

5th Annual



July 18-19, 2009

Race Manual

Updated: 7/7/09

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Welcome

Dear Giro Del Cielo Competitor:

Skylands Cycling and Team Somerset are pleased to welcome you to the fourth annual Giro Del Cielo Stage Race. The Giro presents separate races for category 4 and category 3 women. This year, we are also pleased to offer separate men's category 4/5 and men's category 3 stage events.

As always, "play-by-play" race announcement will be provided. Please email your race resume to rodmurray@verizon.net by Thursday, July 16th so that we may provide exciting commentary to both racers and spectators on your "palmares." Please provide:

- Name
- Team Name
- Age
- Year Began Racing
- Racing Highlights
- Interesting Fact(s) about Yourself

Skylands Cycling and Team Somerset are committed to the development of women's racing. In addition to holding the Giro Del Cielo, which will showcase the talents of some of the best women in New Jersey and Eastern United States, our clubs are actively recruiting women to race.

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 we can be of assistance to you personally in any way, please do not hesitate to contact us by phone or by email. We sincerely hope you enjoy your weekend in Sussex County.

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General Rules and Regulations

The Giro Del Cielo Stage Race is sanctioned and permitted by USA Cycling and the United States Cycling Federation. All rules and regulations in the 2009 USCF Rulebook are applicable to the races in this event. General liability and rider accident insurance coverage is provided through USA Cycling.

FEEDING: There will be no feeding or water hand-ups from the side of the road allowed during any event.

HELMETS: All competitors must wear an approved and securely fastened helmet whenever mounted on a bicycle. USCF rules provide for a \$20 fine and disqualification for failing to wear a helmet.

MECHANICAL SUPPORT: There is no support for the time trial during the event. A wheel pit will be available for the Cielo Criterium and riders may supply wheels for the follow car in the Veloce Road Race.

RACE NUMBERS: Each rider will be assigned one number for use in all three stages. For all stages, the number must be placed vertically on the **right** side, over the rib cage. It is the rider's responsibility to correctly position her number. Numbers may not be crumpled or folded.

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

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.

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 or her discretion enforce these rules in a manner consistent with the goals and objectives of this event.

General Race Information

REGISTRATION

Pre-registration is \$70 for the entire stage race for every category of racer. Racers who have not pre-registered for the event will be subject to a \$10 late fee for race-day registration.

Riders wishing to enter single events in the three-stage race may do so as long as the field limits have not been reached. There is a field limit of 50 riders in each category for the stage race. There is a field limit for the Montagna di Sole Time Trial and Cielo Criterium of 50 riders. There is no field limit for the Veloce Road Race. Single event registration is \$25 per event.

At the beginning of the event and for the first stage, race registration will take place at the Montagna di Sole Time Trial Course from 6:00 a.m. to 7:45 a.m. on Saturday, July 18, 2009. For riders competing in single day events, registration is available at the sign-in table at the start of the Cielo Criterium and Veloce Road Race.

All riders must have a current, valid USCF license in their possession at time of registration, or purchase a one day license for \$10.00 at the time of registration for each day of racing (up to \$20 for the complete event). All racers must sign a completed 2009 USA Cycling Standard Athlete's Entry Blank and Release Form, which will be available at registration or can be obtained at http://www.usacycling.org/forms/rider_release.pdf. Racers who have pre registered using Bike Reg do not have to complete the Entry Blank and Release Form. A completed release will be ready for signing at registration.

LITTERING

Please do not litter at any of the venues. Avoid throwing power 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 road race venues.

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 checking her result in a timely manner to make sure it is accurate. All protests for individual events must be made to the chief judge within 15 minutes of posting, after which the results will become final and will not be changed. Overall individual results will be posted within one hour of the completion of the final stage on July 19, 2009. Any protests of overall results or scoring must be made to the race director or chief judge within 20 minutes of posting, after which the results will become final and will not be changed.

POSTING LOCATIONS:

- Final results for the Montagna di Sole Time Trial will be posted at or near the start/finish line at the Cielo Criterium.
- Final results for the Cielo Criterium will be posted at or near the start/finish line at Skylands Park, Rt. 565, Augusta, New Jersey following the completion of each race and the next morning at or near the start/finish line at the Veloce Road Race. Current

overall standings will also be posted after the last event of the Cielo Criterium and in the morning at or near the start/finish line at the Veloce Road Race.

- Final results for the Veloce Road Race and final overall standings will be posted at or near the start/finish line at the Veloce Road Race and at www.skylandscycling.com and www.somersetwheelmen.com.

