



# Technical Guide

Labor Day Weekend 2006

September 1 - 4



and



*Present the*

***2006 Mad River Valley  
Chamber of Commerce  
Green Mountain  
Stage Race***

# RACE SPONSORS



Sugarbush Village Condos



See Page 34 for Special Offers from our Sponsors



# A Word from the Race Organizers

Welcome!

The Mad River Valley Chamber of Commerce, App Gap Promotions, the Green Mountain Bicycle Club and Mad River Riders are happy to welcome racers and their families and friends to the 2006 Green Mountain Stage Race. Now in its 6<sup>th</sup> year, the GMSR has become one of the most popular races in the east and a mainstay on the cycling calendar, attracting riders from all over North America to take on some of Vermont's most challenging terrain.

In our continuing effort to improve the GMSR we have worked extensively with the Vermont Agency of Transportation (VTTrans) to repair the roads that the races are contested on. This has involved extensive patching and crack repair as well making allowances for the event to race through continuing construction zones. Next year VTTrans plans to pave the Middlebury Gap (Rt. 125), Rt. 100 south of Waitsfield and the Duxbury Gap (Rt. 100) which will make for some smooth and fast roads. A second significant change to this year's event is the addition of an Expo on Monday at Burlington's City Hall Park. Event sponsors Computrainer, Louis Garneau, SRAM, Mavic, Harpoon, TargeTraining and others will be on hand to present the products and services they have to offer. There will be raffles throughout the day including a raffle for a new Computrainer valued at over \$1500! Be sure to check it out after you finish racing. The GMSR will be recorded and broadcast on Ultrasport.TV ([www.Ultrasporttv.com](http://www.Ultrasporttv.com)). Look for daily coverage during and after the event. TargeTraining will have head coach Rick Crawford lead a discussion at 7:00 PM at the Sugarbush Conference Center (corner of German Flats Rd. and the Sugarbush Access Rd.) related to training.

Cycling has become a very spectator-friendly sport; venues are designed with the fans in mind, permitting up-close viewing of athletes in action. We are pleased to welcome the many thousands of spectators that help make the event so exciting for the athletes. Whether you are watching the high-speed sprints at the Ward Access on Route 100B (Saturday), racers fighting their way up the 20-percent grade to the summit of the Appalachian Gap (Sunday), or riders rocketing through the corners in the Burlington Criterium (Monday), you are sure to be thrilled with the grace, power and determination exhibited by the athletes. This year we have a wide range of racers, from up-and-coming Juniors to National Champions.

The GMSR would not be possible without the generous support of our sponsors. This year we welcome new sponsors: Computrainer, Louis Garneau, SRAM, and TargeTraining. All recognize the value of supporting the GMSR. We welcome back our title sponsor, The Mad River Valley Chamber of Commerce, which represents the lodging, restaurants and businesses in the Mad River Valley (the host community). When checking into your lodging for the weekend or dining out, please let the staff know that you are here for the GMSR and that you appreciate their support! In addition to our new sponsors, we have many returning sponsors: The Bridges Resort, Irasville Country Store, Sugarbush Resort, Mad River Glen Ski Area, The Ski Rack, Onion River Sports, Select Design, Green Mountain Coffee Rosters, The Old Tavern at Grafton, Green Mountain Access, and Earth Cars. The GMSR Race Committee would like to thank all of our sponsors for their tremendous support.

Once again, we welcome you to the 2006 GMSR. We hope you enjoy the event as much as we enjoy hosting it for you.

For the GMSR Organizers,



Gary Kessler, Race Director

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## Race Staff

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Gary Kessler .....	Race Director, Organizer of Stages 1, 2 and 3.
Peter Oliver.....	Assistant Race Director, Caravan Coordinator for Stages 1, 2 and 3
Tom Moody .....	Organizer of Stage 4
Jeff Gauthier.....	Organizer of Stage 4
Sam Hoar .....	Organizer of Stage 4
Kevin Bessett .....	Registrar
Sean McVeigh .....	Course Czar-for Stages 1, 2 and 3
Charlie Bates.....	Chief Deputy Course Czar
Patrick Kell.....	Deputy Course Czar
Dan Mason.....	Deputy Course Czar
Danielle Hampton.....	Assistant Caravan Coordinator
Meg Laferriere Horrocks.....	Volunteer Coordinator, for Stages 1, 2 and 3
Craig Schnider.....	Volunteer Coordinator, for the Criterium
Jason Baer .....	Technical Director
Tom Horrocks .....	Media Coordinator
Jill Gagne and John O'Rourke.....	Awards Staff (Monday)
Jenn Hewitt .....	Web Goddess

# Race Officials

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Cindi Hines .....USCF Chief Referee

Sandy Rovelli .....USCF Chief Judge

## **USCF Officials:**

Jim Arnold , Tom Balaban, John Balaban, Julianne Belcher, Rob Belcher, David Burow, Rick Comshaw, Chris Constantino, Jerry Chabot, Meesha Crowther, Bill Elfring, Ellie Gallagher, Denise Brown-Haggins, Thomas LaRosa, Charlie LaRosa, Steven Lehmann, Chris McBurnie, Kinnin Payson, Patty Passetto, Dave Rovelli, John Rowen, Ann Marie Shrader, Gary Toth, Marka Wise

## **General and Technical Information**

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### **START TIMES**

The start times contained in this technical guide may change due to unexpected circumstances. Any changes in start times will be posted in the daily communiqué.

### **TECHNICAL SUPPORT**

**Mavic USA, SRAM**, and volunteer neutral support will be provided. No team or individual support will be allowed.

Under no circumstances may team cars or individual support cars follow the race. GC point deductions, monetary fines or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for non-compliance.

### **ANNOUNCING**

Alan Atwood, Joel Brown and Alan Cote

### **RACE RESULTS and PHOTO FINISH**

John Frey, Velocity Results

### **RACE HEADQUARTERS**

Bridges Resort, Warren, VT (Please do not call for race results).

### **LOCAL HOSPITALS**

Central Vermont Medical Center (Berlin) 802-371-4283

Fletcher Allen Health Care (Burlington) 802-847-0000

Porter Hospital (Middlebury) 802-388-4701

Gifford Medical Center (Randolph) 802-728-7000

Dartmouth-Hitchcock (Hanover, NH) (603) 650-5000

### **REGISTRATION PACKET PICKUP**

Thursday, August 31<sup>st</sup>

6:30 to 8:30 PM The Bridges Resort, located off the Sugarbush Access Road, Warren

Friday, September 1<sup>st</sup>

12:30 to 4:00PM at Kenyon's Field, Prologue Start (North of Waitsfield on Rt. 100)

## LICENSES

A valid USCF or UCI license ***MUST BE PRESENTED*** at registration to receive your race packet.

## SUPPORT

Mavic and SRAM will be in attendance to provide neutral support. See the Support Matrix below for all the details. **Mavic, SRAM, and neutral wheels will be supporting only for the fields to which they are assigned and will not stop to support racers in other fields.** Where Mavic and SRAM do not provide support, volunteer neutral support will be provided. For fields that will be serviced by volunteer support, 10 sets of wheels will be required for the service vehicle to maintain neutral support. If there are fewer than 10 sets of wheels, wheels-in, wheels-out rules will apply. Wheels will be left at the start of the Circuit Race (at Harwood school on the grass by sign in) and at the Sugarbush Mt. Ellen Base Area after the Road Race. **Please claim your wheels immediately after you finish.** Race organizers are **not responsible** for unclaimed or stolen wheels. Please, if the loss of your wheel will be too much to bear do not put it in the wheel van as wheels have been reported missing in the past.

<b>Support Matrix</b>				
	<b>M=Mavic</b>	<b>S=SRAM</b>	Neutral (wheels must be provided)	
<b>Category</b>				
	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>
M -P/1/2	M or S	M or S	M or S	M and S
M - 3	M or S	M or S	M or S	M and S
M - 4A	M or S	M or S	Neutral	M and S
M - 4B	M or S	M or S	Neutral	M and S
M - 30+	M or S	M or S	Neutral	M and S
M - 40+	M or S	M or S	Neutral	M and S
M - 50+	M or S	Neutral	Neutral	M and S
Jrs	M or S	Neutral	Neutral	M and S
W-P/1/2/3	M or S	M or S	M or S	M and S
W-3/4	M or S	Neutral	Neutral	M and S

## NUMBERS

A total of three (3) numbers will be issued to each rider: two (2) jersey numbers and one (1) frame number. All three numbers must be worn each day.

One jersey number is to be worn on the pocket area, which allows the number to be visible from behind. The other number is to be worn on the side of the jersey, so the number is visible to the officials on the judging stand at the finish of each event.

Position of jersey numbers:

**Stage 1:** Right side and back pocket

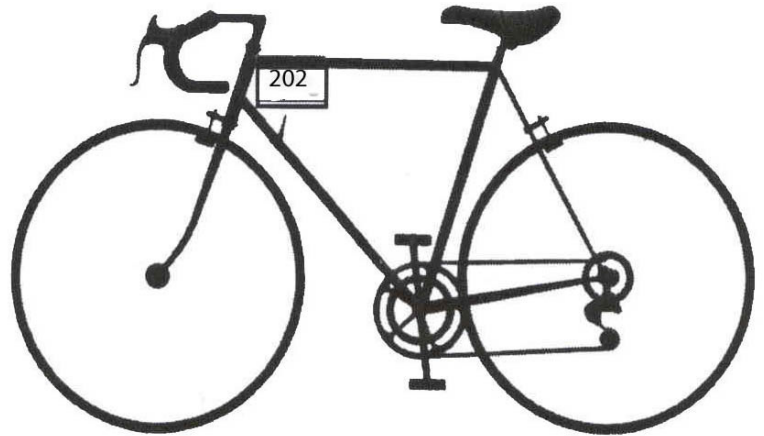
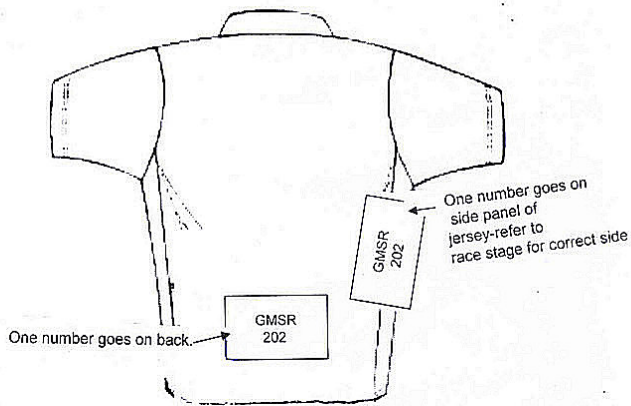
**Stage 2:** Right side and back pocket

**Stage 3:** Right side and back pocket

**Stage 4:** Left side and back pocket

## Frame Number

### JERSEY NUMBERS:



The frame number is to be placed inside of the top tube and the down tube. The frame number may also be placed under the seat on small or compact frames.

