

2008 USA Cycling



Hosted by

Colorado State University - Rams Cycling & The Fort Collins Cycling Festival

WELCOME TO FORT COLLINS, CO

WELCOME TO BEAUTIFUL FT. COLLINS, CO WHERE COLORADO STATE UNIVERSITY-RAMS CYCLING, THE FORT COLLINS CYCLING FESTIVAL, AND THE FORT COLLINS VISITOR AND CONVENTIONS BUREAU ARE ALL EXCITED TO SERVE HOST TO THE 2008 USA CYCLING COLLEGIATE ROAD NATIONAL CHAMPIONSHIPS. THIS RACE BIBLE WILL SERVE AS AN ALL-INCLUSIVE GUIDE FOR THE ENTIRE WEEKEND.

FORT COLLINS IS LOCATED 60.3 MILES NORTH OF DENVER AND 46 MILES SOUTH OF CHEYENNE, WY. THE CITY SETS AT 4,984 FT ABOVE SEA LEVEL. THE CITY EXPERIENCES AN AVERAGE OF 300 DAYS OF SUN PER YEAR AND THE AVERAGE CLIMATE FOR THE ENTIRE MONTH OF MAY IS A HIGH OF 69 DEGREES FAHRENHEIT AND A LOW OF 42 DEGREES FAHRENHEIT. MOST MORNINGS WILL START COOL BUT USUALLY TEMPERATURES WARM QUICKLY AS THE MORNING PROGRESSES. IN THE FOOTHILLS OF COLORADO, THERE CAN BE GUSTY WINDS AND ADVERSE WEATHER AT ANY POINT, SO PLEASE PLAN ACCORDINGLY WITH CLOTHING AND GEAR.

AND SINCE MANY PARTICIPANTS ATTENDING ARE NOT ACCUSTOMED TO ALTITUDE REMEMBER, TO DECREASE THE RISK OF ALTITUDE ILLNESS: EAT HIGH CARBOHYDRATE FOODS, GET PLENTY OF REST, DRINK LOTS OF WATER, LIMIT SALT INTAKE, AND LIMIT ALCOHOL INTAKE.



FOR MORE INFO ABOUT THE CITY OF FORT COLLINS, VISIT

Driving Directions

Denver Intl Airport to Hilton-Ft.Collins

Exit DIA (signs for Rental Car Return/I-70/Airport exit) and proceed West on Pena Blvd for ~3 miles.

Take Exit 6B for E-470 N (tollway) towards Ft. Collins for ~17.5 miles. Take exit 47 onto I-25 N towards Ft. Collins for 40.8 miles.

Take exit 268 for Prospect Rd and turn Left off of exit ramp to proceed westbound for ~4.3 miles to The Hilton Fort Collins at 425 W. Prospect Road Fort Collins, CO 80526.

Team Time Trial–I-25 frontage road and Owl

Canyon Rd.

Head north on I-25 until you reach the Owl Canyon Rd.

Exit to the right and follow signs to parking.

Owl Canyon is approximately 20 minutes North of Fort Collins.

CSU Hughes Stadium – Road Race Start/Finish

From Hilton Fort Collins to Stadium

Exit DIA (signs for Rental Car Return/I-70/Airport exit) and proceed West on Pena Blvd for ~3 miles.

Take Exit 6B for E-470 N (tollway) towards Ft. Collins for ~17.5 miles. Take exit 47 onto I-25 N towards Ft. Collins for 40.8 miles.

Take exit 268 for Prospect Rd and turn Left off of exit ramp to proceed westbound for ~7 miles.

Turn left at S Overland Trail and proceed ~ 0.5 miles.

Turn right at Ross Dr.

