



2016

Meritus Health

Tour of Washington County

POWERED BY
SRAM™

June 17th - 19th.

Washington County, MD

Promoted By

AVC/Team Hagerstown-Washington County

Technical Guide



Welcome to the 2016 Tour of Washington County!

Antietam Velo Club and the rest of our event sponsors would like to take this opportunity to welcome you to the 2016 Meritus Health Tour of Washington County Power by SRAM

This event is being brought to you through the support of the Meritus Health, The Hagerstown - Washington County Convention & Visitors Bureau, the City of Hagerstown and the Washington County Commissioners, Hagerstown City Police Department along with Washington County Sheriffs and Washington County Volunteer Fire Police collaborative support of many Antietam Velo Club members. Our goal is to bring exposure to various parts of Washington County, MD. Our expectation is that you will visit some of the local sites and many restaurants, during your stay. Ultimately we hope to grow the sport of competitive cycling while at the same time using cycling as a health alternative form of exercise. The being said, we wish to thank you for your support of this event and our team.

So welcome to Washington County and have a great race. More importantly have a great stay.

Joseph Jefferson
President of Antietam Velo Club



Photo Courtesy Kevin Dillard

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Image by www.heraldmillmedia.com



Event Sponsors



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General Race Information

Race Promotion Team

Joseph Jefferson (301) 739-5653 H (301) 331-1129 C.....Promoter/Team Director
Randall Buxbaum (301) 471 8022Registrar
AVC/Team Hagerstown-Washington County www.avcracing.comPromoting Team

Race Officials

Kirk LeidyChief Referee
Barbara Whitelaw Assistant Chief Referee
Wayne LerchChief Judge
Jon Aggazi.....Chief Judge
Stefan Yencha, Gregory Edwards, Jim Patton.....Motor Referees

STAGES

The **Saturday Road Races** will start at **Smithsburg High School**. **Sunday morning Time Trials** will start at the **Boonsboro Library**. **Stage Three Criteriums** will take place in downtown **Williamsport, MD**.

REGISTRATION AND NUMBER PICK UP

The Stage race requires **pre-registration only**. Number/packet pick up will be located in the Bulls and Bears Restaurant on Friday evening during Kick-Off Criterium and at Smithsburg High School on Saturday morning. Number pickup must take place at least 15 minutes prior to the start of each event.

LICENSES

A valid USA Cycling license must be presented at registration in order to pick up your race packet.

There will be no one-day or annual license sales. Everyone must have a current license prior to registration.

BIB NUMBERS

A total of (2) bib numbers will be issued to racers during registration.

PLACEMENT OF BIB NUMBERS:

Stage 1: Road Race: Right side and back pocket.

Stage 2: Time Trial: Right side and back pocket.

Stage 3: Criterium Left Side and back pocket.

COMPETITION CLAUSE

Participants who are out of contention in the Friday evening criterium or stage one road race “may” be pulled from the event or stage (at the official’s discretion) and issued a place or prorated finishing time. Participants might or will be permitted to race in the remaining stages of the event but will not be eligible to receive event, stage and/or GC prize money.

RACE RESULTS: Provided by_Dave Miller-Big Guy Group

Sponsor Spotlight

Our Title Sponsor, Meritus Health, is located in Hagerstown, Maryland at the crossroads of Western Maryland, southern Pennsylvania, and the Eastern Panhandle of West Virginia. It is the largest healthcare provider and one of the largest employers in Washington County.



Introducing Hub Labels, your official climber's jersey sponsor of the 2016 Meritus Health Tour of Washington County powered by SRAM!

What began as a single press storefront operation in 1978 is now one of the largest and most diversified manufacturers of pressure-sensitive labels and related products in the United States. Hub Labels serves many prestigious companies worldwide and all of our customers, large and small, expect and receive superior quality with minimal delivery time.

Amazing labels for your amazing products, we have over 35 years of service committed to environmentally friendly practices.

Parvilla Cycle & Multisport, your official sprinter's jersey sponsor of the 2016 Meritus Health Tour of Washington County powered SRAM!