**NOTE:** Improperly worn/placed numbers may result in the rider not being placed in an event. Additionally, misplacing, mutilating or reducing the size of frame numbers or rider numbers will result in a deduction of 10 (GC) points.

### **GENERAL CLASSIFICATION (GC) POINT DEDUCTIONS (Penalties)**

The USCF Chief Referee will have full discretion in levying penalties for violations of USCF racing rules and regulations posted in this technical guide. General classification (GC) point deductions, which are not specified in this technical guide will be assessed 1 point per \$2.00 (monetary fine; rounded up to the next even amount) or 1 point per 2 seconds of time penalty as outlined in the 2006 USCF rulebook section 4H (Stage Race Scale of Penalties). However, the Chief Referee reserves the right to assess monetary fines or additional GC point deductions based on the degree of the offense committed.

### **FINES**

Monetary fines issued to riders or teams must be paid directly to USA Cycling Per USCF rule 1C4 (2006), "Riders who fail to submit their fine within 15 days shall be suspended per USCF Bylaw 10.2. Fines are used to fund junior development programs".

### **RESTROOM FACILITIES**

There will be restroom facilities provided at the start of each venue. On Sunday at Mt. Ellen there will be port-o-lets and the base lodge will be open for use of the bathrooms located in the basement with an entrance just past the port-o-lets).

### **Public urination is subject to the following penalties:**

First Offense – \$50 fine

Second Offense – disqualification

### **HELMETS**

Per USCF rule 1K1, riders are required to wear a securely fastened helmet at all times while mounted on a bicycle (does not apply to riding rollers/trainers during warm-up). Failure to follow this rule will result in a \$20.00 fine/occurrence. Additionally, GC point penalties may also be assessed at the discretion of the Chief Referee.



## **WARM-UP/COOL DOWN**

Each stage has specific warm-up and cool down instructions. While warming-up and cooling down, or in transit to the designated area, riders are reminded that the roads are open to public traffic. Riders must obey all traffic laws of the State of Vermont, including riding single file, obeying all traffic lights, posted signs and yielding to police and rescue vehicles. GC point deductions, monetary fines or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for noncompliance.

Refer to the individual stage sections of this guide for specific information concerning warm-up/cool down areas for a particular stage.

## **SIGN-IN**

Riders must personally sign-in for each stage (except Stage 1) at least 15 minutes before the announced time of their start. Sign-in closes 10 minutes before the announced starting time. Sign-in penalties (either forgetting to sign-in, or signing in for another rider): First offense: Warning. Subsequent offenses: Deduction of 10 GC points

## **STAGING**

Riders must report to the staging area (all stages) no less than 10 minutes before the announced start. Riders who are late to the staging area may be assessed a GC point deduction by the Chief Referee.

The Race leaders for each category will be called to the front at each stage.

Additionally at the Criterium stage (Monday), the top 10 riders in GC as well as the Sprint and K/QOM leaders will be called individually to the start line.

## **RACE CONDUCT**

Races will be conducted under 2006 USCF guidelines.

**The centerline rule 3B1 is in effect for all races (except Criterium) and will be STRICTLY ENFORCED.** Deliberate riding on the left side of the center line in order to advance position or repeated drifting to the left of the center line without provocation will result in a deduction of 15 GC points and either relegation or disqualification at the discretion of the Chief Referee.

**The centerline rule is in effect for all Hot Sport sprints, K/QOM sprints, and all finishes. In addition to a deduction of 15 GC points, riders will be relegated or disqualified for sprinting over the centerline.**

**NOTE:** The Race Officials with each category, may at their discretion, ask riders to immediately withdraw from the race for centerline violations. Once asked to leave, riders are to remove themselves from the field and hand in their race numbers. Riders that have been asked to withdraw will be disqualified from the stage and are ineligible to compete in subsequent stages.

Per USCF rule 3B5, taking pace or assistance from any outside means is forbidden, including holding onto a motor vehicle or taking pace from riders in a different race occurring concurrently on the same course. Taking pace will result in a deduction of 10 GC points and either relegation or disqualification at the discretion of the Chief Referee.

Riders who are outside of the protected area (behind the follow vehicles) are required to obey all traffic laws of the State of Vermont, including riding no more than two abreast and obeying all traffic lights and posted signs.

## **AWARDS**

Prizes for individual stages will be available after the completion of each stage. Prizes for overall general classification will be available after the final results for each class become official. The top three finishers for stages 2, 3 and 4, and overall finishers following the last stage, must report to the finish line

immediately after finishing to participate in a brief ceremony. The top three finishers in Stage 1 must report to the podium which is located at the Gazebo at Kenyon's Field (start area) within 30 minutes of the finish. All awards given prior to the determination of the official final results are subject to latter modification based on the determination of any protests and/or imposition of any penalties.

### **LEADER'S JERSEYS**

A yellow GC Leader's Jersey, K/QOM Leader's Jersey (Saturday and Sunday) and a Sprint Leader's Jersey (Saturday, Sunday and Monday) will be awarded at the end of each day in each race category. The leader in each of these competitions is required to wear the Leader's Jersey each day he/she remains in the lead of that competition. If a rider is the leader in the GC competition as well as an additional competition that rider shall wear the GC Leader's Jersey. A new jersey will only be awarded when there is a lead change. If a rider regains the lead that rider will not be awarded a new Leader's Jersey, but shall reuse the previously awarded Leader's Jersey.

### **JUNIOR ROLLOUT**

Per USCF Rule 1J6, "the authorized maximum chain gear ratio allowed in any road event is 7.93 meters (rollout 26")". All juniors must report to rollout *IMMEDIATELY* after finishing each stage. Rollout will take place at the finish. Penalties for failing to report to rollout: 1st offense: relegation and deduction of 25 GC points. 2nd offense: disqualification from the stage race.

Penalties for a rider whose bike fails rollout: 1st offense: relegation and deduction of 25 GC points, 2nd offense: disqualification from the stage race.

### **FEEDING**

Feeding shall occur only from designated feed zones. Riders are expected to dispose of feeding materials in the feed zone areas only. Rider support personnel in the feed zone will be responsible for maintaining the cleanliness of the area. Riders who have support personnel that leave waste materials at feed zones will be subject to point penalties and/or fines. We ask that feeders please help us keep the feed zones clean.

Feeders should use care when crossing the road and moving within the feed zone area.

On Sunday September 3<sup>rd</sup>, (Harpoon Brewery Mad River Road Race) feed zone vehicles must depart for the feed zone prior to the stage start. They may not follow or pass any race caravans on the way to the feed zone. Feed zone vehicles that do not get started prior to the start of the stage, must drive the course in reverse to get to the feed zone. Feed zone vehicles must follow the course in reverse to return to the Finish area. They may not follow or pass any race caravans. Feed zone vehicles passing race caravans will have their riders disqualified. There is no parking at the summit finish. Plan to park at the upper or lower Mad River Glen parking lots and ride the shuttle bus to the finish area.

### **NO LITTERING**

Please respect our roads and our neighbors. Participants who discard bottles or wrappers in unapproved areas will be subject to a \$20.00-\$80.00 fine per the USCF Stage Race Scale of Penalties 4H13e or disqualification from the race at the discretion of the Chief Referee and Race Organizer.

### **FINISHING**

All riders must complete a stage in order to be eligible to start the next stage. This means that riders must complete Stage 1 in order to start on Saturday. Riders must complete the Mad River Road race in order to start on Monday.

There is a 2-mile dirt road section the on the Harpoon Brewery Mad River Road course. This section can be rough. You should consider using **sturdy tires and wheels** and be sure your bottle cages hold your bottles securely. **Be prepared to fix a flat tire as the service vehicles will go with any break. Mavic and SRAM will only be supporting the M - P/1/2 and 3 and W- P/1/2/3. They will not stop to assist riders not in those fields.**

It is your responsibility to be able to repair your bicycle in the event the support vehicle is ahead of you or is unable to help you.

**For all stages** once you have crossed the finish line DO NOT turn around and ride back across the finish line.

Others are finishing behind you and the determination of results is greatly slowed. Proceed straight ahead through the finish area before making any changes in your line of travel. Riders who ride back across the finish line will be subject to a deduction of 15 GC points.

### **MISHAPS**

Any rider suffering a mishap within the last 3 kilometers of any stage will be given the points they would have attained (if any) had the mishap not occurred, provided the rider, if able, reports the crash to finish line officials immediately following the race. The rider will be placed at the end of the group he/she was riding with at the time of the mishap and allowed to start the next stage.

### **TIME CUT**

Since this stage race is based on points and not time; there will be no time cut. However, if a rider's finishing time is over 25% (30% for Pro/1/2/3 Women) greater than the winner of his/her field, the rider will receive a deduction of 35 GC points. Riders with no GC points will receive a GC score of negative 35 points.

### **RESULTS**

Results, official race announcements and notices, once available, will be posted at Race Headquarters (The Bridges Resort) each evening (except Monday). They will also be available on <http://www.velocityresults.net/results> (first) as well as the race website, <http://www.gmsr.info>, each evening as soon as they are completed. On Monday stage 4 results as well as overall GC results will be posted on the west wall of the City Hall building.

### **PROTESTS**

Per USCF rule 4F7, riders who have a protest regarding race conduct must present their protest in writing no later than 1 hour after their finish. Riders who have a protest about finish order have until 30 minutes before the start of the next day's stage. Protests regarding final general classification placement must be made no later than 15 minutes after the official posting on Monday September 4<sup>th</sup>.