Arrive at: **Hughes Stadium-CSU**

Driving Directions

Directions from Hilton Hotel:

Head West on Prospect Rd. until you reach Overland Trail Rd.
Turn left and look for Hughes stadium on your right
Go past Hughes stadium to road 42C make a right
Proceed to parking on the south side of Hughes stadium

From Hilton Hotel to stadium by bike:

Head West on Spring Creek Trail just south of the hotel
At the end of the trail turn north on Overland Trail for ~ 0.5 mile
Proceed to parking on the south side of Hughes stadium

Old Town Fort Collins (near Walnut St)

From Denver International Airport to Old Town Fort Collins:
Exit DIA (signs for Rental Car Return/I-70/Airport exit) and proceed West on Pena Blvd for ~3 miles.
Take Exit 6B for E-470 N (tollway) towards Ft. Collins for ~17.5 miles. Take exit 47 onto I-25 N towards Ft. Collins for 42.1 miles.
Take exit 269B and proceed West on Mulberry St for ~ 3.3 mi
Turn slight right on Riverside Ave and proceed ~0.6 mi
Continue on Jefferson St for ~0.2 mi
Turn left at Linden St - 374 ft
Arrive at: **Old Town Sq Fort Collins, CO**

From Hilton Hotel to Crit:

Turn Right from parking lot onto Prospect Rd proceeding East ~0.3 mi
Turn Left on S. College Ave proceeding North ~1.3 mi
Arrive at Mountain Ave intersection.
Criterium on left.

Schedule of Events

Thursday, May 8th—Welcome-Hilton Fort Collins

Colorado Premier Training (CPT) Wind Tunnel Tour	10am - 4pm
Road Race Course Tours with Ainslie MacEachran of Gemini Training Systems	10am to 4pm
Packet Pickup—Hilton Atrium	3pm - 8pm
Collegiate Board of Trustee (Private to members) Meeting—Montana Room, Hilton	3pm - 5pm
Event Promotion Forum-(Open to Public)-Montana Room, Hilton	5pm - 6pm
Open Source CollegiateCycling.com Project-(Open to public)-Montana Room, Hilton	6pm - 8pm
Aerodynamics seminar with Robby Ketchell at the Hilton Hotel	7pm - 9pm
Rider/Team Meeting – Hilton	8:15pm - Finish
Free Hilton to Old Town Shuttle - <i>suggested restaurants Rio Grande/Café' Vino</i>	Starts 3pm

Friday, May 9th—Team Time Trial

USA Cycling D1 Women	8:00 am
USA Cycling D2 Women	to follow
USA Cycling D1 Men	to follow
USA Cycling D2 Men	to follow
Collegiate Board of Trustee Forum (Open to Public)	2pm - 4pm Hilton
United States Anti-doping Association (USADA) presentation	2pm - 4pm
Team Leadership meeting – (Open to public)	4-5:30pm
Collegiate Conference Director meeting	5:30-7:30pm
Packet pick-up - Hilton atrium	7 pm-8 pm
Free Hilton to Old Town Shuttle - <i>suggested restaurants Rio Grande/Café' Vino</i>	Starts 3pm

Schedule of Events

Saturday, May 10th—Road Race

Division 1 Women (50.6 mi/81.4km total) 2 laps around center rectangle 10 mi circuit in Masonville	8:00 am
Division 2 Women (50.6 mi/81.4km total) 2 laps around center rectangle 10 mi circuit in Masonville	8:10 am
Division 1 Men (69.7 mi/112.2 km total) 4 laps around center rectangle 10 mi circuit in Masonville	11:00 am
Division 2 Men (69.7 mi/112.2 km total) 4 laps around center rectangle 10 mi circuit in Masonville	2:30 pm
Banquet Dinner & Awards Presentation - Hilton	6pm - 9pm

Sunday, May 11th—Criterium

USA Cycling D1 Women 60 min	8:00 am
USA Cycling D2 Women 60 min	9:15 am
USA Cycling D1 Men 75 min	10:30 am
USA Cycling D2 Men 75 min	12pm
Collegiate Awards Ceremony (Old Town Crit Area)	~2:00pm

Staging for Mass Starts:

Staging will proceed as follows: Previous year's national champion for current race, conference champion for each conference as determined by Conference Director, one rider per team from the top 20 Nationally Ranked Teams, one rider per team at random order of teams not ranked in top 20, and then repeated until all riders are staged. Only one rider per team is allowed to be represented in each subsequent round of call-ups. Full detail per rules 2.4.10 and 11.3.2.