Parvilla Cycles is a full line bike shop with service, training, customs bikes, comprehensive fitting and more! <http://parvillacycles.com/>

Special classification jerseys competitions will take place throughout the stage race, with specific instructions being giving out at the start of each stage. Any ties in competition will be broken based on the participant's finishing position at the end of each stage.





What is Structural Elements?

Structural Elements (se)[™] is a fusion of bio mechanically based structural bodywork and the use of acupuncture/ dry needling. This synthesis manifests as a highly effective clinical modality used to normalize connective tissue irregularities that develop during abnormal strain. <http://www.structuralelements.com/>

VIP Venue Host -- Structural Elements is the title sponsor of the VIP venue at the **Maryland Theatre** as part of the Friday evening kick off Criterium. This will be a catered event located in a prime location to view all of the racing activity.

Logistical Support -- Structural Elements will provide a company vehicle to conduct course sweeps on Friday evening and also serve as one of the neutral race support vehicles during the stage races on Saturday morning and afternoon.

Post-Race Recovery Support -- Structural Elements will be on site at the conclusion of the stage one road events in order to provide free post-race recover support with massages and NormaTec[™] Recovery Compression Boots.

Discounted After Hours Post-Race Recovery Services -- will be providing discounted services after their normal business hours exclusively to all TOW participants. Interested participants are encouraged to contact company representatives that are on site in Smithsburg or to call 301-766-9293 to make arrangements.

Technical Information for Races

START TIMES

The start times contained in this technical guide may be changed due to unexpected circumstance.

SIGN-IN -- There will be no sign-in required for any of the stages.

STAGING

- Staging for the **Saturday Road Race** will take place in the parking lot of Smithsburg High School.
- **Sunday Time Trial** will start at the Boonsboro Free Library 401 Potomac Street Boonsboro, MD **Parking for the Time Trial is at Shafer Park and not the Library!**
- Staging for the **Sunday Criterium** will take place in front of the Williamsport Post Office. If the TT result and General Classification standings are available, the top 20 riders in the General Classification will be called up to the front. Call ups will be based on the GC if the TT results are available at the time of the race start. If not, the call ups will be based on the Saturday road race results.

RACING DISTANCES

Racing distances listed in this technical guide may be changed due to unforeseen circumstances. Any changes in the distance of an event will be announced at the start of the event.

SCORING FOR GENERAL CLASSIFICATION

The General Classification will be decided based on time.

There will be time bonuses for the first three finishers in the RR and Criterium.

- The bonuses for the top three finishers in the Road Race will be 10, 6, and 4 seconds.
- Time bonuses will be awarded in the Criterium at the one quarter, halfway and three quarter mark, as well as at the finish. Those bonuses will be awarded as follows 3, 2, and 1 second for every intermediate sprint and 6, 4 and 2 seconds on the final sprint.
- In the event of a tie, the rider with the higher finish in the road race will be awarded the higher General Classification placing.
- BAR points will be awarded based on final general classification placing.

Technical Information for Races (continued)

FINISHING

Road Race: Riders out of contention may be instructed to leave the course prior to the completion of the final lap. These riders will be given a prorated time for their final lap and will be allowed to continue racing in the next stage

Time Trial: Riders must finish the time trial in order to be eligible to compete in the stage three Criterium.

Criterium: Riders out of contention may be instructed to leave the course prior to the completion of the final lap. These riders will be given a prorated time for their final lap.

RACE CONDUCT

All races will be conducted under 2016 USA Cycling rules. **Riders are responsible for knowing the rules.**

Find the complete rule book at <http://www.usacycling.org/news/user/story.php?id=4220>

FEEDING

Per USAC rules, the passing of food or refreshments to competitors shall be at the discretion of the Chief Referee for each race. Should it be allowed, the Feed Zone for the Road Race will be located North Main St in Smithsburg, just beyond (South of) the Finish Line, in the area marked with flags.

TECHNICAL SUPPORT

SRAM Neutral Race Support will be available for the entire weekend. Wheels used for changes on the race route are provided by SRAM and must be returned immediately following the race.

SUPPORT

Neutral Support provided by SRAM.