### **ROAD CONDITIONS**

This year we have worked closely with the Vermont Agency of Transportation (VTrans). VTrans has filled in many cracks and potholes, as well as swept the race courses. Despite their very significant (and greatly appreciated) efforts the roads are not crack or pothole free. As a racer you must pay attention to the road conditions and use caution to avoid damage to your equipment and yourself.

### **PRE- AND POST-EVENT SPORTS CHIROPRACTIC and MASSAGE (located at each day's start)**

The Vermont Chiropractic Sports Council will be present both pre and post-race to provide complementary care to riders, coaches; parents and fans during each stage of the GMSR. The following services will be available:

Injury evaluation and management  
Stretching (pre- and post-race)  
Taping or supportive taping  
Chiropractic adjustment

Look for their tent and the VCSC banner at the start of the Saturday and Sunday stages.

A Sport Massage team will be available to provide professional pre- and post-event sports massage therapy (for a fee) geared toward complementing your warm-up and cool-down routines.

# *Egan's Big World Hill Climb*

Friday, September 1st 2006

Stage 1

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## DISTANCE

8.2 miles

## GC POINTS AVAILABLE

50 places (*see page 28 for details*)

## COURSE DESCRIPTION

This stage begins with a neutral start through Waitsfield traveling south on Rt. 100. From Kenyon's Field take a left south on Rt. 100. Turn right onto Rt. 17 just outside of Waitsfield Village. Racing will begin after crossing the first bridge on Rt. 17. It is 7.3 miles with a 1730 foot elevation gain (1276 of it in the last 2.7 miles with an average grade of 10%) from the start of racing to the finish at the summit of Appalachian Gap. **NOTE: A racer must finish this stage in order to compete on Saturday.**

<u>Prologue Course</u>	
<u>Mileage</u>	<u>Description</u>
0	Kenyon's Field left turn onto Rt. 100 South
	Parade (neutral) through Waitsfield
1.9	Right turn onto Rt. 17 West
2.1	Racing starts once across the first bridge on Rt. 17
5.4	Start of Climb at Battleground Condominiums
6.7	Mad River Glen Ski Area main parking lot
8.2	Finish at the summit of App Gap



## **PARKING**

Is at Kenyon's Field just off Rt. 100 north of Waitsfield. Please park in designated areas only. Do not park in or around the large craft fair tent.

## **DIRECTIONS TO PARKING and PACKET PICK-UP**

- From Quebec: Autoroute 10 to PQ 133 south. 133 becomes I-89 south to exit 10 (VT Rt. 2 and 100). Take a right at the end of the off-ramp. At stop sign turn left (south on Rt.100 and east on Rt. 2). After you pass through Waterbury and cross a bridge take a right onto Rt. 100 south. At the stop sign turn right (Rt. 100 south – Waitsfield). Travel 3.5 miles from the intersection and look for Kenyon's Field on the left.
- From Boston: I-93 north to I-89. I-89 north into Vermont, to exit 9 (Rt. 2). At end of ramp take a left, pass under the interstate and take a left onto Rt. 2 east. Take second right onto Rt. 100B. Follow Rt. 100B through Moretown (it will turn into Rt. 100 South). Just prior to Waitsfield look for Kenyon's Field on the left.
- From Albany: I-87 north to exit 28 (NY 74). East on Rt. 74 to Ticonderoga, and turn left on Rt. 9N/22. North on Rt. 9N/22 through Crown Point, and follow signs for "Bridge to Vermont". Cross into Vermont, and head west on Rt. 17. Stay on Rt. 17 until it ends at Rt. 100. Take a Left onto Rt. 100 north to through Waitsfield Kenyon's Field is on your right just outside town.
- From Springfield: I-91 north to I-89. North on 89 to exit 9 (Rt. 2). At end of ramp take a left, pass under the interstate and take a left onto Rt. 2 east. Take next right onto Rt. 100B. Follow Rt. 100B through Moretown (it will turn into Rt. 100 South). Just prior to Waitsfield look for Kenyon's Field on the left.

## **START TIMES**

### Wave 1

- Men 4A 2:30pm
- Men 4B 2:40pm
- Juniors 2:50pm
- W-3/4 2:55pm

### Wave 2

- Master 30+ 3:40pm
- Master 40+ 3:50pm
- Master 50+ 4:00pm
- W-Pro/1/2/3 4:10pm

### Wave 3

- Men-3 5:00 pm
- Men-Pro/1/2 5:10 pm

## **GEAR RECOMMENDATIONS**

39x25

## **FEEDING**

None

## **SUPPORT**

All fields will have Mavic or SRAM support.

## **WARM-UP AREA**

While warming up you are limited to the following areas: The Loop Road, which is directly across from the entrance to Kenyon's Field, it is a kilometer in length with a hill in the middle and was recently

repaved. North on Rt. 100 about 250 meters on the right is Tremblay Road, which leads up to the Waitsfield Common and provides a good climb and was also recently repaved. Both of these roads are marked on the map. **Do not warm-up on the course, Rt. 100 or in downtown Waitsfield.**

### **AWARDS**

**For Stage 1 only** awards will be presented at the start (Kenyon's Field). If you are one of the top three finishers you **MUST** report to the gazebo area at Kenyon's Field for the awards presentation.

### **NOTES OF CAUTION**

1. The first 1.4 miles on Rt. 17 are potholed. Please use caution. This road may be repaved prior to the event. If it is not repaved many holes may be filled. Listen to the pre-race announcement for the most up-to-the-minute information.
2. Riders may remain at the finish area at the top of Appalachian Gap to watch the race. If a rider remains at the finish, he/she must move completely out of the travel portion of the roadway, stay behind the fencing and follow directions of Race Officials. Riders who do not move out of the roadway will be assessed point penalties or disqualification. There will be a limited supply of water at the summit.
3. Please use caution on the descent of Appalachian Gap. Other fields will be climbing on the course and race vehicles will be descending as well. Riders wishing to avoid riding back to the start may wish to have a vehicle at the Mad River Glen Parking lot (halfway up the climb).
4. When riding back through Waitsfield do so **single file**.
5. Failure to use caution on the descent or to ride single file (both down from the App Gap and through town) will result in a minimum deduction of 10 GC points. Additional penalties may be assessed at the discretion of the Chief Referee and Promoter.

### **EMERGENCY MEDICAL SERVICES**

Planned to be at the start and at the summit.

## ***The Bridges Resort Moretown Circuit Race***

**Saturday, September 2nd**

**STAGE 2**

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### **DISTANCE**

19.4 mile circuit, 13.6 mile finish section

### **POINTS AVAILABLE**

- Finish: 50 places
- Intermediate Sprints: 3 places
- KOM/QOM: 3 places

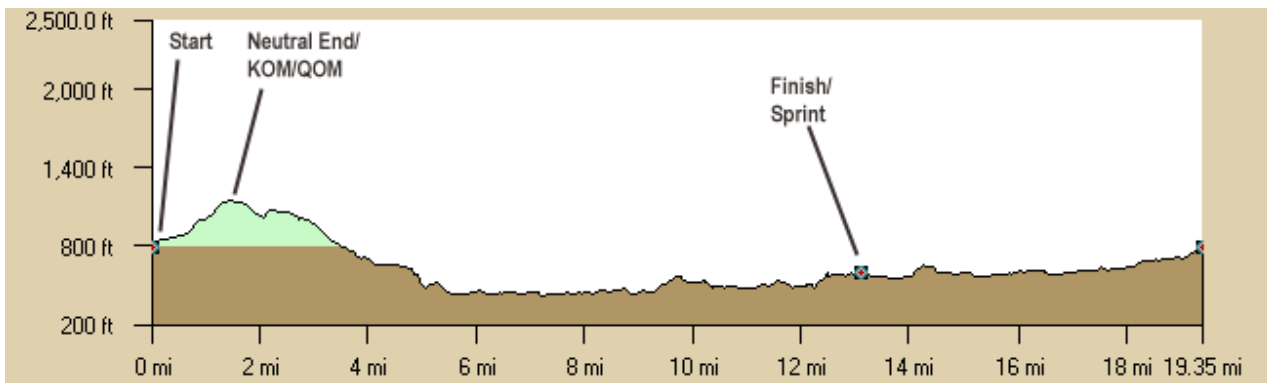
### **COURSE DESCRIPTION**

A rolling circuit with a gradual 2-mile climb and net elevation gain of 700 feet of per lap. Riders start at base of the climb and then descend towards Waterbury. Riders then roll along the flats of the Winooski River Valley toward Middlesex. The course travels over an iron bridge and up a short hill into Middlesex and then turns right onto Rt. 100B. The course follows the Mad River heading east where you will pass the Ward Access, which is the finish line. The course then passes through Moretown Village and then turns right onto Rt. 100 up the climb and past the start where the feed zone is located.