Race Details

Event maps can be found in the events maps section of www.fccyclingfest.com.

Team Time Trial

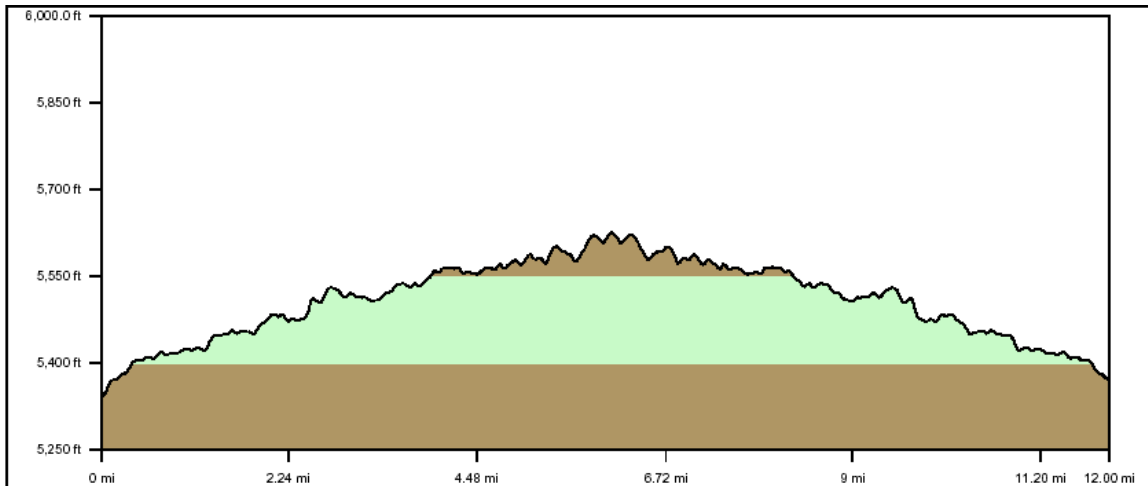
On Friday, May 9 the racing begins with a 20km out-and-back loop featuring slightly rolling terrain. The course is sure to be fast with a predominant headwind on the false flat uphill out and a predominant tailwind on the return trip. The TTT proceeds along the I-25 Frontage Rd. from Owl Canyon Rd. to Buckeye Rd. and then back.

Start list will be posted following Team managers meeting in Hilton Fort Collins on Thursday and at TTT start/finish on Friday.

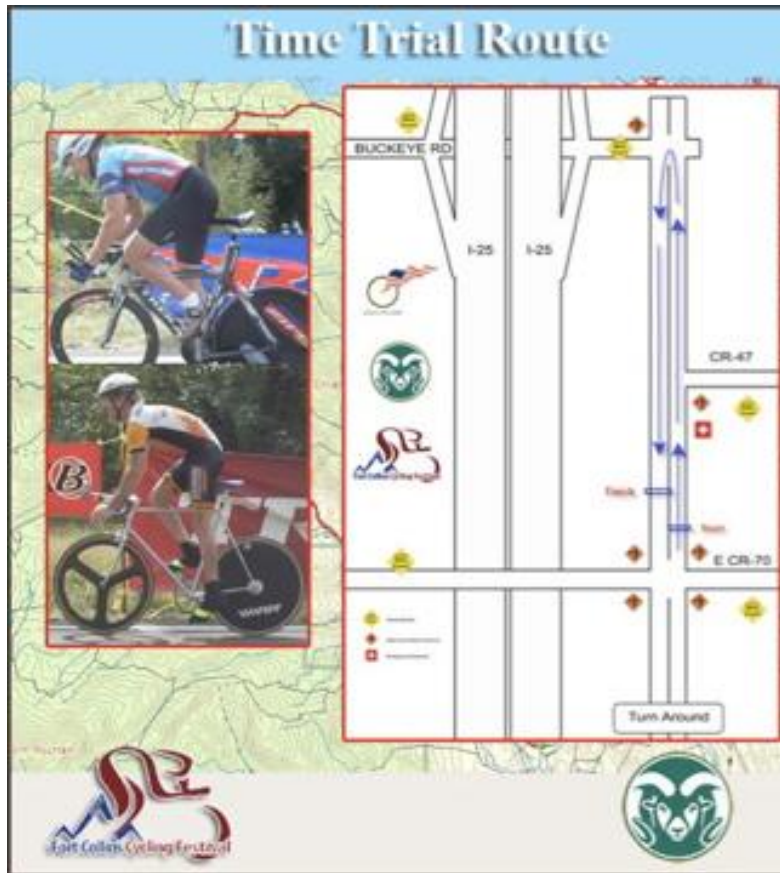
Once racing has begun the TTT course will be closed for warm-up.

