

Third Annual
**CAN-AM JUNIOR
CHALLENGE**

May 21-22, 2005
Sussex County, New Jersey



Race Manual

Updated: March 18, 2005

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WELCOME

Dear CAN-AM Junior Challenge Competitor:

Skylands Cycling and Liberty Cycle are pleased to welcome you to the third annual CAN-AM Junior Challenge. In just three short years, the Can-Am has become one of the largest juniors-only events in the country. The Can-Am offers the safety of closed courses and the excitement of large age-grouped fields. The level of competition is high, but we welcome new or inexperienced riders. We take pride in the high level of support and encouragement for junior racers of all abilities at the Can-Am. We strive for a friendly, low-key environment, and hope the primary goals for every participant in the Can-Am Junior Challenge will be to have fun and gain racing experience.

We are looking forward to meeting the competitors, their families, coaches and friends. We have worked hard to present a three-race event that we believe will be both challenging and rewarding to you, the junior racers who are the future of cycling. We hope you will rise to the challenge, race your best and, above all, enjoy your weekend of racing.

We would like to thank Mike Fraysse, Joe Saling, Marka Wise, Fernando Cuevas, Bob Perlee and Greg Cordasco of Liberty Cycle for their support and invaluable assistance in making this race happen. Their many years of racing and coaching experience, and their collective knowledge and wisdom in the sport of cycling are tremendous assets to junior bike racing.

Skylands Cycling is committed to the development of junior racing. In addition to holding the CAN-AM Junior Challenge Cup, which will showcase the talents of some of the best juniors in the country, our club actively seeks to recruit young people to participate in bike racing. It is our hope to draw attention to cycling as an exciting and challenging alternative to the more traditional youth sports programs.

Our club members and officers will be present at registration and at all races. If there is anything we can do to help make your experience at our event more enjoyable, please let us know. If I can be of assistance to you personally in any way, please do not hesitate to contact me by phone at (201) 919-3732 or by email at bobcary@skylandscycling.com. We sincerely hope you enjoy your weekend in Sussex County.

Bob Cary
Race Director 2005

GENERAL RULES AND REGULATIONS

The Can-Am Junior Challenge is sanctioned and permitted by USA Cycling and the United States Cycling Federation. All rules and regulations in the 2005 USCF Rulebook are applicable to the races in this event. General liability and rider accident insurance coverage is provided through USA Cycling. More information about the insurance coverage can be found on the USA Cycling website, <http://www.usacycling.org/news/user/story.php?id=630>

HELMETS: All competitors must wear an approved and securely fastened helmet whenever mounted on a bicycle at or near any race venue, including while riding rollers or trainers. USCF rules provide for a \$20 fine and disqualification for failing to wear a helmet.

JUNIOR GEARING: USCF rules for junior gearing will apply to all races except Super J category. The maximum gear rollout allowed is 7.93 meters or 26 feet. Gear rollout for each competitor will be checked before each event, and following each event for top three finishers. It is each rider's responsibility to be aware of the location of the rollout and report there at the appropriate times. There are no gear restrictions for Super J competitors. In the event Super J competitors are combined with other age groups, they may be required to block out certain gears in the discretion of the race director.

LICENSES: All entrants must either hold a valid USCF racing license, or purchase a one-day license for \$10.00. One day licenses may be purchased on Bikereg.com and will be ready for signing at number pickup

MECHANICAL SUPPORT: There is no support for the time trial during the event. Neutral service areas will be present for the Skylands Criterium and the Sussex Fairgrounds Circuit Race. Spare wheels may be placed in the neutral service areas. There will be mechanics on hand for all stages to assist with minor mechanical problems.

QUALIFYING FOR THE PCT JUNIOR GRAND PRIX. The Can-Am Junior Challenge is one of four qualifying races for the Junior Pro Cycling Tour Grand Prix, an invitational points race of 20 junior male cyclists, age 18 and under, scheduled to take place during the Wachovia USPRO Championship on June 5th 2005. The top three finishers in the 17-18 category and the top two 16 year old finishers at the Can-Am will qualify for the Junior PCT. For more information, see <http://www.velonews.com/pr/prn/articles/7643.0.html>

RACE NUMBERS: Each rider will be assigned two numbers for use in all three stages. One number must be placed on the **right** side, stage race style, parallel to the pockets on the jersey. The other number must be placed vertically on the **right** side, over the rib cage. It is the rider's responsibility to correctly position his or her numbers. Numbers may not be crumpled, cut or folded

SIGN-IN: All riders must sign in before the start of the criterium and circuit race.