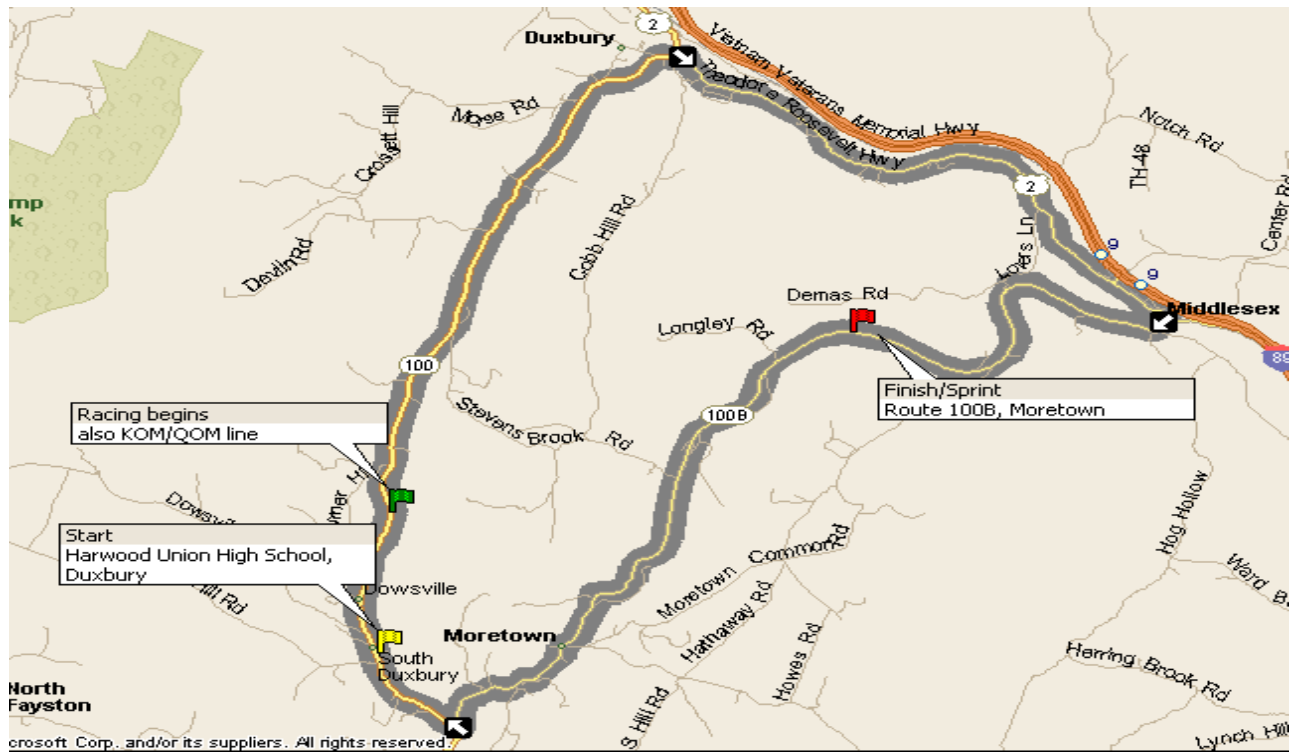
## Bridges Circuit Race

### Mileage   Description

- 0 Start at Harwood Union High School
- 1.5 K/QOM
- 2 Caution Mobil Convenience store on right
- 5.9 Right turn onto Rt. 2
- 6.4 Caution-cracked pavement on right
- 7.2 Caution-cracked pavement
- 8.1 Landfill entrance
- 9.1 **Caution - Narrow steel bridge!**
- 9.6 Road widens
- 10.3 Road narrows
- 10.6 Right turn onto Rt. 100B - Road widens
- 12.6 **Caution Shoulder Closed for 20 feet - Potholes in bridge**
- 13.9 Finish - Ward Access (Hot Sport Sprint) Yellow-line rule in effect
- 15.8 Road narrows
- 17.5 Caution - Moretown Village
- 18.1 **Caution - narrow Bridge!**
- 18.5 **Caution - narrow Bridge!**
- 18.7 Right turn onto Rt. 100 (Caution Scarified Pavement Possible)
- 19.5 **Caution - Bridge detour**
- 19.9 Feed zone/Start (Harwood Union High School)







## **THE FINISH**

The Circuit Race finishes approximately two-thirds of the way around the circuit on Rt. 100B (see map) at the Ward Access. **The centerline rule will be effect for all finishes.** This change is being made to allow for the fastest and most accurate results.

## **INTERMEDIATE SPRINTS**

Intermediate sprints will be at the *FINISH LINE*, not at the start line. The centerline rule will be in effect for all intermediate sprints.

- Pro/1/2 Men and Cat. 3 Men – 3 sprints
- 3/4 Women and Jr. – 1 sprint
- All other fields – 2 sprints

## **KOM/QOM COMPETITION**

Located at the top of Duxbury Hill on Rt. 100. Points will be scored each time up the climb except the first lap warm-up.

## **PARKING**

Harwood Union School – South Duxbury.

## **DIRECTIONS TO PARKING**

- **From the north:** I-89 south to exit 10 (VT 100). Take a left at the stop sign (Rt. 100 and 2) through Waterbury. Rt. 100 makes a right turn after you leave the town of Waterbury. Harwood School will be on the left after cresting the top of Duxbury Hill (look for signs for school).
- **From the east:** I-89 north to exit 10 (VT100). Take a left at the stop sign (Rt. 100 and 2) through Waterbury. Rt. 100 makes a right turn after you leave the town of Waterbury. Harwood School will be on the left after cresting the top of Duxbury Hill (look for signs for school).
- **From the west:** Rt. 17 (over App Gap) west to Rt. 100. Left onto Rt. 100 in Waitsfield. Take Rt. 100 to the intersection of Rt. 100 and Rt. 100B. Take a left at that intersection to continue on Rt. 100. Harwood School will be on the right (look for signs).
- **From the south:** Rt. 100 north though Waitsfield to the intersection of Rt. 100 and Rt. 100B. Take a left at that intersection to continue on Rt. 100. Harwood School will be on the right (look for signs).

## SIGN-IN AREA

Harwood Union School under the roof in front of the school.

## START TIMES

<u>Morning Wave</u>	<u>Category</u>	<u>Distance</u>
8:30am	Men Cat 3	3 <sup>3</sup> / <sub>4</sub> laps/72 miles
8:35am	Men Cat 4A	2 <sup>3</sup> / <sub>4</sub> laps/53 miles
8:45am	Men Cat 4B	2 <sup>3</sup> / <sub>4</sub> laps/53 miles
8:50am	Women Pro 1/2/3	2 <sup>3</sup> / <sub>4</sub> laps/53 miles
8:55am	Women 3/4	1 <sup>3</sup> / <sub>4</sub> laps/34 miles

<u>Afternoon Wave</u>	<u>Category</u>	<u>Distance</u>
12:45pm	Men Pro 1/2	3 <sup>3</sup> / <sub>4</sub> laps/72 miles
12:50pm	Masters 30+	2 <sup>3</sup> / <sub>4</sub> laps/53 miles
1:00pm	Masters 40+	2 <sup>3</sup> / <sub>4</sub> laps/53 miles
1:03pm	Masters 50+	2 <sup>3</sup> / <sub>4</sub> laps/53 miles
1:10pm	Juniors	1 <sup>3</sup> / <sub>4</sub> laps/ 34 miles

## GEAR RECOMMENDATIONS

39x23

## FEED ZONE

Located on the hill in the grass area in front of Harwood Union School (start area). Support personnel should park at the school and bring their supplies with them to the roadway.

## WHEEL SUPPORT

Mavic and SRAM will support the following fields: M - P/1/2, 3, 4A, 4B, 30+, 40+, W – P/1/2/3.

Neutral support will be provided for M50+, Jrs. and W3/4. In these fields there must be 10 sets of wheels or the support will be wheels-in/out only!

## WARM-UP AREA

The dirt road across Rt. 100, as well as a designated portion of the parking lot, can be used for warming up. ***THERE IS TO BE NO WARM-UP ON ROUTE 100***; violators will be subject to fines and/or GC point penalties or disqualification at the discretion of the Chief Referee and Race Organizer. Because of the limited warm-up area, there will be a neutralized start for the first 1.5 miles (on the first climb) of the Circuit Race.

## CAUTIONS

1. On Rt. 100 there are cracks in the pavement. Please use caution.
2. Route 2 has a series of cracks that run in the direction of travel. These cracks are on the right-hand side of the road (near the fog line). Please be vigilant and move to the left. The worst sections are at miles 6.4, 7.2 and 8.1.
3. On Rt. 2 at mile 9.1 there is a very narrow iron bridge please use ***extreme caution*** and stay on the correct side of the center-line.
4. Just outside Moretown there is a narrow bridge at mile 18.1 Please use ***extreme caution*** and stay on the correct side of the centerline.
5. On Rt. 100 at mile 19.5 there is a temporary bridge detour. Please use caution.

## EMERGENCY MEDICAL SERVICES

At the finish area.

# Harpoon Brewery Mad River Road Race

Sunday, September 3rd

STAGE 3

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## DISTANCE

Pro/1/2 Men - 103 miles

All others - 64.7 miles

## GC POINTS AVAILABLE

50 places

## SPRINT COMPETITION

The single sprint in this competition will be at the Granville Gulf on Route 100, north of the town of Granville. The centerline rule will be in effect for the Hot Sport sprint. Points will be awarded in the sprint competition to the top three racers across the line.

## KOM/QOM COMPETITION

At the top of Middlebury Gap, with an additional KOM for the **Pro/1/2 men only** at the top of the Bethel Mountain Road. Points will be awarded to the first five across the line in the K/QOM competition.

