

OFFICIAL RACE BIBLE:

2014 Nicole Reinhart Memorial Tour de FCCC

July 26-27

Presented by:

Young Medalists/LVCC, Inc.
Altra Motion/Vittoria/3T Cycling Team



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About the Race:

Started in 1989, the Tour de FCCC (Future Champions Cycling Classic) is a juniors only stage race dedicated to advancing Junior Cycling. The race is co-promoted by the Young Medalists Junior Cycling Team and the AltraMotion/Vittoria/3T Cycling Team. The race has seen participants from all around the country and as far away as Australia. Many participants have gone on to become very successful cyclists in the Pro Peloton such as fan favorite, George Hincapie!

The race honors Nicole Reinhart (June 3, 1976 - September 17, 2000). Nicole was a professional road and track racer and Lehigh Valley native. Her achievements included 9 Junior National Championships, 2 Elite Track National Championships, and 2 Pan-Am gold medals. Nicole has been inducted into the renowned Hall of Fame at the Valley Preferred Cycling Center and remains a prominent cycling icon across the country.

The first and second stages are held at the Rodale Institute in Maxatawny, PA with the first stage being an Individual Time Trial around a loop that encircles scenic organic farm fields and picturesque Amish homes. The second stage is a Road Race that follows later the same day on the same course.

The third and final stage is a Criterium in the T-Town famous Rodale Cycling and Fitness Park. The final stage is run on a completely enclosed course with absolutely no vehicle traffic! The Crit course is comprised of seamless, smooth pavement with 6 sweeping corners and one very short and very gentle rise just after the start/finish line.



Parking/Restrooms for Race Venues:

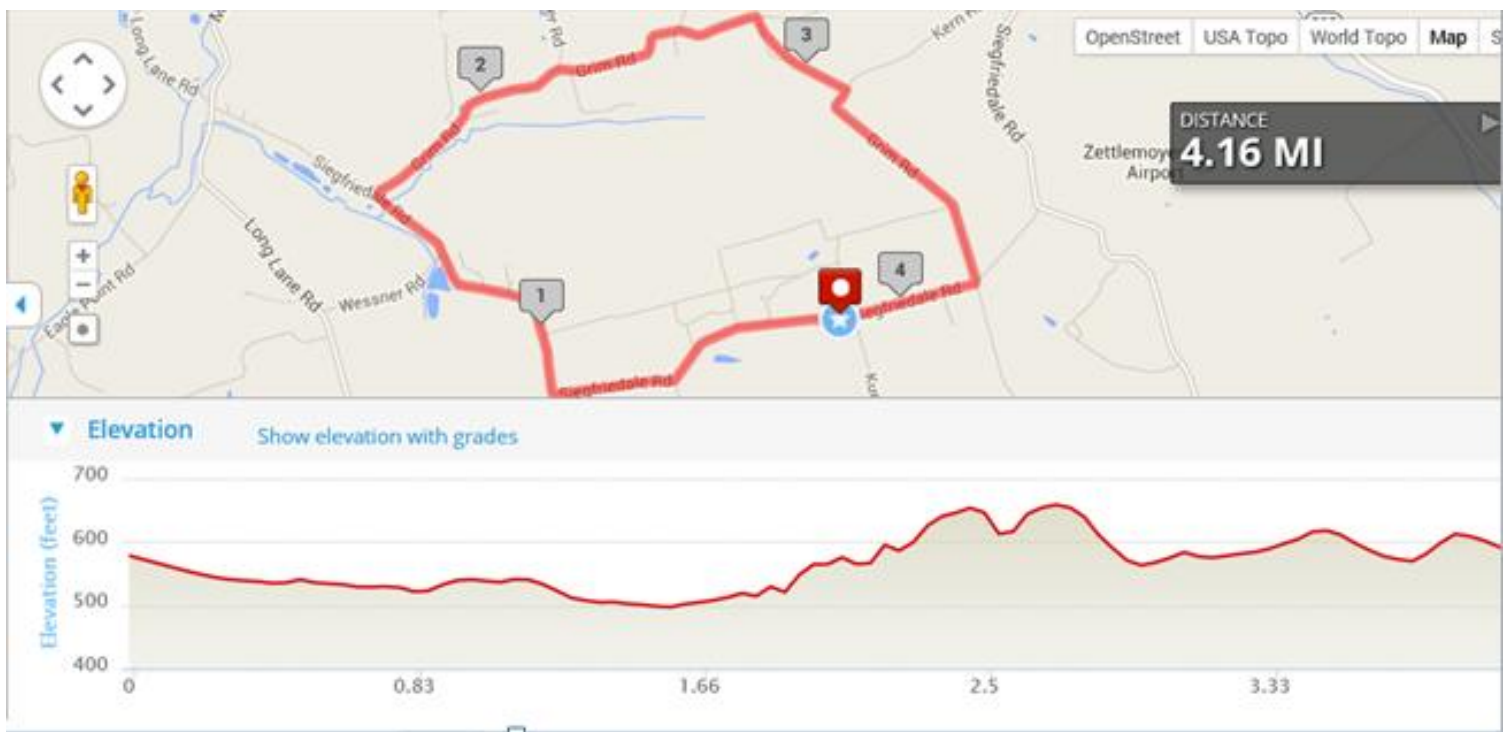
Rider parking for the TT/Road Race will be in the grass/dirt parking lot on end of the Rodale Organic Farm Field opposite the race staff lot. Racers will not be allowed to park in the gravel parking lot for race staff/officials unless absolutely necessary. The address for parking will be 611 Siegfriedale Rd, Maxatawny, PA 19530. Restrooms are located at the Stage 1&2 HQ next to the staff/official's parking lot. Rider check-in/registration will be in the pavilion at Stage 1&2 HQ.

