



8th Steamboat Springs Stage Race
September 3rd, 4th, & 5th, 2016

Racer Technical Guide

STEAMBOAT* **VELO*



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USA CYCLING Permit # 2016-1706

Promoter: Corey Piscopo (corey@bikesteamboat.com)

Race Officials

Chief Referee: Andy McCord

Chief Judge: Lynn Taylor

Assistant Judge: Leslie Ramsay

Assistant Referee/Moto: Michael McGuinn

Moto: Jim Arnold

Moto: Jeff Hunter

Timing/Results: D&L Sound, Doug Ashbaugh

Post Race Results, Category, & BRAC Cup questions: membership@coloradocycling.org

Registration questions: register@bikesteamboat.com

Area Hospital: Yampa Valley Medical Center, 1024 Central Park Dr. 970-879-1322

About the Steamboat Springs Stage Race

The Steamboat Stage Race was started in 2009 by racer Corey Piscopo in order to add a new and exciting event to the Colorado race calendar. Now in it's 8th year, Corey and a volunteer organizing committee work with officials from city, county, and state as well as local businesses and organizations to pull off the event. Proceeds generated from the race are given to charity and advocacy groups in addition to supporting the Steamboat Velo cycling team. In 2015 we donated \$4100 to local Routt County Humane Society, Lift-Up Food bank as well as Bicycle Colorado and Yampa Valley Sustainability Council. We hope you enjoy the challenging and exciting racing in addition to all the other great things Steamboat Springs has to offer on Labor Day weekend! Please take the time to thank our volunteers, business supporters, and local residents.

General Information

Registration: Our event is pre-registration only, no day of registration is accepted.

Registration is available on <http://www.bikereg.com> and closes on Wednesday August 31st, at 5pm Mtn Time. Mail entries are also accepted and must be postmarked by Thursday August 25th. Mail entries should include USAC Standard Entry form with check payable to Steamboat Stage Race, sent to: *Corey Piscopo c/o Moots, 2545 Copper Ridge Dr, Steamboat Springs, CO 80487.*

- No refunds are possible past August 22nd and no refunds given if any racing must be cancelled as a result of hazardous weather, unforeseen dangerous conditions, or terrorism.
- Minimum fields of 15 riders, promoter reserves the right to reduce the prize list, combine fields or cancel the event if field minimums are not met.

Racing License: All racers must be licensed with USAC and Colorado participants must be members of Bicycle Racing Association of Colorado. Annual USAC licenses available in advance at www.usacycling.org. One-day USAC licenses (\$10/day) available online at USACYCLING.org, only for Category 5 men and Category 4 women. BRAC 1-day memberships available at number pickup (\$5/day).

Packet Pickup & Sign In: Packet pickup for registered riders is on Saturday September 3rd starting at 8:00 am. Location is at Olympian Hall, 845 Howelsen Hill Pkwy (Next to the ski jumps). Limited parking, toilets and water will be available at this location. All racers must present a valid racing license at packet pickup and be prepared to pay any additional license fees with cash or check if applicable.

Stage Sign in: Sign in is not required on Stage 1, however all racers must sign in before the start of Stage 2 (@ Howelsen Hill Olympian Hall) and Stage 3 (@ Start area for the Crit). Failure to sign in will result in time penalties at discretion of USAC officials.

Citizen's Road Ride: Riders participating in the Sunday Citizen's ride are not required to have a racing license, but do need to come to packet pickup on Saturday morning between 8:00am and noon. Citizen's riders will complete the 62mile course, receive full neutral support, and be entered to win the Free Moots frame at the Moots Sunday evening BBQ.

Race Communications: Daily Stage results, daily G.C. results & Communiqués will be posted onsite at Howelsen Hill as well as online at bikesteamboat.com. All racers should check the daily communiques from race officials for any stage notes and penalties.

Race Scoring & Timing: Stage race rules require that each rider finish a stage in order to be eligible to start the next day, with the sum of each rider's overall time used for General Classification (G.C.). If you miss a stage start, you will not be eligible to start the next day. All protests of results should be given to the Chief Judge, while all other protests can go to the Chief Referee. General Classification will be done by accumulated time with time bonuses available for the top 3 finishers in Stages 2, & 3. Protests concerning placings must be submitted prior to the start of the following stage for Stages 1 & 2, and within 15 minutes of posting for stage 3. Protests concerning race incidents must be within one hour of the riders

finish and submitted per 3H7(e). **Tie-Breaker:** In cases where two or more riders are tied in their final general classification, their order shall be determined by adding the fractions of a second from the Stage 1 individual time trial back into the total time. Should this not suffice to break the tie, their places in the final stage shall decide the order.