PRIZE PRESENTATION: Prizes for each individual stage will be awarded immediately following the protest period. Overall prizes will be awarded immediately following the final stage awards. Riders placing in any stage or general classification are asked to report to the results area in person for the award ceremony and photos following each event.

PRIZE LISTS: The top 3 finishers of each stage for each category will receive cash prizes. There will also be cash and merchandise prizes in the criterium and road race. Both GC and single event riders are eligible for the top three prizes and any prizes in each stage. Individual championships will be awarded in each classification based on total points earned. The top 8 overall finishers in each category will receive cash and/or merchandise. In addition, the top three finishers in each category will receive trophies. Only riders competing in the full stage event and starting every stage are eligible for overall general classification prizes.

Prize List (Cash) for Each Stage

Place	Prize
1st place	\$25
2nd place	\$20
3rd place	\$15
Total	\$60

Minimum Prize List (Cash/Merchandise) for Overall General Classification

Place	Prize
1st place	\$100 + trophy
2nd place	\$80 + trophy
3rd place	\$70 + trophy
4 th place	\$55
5 th place	\$50
6 th place	\$45
7 th place	\$40
8 th place	\$35
Total	\$475

Notes on Prize Lists:

The top U19 racer in the general classification in each field will receive the Top U-19 Rider Award of \$75.

This prize list may increase based on sponsorship received.

Primes

Primes will be provided in the form of cash, merchandise and **general classification points**. Primes will be announced by the ringing of a bell on the lap prior to the prime lap.

INDIVIDUAL POINTS DISTRIBUTION

The first 15 finishers eligible for general classification points in each stage will receive the following points towards the overall individual championship:

Points Distribution for Each Stage	
1 st	25 points
2 nd	20 points
3 rd	16 points
4 th	14 points
5 th	12 points
6 th	10 points
7 th	9 points
8 th	8 points
9 th	7 points
10 th	6 points
11 th	5 points
12 th	4 points
13 th	3 points
14 th	2 points
15 th	1 points

Riders who enter individual stages are not eligible for overall general classification. To accumulate general classification points, riders must start every stage. If a non-GC rider places in the top 15, their points will transfer to the next placing GC rider.

BREAKING TIES

In the event that two or more riders are listed in the official results with the same time (or place), both riders will be given the point value of the highest place, and no rider will be given the point value of the lower place(s). For example, if two riders tie for third in a race, each of the riders will be given the points for third place, and no rider will be given points for fourth place.

While the stage race is in progress, all riders with the same total points will be given the same place in the standings. At the end of the stage race, if two (or more) riders are tied for any place, ties are broken by totaling the number of 1st place finishes, then 2nd place finishes, then 3rd place finishes, etc., until a clear winner is established.

Individual Stage Rules

Montagna di Sole Time Trial Saturday, July 18, 2009

The 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. Some riders may be returning from the finish while others are still racing the time trial, so riders should ride on the ride side of the road at all times.

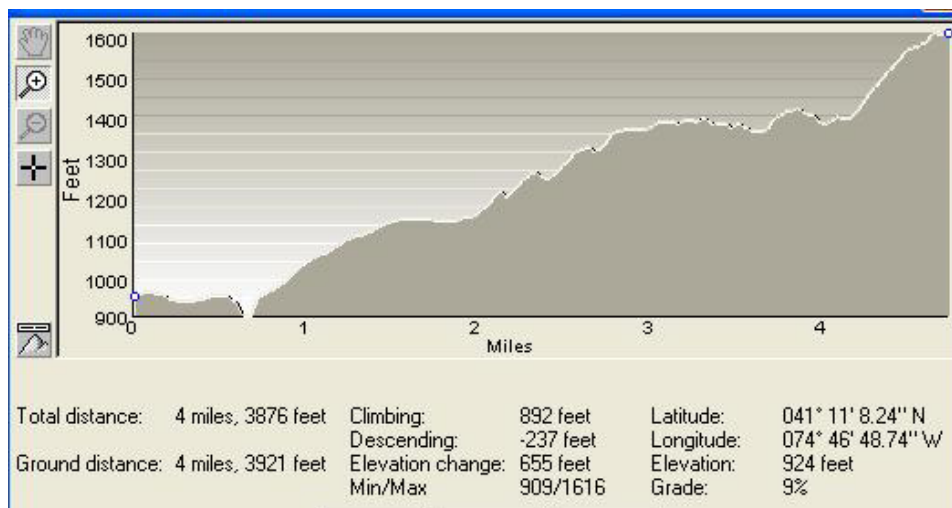
The time trial start will be at the Culver's Gap Parking Area of Stokes State Forest, Rt. 636 and Sunrise Mountain Road, Frankford Township, New Jersey, approximately 1/4 mile from Rt. 206. Registration will be at the same location.