There will be a wheel vehicle approximately 2.5 miles into the **TT course!**

WARM-UP/COOL DOWN

There are plenty of roads to use for warm ups, prior to the start of the road race. Riders are expected to obey all local traffic laws. However, we strongly suggest that you bring a trainer for the TT and Criterium. **Riders who fail to obey local traffic laws are subject to a warning, then time penalties or DQ for a second or third offense (8B1(b)).**

AWARDS

Riders are responsible for picking up their prize money on the evening of the Criterium. Prize money from the stage race will be mailed or sent via PayPal within 30 days.

Technical Information for Races (continued)

LOCAL HOSPITAL -- Meritus Medical Center 11116 Medical Campus Rd.Hagerstown, MD 21742 301-790-8000

Directions from Smithsburg: Turn right when leaving Smithsburg Middle School and travel south to route 64. Turn right on to Maryland Rt. 64W. Travel west on Rt. 64 until reaching Robinwood Drive. Turn left on Robinwood Drive. **Follow signs to the hospital, which is located just off of Robinwood Drive.**

Directions from Boonsboro: Travel west on alternate 40 in to the town of Funkstown. Continue straight through the intersection in Funkstown as this road will turn into S. Edgewood Drive and eventually lead you to route 40. Continue to travel straight on S. Edgewood Drive as it will turn in to Robinwood Drive. **Follow signs to the hospital, which is located just off of Robinwood Drive.**

Directions from Williamsport; Take I81 North and exit on to I70 East. Exit off of 70 East and on to Route 40 West. Take the **first** right on to S. Edgewood Drive as it will turn in to Robinwood Drive. **Follow signs to the hospital, which is located just off of Robinwood Drive.**

RESTROOM FACILITIES

Facilities will be provided at the start of each venue. Portable facilities will be located at the high school for the Saturday road race. Portables for the Sunday Time Trial will be located in the lower parking lot of Shafer Park with one located at or near the start. Portable facilities will be located at the Williamsport Town Hall on Sunday. **PUBLIC URINATION AT ANY VENUE CAN RESULT IN RIDER DISQUALIFICATION!**

LITTERING

We ask the all participants be respectful of the communities in which these events are being promoted. With that in mind we hope that all riders do their best to dispense all waste within the designated feed zone and/or attempt to pick up their waste at the conclusion of their respective event.

ANNOUNCING: The announcing services will be provided by Joseph Jefferson.

RACE HEADQUARTERS

Ramada Plaza 1718 Railway Lane Hagerstown, MD 301 797-2500 \$85.00 a nights including breakfast.

Holiday Inn Express 241 Railway Lane Hagerstown, MD 301 745-5644 \$92.00 a night including hot breakfast.

Homewood Suites by Hilton 1650 Pullman Lane Hagerstown, MD 21740 (301) 665-3816 \$109.00 a night.

Jersey Competitions

SPRINT COMPETITION SPONSERED BY PARVILLA CYCLES

Sprinter's Jersey Competition (41 Mile Event): The sprinter's jersey will be contested as soon as you start the event, which will be **the first time that you are approaching the church**. It will also be contested **the third time that you are approaching the church** and **at the finishing line at the conclusion of your event**.

Sprinter's Jersey Competition (66 Mile Event): The sprinter's jersey will be contested as soon as you start the event, which will be **the first time that you are approaching the church**. It will also be contested **the third, fifth and seventh time that you are approaching the church** and **at the finishing line at the conclusion of your event**.



The finish counts for GC time bonuses as well as Sprinter's points.

CLIMBERS' COMPETITION SPONSERED BY HUB LABELS

Climbers Jersey Competition (41 Mile Event): The climber's jersey will be contested at the conclusion of **lap number two** (second time climbing the finishing hill), the conclusion of **lap number four** (fourth time climbing the finishing hill) and on the **finishing lap**.

Climbers Jersey Competition (66 Mile Event): The climber's jersey will be contested at the conclusion of **lap number two** (second time climbing the finishing hill), the conclusion of **lap number four and six** (fourth and sixth time climbing the finishing hill) and on the **finishing lap**.

The finish counts for GC time bonuses as well as Climber's Jersey points.

The higher placing rider at the conclusion of each road stage will be declared the winner of the jersey, in case of a tie.