****No late TT starts beyond your category will be allowed, failure to start the TT is a DNF.**

Mishaps & Time Cuts:

Stage 1 – Any rider who suffers a mishap during the Stage 1 time trial will receive the time of the slowest rider in their category and be permitted to start the next stage, but must report their mishap to race officials at the finish line.

Stage 2 – All riders must complete the entire course in order to start stage 3, no timecut.

Stage 3 – Riders suffering a mishap in the criterium with less than 3 laps to go will be given the same finish time as the riders he/she was with at the time of the mishap. Riders with mishaps prior to 6 laps may take a free lap upon getting to the wheel pit.

*See stage information for lap rider information.

Rider Conduct: Steamboat Stage Race is governed by the rules found in the USA Cycling rulebook, including all specific “stage race” rules. USADA Doping control may occur at our event and signs will be posted at the finish for any USADA testing along with directions for those selected riders.

*Littering outside of the feed zones, crossing the centerline, using radio equipment, disregarding directions of race officials and race staff are violations that will result in time penalties or disqualification. Local laws on littering and public urination will be enforced by law enforcement. Disregarding these rules will jeopardize your safety and the reputation of the event.

*A centerline rule is in effect for stages 1 & 2, violation of the yellow line rule to advance position or repeated drifting may result in fines, time penalties and disqualifications.

Additionally, we request that all riders **do not impede local resident motor vehicle traffic unnecessarily when dropped from a main group please stay as far right as practical and safe. All riders must yield to emergency and law enforcement vehicles; failure to do so will result in disqualification and possible prosecution under CO law.**

***USAC Junior gearing restrictions apply regardless of race category.** Roll out performed before each stage and recommended gear is 52X14 for a 700X23 tire.

Neutral Support: Absolutely no team or individual vehicles are allowed to follow racers or give support outside of the designated feed zones. Noncompliance will result in monetary fine and disqualification.

*Stage 1: SHIMANO mechanical support at the start line and at mid-point of course.

*Stage 2: A follow wheel vehicle will be provided for all start groups in addition to a final sag wagon carrying wheels/tubes. We will do our best to provide additional wheel vehicles for larger groups, but you may encounter some lag time due to the high number of race groups spread over the road. Stage 2 support vehicles will operate as neutral support once 8 sets of wheels are provided for a group. Should the follow vehicle have less than 8 sets of wheels, wheels-in, wheels-out rules will apply. Please label your wheels with name, race number and

team name. Steamboat Stage Race is not responsible for any damaged or stolen wheels and all wheels will be returned to Howelsen Hill area immediately following your race.

*Stage 3: Neutral wheel pit provided by Shimano & wheels in/wheels out.

*Road Race feeding shall occur only from designated feed zones and riders must dispose of feeding materials only in the feed zones.

Number Placement: Please locate your number on the correct side(s) as illustrated in the photo. Do not trim, fold or crumple your bib numbers! Doing so makes it much more difficult for the judges to give you the correct placing in the race. Riders with long hair please make sure your number is visible.



Number placement is as follows:

Stage 1 Time Trial: 1 number, right side

Stage 2 Road Race: 2 numbers, one on each side

Stage 3 Crit: 2 numbers, one on each side

Helmets: Per USAC rules, riders are required to wear a securely fastened helmet while riding. Please take this seriously as you could be disqualified for violating this basic rule.

Awards Ceremonies:

Saturday: No awards ceremony

Sunday: Racer BBQ starts 6:30pm at the Moots Bicycle Factory (2545 Copper Ridge Dr). Awards for SM P-1-2, SW 1-2 and Moots frame giveaway start at 7:30pm. All racers who start the time trial are entered to win a free Moots CR road frame, but must be present at the BBQ to win! The BBQ is free, however we ask that you please bring a \$5 donation for our local food bank LiftUp and carpool as parking is limited.

Monday: Presentations to G.C. top 3 finishers for all categories will be done at the start/finish area once results have been posted through the protest period.

Lanterne Rouge: The rider with the slowest accumulated time in overall GC for the Men Pro-1-2 field will be given the Lanterne Rouge award in honor of their finishing last place and not abandoning the race.



Stage 1: Ristretto Coffee Individual Time Trial

Saturday September 3rd

Course Description: This 22 kilometer course will start on Highway 40 (same location as 2015) and travel 1.1K to a right hand turn onto highway 131. Racers then travel 8.4K to a sharp right hand turn onto CR14. From this turn riders travel a distance of 12.5K on a rolling road with limited shoulder to the finish line. *The course is open to traffic, please stay as far right as practical and be alert to any motor vehicles you encounter.

Cautions/Rail Crossing: This course has one railroad crossing; this is an active train that may pass through the course during the race. Do not cross the tracks when a train is approaching! Riders who are delayed by a crossing train will receive a time adjustment at the discretion of race officials.