Bike measurements will be done in the staging area adjacent to the race start. Once a bicycle has been certified, it may not leave this area without being re-measured. Teams should give themselves adequate time to have their bicycles certified.

TTT Profile



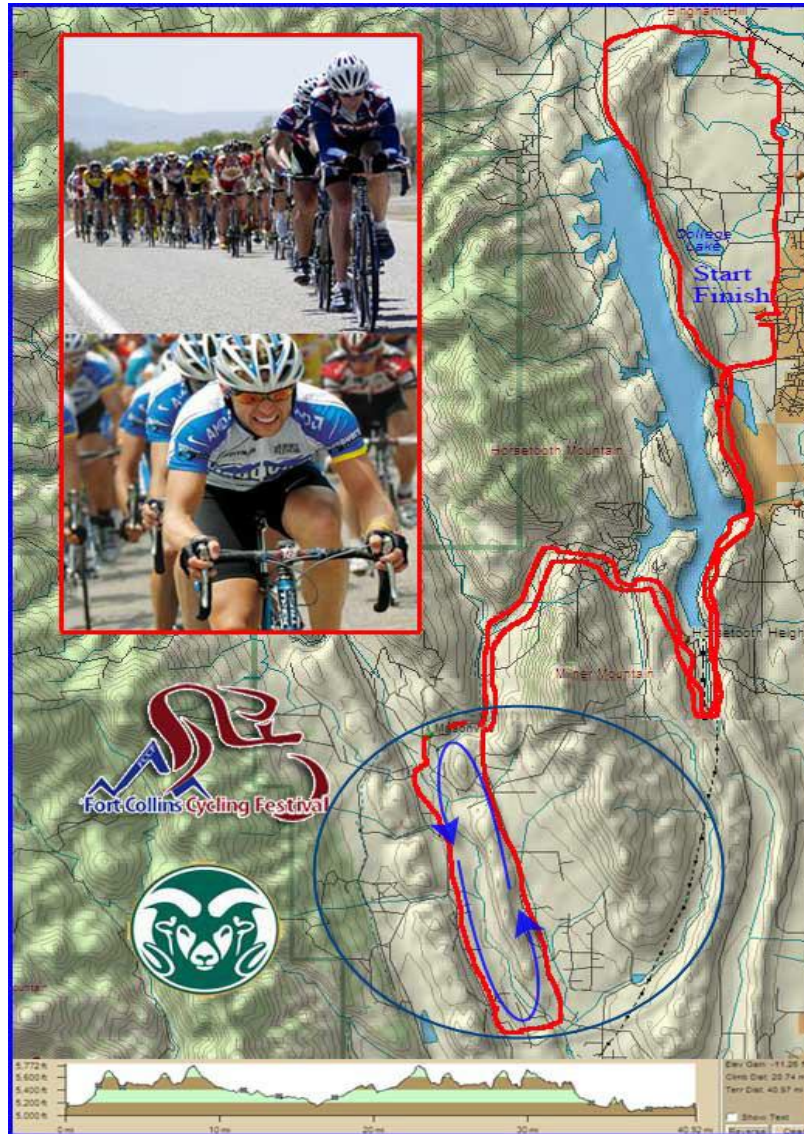
Race Details



Road Race

Saturday, May 10 will feature a challenging course that starts and finishes at CSU's Hughes football stadium. The race will leave the start area heading southwest over three demanding climbs toward Masonville where racers then face multiple rolling loops in a "lollipop" format. Laps will take place from Masonville to Glade Road (See "Blue" circled area on map indicating the area for laps.) Then it's back to Fort Collins where the race follows from south to north, the steep power climbs of Horsetooth Reservoir's dam. The final kicker of the race will come on Bingham Hill followed by a right turn to complete the final flat miles back to Hughes Stadium.