The first rider will start at 8:00 AM. Riders will start at thirty (30) second intervals. For pre-registered riders, start times will be emailed ahead of time and made available at registration on Saturday, July 18. Category 4 riders will go first, followed by category 3 riders, followed by Men 4/5, followed by Men 3. Riders who have not pre-registered will be given start times after the last pre-registered rider. It is each rider's responsibility to know 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.

Riders may warm up on Route 636.

Rest rooms are located at Park Headquarters, located on Rt. 206, approximately 1/2 mile north of Route 636.

Course Profile:



Cielo Criterium

Saturday, July 18, 2009

The criterium will take place on a 1/2 mile rectangular loop, with a small chicane, at Skylands Park, Rt. 565, Augusta, New Jersey.

Race distances and approximate start times are:

Category	Laps	Distance	Start Time
Women 4	30	15	11:30 AM
Women 3	30	15	12:15 PM
Men 4/5	30	15	1:00 PM
Men 3	30	15	1:45 PM

Each race will begin with a neutral lap, which will count toward the lap total. There will 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 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 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 4 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.

Veloce Road Race

Sunday, July 19, 2009

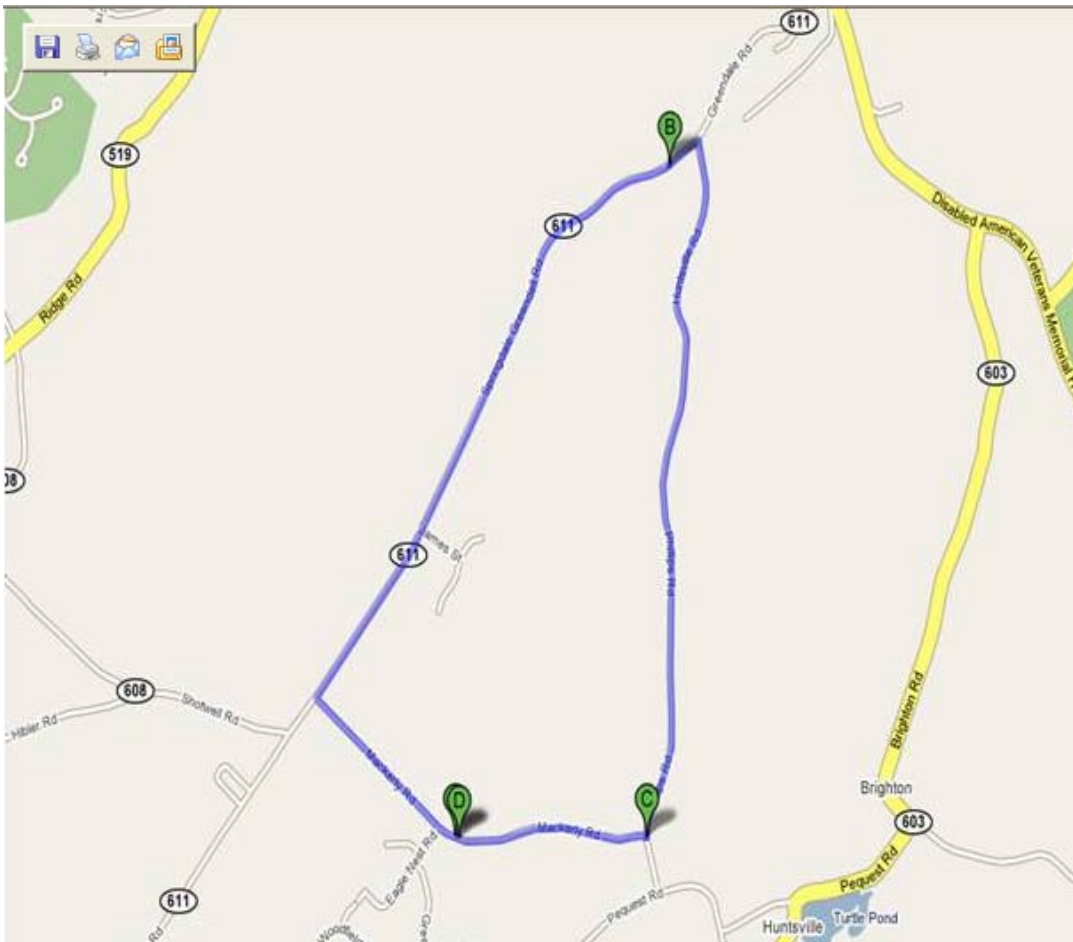
The road race will take place on a 5.5 mile road course through Sussex County, NJ. Staging/parking area is at Green Township School, 69 Mackerly Road, Newton, NJ 07860.