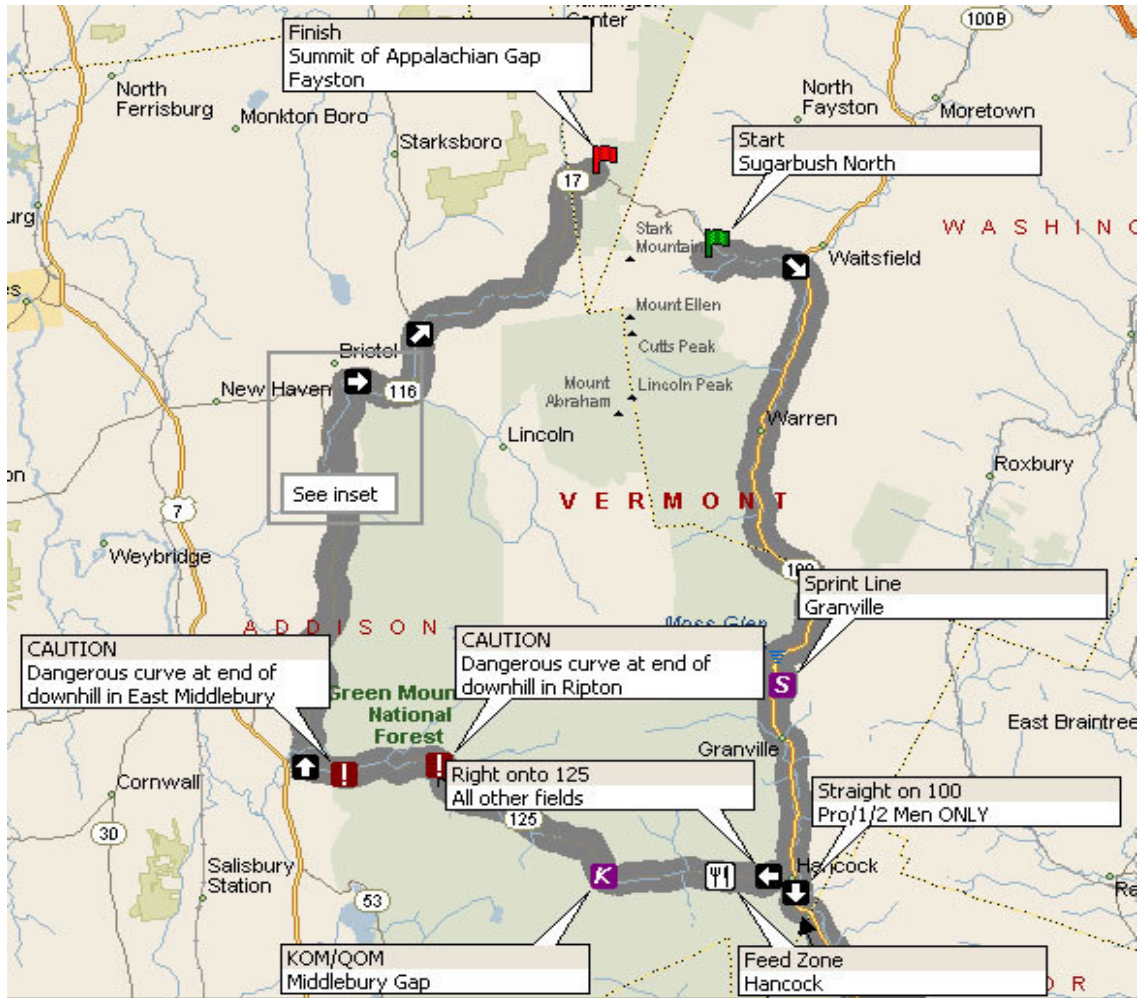
## COURSE DESCRIPTION

The course is a point-to-point race that starts at the Sugarbush Ski Resort Mt. Ellen Base area in Fayston, passing through the scenic Vermont towns of Waitsfield, Warren, Granville and Hancock while traveling through the Mad River and White River valleys on Route 100. **(The P/1/2 men only then continue on 100 to Rochester and head east to Bethel via the Bethel Mountain Road. From Bethel they ride along the White River back to Rochester and Hancock and rejoin the 64 mile course.)** The course then turns right for the first of two crossings of the Green Mountains. The first crossing is via Middlebury Gap where the steepest grade is 18%. After pushing over the summit racers will descend the twisty west side of the gap passing Middlebury College's historic "Bread Loaf Campus" and through Ripton, former home to Poet Robert Frost. Once through E. Middlebury the course rolls along Rt. 116 until a right turn onto the climb of Notch Road which has 2.35 miles of descending gravel road. Racers next encounter a short sharp climb into downtown Bristol. The course then follows flat roads for 4 miles to the day's final obstacle - Appalachian Gap. Appalachian Gap is Vermont's highest 4-season maintained roadway. Racers will start the first of two climbs known as the "Baby Gap". Baby Gap will take racers through Jerusalem and a brief but fast descent as the course rolls onto the base of App. Gap proper. This final section is only 4K, but it twists and turns and climbs very steeply in sections. As racers approach the last pitch, the canopy of trees opens up and the top of the Gap comes into view less than 1K away. The final 500m will take racers up one of the steepest pitches of the day (20% in places). This final pitch will be lined with hundreds of cheering spectators to help racers push through the pain to the finish.

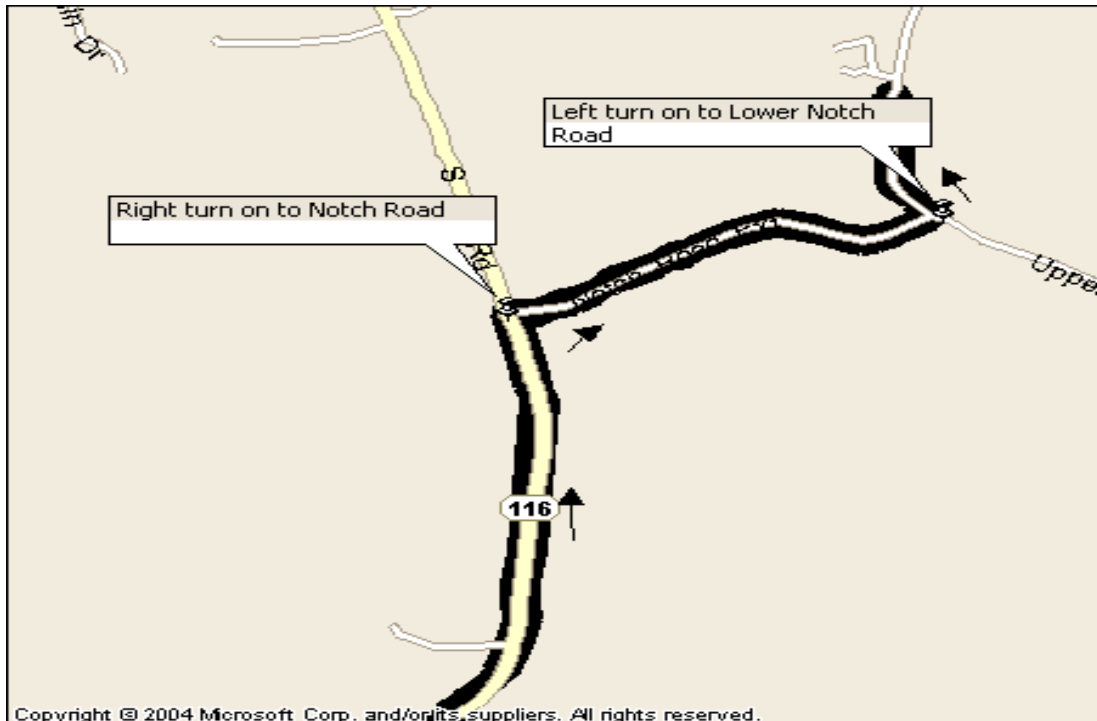
<b>Mad River Road Race Main Loop (M - P/1/2 Ext. Below)</b>	
<b>Mileage</b>	<b>Description</b>
0	Start at Mt. Ellen Base Area
0.67	Left turn onto German Flats
1.75	Right turn onto Rt. 17 East
3.5	Right turn onto Rt. 100 South - Racing begins!

14.5	Caution Moose Crossing next 2 miles!
15.2	Top of Granville Gulf
18.5	Hot Spot Sprint Finish
23.6	Right turn Rt. 125 Middlebury Gap <b>(except M - P/1/2 See below)</b>
26.6	Texas Falls
27.3	Feed Zone Start
27.6	Feed Zone End
29.8	K/QOM
32.2	Breadloaf Campus Use Caution
38.15	<b>CAUTION-SLOW VERY SHARP RIGHT ONTO BRIDGE IN E. MIDDLEBURY</b>
39.3	Right turn onto Rt. 116
46.8	Right turn onto Notch Road
47.75	Left turn Top of Notch Road to Lower Notch Road Road turns to gravel
48	Road surface back to pavement
48.5	Road surface back to gravel
50.6	Proposed Wheel Pit - Road surface back to pavement
51.8	Right turn onto Main Street (Rt. 17) in Bristol USE CAUTION!
55	Right turn onto Rt. 17 (start of Baby Gap)
56.6	Self-serve Feed Zone at Memorial Park on Right
58.6	Jerusalem Store on right Caution
59.7	Top of the Baby Gap
61.5	Start of App. Gap Climb
63.2	<b>Construction Zone: look for Bike Lane (on right). Important instructions on this area in "Cautions" #6 below and at the start</b>
64.3	Caution - Moose Crossing!
64.7	Finish at the Top of the App. Gap

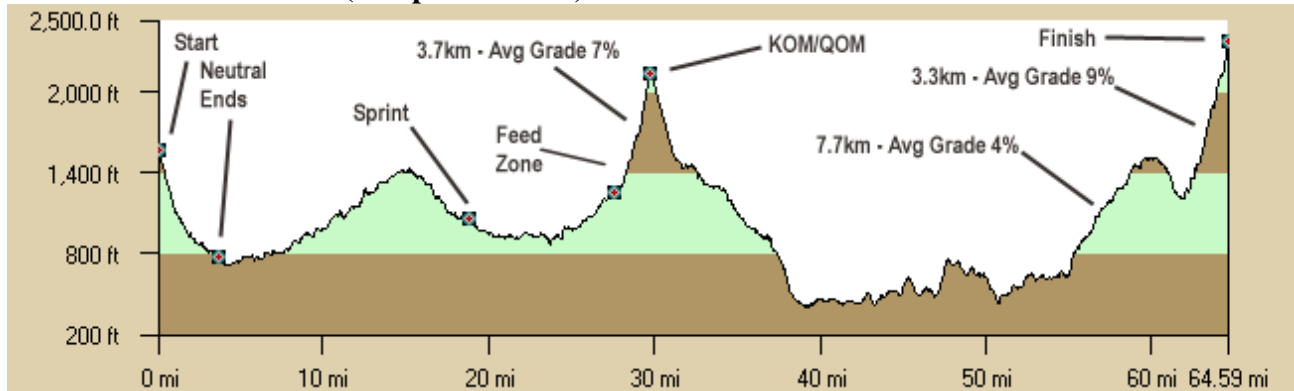
**The 64.7 mile Course Overview:**



**Inset:**

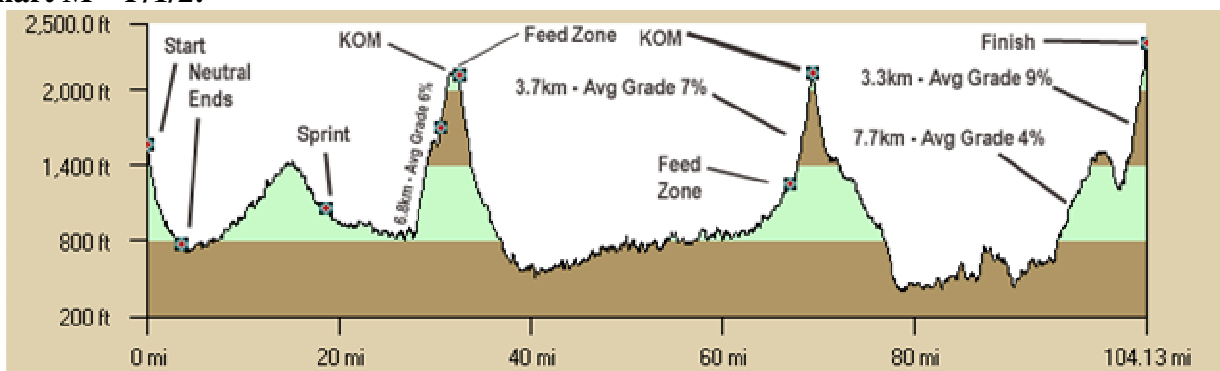


**Elevation chart for all fields (except M - P/1/2):**



<b>Mad River Road Race M-P/1/2 Extension</b>	
<b>Mileage</b>	<b>Description</b>
	Intersection Rt. 100 and Rt. 125 Hancock
	Travel South on Rt. 100
4.4	Left turn onto Bethel Mt. Road Rochester
5.7	Right turn Bethel Mt. Road
8.6	KOM
8.7	Feed Zone has been moved just past KOM
14.5	Right turn on to Rt. 12 South
16.5	Entering Bethel
17.3	Right turn onto Routes 12 and 107 Caution underpass and narrow bridge
26.3	Right turn onto Blackmer Blvd.
30.2	Flashing light in Stockbridge (by Ted Green Ford) Stay straight north on Rt. 100
37.8	Caution-entering Rochester
43.1	Left turn onto Rt. 125 in Hancock See Mad River Course above