TEAM COMPETITION: Teams competing for the overall Can-Am Cup shall wear substantially identical jerseys in all stages, unless the race director permits otherwise for good cause. Composite teams, consisting of members of more than one USA Cycling licensed club, are permitted. Teams are limited to 10 scoring members, and must represent a distinct and discrete geographical entity or be licensed members of a locally based USA Cycling club in good standing. Teams which do not meet the foregoing criteria may be permitted to compete for good cause and in the interest of fairness in the discretion of the race director. Clubs or geographical entities may enter more than one team.

UNSPORTSMANLIKE CONDUCT: Any rider using profane language, expressing anger or hostility toward another rider, official, coach or spectator, or otherwise engaging in unsportsmanlike conduct of any kind is subject to immediate disqualification without warning.

GENERAL RACE INFORMATION

REGISTRATION

The Can-Am Junior Challenge is pre-registration only on Bikereg.com. Registration closes on Thursday, May 19, 2005 at 10:00 p.m. Riders who miss the registration deadline may be permitted to enter the race for good cause in the discretion of the race director. Number pick-up and race sign in will take place at the Culver's Gap Parking Area of Stokes State Forest, Rt. 636 and Sunrise Mountain Road, Frankford Township, NJ, approximately 1/4 mile from Rt. 206. from 7:30 a.m. to 9:00 a.m. on Saturday, May 21, 2004 and at Sussex Bike and Sport, 155 Rt. 23 North, Sussex, New Jersey from 7:00 p.m. to 8:00 p.m. on Friday, May 20, 2004. All riders must have a current, valid USCF license in their possession at time of sign in, or purchase a one-day license for \$10.00 at the time of registration. Racers who have pre registered using Bikereg.com do not have to complete the Entry Blank and Release Form. A completed release will be ready for signing at number pick-up. Racers who have purchased a one-day license on Bikereg.com do not have to complete the One Day License Form

START TIMES:

Time trial starts will be in the order of the oldest group to the youngest group. The first rider will start at 9:00 a.m. Start times will be sent to entrants by email following the close of registration and will be posted on the internet at www.skylandscycling.com by 8:00 a.m. on Friday, May 20, 2005.

RESULTS:

Results for each stage will be posted as soon as possible and no later than one hour from the completion of each event. Each rider is responsible for determining his or her result in a timely manner. All protests for individual events must be made to the chief judge within 15 minutes of posting, after which the results become final and will not be changed. Overall individual and team results will be posted within one hour of the completion of the final stage on May 22, 2005. Any protests of overall results or scoring must be made to the race director or chief judge within 60 minutes of posting, after which the results become final and will not be changed.

INDIVIDUAL AND TEAM POINTS DISTRIBUTION: For each stage, the first five finishers in each age group for each gender will receive the following points towards the overall individual and team championship:

1 st	15 points
2 nd	12 points
3 rd	9 points
4 th	6 points
5 th	4 points

There will be separate men's and women's team championships, which will be determined by adding the total number of points earned by team members of each gender. Individual championships will be awarded in each classification based on total points earned. Ties will be broken based on the time trial. The top 3 overall finishers in each age group from age 10 through age 16 will receive medals and merchandise. The top 3 overall finishers in the men 15-16, 17-18 and Super J categories will receive cash prizes.

	15-16 men	17-18	Super J
1st place	\$50.00	\$50.00	\$65.00
2nd place	\$30.00	\$30.00	\$50.00
3rd place	\$20.00	\$20.00	\$35.00

This prize list may be modified in the event of inclement weather or low field size.

INDIVIDUAL STAGE RULES

SUNRISE MOUNTAIN TIME TRIAL: This year's time trial will be a 4.6 mile uphill course on Sunrise Mountain Road through the deep woods of Stokes State Forest, with spectacular views of New Jersey, New York and Pennsylvania. The grade is mostly gentle, with a few flat sections. The road will be closed to vehicular traffic during the race. There may be returning riders present on the course, and all riders should keep to the right while racing or returning from the finish. Failure to keep right, either during the time trial or while returning to the start, is grounds for disqualification.

The time trial start will be at the Culver's Gap Parking Area of Stokes State Forest, Rt. 636 and Sunrise Mountain Road, Frankford Township, NJ, approximately 1/4 mile from Rt. 206. Registration will be at the same location. The first rider will start at 9:00 a.m. Riders will start at sixty (60) second intervals, from the oldest group to the youngest. Start times will be sent to entrants by email following the close of registration and will be posted on the internet at www.skylandscycling.com by 8:00 a.m. on Friday, May 20, 2005. It is each riders responsibility to determine his or her start time and to be at the start area on time. Results will be calculated based on the assigned start time, even if the rider is late.