Parking for the stage 3 Criterium will be in the general parking lot at the Bob Rodale Cycling and Fitness Park. Parking at the Valley Preferred Cycling Center lot will be prohibited unless absolutely necessary. Address for parking for the Stage 3 Criterium is 1151 Mosser Rd, Trexlertown, PA 18031. Portable restrooms will be located in the parking lot. Rider sign-in will be located under the park pavilion.

Stage 1: The Individual Time Trial

Date: Saturday 7/26/14

Some may consider this time trial to be sort of like the prologue at the Tour de France. The course is only 4.2 miles on rolling terrain. The first rider goes off at 9:00 AM starting with the 9-10 Men and ending with 17-18 Men. The start area will be located at the tent just outside of the Stage 1&2 HQ. Roll out will be located at the entrance to the race staff parking lot and will be performed to all bikes prior to the start of each race. Riders will get their start time at registration.



Stage 2: The Road Race

Date: Saturday 7/26/14

The Road Race will be held on the same day as the Time Trial. It will also follow the same course as the Time Trial. Roll out will be in the same spot as for the TT and will also be performed to every bike prior to the start of each race. The wheel van will work as “wheels in, wheels out” and will be located at the staff parking lot prior to each race start. The Stage 2 Road Race will also be the **PA Jr. State Road Race Championships**.

Time bonuses are as follows: Finish Sprint-1st 10 sec, 2nd 6 sec, 3rd 2 sec. The start times are as follows:

13/14 Men & Women start at 11:00 AM
 9/10 and 11/12 Men & Women at 11:02 AM
 17/18 Men at 12:30 PM
 15/16 Men & Women & 17/18 Women at 12:32 PM

(See Time Trial Map on page 6 for Road Course)

<u>Classes</u>	<u>Prizes (G.C)</u>	<u>Places</u>	<u>Fee*</u> <u>(For 3 Races)</u>	<u>Time Trial</u>	<u>Road Race</u>	<u>Criterion</u>
Jr. Men 9/10	Awards top 5	All get participation medals	\$40	4.2 miles	8.4 miles (2 laps)	10 miles
Jr. Wm. 9/10	Awards top 5	All get participation medals	\$40	4.2 miles	8.4 miles (2 laps)	10 miles
Jr. Men 11/12	Awards top 5	All get participation medals	\$40	4.2 miles	8.4 miles (2 laps)	10 miles
Jr. Wm. 11/12	Awards top 5	All get participation medals	\$40	4.2 miles	8.4 miles (2 laps)	10 miles
Jr. Wm. 13/14	\$140	5	\$50	4.2 miles	12.6 miles (3 laps)	15 miles
Jr. Men 13/14	\$145	5	\$50	4.2 miles	21 miles (5 laps)	15 miles
Jr. Wm. 15/16	\$180	5	\$50	4.2 miles	21 miles (5 laps)	20 miles
Jr. Men 15/16	\$190	5	\$50	4.2 miles	29.4 miles (7 laps)	20 miles
Jr. Wm. 17/18	\$255	5	\$50	4.2 miles	21 miles (5 laps)	20 miles
Jr. Men 17/18	\$270	5	\$50	4.2 miles	29.4 miles (7 laps)	20 miles

Stage 3: The Criterium

Date: Sunday 7/27/14

The Stage 3 Criterium will be held in the Bob Rodale Cycling and Fitness Park, directly across the street from the Valley Preferred Cycling Center.