There are a number of turns so please review the course map ahead of time and **DO NOT** enter onto the course while racing is in progress. **Please stay alert to motor vehicle traffic approaching from intersecting roads and driveways while riding to the start and once on course.** **Course marshalls will be focused primarily on monitoring and communicating with motor vehicle traffic, do not count on our course marshalls to give you directions during your race.

Stage 1 Rules: 1) Do not enter onto the course in car or on bike after 10:30 am on race day. 2)Per USA Cycling rules, deliberate drafting of other riders or vehicles will result in time penalties or disqualification. 3)Riders being overtaken must move to the right and not impede the passing rider. 4) No parking or drop offs at the start area. **5)No late TT starts are allowed beyond the times allocated for your category and failure to start the TT is a DNF meaning you cannot start Stage 2.**

Start Area & Staging: Start area (35565 South Highway 40) is located 3.5 miles from Howelsen Hill packet pickup. First rider starts at 11:00 am and the final start times will be posted online at bikesteamboat.com shortly after registration closes and prior to race day. Riders **should arrive to the start at minimum of 10 minutes before your start time.** Junior gear roll outs to be performed by USAC officials at the start area prior to racing.

Directions to Packet Pickup & Parking: Located at 845 Howelsen Hill Parkway. From US40, take 5th St across the Yampa River followed by a right turn to the parking lot at end of Howelson Pkwy/River Rd. Parking and warm up area near the start is available at the Meadows parking lot of the ski area (2216 Pine Grove Rd), which is ~1 mile to the start line. Please be extremely safe while riding to the start on US40 as this road will have heavy traffic.

Time Trial Start Order	
CATEGORY	Start
MM 60+ / MM70+	11:00am
JM & JW 15-16/17-18	
SW 4 / MW 50+ / MW60+	
SW 3 / MW 40+	
MM 50+ 4	
MM 40+ 4	
MM 40+ 3	
SM 4 / SM 5	
15 Minute Lunch Break	
MM 50+ 1-2-3	
MM 40+ 1-2-3	
SM 3	
SW P-1-2	
SM P-1-2	

Stage 2: Moots Road Race & Citizens Ride

Sunday September 4th

Course Descriptions: 46, 62, and 80 mile courses takes riders out and back on the challenging terrain west of Steamboat Springs. 46 mile course has 3600 feet of climbing, 62 mile course has an estimated 4400 feet of climbing and the 80 mile course features an estimated 6600 feet of climbing with a special 15 mile out and back section of punishing climbs, locally referred to as the 3 Ugly Sisters. The finish line for all racers is a right turn off of 13th street onto Critter Court, with full use of Critter Court allowed to the finish line.

***DO NOT CROSS BACK OVER THE FINISH LINE WHEN YOU ARE DONE**

Citizens Ride: A one day fun ride on the 62 mile road course for non licensed riders. Take advantage of our feed zones, course marshals, and neutral support at your own pace. Then join us Sunday evening for beer, food and a frame giveaway at the Moots factory.

Finish Time Bonuses: 1st place - 10 sec, 2nd place – 6 sec, 3rd place – 4 sec.

Directions to Sign in: Racer Sign-in, parking, wheel drop off and bathrooms are located at 845 Howelsen Hill Parkway. From US40, take 5th St across the Yampa River followed by a right turn to the parking lot at end of Howelson Pkwy/River Rd. ****All support vehicles will be staged here and require wheels to be in vehicles at least 10 minutes prior to start time.**

Directions to Start Line: All riders will be staged and start from the parking lot located at 1310 13th st, just past the Critter Court finish on the right and ~5 minutes from Howelsen Hill. Wheels vehicles will be loaded at Howelsen and depart for staging area 10 minutes prior to start times. Junior gear roll outs to be performed at this start area prior to start.

Centerline Rule & Riding outside of peloton: The road course is open to traffic as well as open range for livestock. Riders must obey yellow line rule AT ALL TIMES and violators will be relegated, fined, or disqualified by officials. There may be riders and vehicles traveling in the opposite direction, so do not endanger them by crossing the yellow line. If you are dropped from the main group and find yourself behind the support vehicles, please stay to the right and give them room to pass.

Sign-in: Sign in opens 1 hour prior to race group start. All racers must sign in 10 minutes prior to their start at Howelsen Hill. Failure to sign in will result in a 1 minute time penalty for the first offense and disqualification for the 2nd offense.

Feed/Discard Zone: Feedzone #1 will be located at mile ~23 with neutral water bottles and Honey Stinger product available to all riders. Best driving route to feed zone #1 for team support is US-40 West and then a left onto CR-27. 80 mile racers will additionally have Feedzone #2 at mile 53. Best route to feed zone #2 is to travel east from Steamboat on US-40, then right onto 131 followed by a right turn on CR-27 before entering Oak Creek. All feeding must take place from right side of the road.

