

OFFICIAL RACE BIBLE:

2015 Nicole Reinhart Memorial Tour de FCCC

August 1 – 2, 2015

Presented by:

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



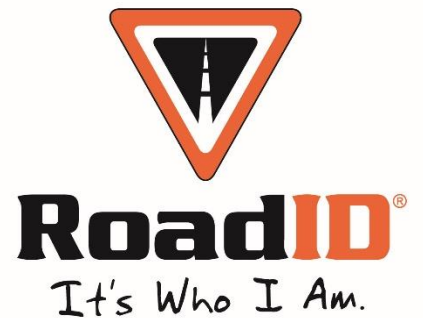
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Race Director: Zach Houlik (Lehigh Valley Cycling Club)

Contact: Phone – 860.888.2560

Email: zhoulik@aol.com



Stage 1: The Criterium

Date: Saturday 8/1/15

The Stage 1 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 each 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.

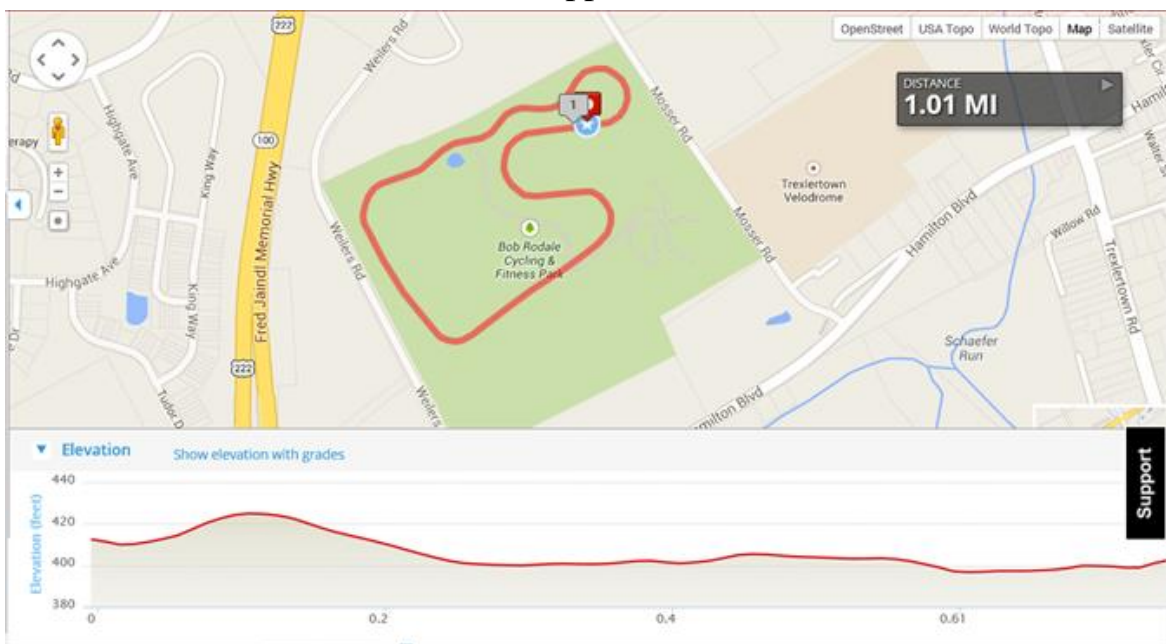
Start times are as follows:

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

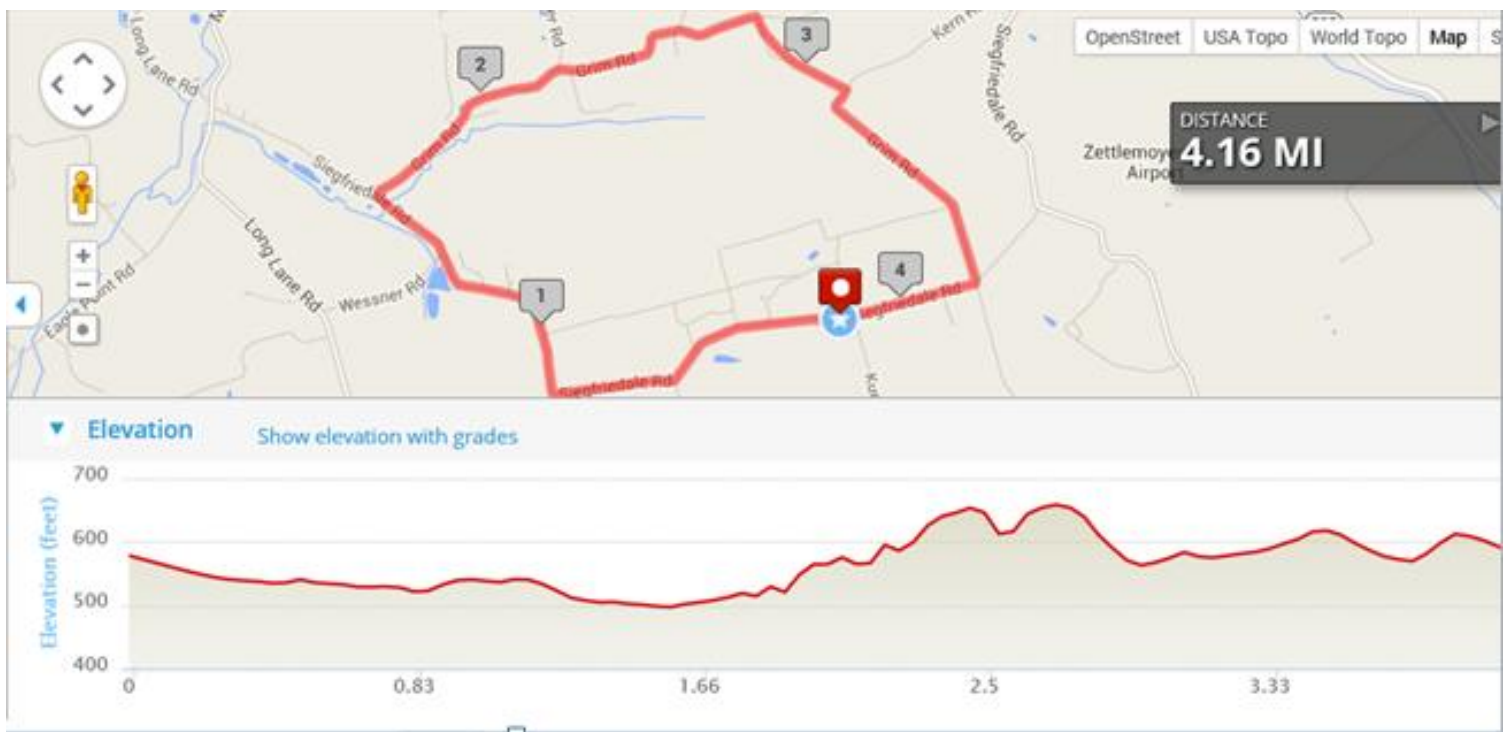
9/10 and 11/12 Men & Women at approx. 11:15AM



Stage 2: The Individual Time Trial

Date: Sunday 8/2/15

The course is only 4.2 miles on rolling terrain. The first rider goes off at 8:00 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 2&3 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 sign-in, which starts at 7 AM under the Rodale Farm Pavilion.



Stage 3: The Road Race

Date: Sunday 8/2/15

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 3 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 10:00 AM

9/10 and 11/12 Men & Women at 10:02 AM

17/18 Men at 11:30 PM

15/16 Men & Women & 17/18 Women at 11:32 PM

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

<u>Classes</u>	<u>Prizes (G.C)</u>	<u>Places</u>	<u>Fee* (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

Neutral Race Support (NRS)

This year the Tour de FCCC will have neutral race support for the last two stages on Sunday ONLY, NRS will not be provided on Stage 1 at the Crit. NRS will be provided by the experienced mechanics from South Mountain Cycle & Café in Emmaus, PA. The NRS Tent will be located at the start/finish on Sunday. 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 be charged to the rider. The NRS crew will, however, provide free quick tune-ups/adjustments to RACERS ONLY!



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

- All USAC Rules apply as per the [2015 USAC Rule Book](#)
- MMG Concessions will provide hot food 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 2 and 3. The final 200 meters will, however, be open for the entire width of the road. Since stage 1 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 1 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 1 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 2 and 3 (August 2)
- 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 2 Time Trial only. All competitors must sign in a minimum of 15 minutes prior to the start of the first rider off (8 AM). Sign in will be located at the pavilion at Rodale Farm.
- 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.