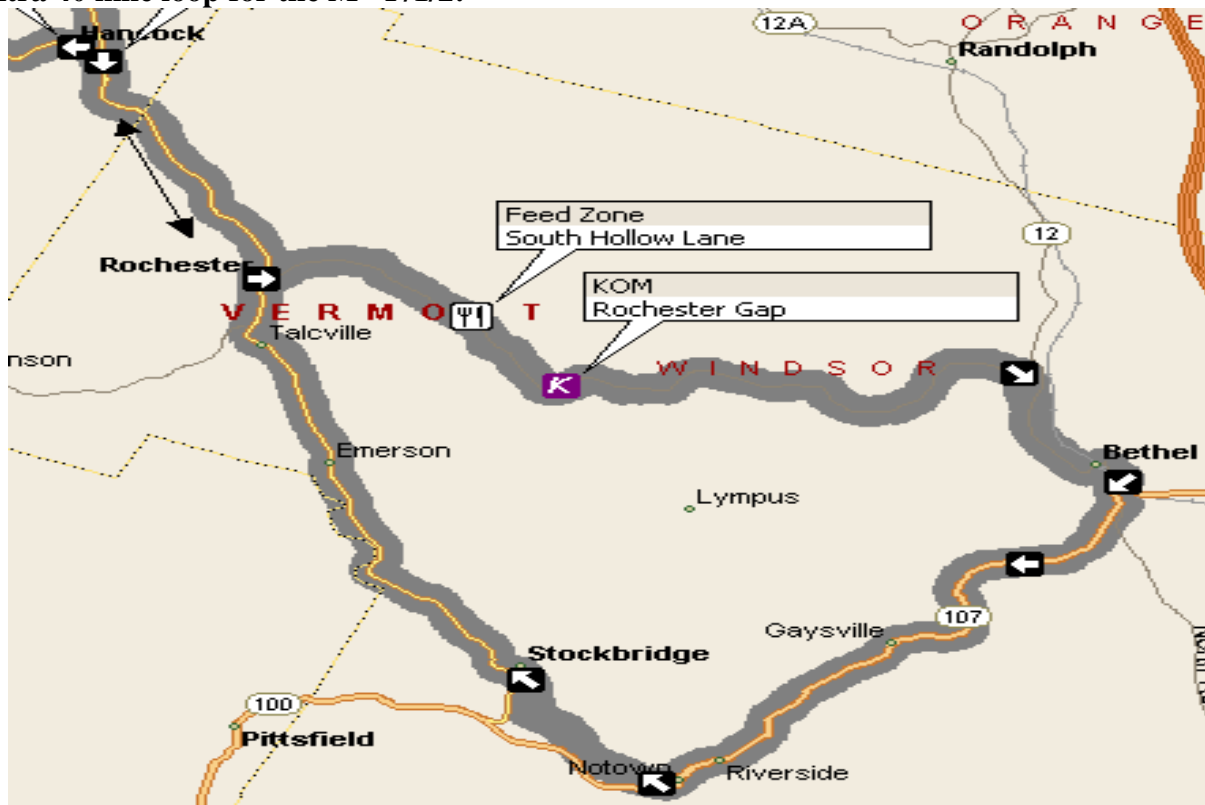
**Elevation chart M – P/1/2:**



The 103 mile course overview:



The Extra 40 mile loop for the M - P1/2:



Note: the feed zone is now above the KOM on this loop (not as depicted on this map).

## PARKING AT START

Mt. Ellen Base Area – Fayston.

## DIRECTIONS TO PARKING

- From the north: I-89 south to exit 10 (VT 100). Head south on Rt. 100 through Waterbury to Waitsfield and make a right on Rt. 17 after Waitsfield Village. West on Rt. 17 approx. 2 miles then turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).
- From the east: I-89 north to exit 9 (VT 100B). Head east on Rt. 2 to get to Rt. 100B. South on Rt. 100B to Rt. 100. Continue south Rt. 100 through Waterbury and Waitsfield to Rt.17. West on Rt. 17 approx. 2 miles turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).
- From the west: Rt. 17 west over Appalachian Gap to right turn onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles) ski area parking lot on left.
- From the south: Rt. 100 north to Rt. 17. West on Rt. 17 approx. 2 miles turn left onto German Flats Road and look for Mt. Ellen base area on the right (approx. 1.3 miles).

## SIGN-IN AREA

Mt. Ellen base lodge area

## GEAR RECOMMENDATIONS

39x25 or easier

➤	Citizens	– 8:20am
➤	Men 3	– 8:40am
➤	Master 30+	– 8:50am
➤	Master 40+	– 9:00am
➤	4A Men	– 9:05am
➤	4B Men	– 9:10am
➤	Pro/1/2 Men	– 9:20am
➤	Juniors 15-18	– 9:25am
➤	Master 50+	– 9:30am
➤	Pro/1/2/3 Women	– 9:40am
➤	3/4 Women	– 9:45am

## WHEEL SUPPORT

Mavic and SRAM will support the following fields: M- P/1/2, M3, and W – P/1/2/3.

Neutral support will be provided for all other fields. In these fields there must be 10 sets of wheels or the support will be wheels-in/out only!

There is a 2-mile dirt road section in the Mad River Road course. This section is rough. You should consider using **sturdy tires and wheels** and be sure your bottle cages hold your bottles securely. **Be prepared to fix a flat tire as the service vehicles will go with any break. Mavic and SRAM will only be supporting the M - P/1/2 and 3 and W- P/1/2/3. They will not stop to assist riders not in those fields.**

It is your responsibility to be able to repair your bicycle in the event the support vehicle is unable to help you. You must complete the Mad River Road race in order to start on Monday. We are working to have a wheel pit near the end of the dirt. If a pit will be present it will be announced at the start.

## EMERGENCY MEDICAL SERVICES

Rtes 17 and 100, bottom of Bethel Mt. Road, East Middlebury, downtown Bristol, and the finish area



## **FEED ZONE**

The feed zone is located 2 miles below the summit of Middlebury Gap. The feed zone has been expanded to cover about a .6 miles of Rt. 125 and includes 2 large pull-offs on Rt. 125. The first is approximately 4 miles from the Rt. 100/Rt. 125 intersection (see road signs). All fields are eligible for feeding. The M - P/1/2 have an additional feed zone located on the Bethel Mt. Road. For 2006 it has been moved above the KOM. Feeders may only park either at the pull off near the summit or off the travel lane of the road. No parking on the road. M - P/1/2 feeders will have time to get back to the Middlebury Gap feed zone for a second feed.

All Feed zone vehicles should depart for the feed zone prior to the stage start. If you leave after the start of the stage expect to follow the race (without passing) until you reach the feed zone. Feed zone vehicles must follow the course in reverse back to the Mad River Glen parking lot on Rt. 17 where a shuttle bus can take you to the summit finish area.

Support personnel should park vehicles as far off of the road as possible and use caution when feeding. Feeders please clean up the area in which you were feeding. There is no feeding outside of the designated feed zone, and feeding outside of designated areas will be subject to a 10 point GC deduction.

There will also be an un-staffed neutral feed zone that will have cola and water. There will be no bottle hand-ups. Racers who need this feed will have to stop. It will be located at the Bristol Memorial Park on the lower slopes of Appalachian (Baby) Gap. If you must, you may also discard any bottles at this feed zone.

## **WARM-UP AREA**

Racers may warm-up on the Mt. Ellen Access Road prior to the 8:45 am start of the first field. After that time racers may use the parking lot and side roads. You may also park at the Mad River Glen Parking lot on Rt. 17 and ride to the start as your warm-up. This will make it easier to get to your car after the race, as it will be all downhill from the finish.

## **NOTES OF CAUTION**

1. During warm up and race start please be careful going down the Mt. Ellen Access Road.
2. Road work is being conducted on Rt. 17 beginning 1.4 miles from Waitsfield. The road is being re-paved and some rough areas may be experienced.
3. The descent from Middlebury Gap is fast and technical. The very top section until the entrance to the Middlebury Snow Bowl entrance is extremely frost heaved. Hitting these frost heaves at high speed could result in a crash. Please ***USE EXTREME CAUTION.***
4. For the P/1/2 men the Bethel Mt. Road descent is very steep and fast (60+ MPH), please use caution. Also use caution in Bethel especially at the turn onto Rt. 12 and the narrow metal bridge.
5. There is a **VERY TREACHEROUS** curve near the bottom of Middlebury Gap. At the bottom of a steep section, the road makes a sharp right, goes over a narrow bridge, and makes a sharp left. Be careful of oncoming traffic on and after the bridge. Oncoming traffic on that turn may be turning left across the course. Stay to the right. Control your speed. ***USE EXTREME CAUTION. LOOK FOR CAUTION SIGNS AND SLOW DOWN.*** Many who have not heeded this advice have crashed ending their race. **Do not follow in their skid marks!**
6. **NEW for 2006!!!** At 2.8k to go there is a 30 yard long gravel road (unpaved) detour. Police and volunteers will be working this area. **This is a neutral zone with no attacking and no passing allowed.** Unless you are immediately behind the lead vehicles (in the lead group of riders) **YOU MUST RIDE SINGLE FILE** over this short detour (**NO PASSING/NEUTRAL ZONE**). The "bike lane" will be clearly delineated by a painted line on the roadway as well traffic cones at the start and end of the detour. **YOU MUST RIDE TO THE RIGHT OF THIS LINE.** Should vehicles be stopped in front of you move to the right around them and proceed over the detour while staying in the bike lane.