FRIDAY NIGHT KICK OFF CRITERIUM



Downtown Hagerstown, MD -- Art & Entertainment District
Friday June 17, 2016

<u>Event</u>	<u>Start</u>	<u>Distance/Laps</u>	<u>Prize</u>	<u>Payout</u>	<u>Entry</u>
Bike Parade -- Pubic Invited to Ride!	5:30pm	30 Minutes			
Structural Elements Women's Open	6:00 pm	45 Minutes	\$750	15 Places	\$30.00
Structural Elements Men's 55+	6:50 pm	45 Minutes	\$500	10 Places	\$30.00
Hub Labels/Conservit Men's 35+/45+	7:35 pm	45 Minutes	\$750/\$750	15/15 Places	\$30.00
Sharrett Inc. Cat III/IV	8:20 pm	60 Minutes	\$1500	20 Places	\$35.00
Meritus Health Men's Pro, I, II, III	9:25pm	75 Minutes	\$3500	20 Places	\$35.00

Senior III/IV race counts toward the Senior III BAR

Participants must finish on the same lap as the main group in order to receive prize money.

Held under USA Cycling event permit. USA Cycling Criterium Race rules apply.

Registration opens at 5:00 pm and closes 15 min prior to each event.

Pre-registered riders pay just \$15 when entering a second event.

Entries received after June 14th, and race day entries add \$12.00.

Checks payable to: Antietam Velo Club. Use 2016 Standard Entry/Release Form

Mail Entries to: Antietam Velo Club 1321 Glenwood Ave. Hagerstown, MD 21742

On-line at www.bikereg.com Online registration subject to processing fee!

A minimum of 25 riders must pre-registered by May 29 in order ensure that the event will take place.

We reserve the right to cancel/modify any event in which the field minimums are not met.

*Info: Call (301) 739-5653 or (304) 876-5477 E-mail: jjeffers@shepherd.edu . Web: www.avcracing.com

Directions: Navigate to 38 S Potomac St. Hagerstown, MD 21740

Course Description: <http://www.mapmyride.com/route/us/md/hagerstown/622128948391371247>

This is a classic downtown Criterium course that is .8 miles/1.29 kilometers in length. There are four 90-degree right hand turns, with a right to left chicane and "slight" uphill between turns one and two. This has historically been a fast course on good road surfaces.





Meritus Health Tour of Washington County Stage Race



Stage 1 Saturday June 18th - Smithsburg Road Race -- 66 N Main Str. Smithsburg, MD. 21783

Event	Start	Distance/Laps	Prize	Placing	Entry Fees
Wave Number 1					
*Masters 55+/65+	8:15 am	41 Miles/ 5 Laps		\$300/\$300	8 Places \$30.00
Women's Open	8:20 am	41 Miles/ 5 Laps		\$150	3 Places 110.00
Women's Category IV	8:20 am	41 Miles/ 5 Laps			3 Places 75.00
Wave Number 2					
Masters Men 45+	10:30am	41 Miles/ 5 Laps		\$150	3 Places 110.00
Category IV Men	10:35am	41 Miles/ 5 Laps		\$150	3 Places 110.00
Wave Number 3					
Pro, I, II, III	12:45pm	66 Miles/ 8 Laps		\$250	3 Places 110.00
**Category III/IV Men	12:50pm	66 Miles/ 8 Laps		\$150	3 Places 110.00

Stage 2 Sunday June 19st - Boonsboro Time Trial -- 401 Potomac Street Boonsboro, MD. 21713

Event	Start	Distance/Laps	Prize	Placing	Entry Fees
*Para-Cyclists	7:00am	16 Kilometers	TBD	TBD	
Women's Open		16 Kilometers	\$100	3 Places	
Women's Category IV		16 Kilometers	\$100	3 Place	
Pro, I, II, III		16 Kilometers	\$100	3 Places	
Masters Men 45+		16 Kilometers	\$100	3 Places	
Category III/IV Men		16 Kilometers	\$100	3 Places	
Category IV Men		16 Kilometers	\$100	3 Places	

Stage 3 Sunday June 19th - Williamsport Criterium -- 28 W Salisbury St. Williamsport, MD 21795

Event	Start	Time	GC Prizes	Placing	Entry Fees
Women's Open		11:15am	15 Miles	\$1000	20 Places
Women's Category IV		11:15am	15 Miles	Trophies	3 Places
Masters Men 45+		12:00pm	15 Miles	\$1000	20 Places
Category IV Men		12:45pm	15 Miles	\$1000	20 Places
Category III/IV Men		1:30pm	15 Miles	\$1000	20 Places
Pro I/II/ III		2:15pm	25 Miles	\$2000	20 Places

Women Category IV (BAR event) will be combined with the Women's Open but score separately!