Roads are not closed to traffic. Yellow line rule is in effect! Any rider violating the yellow line rule is subject to disqualification.

Race distances and approximate start times are:

Category	Laps	Distance	Start Time
Women 4	5	27.5	9 AM
Women 3	6	33	9 AM
Men 3	9 + .5 mile	50	10:30 AM
Men 4/5	5	27.5	10:30 AM

There will be lead and follow vehicles for each event. Riders may place wheels in the follow vehicle. Any rider experiencing a flat tire or other mechanical problem will have to catch the field. There is no free lap.



Lodging

Nearby Hotels and Motels (PL=Pool, P=Pets, R=Restaurant)

- **Best Western Hotel** - 17 Miles, PL, P, R, Matamoras, PA - phone: 570-491-2400
- **Comfort Inn** - 18 Miles, PL, P, R, Port Jervis, NY - phone: 800-228-5150
- **Comfort Suites** - 20 Miles, Mt. Olive-Budd Lake, NJ - phone: 973-448-7500
- **Courtyard by Marriott** - 20 Miles, PL, R, Mt. Arlington, NJ - phone: 973-770-2000
- **Crystal Springs Resort** - 15 Miles, Vernon, NJ - phone: 973-827-5996
- **Days Inn** - 20 Miles, PL, P, Netcong, NJ - phone: 973-347-5100
- **Days Inn Motel** - 13 Miles, McAfee, NJ - phone: 973-827-4666
- **Econo Lodge** - 10 Miles, P, R, Newton, NJ - phone: 973-383-3922
- **Hampton Inn** - 25 Miles, PL, FC, Denville, NJ - phone: 973-664-1050
- **High Point Country Inn** - 15 Miles, PL, P, Colesville, NJ - phone: 973-702-1860
- **Hilton Garden Inn** - 20 Miles, PL, FC, Rockaway, NJ - phone: 973-328-0600
- **Holiday Inn Express** - 5 Miles, Newton, NJ - phone: 973-940-8888
- **Holiday Inn Express** - 20 Miles, Mt Arlington, NJ - phone: 973-770-7880
- **Legends Resort** - 15 Miles, PL, R, Vernon, NJ - phone: 973-827-6000
- **Milford Motel** - 17 Miles, PL, Milford, PA - phone: 570-296-6411
- **Mountain Creek & Appalachian Hotel** - 18 Miles, Vernon, NJ - phone: 888-767-0762
- **Myer Motel** - 17 Miles, P, Milford, PA - phone: 570-296-7223
- **Rolling Hills Motel** - 12 Miles, Wantage, NJ - phone: 973-875-1270
- **Sussex Motel** - 11 Miles, Wantage, NJ - phone: 973-875-4191
- **The Inn at Panther Valley** - 20 Miles, R, Allamuchy, NJ - phone: 908- 852-6000
- **Wyndham Garden Hotel** - 20 Miles, PL, R, Mt. Olive, NJ - phone: 973-448-1100

Directions

Day of contact number 973-214-1436 for additional directions

Directions to Montagna di Sole Time Trial (GPS Address: Route 206 and Route 636, Branchville, NJ)

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 Route 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 Route 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, 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 Montagna di Sole Time Trial to Cielo Criterium (Skylands Ballpark, 94 Championship Place, Augusta, NJ 07822)

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 to Veloce Road Race (Green Township School, 69 Mackerly Road, Newton/Green, NJ 07860)

From Route 80W, Take exit 27B in Stanhope (183 and 206 North). Follow signs for 206 North. Continue on 206 North for 8.2 miles. Turn Left onto 611/Springdale Greendell Road. Follow to Green township, 1.5 miles. Turn Left onto Mackerley Road. Follow for .5 miles to Green Elementary School which will be located on the right.

From Route 23, Follow Route 23 to Hamburg, NJ. Turn right onto 94 South. Continue straight to 94/route 15 intersection. Cross over and continue driving straight onto Sunset Inn Road/623. At light turn Right onto Newton Sparta Road. Follow for .5 miles and make a left turn onto Yates Road. Follow to light at intersection of route 206. Cross over onto Springdale Greendell Road. Follow for 1.5 miles. Turn Left onto Mackerley Road. Follow for .5 miles to Green Elementary School which will be located on the right.

From Rt. 206N. See "From Route 80" above.