The park is completely closed to vehicle traffic and is never used for anything but bikes, walkers/runners, rollerblades, etc. The park will be closed for the bike race, but there are usually still a few stragglers that don't get the message and continue to use the park. Do your best to avoid them and the race staff/officials will remove them from the park ASAP. Rollout at start/finish line prior to race start. Time bonuses are as follows:

Intermediate-1st 5 sec, 2nd 2 sec. Finish Sprint-1st 10 sec, 2nd 6 sec, 3rd 2 sec.

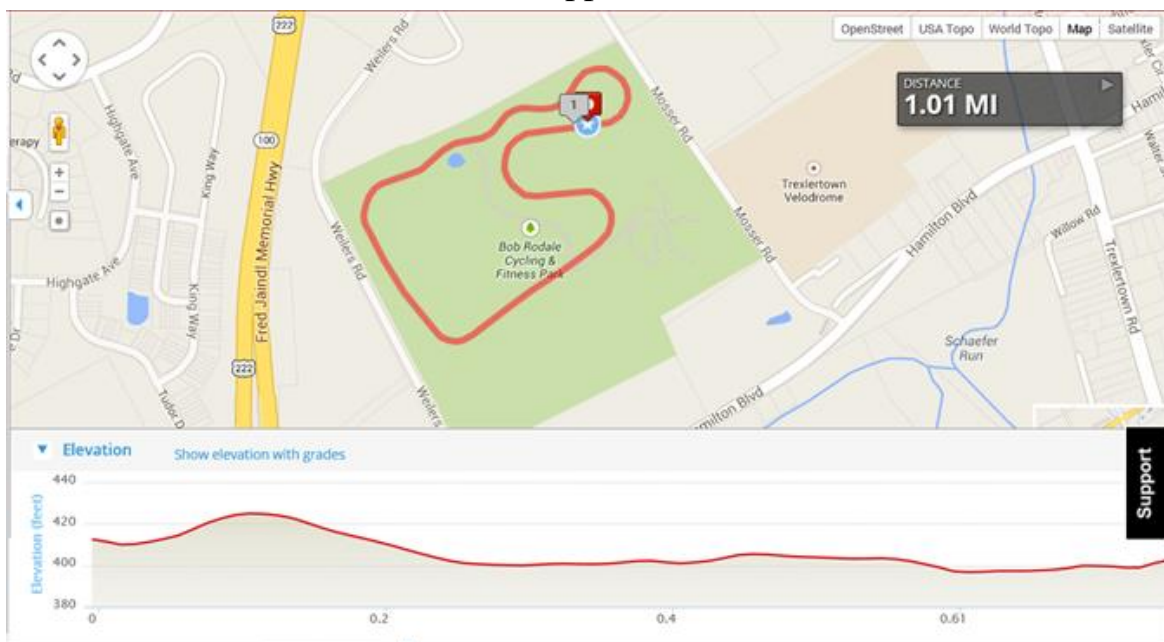
Start times are as follows:

15/16 Men & Women and 17/18 Women start at 8:30AM.

17/18 Men at approx. 9:30AM

13/14 Men & Women at approx. 10:30AM

9/10 and 11/12 Men & Women at approx. 11:15AM



Neutral Race Support (NRS)

This year the Tour de FCCC will have neutral race support for the first two stages on Saturday ONLY, NRS will not be provided on Stage 3 at the Crit. NRS will be provided by the experienced mechanics from South Mountain Cycles in Emmaus, PA. The NRS Tent will be located at the start/finish on Saturday. Do NOT expect the NRS mechanics to provide free replacement parts (this is not like SRAM or Mavic NRS). South Mountain Cycles will be providing this service at their own expense. Any replacement part(s), if available, will most likely cost MSRP or shop cost. The NRS crew will, however, provide free quick tune-ups/adjustments to RACERS ONLY!