*Indicates those events that are not part of the overall stage race.

** Category III/IV race will count towards the Senior III BAR

Stage Race Prizes are based on GC. Prize list details listed in Tech Guide.

MABRA BAR qualifications for each event and GC are listed in the tech guide.

- Held under USA Cycling event permit. USA Cycling rules apply.
- **Field limit is set at 100 riders in all fields. NO CENTER LINE RULE.**
- Participants must preregister for this event. There is a transaction fee associated with online registration.
- Minimums of 25 pre-registered needed by May 28 in order to secure each respective category and full prize list.
- Online registration closes on June 15, 2016 at 11:00pm
- Checks payable to: Antietam Velo Club. Use 2016 Standard Entry/Release Form
- Mail Entries to: Antietam Velo Club 1321 Glenwood Ave. Hagerstown, MD 21742
- On-line registration/BAR results tabulation courtesy of www.bikereg.com
- There is a processing fee associated with online registration.



*Info: (301) 739-5653 or (304) 876-5477 E-mail: ijeffers@shepherd.edu .Web: www.avcracing.com

Stage Race Course Descriptions

**Meritus Health Tour of Washington County Stage Race
Smithsburg Road Race – Stage One
Saturday June 18, 2016**

DISTANCES: Distances will vary based on racing category. Refer to the Race Flyer in the Tech Guide

COURSE DESCRIPTION

The race will start and finish at the designated location just across from the Smithsburg High School entrance. This course is 8.3 miles in length and will travel down through the center of town on each lap. Therefore, participants will be climbing the finishing hills on every lap. The course should be a bit faster than in the past years and can still best be described as rolling with some short but significant hills. There are some slight uphill drags as well as a long false flat that leads to the most challenging hill on the course.

- **THERE IS A ROLLING ENCLOSURE AND RIDERS HAVE ACCESS TO THE ENTIRE ROAD. DESPITE THE FULL ACCESS RACERS STILL NEED TO RACE RESPONSIBLY IN THE CASE THAT AN ON COMING MOTORIST FAILS TO MOVE OVER WHEN INSTRUCTED TO DO SO.**
- **RIDERS OUT OF CONTENTION (THE RACING ENVELOPE) MUST FOLLOW NORMAL RIDING LAWS AND DO NOT HAVE ACCESS TO THE ENTIRE ROAD**
- **WHEN FINISHING THIS ROAD RACE, RIDERS MUST TURN RIGHT AND INTO THE ELEMENTARY SCHOOL PARKING LOT THAT IS LOCATED ON THE RIGHT OF THE FINISH LINE. RIDERS MUST REMAIN IN THAT LOT UNTIL THE DESIGNATED TRAFFIC CONTROL OFFICIALS ALLOWS THEM TO LEAVE.**