Please **use caution and be alert** for oncoming vehicles that may impinge on the bike lane. Also be alert to lose gravel in the detour.

7. Please be **alert for moose** on and near the road on Rt. 100 at the top of Granville Gulf and on the climb up Appalachian Gap from 2k to approximately 400m to go. These animals frequent these areas and often cross the road and travel up it. Moose can weigh as much as a small car and are not particularly afraid of cyclists (or cars for that matter). If you see a moose please pass with caution as they often respond in apparently unpredictable ways when startled.

### **CONTROLLED START**

The start of the race will be controlled for approximately 3.5 miles until the course turns right onto Rt. 100 south.

### **COOL-DOWN/FINISH AREA**

Riders may remain at the finish area at the top of Appalachian Gap to watch the race. If a rider remains at the finish, he or she must move completely out of the travel portion of the roadway and stay behind the fencing and follow the directions of race personnel, police and officials. Riders who do not move out of the roadway will be assessed point penalties or be disqualified. There will be a limited supply of water at the summit. To return to the start you will have to climb the Mt. Ellen Access Road. You may wish to have a vehicle at the Mad River Glen Parking lot to avoid having to climb back to the start. Please use caution on the descent of Appalachian Gap. Don't forget that chiropractic care and massage are available at the Mt. Ellen the base area.

### **SPECTATING AT THE FINISH**

Spectators are welcome and encouraged to be at the finish. There is no parking above the Mad River Glen upper parking lot (please do not park on the roadway). You may park at the upper (above the main lot at the top of the practice slope) or lower lot. A shuttle bus will be running from the Mad River Glen Parking lots to the finish on Rt. 17. Please flag the bus down for a ride. You may also walk to the finish but please use caution on Rt. 17.

## **THE HARPOON BREWERY ABOVE AND BEYOND SUPPORT STAFF AFTER-RACE RIDE!**

**Sunday, September 3rd**

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This is a GMSR tradition (now in its 4th year) whereby all support staff (team managers, mechanics, feeders, officials, Mavic and SRAM staff, spouses, race staff, etc.) get to ride their bikes, too! The ride will depart from the Bridge Street Market Place parking lot (new this year) which is located in the center of Waitsfield by the covered bridge. It will be led by your intrepid, but now completely exhausted, Race Director Gary Kessler (feel free to offer a push up any hill). Who will no doubt need to ride after watching 900 racers finish at the top of the App. Gap. The George W. Bush bike ride rules will not be in effect, you may feel free to pass your ride leader at any time.

The ride will depart at 4:00 pm (after your racer(s) is/are cleaned, fed and tucked in for a nap). The ride will be about an hour and a half (give or take) through scenic Vermont (crossing 2 covered bridges) and will feature some climbing, a dirt road section by a lake and finish with a fun downhill on new pavement (new route this year!). The pace will be moderate and anyone going off the front will be forced to do a penalty loop (explained on the ride) at the top of any climb. Rain, sleet, snow or swarms of black flies cancels the ride (we're not the postal service – none of these are likely anyway). Expect lots of fun and some prizes (from our generous sponsor) for all who attend! A stop at a local restaurant for a cold one will take place immediately following the ride.

# *Burlington Criterium*

Monday, September 4<sup>th</sup>

STAGE 3

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## DISTANCE

1 kilometer (.62 miles) per lap

## COURSE DESCRIPTION

A 6-corner, very technical course in the heart of downtown Burlington, Vermont.

**Note: Church Street has been renovated. Please be sure to review the course prior to your race.**



## LAPPED RIDER RULE

For reasons of safety, at the discretion of the race officials, if you are in danger of being lapped, you may be pulled from the criterium.

- Any rider pulled in the first half of the race will receive a deduction of 35 GC points and will be placed in the final GC.
- Any rider pulled in the second half of the race will be given a pro-rated place and placed in the final GC.

If lapped riders are allowed to remain in the race, they will finish on the same lap as the leaders.

## FREE LAP RULE IN EFFECT UNTIL LAP CARDS SHOW 8 TO GO

The Free Lap Rule will be in effect for any rider who punctures or suffers a legitimate mishap. No free laps will be granted once the lap cards show 8 to go. Riders must report to the pit area after a mishap. Riders may only ride in a forward direction on the course but may dismount and run backwards to the pit area when it is safe to do so. Riders may also cut the course to get to the pit but only while the free lap rule is in effect.

Due to the length of this course (1KM), two laps per mishap will be allowed.

Riders granted a free lap must return to the race in the position held at the time of the mishap. Riders returning to the race after a free lap are ineligible for sprint prizes for one lap thereafter.

## GC and SPRINT POINTS AVAILABLE

Finish: 50 places

Sprint Lap (to go)			45	35	25	15	10	5	FINISH	TOTAL \$
<b>Field</b>	<b>Laps</b>									
<b>Citizens</b>	12	Points Sprints								
		Primes					Merch	Merch		
<b>Jr.</b>	24	Points Sprints				HSS	GC	HSS	HSS/GC	
		Primes				\$50		\$50		\$100
<b>4 A and B</b>	24	Points Sprints				HSS	GC	HSS	HSS/GC	
		Primes				\$50		\$50		\$100
<b>Master 50+</b>	20	Points Sprints				HSS	GC	HSS	HSS/GC	
		Primes				\$50		\$50		\$100
<b>Women 4</b>	20	Points Sprints				HSS	GC	HSS	HSS/GC	
		Primes				\$50		\$50		\$100
<b>Master 40+</b>	24	Points Sprints				HSS	GC	HSS	HSS/GC	
		Primes				\$100		\$100		\$200
<b>Master 30+</b>	30	Points Sprints			HSS	GC		HSS	HSS/GC	
		Primes			\$50	\$100		\$50		\$200
<b>Women P/1/2/3</b>	30	Points Sprints			HSS	GC		HSS	HSS/GC	
		Primes			\$50	\$100		\$50		\$200
<b>Men 3</b>	30	Points Sprints			HSS	GC		HSS	HSS/GC	
		Primes			\$100	\$100		\$100		\$300
<b>Men P/1/2</b>	50	Points Sprints	HSS	GC	HSS	GC		HSS	HSS/GC	
		Primes	\$100	\$100	\$100	\$100		\$100		\$500

All Primes are 3 deep: \$50 primes = 1<sup>st</sup>=\$25, 2<sup>nd</sup>=\$15, 3<sup>rd</sup>=\$10

\$100 primes= 1<sup>st</sup>=\$50, 2<sup>nd</sup>=\$30, 3<sup>rd</sup>=\$20

## PARKING

We recommend the TD BankNorth parking lot on Main Street. There will also be parking along St. Paul Street (between College Street and King Street), and along Main Street (between Church Street and No. Winooski Street).

## **DIRECTIONS TO PARKING**

- From the north: I-89 south to exit 14W (US 2). Head west on Rt. 2 (Main Street) towards Burlington.
- From the east: I-89 north to exit 14W (US 2). Head west on Rt. 2 (Main Street) towards Burlington.
- From the south: Rt. 7 (Shelburne Road) north to Burlington. At junction with Rt. 2 (Main Street), take a left and head into Burlington.

## **SIGN-IN AREA**

City Hall Park, Burlington

## **START TIMES/DISTANCES**

➤ Citizens	8:30am	6.2 miles 12 laps
➤ Jr	9:00am	14.8 miles 24 laps
➤ M - 4A	9:40am	14.8 miles 24 laps
➤ M - 4B	10:25am	14.8 miles 24 laps
➤ Master 50	11:05am	12.4 miles 20 laps
➤ W – 3/4	11:45am	12.4 miles 20 laps
➤ M - 40	12:30pm	14.8 miles 24 laps
➤ M - 30	1:15pm	14.8 miles 24 laps
➤ W - P/1/2/3	2:05pm	18.6 miles 30 laps
➤ M- 3	3:00pm	18.6 miles 30 laps
➤ M -P/1/2	3:55pm	31.0 miles 50 laps

## **FEED ZONE**

None

## **WARM-UP AREA**

The immediate area surrounding the course will be available to warm up, including Main St. between Church Street (turn 1) and S. Winooski Avenue. Obey traffic laws and be courteous to motorists.

## **CONTROLLED START**

The start of each race will be controlled for ~ ½ a lap. Riders may not pass the pace car.

## **NOTES OF CAUTION**

1. The course has some irregular pavement, cobblestones, manhole covers and grates. *USE EXTREME CAUTION.*
2. The left-hand turn from Pine Street onto Main Street is fast and dangerous. *USE EXTREME CAUTION.*
3. Marshals will be posted around the course to warn riders of downed riders, dogs and other obstacles. Please be aware that there may be unforeseen obstacles on the course.

## **FACILITIES**

Restroom facilities are available in City Hall, located on the course. Port-o-lets will also be available in City Hall Park. Riders should refrain from using restrooms in shops and restaurants along the course. It is likely that traffic on Main Street will be heavy at times. Please be courteous to motorists and obey traffic laws.

## **EMERGENCY MEDICAL SERVICES**

Located just off Main Street at the corner of Church Street.

# Prize Value Breakdown

General Classification prizes will be in cash.