Wheel Support: Support vehicles will operate as neutral support once 8 sets of racer wheels are in the vehicle. Should the vehicle have less than 8 sets of wheels, wheels-in, wheels-out rules will apply. Please label your wheels with name, race number and team name and deposit to correct vehicle at least 10 minutes prior to your start time. Steamboat Stage Race is not responsible for any damaged or stolen wheels, all wheels will be returned to Howelsen Hill parking lot following your race. Due to the high number of categories and racers on the road, a support vehicle may take additional time to get to you, however we will ensure every rider who needs support can get it.

Hazards:

- **Train Crossing:** The road course has a single railroad crossing that you will cross from both directions; this is an active train that may pass through the course during the race. Do not cross the tracks when a train is approaching! Riders who are delayed by the train will receive a time adjustment at the discretion of race officials. This railroad crossing is also rough and a decrease in speed is suggested.

- There are two high speed descents located at miles 10 and 12, please use caution and DO NOT cross the yellow line on any descent as there may be vehicles coming up the climb.

ROAD RACE START TIMES		
CATEGORY	Start Time	Miles
SM 4 / SM 5	7:30AM	46
MM 40+ 4	7:32AM	46
MM 50+ 4/MM 60+/MM 70+	7:36AM	46
JM 15-16/ JM 17-18	7:38AM	46
SW 4/JW 17-18 /MW50+/MW60+	7:42AM	46
MM 40+ 3	8:30AM	62
MM 50+ 1-2-3	8:33AM	62
SW P-1-2	8:35AM	62
SW 3/MW 40+	8:37AM	62
Citizen's Ride	8:38AM	62
SM P-1-2	12:00PM	80
SM 3 / MM 40+ 1-2-3	12:05PM	80

Medical Support: Areas of the road course are very remote and a long distance from Steamboat Springs hospital, however we will have an Ambulance located on course at the T intersection of CR-33 and CR-27 (19 miles from the start), in addition an EMT will be out on course in addition to an EMT at the finish. Please put your own safety and the safety of the other racers as a top priority.

Stage 3: Criterium

Monday September 5th

Course: 1.3K loop with 4 wide open left hand turns on Oak St, Pine St, 4th St, and 8th St. A short climb occurs up 4th St followed by gradual downhill on Pine.

*Junior required to perform roll out, location determined by race officials.

Time Bonuses: 1st place - 10 sec, 2nd place – 6 sec, 3rd place – 4 sec.

Additionally, there will be a bonus sprint for 3,2, & 1 seconds at the middle lap of the race for 1st, 2nd, and 3rd place. Cash and merchandise prize laps awarded throughout the day.

Free Lap Rule: Any rider who punctures or suffers a legitimate mishap may report to the race official at the wheel pit located just past the finish line and then take a free lap until 6 laps to go (8Km to go). Riders returning to the group after a free lap are ineligible for sprint prizes for one lap thereafter. Riders suffering a mishap with 6 laps to go or less will be given the time of the group that they were with at the time of the mishap and last place in that group.

Start Times		
CATEGORY	Start Time	Duration
SW 4/ MW50+/MW60+ JW 15-16, JW 17-18	7:30am	40
MM 50+ 4 /MM60+/MM70+	8:20am	40
MM 40+ 4M	9:10am	40
JM 15-16/ JM17-18	10:00am	25
SM 4 / SM 5	10:45am	40
MM 40+ 3	11:35am	45
Kid's Fun Ride	12:30pm	-
MM 50+ 1-2-3	1:05pm	45
SM 3 / MM 40+ 1-2-3	2:00pm	50
SW 1-2 / SW3/MW40+	3:00pm	45
SM P-1-2	4:00pm	60

Lapped Riders: Riders in danger of being lapped will be pulled at the start/finish line by a race official. Racers must reach the midway point of their criterium in order to receive a prorated finish time and place in GC. Any rider who drops out of the race for any other reason will receive a DNF and not be placed in the final GC results.

Directions/Parking: Parking is at the Steamboat Springs High School. From Lincoln Ave, take 3rd street to a right onto Maple St. The High School is located on your right.

Number placement: Two numbers, one placed on each side. (see example on pg4.)

Sign-in: Located at the start area next to 5th St.

Wheel Pit: Staffed by SHIMANO, please label all wheels you place in the pit with name.

Awards: Held near the start/finish following the protest period for each group. Final GC results will then be posted once the stage results are final. Awards must be picked up on the final day of racing from the start/finish area; no awards or prizes will be mailed.