Warm up on the course is not permitted after 9:00 a.m. Riders warming up on County road 636 should exercise caution since this is a frequently traveled road. Rest rooms are located at Park Headquarters, located on Rt. 206, approximately 1/2 mile north of Rt. 636, as well as at the time trial finish on top of Sunrise Mountain.

SKYLANDS PARK CRITERIUM: The criterium will take place on a 1/2 mile rectangular loop, with a small chicane, at Skylands Park, Rt. 565, Augusta, New Jersey. The women's 10-12 race will begin at 1:00 p.m., with the remaining races to follow in the order below.

Each race will begin with a neutral lap, which will count toward the lap total. There may be prizes for intermediate sprints (primes). In the event of a breakaway, the officials will announce whether the prime is for the breakaway or the field. It is each rider's responsibility to be aware of the start time of his or her race and be at the starting line on time.

The officials may direct out-of-contention riders to withdraw from the race and leave the course, in the interest of safety. Any rider so directed must do so immediately, in a sportsmanlike manner. Such riders will be placed in the finish order and will be permitted to participate in the remaining stages of the event.

There will be a wheel pit and neutral support area near the start finish. Any rider experiencing a flat tire or other mechanical problem as defined by the USCF rules will be allowed two free laps, until there are 6 or less laps remaining, after which there will be no free laps, except for women 13-14, men 10-12 and women 10-12, who will receive free laps until there are four or less laps remaining. Riders receiving free laps are not eligible for intermediate sprint prizes in the first

two laps following re-entry. Riders may warm up on the course in between races. The distances for each group are as follows:

Skylands Park Criterium

Category	Distance	Miles	Kilometers
Women 10-12	12 laps	6	10
Men 10-12	20 laps	10	16
Women 13-14	15 laps	7.5	12.5
Men 13-14	25 laps	12.5	20
Women 15-16	20 laps	10	16
Men 15-16	30 laps	15	25
Women 17-18	25 laps	12.5	20
Men 17-18	40 laps	20	33
Women Super J	25 laps	12.5	20
Men Super J	40 laps	20	33

AUGUSTA CIRCUIT RACE. The circuit race will take place on a 1.2 mile closed course at the Sussex County Fairgrounds, Augusta, New Jersey. The women's 10-12 race will begin at 10:00 a.m., with the remaining races to follow in the order below. Some fields may be combined in the younger age groups and it is therefore impossible to list exact start times. It is each riders responsibility to determine his or her start time and to be at the start area on time.

There will be a wheel pit and neutral support area near the start finish. Any rider experiencing a flat tire or other mechanical problem as defined by the USCF rules will be allowed a free lap, until there are 4 or less laps remaining, after which there will be no free laps, except for women 13-14, men 10-12 and women 10-12, who will receive free laps until there are 3 or less laps remaining. Riders receiving a free lap are not eligible for intermediate sprint prizes in the first lap following re-entry. Riders may warm up on the course in between races. The distances for each group are as follows.

Augusta Circuit Race

Category	Distance	Miles	Kilometers
Women 10-12	9 laps	10.8	18
Men 10-12	10 laps	12	20
Women 13-14	12 laps	14.	24
Men 13-14	15 laps	18	30
Women 15-16	15 laps	18	30
Men 15-16	20 laps	25	40

Women 17-18	15 laps	18	30
Men 17-18	20 laps	25	40
Women Super J	15 laps	18	30
Men Super J	20 laps	24	40

MASSAGE THERAPY will be available at Skylands Park by appointment after the Skylands Criterium and at the Garden of Life Therapeutic Massage and Yoga Center, 7 -11 Main Street, Hamburg, N.J. 973-827-1799

LITTERING: Please do not litter at any of the venues. Avoid throwing energy bar wrappers, water bottles or other debris on the ground. Please be considerate of our hosts, the venue owners, and help protect the environment.

MEDICAL FACILITIES: First aid supplies will be present at the three venues and Emergency medical personnel will be on call. Newton Memorial Hospital is located on Rt. 94 in Newton, New Jersey, approximately 4 miles from the criterium and circuit race venues.

Rule Enforcement The rules of this event have been established to promote and ensure a fair competition, a sportsmanlike environment, and a positive and rewarding experience for all competitors and their families. In the event that strict enforcement of any rule would be inconsistent with these goals, the chief referee may in his discretion enforce these rules in a manner consistent with the goals and objectives of this event.