Place	M-Pro/1/2		M-3 W-P/1/2/3		Masters 30+ and 40+		W-4, Masters 50+		Jr.		M-4 A & B	
	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	G.C.
1	\$175	\$400	\$100	\$270	\$50	\$250	\$50	\$130	\$50	\$130	\$50	\$215
2	\$125	\$320	\$60	\$225	\$30	\$200	\$30	\$90	\$30	\$90	\$30	\$170
3	\$75	\$270	\$40	\$185	\$20	\$180	\$20	\$80	\$20	\$80	\$20	\$150
4		\$230		\$160		\$140		\$60		\$60		\$130
5		\$200		\$130		\$110		\$40		\$40		\$110
6		\$170		\$120		\$100				\$30		\$95
7		\$150		\$110		\$90				\$20		\$85
8		\$140		\$100		\$80						\$75
9		\$130		\$90		\$60						\$65
10		\$120		\$75		\$55						\$55
11		\$110		\$65		\$45						
12		\$100		\$55		\$40						
13		\$90		\$45								
14		\$80		\$40								
15		\$60		\$30								
16		\$50										
17		\$45										
18		\$40										
19		\$25										
20		\$20										
<b>Daily Totals</b>	\$1,500		\$800		\$400		\$400		\$400		\$400	
<b>Primes Totals</b>	\$500		\$300		\$200		\$100		\$100		\$100	
<b>Sprint</b>	\$175		\$100		\$50		\$50		\$50		\$50	
<b>K/QOM</b>	\$175		\$100		\$50		\$50		\$50		\$50	
<b>Totals</b>	\$2,350	\$2,750	\$1,300	\$1,700	\$700	\$1,350	\$600	\$400	\$600	\$450	\$600	\$1,150
<b>Grand Totals</b>	\$5,100		\$3,000		\$2,050		\$1,000		\$1,050		\$1,750	

In the event of a tie on GC points the riders will split that place and the following place's cash.  
 Racers must present photo identification and sign when collecting prize money.  
 Sprint and K/QOM prize money is 1 deep (winner takes all).  
 Any uncollected prizes will be mailed to racers.

# Points Table and Explanation

Place	Prologue		Stage 1				Stage 2				Stage 3			
		Finish	Sprints	KOM	Finish	Bonus	Sprints	KOM	Finish	Bonus	Sprints	GC Sprints	Finish	Bonus
1		50	5	5	100	25	5	10	100	25	5	5	100	25
2		49	3	3	94	18	3	8	94	18	3	3	94	18
3		48	1	1	90	13	1	5	90	13	1	1	90	13
4		47			86	10		2	86	10			86	10
5		46			82	8		1	82	8			82	8
6		45			78	6			78	6			78	6
7		44			74	4			74	4			74	4
8		43			70	3			70	3			70	3
9		42			66	2			66	2			66	2
10		41			62	1			62	1			62	1
11		40			58				58				58	
12		39			54				54				54	
13		38			50				50				50	
14		37			46				46				46	
15		36			42				42				42	
16		35			38				38				38	
17		34			34				34				34	
18		33			30				30				30	
19		32			26				26				26	
20		31			25				25				25	
21		30			24				24				24	
22		29			23				23				23	
23		28			22				22				22	
24		27			21				21				21	
25		26			20				20				20	
26		25			19				19				19	
27		24			18				18				18	
28		23			17				17				17	
29		22			16				16				16	
30		21			15				15				15	
31		20			15				15				15	
32		19			15				15				15	
33		18			15				15				15	
34		17			15				15				15	
35		16			10				10				10	
36		15			10				10				10	
37		14			10				10				10	
38		13			10				10				10	
39		12			10				10				10	
40		11			5				5				5	
41		10			5				5				5	
42		9			5				5				5	
43		8			5				5				5	
44		7			5				5				5	
45		6			1				1				1	
46		5			1				1				1	
47		4			1				1				1	
48		3			1				1				1	
49		2			1				1				1	
50		1			1				1				1	

### **Group Finish Rule:**

Group Finish Rules: All riders in a stage that finish in a group (time gap between riders in the group less than 2 seconds) will receive the same finishing points as the leader of that group. In the event of a tie the riders will receive the same points.

For example; if a 2-rider break finishes ahead of a group of 60 riders, the points earned would look like this:

1 <sup>st</sup> place:	100+25 =	125 points
2 <sup>nd</sup> place:	100+18 =	118 points
3 <sup>rd</sup> place:	90+13 =	103 points
4 <sup>th</sup> place:	90+10 =	100 points
5 <sup>th</sup> place:	90 + 8 =	98 points
6 <sup>th</sup> place:	90 + 6 =	96 points
7 <sup>th</sup> place:	90 + 4 =	94 points
8 <sup>th</sup> place:	90 + 3 =	93 points
9 <sup>th</sup> place:	90 + 2 =	92 points
10 <sup>th</sup> place:	90 + 1 =	91 points
11 <sup>th</sup> – 60 <sup>th</sup> place:		90 points

Note: The Chief Referee and Chief Judge reserve the right to determine which riders comprise a finish group.

**Sprint Competition:** All categories will have a Sprint Leader competition. There will be sprints during the Circuit Race, Road Race and Criterium (see the details of each stage for when points will be available) where the top 3 riders will earn points at a Hot Sport Sprint. These points will count for the Sprint Leader's point competition only, and NOT for GC placing. A Sprint Leader's Jersey will be awarded each day to the leader of the sprint competition (except Friday). A cash prize (1 deep - winner takes all) will be awarded to the rider with the most points after the Criterium. To be eligible to win the sprint competition a rider must complete all stages. Leaders of the Sprint competition will be required to wear the Sprint Leaders Jersey in any subsequent stage (unless also in the GC lead in which case the Leader's Jersey shall be worn).

If two or more riders have an equal number of Hot Sport Sprint points by the end of the last stage, the order will be determined by the number of sprints in which each rider finished first, second and so forth until the greater number of places awarded determines the final finish order.

**GC Sprints:** All categories will have GC Sprints during the Criterium (see chart on page 27 for details). The top 3 riders across the line will earn points at the end of the prescribed lap for GC sprint points. These points will count in the overall GC placing but will NOT count toward the Hot Sport Sprint Leader competition.

**K/QOM:** All categories will have a K/QOM competition during the Circuit Race and Road Race (see the details of each stage for when points will be available) where riders can earn points by placing in the top 3 or 5 at the K/QOM Hot Sport. A K/QOM Jersey will be awarded daily. A cash prize (1 deep - winner takes all) will be awarded to the rider with the most K/QOM points and who completes the stage race. Leaders of the



competition will be required to wear the K/QOM Leaders Jersey in any subsequent stage (unless also in the GC lead in which case the Leader's Jersey shall be worn).

If two or more riders have an equal number of K/QOM points by the end of the last stage, the order will be determined by the number of K/QOM sprints in which each rider finished first, second and so forth until the greater number of places awarded determines the finish order.

## **Notes**

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# Special Offers from Our Sponsors

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## **Irasville Country Store - \$.05 off per gallon of gasoline**

A first time sponsor of the GMSR, the Irasville Country Store is helping by providing fuel to power the vehicles that make the GMSR happen. They are also offering a discount on gasoline to all race participants. Show your race number or race license (USCF or UCI) and get a \$.05 per gallon discount on your fuel purchase! The Irasville Country Store is located in the Mad River Green, across from Shaw's Grocery store and will have a yellow GMSR Fuel Sponsor sign out front. They also offer a full deli and extensive selection of cold beverages. By purchasing your fuel here you are supporting this generous sponsor and encouraging them to continue their support in 2007.

## **CompuTrainer by RacerMate – Save \$200 on a new Computrainer**

The CompuTrainer has been dubbed the “World’s Best Bike Trainer!” For those who cannot get outside to train during the long winter, CompuTrainer offers a great alternative. In fact your time spent training on the CompuTrainer is more efficient then riding outdoors because there is no coasting!

What really makes the Computrainer so effective is that **you will use it**. It provides the following information: watts, average watts, max watts, cadence, speed, and distance and more. It also comes with 3D software, making it fun to ride inside. You can ride against a previous effort so that you can gauge if you are improving. You can also enter your favorite rides and race courses into the software to add to your indoor experience. So before you spend more money on the “latest and greatest” bike or wheels, remember in the end it comes down to the motor.

Computrainer is offering a special discount to GMSR participants saving you \$200 off the regular price of the Pro Model. To get this special pricing go to: [WWW.Computrainer.Com/buy/GMSR.htm](http://WWW.Computrainer.Com/buy/GMSR.htm). You will also find this link on the GMSR website after the event. This offer is valid through September 30, 2006. Commit now to your winter training with the purchase of a Computrainer and return to the 2007 GMSR stronger then ever!

# Rider Questionnaire

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The race organizers would appreciate some feedback from participants on their experience this year and how it can be improved for next year.

Please take a moment to fill out the following questionnaire or send us your comments on our website: [WWW.GMSR.INFO](http://WWW.GMSR.INFO) (under questionnaire button).

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Name: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_

Which race did you participate in?

- W- P/1/2    W- P/1/2/3    M- 3    M- 4/5    W- 4    Masters 30    Masters 40  
 Masters 50    Juniors

How did you place overall?

- Top 5    Top 10    Top 25    I finished!!!    Did Not Finish

Tell us about your overall racing experience at the 2006 GMSR:

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What was the best part about the race?

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What was the worst part about the race?

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What can we do to improve the race for next year?

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Do you plan to return for next year's race?   Yes   No

Any other comments?

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How far did you travel to get to the GMSR? \_\_\_\_\_

How many others accompanied you for the weekend? \_\_\_\_\_

When did you arrive in Vermont? \_\_\_\_\_

Approximately how much did you spend on lodging? \_\_\_\_\_

Approximately how much did you spend on food? \_\_\_\_\_

What did you like about the Mad River Valley? \_\_\_\_\_

Would you consider returning to the Mad River Valley to vacation? Yes No

Did you visit the Mad River Valley prior to the event to ride the race courses? Yes No

If so did you stay overnight? Yes No How many nights? \_\_\_\_\_

Do you train indoors during the winter? Yes No

If yes, how many indoor sessions do you ride on average per season? \_\_\_\_\_

What brand of indoor trainer do you presently use? \_\_\_\_\_

Do you presently use a coach? Yes No

Do you presently use any type of power meter in your training? Yes No

If you do use a power meter what brand do you use? \_\_\_\_\_

If you do not use a power meter at present do you plan to use one in the future? Yes No

Thank you for taking the time to complete this survey. Your comments are all considered and help us to improve the race. In addition, they help us continue to obtain sponsorship, which keeps the GMSR continue into the future. Comments can be mailed to the following address:

Green Mountain Stage Race, P.O. Box 1172, Waitsfield, Vermont 05673

Gary Kessler  
Race Director