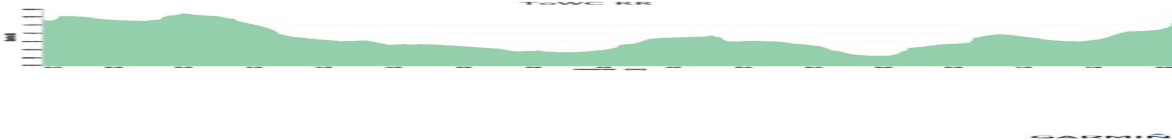
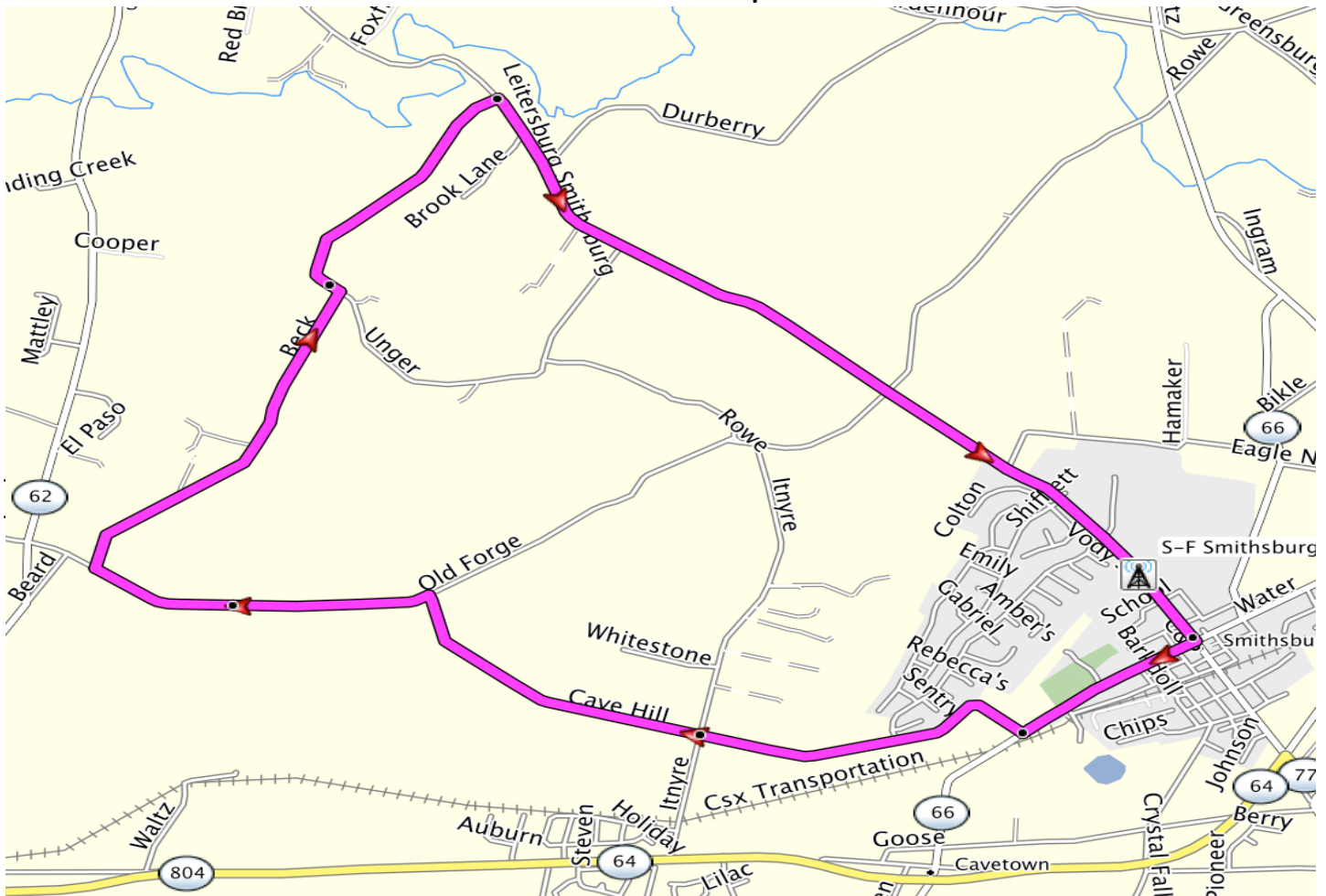
Stage One Road Race -- Zipp Wheel Recommendation: Zipp Firecrest 303. The 303 has emerged as one of the most formidable wheels in the pro peloton, with wins in the Tour de France, Paris-Roubaix, the Tour of Flanders and more. Its speed, light weight, and utter reliability have been proven in pro cycling's most demanding races.

DIRECTIONS: Navigate to 66 North Main Street Smithsburg, MD 21783

FEED ZONE/RIDER TRASH -- The feeding zone is now located within walking distance beyond (South) the start/finish line and will be on the designated uphill portion of Main Street, just prior to the right turn on to W. Water Street. Rider trash is "only" to be discarded on the right side of the finishing hill just prior to entering in to town.