In and Around the Area:

- The Shoppes at Premise Maid: Visit Premise Maid for their baked goods, chocolates/candies, or choose from 44 different flavors of home-made ice cream

<https://www.premisemaid.com/>



- Lehigh Valley Grand Prix: LVGP has a ¼ mile indoor go-kart track with 11 turns. A great activity for any family outing. Pricing is very affordable.

<http://www.lehighvalleygrandprix.com/>



- The Rodale Institute's Organic Farm: Take a tour of the Rodale Farm, where stages 1 and 2 take place. Explore the various facets of the organic farm fields and scenery. Feel free to roam the farm, but do NOT disturb any plants or animals on the farm.

<http://rodaleinstitute.org/>



****Important Notes/Rules****

- **PA BAR Points will be awarded for all stages with double points in the Stage 2 Road Race**
- All USAC Rules apply as per the [2014 USAC Rule Book](#)
- CC's Wooden Grille will be providing hot breakfast and lunch on both days of the race.
- Trainers may be set up anywhere on both days as long as it does not interfere with race/vehicle traffic or the Rodale Farm.
- Littering is **STRICTLY PROHIBITED** at all venues. Fines will be given to anyone found littering. All trash must be thrown out in proper receptacles.
- **NO ALCOHOL** will be permitted at the event. Those with alcoholic beverages will be asked to leave as this is a junior only race and alcohol would be inappropriate.
- Climbing on trees at the Rodale Institute is not allowed.
- Public urination or urinating anywhere other than proper rest areas will result in immediate disqualification from the race.
- The center line rule will be enforced in all categories on stages 1 and 2. The final 200 meters will, however, be open for the entire width of the road. Since stage 3 is a closed course, there will be no center line rule.
- A wheel van will follow each road race and will run on a “wheels in, wheels out” basis. Have your wheels to the designated wheel pit 10 minutes prior to the start of your race to ensure your wheels make it into the wheel van.
- The designated wheel pit for the Stage 3 Criterium will be located at the start/finish and will also be “wheels in, wheels out”.
- Free lap rule will be in effect for Stage 3 until five laps to go.
- Insubordination to USAC Commissaires, race staff, or volunteers could result in immediate disqualification.
- Foul language could result in fines or disqualification.

- Helmets **MUST** be worn at **ALL TIMES** while riding/racing.
- Feeding will **NOT** be allowed on any of the stages. Unless otherwise specified by race officials prior to each race.
- Riders will receive their Time Trial start time at registration the morning of stages 1 and 2 (July 26)
- Each race will follow immediately after the completion of the prior race. Small fields may be combined. The rider has the responsibility to check on any combinations.
- There will be no time cuts for this event.
- There will be an official sign-in for the Stage 3 Criterium only. All competitors must sign in 30 minutes prior to the start of their event. Sign in will be located at Rodale Park under the pavilion.
- All competitors must complete all stages of the Tour de FCCC to qualify for General Classification awards. Riders who are lapped will finish on the same lap as the leader and be assigned a pro-rated time.
- If a rider has a mishap (as defined in the USAC rule book) that rider will be given the time of the slowest competitor for that category or their actual finish time, whichever is lower (remember it is the person with the lowest time that is the winner).
- Non-official vehicles will not be allowed to follow the Road Race.
- There will be absolutely **NO WARMING UP ON THE CRITERIUM COURSE AFTER THE START OF THE FIRST RACE**. Those riders violating this rule will be given a one minute time penalty against GC per violation.
- Each rider's General Classification (GC) shall be calculated by summing that rider's time in all individual stages, taking into account any time bonuses and penalties. Ties in GC shall be determined by the placing in the final stage.

- The disbursement of GC prizes will take place after the final stage protest period for each category. An award ceremony will take place as soon as possible for each category. The top five competitors in GC must appear for the Awards Ceremony. All award recipients must present their race number for identification and be in uniform to receive their prize. A competitor who does not attend the Awards Ceremony for his/her classification will forfeit their award. Prizes will be distributed after the completion of the stage.
- All protests on Order-of-Finish must be done 1 hour prior to the start of the next stage.
- Final GC protests must be done within 15 minutes of posting.
- Gear restrictions per USAC rule book 1-I4(a) will be enforced. Rollout method will be used to check 26 feet per one crank revolution in highest gearing.
- Ten second penalty (add 10 seconds to your time) for each occurrence of discarding water bottles or trash on course.