Race Director	Bob Cary	Skylands Cycling
Assistant Race Director	Paul Montemurno	Liberty Cycle
Chief Referee	Mike Fraysse	America's Cycling Team
Master of Ceremonies	Joe Saling	Somerset Wheelmen
Results Coordinator	Bob Perlee	Jaeger Wheelmen

Hotels and Motels

Name	Location	Phone	Distance from Augusta, NJ
Best Western Hotel	Matamoras, PA	570-491-2400	17 Miles, PL, P, R
Comfort Inn	Port Jervis, NY	800-228-5150	18 Miles, PL, P, R
Crystal Springs Hotel & Spa	Vernon, NJ	973-827-2222	15 Miles
Days Inn	Netcong, NJ	973-347-5100	20 Miles, PL, P
Days Inn Motel	McAfee, NJ	973-827-4666	13 Miles
Deer Trail Motel	Montague, NJ	973-293-7241	9 Miles, P, R
Econo Lodge	Newton, NJ	973-383-3922	10 Miles, P, R
Hampton Inn	Denville, NJ	973-664-1050	25 Miles, PL, FC
<u>High Point Country Inn</u>	Colesville, NJ	973-702-1860	15 Miles, PL, P
Hilton Garden Inn	Rockaway, NJ	973-328-0600	20 Miles, PL, FC
Holiday Inn Express	Mt Arlington, NJ	973-770-7880	20 Miles
Holiday Motel	Andover, NJ	973-786-5260	12 Miles
Legends Resort	Vernon, NJ	973-827-6000	15 Miles, PL, R
Milford Motel	Milford, PA	570-296-6411	17 Miles, PL
Mt. Haven	Milford, PA	570-296-8502	20 Miles, PL, R
Myer Motel	Milford, PA	570-296-7223	17 Miles, P
Rolling Hills Motel	Wantage, NJ	973-875-1270	12 Miles
Scottish Inn	Matamoras, PA	570-491-4969	16 Miles
Courtyard by Marriott	Mt.Arlington, NJ	973-770-2000	23 Miles, PL, P, R
Sussex Motel	Wantage, NJ	973-875-4191	11 Miles
The Inn at Panther Valley	Allamuchy, NJ	908- 852-6000	20 Miles
Wyndham Garden Hotel	Mt. Olive, NJ	973-448-1100	20 Miles, PL, R

PL=Pool, P=Pets, R=Restaurant

Directions to Sunrise Mountain Time Trial

From Port Jervis, New York: Take Rt. 6 (Main Street) east to Rt. 23 in Montague, New Jersey. Turn right on Rt. 23 south. Go 4/10 miles to Clove Road and turn right (County Route 653). Continue on Clove Road for 7.2 miles to Rt. 206. Turn left on Rt. 206 south. Follow Rt. 206 south for 8.1 miles to County Route 636. Turn left on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

From Interstate 84 East: Take Exit 51 in Pennsylvania. Follow Rt. 6 east toward Milford. At the intersection of Rt. 6 and 209 in the center of Milford, go straight on Rt. 209 south for 8/10 mile. Turn left at Milford Bridge, following signs for Rt. 206 and New Jersey. After crossing bridge, follow Rt. 206 south for 9.2 miles to County Route 636. Turn left on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

From Interstate 84 West: Take Exit 1 in New York. At bottom of ramp, turn left on Rt. 6. At first traffic light, turn left on Rt. 23 south. Go 4/10 miles to Clove Road (County Route 653) and turn right. Continue on Clove Road for 7.2 miles to Rt. 206. Turn left on Rt. 206 south. Follow Rt. 206 south for 8.1 miles to County Route 636. Turn left on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

From Sussex, New Jersey: Take County Route 639 south 1.4 miles. At traffic light, go straight on County Road 565 south. Follow County Route 565 for 7.3 miles to traffic light. Turn right on Rt. 206 north. Follow Rt. 206 north for 6 miles to County Road 636. Turn right on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

From New York City and Interstate 80: Take Rt. 80 west to Rt. 15 north. Take Rt. 15 north to its intersection with Rt. 206, which is the end of Rt. 15. Follow Rt. 206 north for 6 miles to County Road 636. Turn right on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

Directions From Sunrise Mountain Time Trial to Skylands Park Criterium

Exit Sunrise Mountain Road to County Road 636. Turn right and go 2/10 mile to Rt. 206. Turn left and follow rt. 206 south for 6 miles. Turn left at traffic light on County Road 565 north. Entrance to Skylands Park is 2/10 mile on left.

Directions From Skylands Park to Sussex County Fairgrounds

Exit Skylands Park onto Rt. 565. Turn right on Rt. 565 north for 2/10 mile. Turn right at traffic light on Rt. 206 north. Follow Rt. 206 north for approximately 1 mile to next traffic light. Turn right on Plains Road. Entrance to Sussex County Fairgrounds is approximately 1/2 mile on right.