Stage Race Course Descriptions (continued)

Smithsburg Road Race 2016 Course Map



Course Description

This course is a modification of the previous road course and now travels through the town of Smithsburg, MD. Participants will stage in the parking lot of Smithsburg High School. Upon exiting the parking lot, participants will **turn left** and travel down **Main Street** and toward the town center. **Turn one** will be a right turn onto **West Water Street**. **Turn two** will be a right turn on to **Cave Hill Road**. Participants will “cross” Itnyre Road and proceed west on Cave Hill Rd. **Turn three** is a left turn on to **Old Forge Road**. **Turn four** is a right turn on to **Beck Road**. **Turn five** is a left turn on to **Unger Road**. **Turn six** is the right turn on to **Leitersburg Smithsburg Road**. Participants will then travel east and back towards Smithsburg High School which is where the race will eventually finish at the top of the second hill located near the Smithsburg High School parking lot. **This new course is now 8.32 miles in length as opposed to the 6.1 miles distance of previous years.**

Stage Race Course Descriptions (continued)

Boonsboro Time Trial

Shafer Park / Boonsboro Free Library

Sunday Morning June 19, 2016

Stage Two

DISTANCE

All participants will compete on the same 10-mile course.

START TIMES

Riders will go off in reverse order, based on their finish in the Saturday RR. Start times will be posted on the promoting team's website at www.avcracing.com and communicated via emailed via BikeReg registration info. Official time will be maintained by USA Cycling officials.

PARKING AND TRAFFIC -- Parking confined to Shafer Park. No parking allowed near the staging area (library). Riders restricted to riding within the coned off areas and roads designated by promoters. Riders are subjected to possible disqualification for violating any traffic laws.

Start is at the Boonsboro Free Library and is a 10 mile out and back course on route 34. Great road surface and wide shoulders. **Participants "must" remain on the shoulder at all times, except when making the turn around. Riders are subject to time penalty/disqualification due to unsafe riding at any venue. Upon completing the stage two TT, participants are expected to exercise extreme caution with traveling back in to the town of Boonsboro and limit their travels on route 34. The side neighborhood on the right side of the road is a perfect place to pull in to in an effort to cool down that is as opposed to riding on route 34.**

Stage Two Time Trial Zipp Wheel(s) Recommendation: Zipp 808 Front, Sub-9 Disc.

The **Zipp 808** excels whenever the situation calls for an all-around wheel set with a heavy dose of aero attitude. The deep profile and 16/20 front/rear spoke count will satisfy even the most focused time-trial specialists, yet it's stable in crosswinds and stiff enough for the sprinters.

The **Sub-9'Disc** highlights so far include a pair of Ironman® 70.3 World Championships, a Tour de France® yellow jersey and some of the fastest Ironman®-distance bike splits ever recorded. We expected nothing less from the ultimate aerodynamic breakthrough.

DIRECTIONS: Navigate to 401 Potomac Street Boonsboro, MD. 21713

Stage Race Course Descriptions (continued)