Race Details



Riders falling outside of the race caravan will be subject to the rules of the road and will not have a full road closure. Such riders must ride on the right shoulder and obey all traffic control devices.

Neutral support is provided by Shimano and team vehicles will not be allowed on the course.


Race Details

Feed zone is located on Glade Rd. Access to the feed zone will be by Enterprise van shuttle or walking from parking that is located on County Road 24H. Driving on the Road Race course is not allowed to access the feed zone.

Feeding must be done on the right side of the road. Feeders should wear team clothing. Plastic bags may not be used to hand up food or drink. Neutral Gatorade feeds will be available as well.




CSU Hughes Stadium



Feed Zone Takes Aprox 20 minutes to reach. Saturday Morning a 15 passenger Van will be taking volunteers to the feed Zone. Van departs CSU staging area at 7:00am Other volunteer vehicals suggested to follow to destinated parking for transportation to the area by van. Van will make several trips periodically throughout the day to ensure people the chance to switchout. Cell Phone # contact with Van will be given at time of departures.

If you are driving the location for parking is very limited. The driver of the van will be taking you to an road side parking area aprox .5 miles from feed zone.



Race Details

criterium

On Sunday, racing concludes with a 0.9 mile lap criterium in downtown Fort Collins. The course is wide, fast and pancake flat with eight corners and a 300 meter sprint from the last corner the finish line.

A neutral wheel pit will be located on course and managed by Shimano. Free laps will end with 5 laps to go.

Old Town Criterium Route

The map shows a grid of streets in downtown Fort Collins. The course path is indicated by blue arrows, starting and finishing at the intersection of Mountain Street and South Mason Street. Key streets include Laporte Ave, Mountain Street, West Oak St, West Olive St, and West Magnolia St. The course includes a 300-meter sprint section on South Mason Street. Various markers are placed along the route, including a red dot for the entrance, a red circle for the wheel pit, and symbols for race barriers, safety personnel, and emergency personnel. The map also features logos for USA Cycling, Fort Collins Cycling Festival, and the University of Northern Colorado (UNC).

Entrance

45	1
46	2
47	3
48	4
49	5
50	6
51	7
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53	9
54	10
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71	27
72	28
73	29
74	30
75	31
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	39

Race Course

Side Walk

Fort Collins Cycling Festival

Collegiate Awards Banquet

Banquet begins at 6pm, Saturday May 10th.

This is a buffet style dinner with two serving lines.

The menu will include pasta with meat and vegetarian sauce, 3 types of salad, bread, and cookies. Both water and soft drinks will be available.

Anyone may attend the banquet, but a meal ticket is required to receive a meal. Standing room available once meal service is complete for award presentation.

Cost of a meal ticket is \$20

Tickets will be on sale at packet pick-up, but pre-purchased tickets are recommended and available at SportBaseOnline. Banquet has historically sold-out.

Guest Speaker and Awards presentation for Team Time Trial and Road Race champions.

Hilton Ft. Collins-Host Hotel

The [Hilton](#) is going all out for 2008 cycling patrons. The pricing is absolutely incredible! Room booking is \$109 per night, up to 4 people per room. Each guest staying in the Choice Hotel will receive an incredible Hilton breakfast included in the price.

Amenities include:

- Unlimited City-Wide Shuttle Service
 - Includes a Hilton breakfast
 - Bike Washing area
 - Mechanics Area /with stands
 - Bike Shipping Depot/ Re-ship Services
 - Keep your bike in your room
 - On-Site Restaurant
 - Starbucks inside Hilton
 - Swimming Pool/ Relax in Hilton Luxury
 - Ship Bike directly to the Hilton: Bike Build and repackaging services onsite
- 425 W. Prospect Road Fort Collins, CO 80526 (970) 494-2947

. So what's this
"collegiate board of trustees"
all about, anyway?

