0.1 miles and then make another LEFT on Shreve Park Drive 0.1 miles. Go 1.2 miles down Shreve Park Drive and you will run into the crit course. (See Map on Website)

CRITERIUM COURSE

Start/Finish is Located on Shrevepark Drive in Shreveport, LA. The 1.2 mile course is flat with a small rise mid way through the course. The course has 4 turns with two of them being 180 degree turns. Road conditions are good with a long finishing straight.

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 LEFT shoulder. Back number should be on left back, above the pockets.

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.

Volunteers

Ill treatment of volunteers will NOT be tolerated at any time. Our volunteers give up their free time in order for you to race. Please thank them and give them the respect that you would any race official. Racers failing to treat volunteers with respect will be reported to the race directors and race officials and recommended for disqualification.