Williamsport Criterium Sunday Afternoon June 19, 2016 Stage Three

DISTANCE

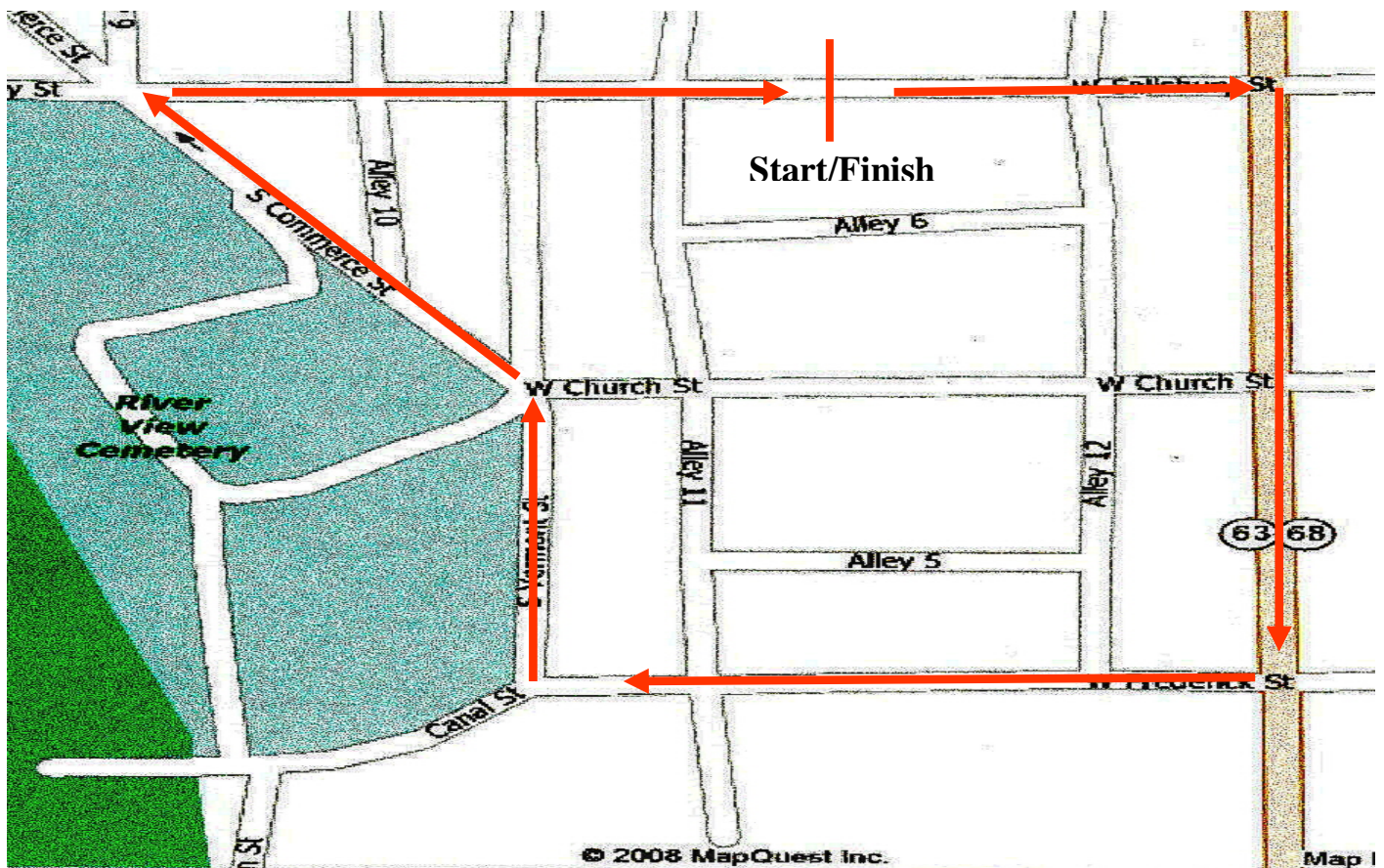
Distances will vary based on racing category.

COURSE DESCRIPTION

Located in downtown Williamsport, MD, this is a 1.1 km or 0.7 of a mile course with a long and slight uphill finishing straight and a very fast bottom section. Four right hand turns and one sweeping left.

Stage Three Criterium: Zipp Wheel(s) Recommendation: Zipp Firecrest 404. Its 58 mm rim depth is a classic all-around performer that has carried athletes to victory in every kind of event – triathlons, criteriums, breakaways, field sprints and even Grand Tour mountain stages.

DIRECTIONS: Navigate to 2 N Conococheague St, Williamsport, MD 21795



Stage / General Classification Pay Out Schedule

Stage/GC Pay Out Break Down

**CASH PRIZES WILL BE SENT VIA PAYPAL or MAILED VIA USPS WITHIN 30 DAYS.
MERCHANDISE PRIZES TO BE PICKED UP AT THE START OF STAGE 3 IN WILLIAMSPORT, MD.**

Men's Open RR & Crit	Other Cash Paying RR & Crit	Cash Paying TT Categories	Place	All Other GC	Men I, II, III GC
125	75	50	1	100	200
75	50	30	2	75	175
50	25	20	3	70	150
			4	60	125
			5	55	100
			6	50	90
			7	45	90
			8	45	90
			9	45	90
			10	45	90
			11	45	80
			12	45	80
			13	40	80
			14	40	80
			15	40	80
			16	40	80
			17	40	80
			18	40	80
			19	40	80
			20	40	80