Come to the open forums to find out!



MARA ABBOTT
Athlete rep



SARAH UHL
flare
consultant



NATHAN DRAKE
board chairman



MARK
ABRAMSON
ECCC czar



DOUG OWEN
Coach Lees-McRae

The Collegiate Cycling Board of Trustees is here to serve YOU! We are a 5 person USAC board, elected by the collegiate membership. We are a behind-the-scenes crew of volunteers that never stop thinking about collegiate cycling and its continued growth and progress into a new and exciting now! We talk weekly by phone, delegating projects to one another that strive towards the complete fulfillment of our mission statement. Look for our faces bopping around Nationals and feel free to tell us what it is about collegiate cycling that gets your heart racing. The love never dies when you graduate, so stay tuned and keep your eyes open for future involvement!

Collegiate cycling mission statement

Collegiate Cycling is team-oriented bicycle racing for women and men of all abilities.

We are focused on:

Providing new riders with a welcoming introduction to the Collegiate Cycling family

*

Enabling elite riders to pursue an education while benefiting from development opportunities that integrate with amateur and professional teams and national development programs

*

Creating personal growth and leadership development opportunities for scholar athletes both on and off the bike

*

Ensuring that the sport we love is low cost and accessible to any student who wants to race a bike

Event Staff and Race Officials

Staff

Tom Vinson – USA Cycling Events Mgr
Theresa Delp – USA Cycling VP of Membership
Daniel Matheny – USA Cycling Collegiate Mgr
Andrea Smith – USA Cycling Media Mgr
Tom Mahoney – USA Cycling Membership Rep
Chuck Hodge – Technical Liaison
Charlie Weinbeck – Race Director
T.G. Taylor – CSU Rams President
Dave Towle – Announcer
Gabe Moy – Results Coordinator
Brittany Cowley – Sports Base Online
Fred Patton – Phoenix Timing
John Jett – Phoenix Timing
Cath Jett – Phoenix Timing

Officials

Diane Fortini – Chief Referee
Holly Blanco – Chief Judge
Harry Lam – Referee
Shawn Farrell – Referee
Lynn Taylor – Judge
Debbie Vinson – Judge
Carla Geyer – Moto
Richard Blanco – Moto
Mark Berenson – Moto
Michael Hansen – Moto
Jimmy Schwartz – Moto

UCI Bicycle Regulations

This is a brief overview of the UCI bicycle regulations that will affect bicycles used at all National Championships. For full details, please go to this link:
<http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type=FILE&id=34033&>. The regulations begin on page 54.

For road bicycles, the main points are:

1. Wheels must be of the same diameter **between 650 and 750 cm.**
2. Wheels must have at least 12 spokes.
3. Frames must be of double triangle construction.

For time trial bicycles, the main points are:

1. Weight of the bike shall be a minimum of 6.8 kilograms
2. Wheels must be of the same diameter **between 650 and 750 cm.**
3. The nose of the saddle must be at least 5cm behind the vertical plane of the center of the bottom bracket *******.
4. The distance of the center of the vertical plane of the bottom bracket to the **end of the handlebars measured at the pivot point of shifters shall be at most 75 cm*****.
5. Handlebars and extensions must remain below the horizontal line of the saddle.

***** Riders who feel they cannot meet these restrictions due to morphological reasons (height or limb length) may request an exception from the officials. This request should be made the day before the race. The officials will do a morphological test measurement to establish if an exception can be granted. If an exception is granted in the case of the saddle position, then the saddle can only be moved forward to the point where the tip is even with the vertical through the chainring axle. In the case of the handlebar position, the extension may be increased to a maximum of 80 cm from the chain ring vertical.**

For a detailed look at the testing procedure, please go here:

www.usacycling.org/forms/officials/BikeMeasureForCommissaires101.pdf

Sponsors

