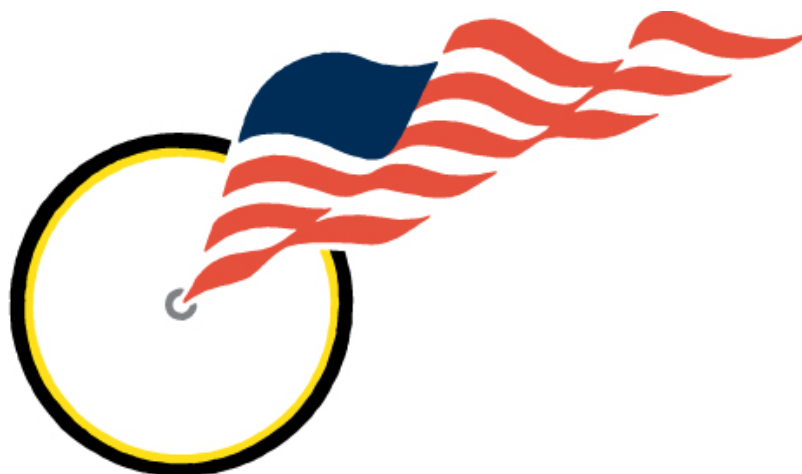


2008 USA Cycling



USA CYCLING

JET CYCLING
ROCK N' ROAD CYCLERY
AND
USA CYCLING

Present the

Junior, U23, Elite National Road Championships

AUGUST 6-10, 2008

TECHNICAL GUIDE

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WELCOME TO ORANGE COUNTY

Welcome to Orange County, California where Jet Cycling, Rock n' Road Cyclery, and USA Cycling are honored to present the 2008 USA Cycling Junior, U23, and Elite Road National Championships. The championships will be held from August 6th through August 10th. This Technical Guide will serve as an all-inclusive reference for all championship events.

Orange County is located in the center of "Southern California". The county is home to more than 3,000,000 residents making it one of the most populated counties in the USA. Just 45 minutes from Los Angeles and a little more than an hour to San Diego, Orange County is in an ideal location. You will find the average temperatures to be in the high 70s to low 80s and around 65° at night. Expect plenty of sunshine and gentle breezes in the afternoons.

One of the most popular leisure activities Orange County provides include 24 miles of beautiful beaches that offer surfing, body boarding, hiking, tidepools, scuba diving, shopping, and dining.

Not only does Orange County host world famous theme parks such as Disneyland and Knott's Berry farm, we are also home to such attractions as the Movieland Wax Museum, Wild Rivers water park, the Fun Zone at Balboa Peninsula, Discovery Science Center and Disney's brand new California Adventures.

For the sports enthusiasts, almost within the shadow of Disneyland's Matterhorn, is Edison Field, formerly called *The Big 'A'* where the California Angels have been thrilling baseball fans since 1966. Also nearby is the Honda Center, home to the Anaheim Ducks hockey team. When the Ducks aren't at home, the Center is also a popular venue for rock concerts, ice shows, and the John Wooden basketball tournament.

Hundreds of fashion-setting stores and boutiques can also be found in Orange County cities and malls, along with restaurants, cafes and microbreweries to suit every taste.

For more information, please visit:

<http://www.orangecounty.net>

Host Hotel

Hilton Anaheim



**777 Convention Way
Anaheim, CA 92802
714-750-4321**

Ask for USA Cycling Rates

The **Hilton Anaheim** hotel is located in the heart of California's famous **Orange County**, adjacent to the **Anaheim Convention Center** and steps from the [Disneyland® Resort](#). Our full-service hotel offers something for everyone, whether planning a family vacation, attending a conference or traveling on business. Highlights of the hotel include:

- An on-site **Starbucks® Marketplace**
- Lushly landscaped **outdoor heated swimming pool** and **four whirlpool tubs**
- [Café Oasis](#) - Serving delicious, fresh California cuisine
- **The Avenue Lounge** - After a busy day, stop by for a refreshing beverage or snack
- [Hilton Spa & Fitness Center](#) (daily fee applies) is 25,000 square feet and the perfect combination of relaxation and invigoration, with luxurious spa services, a large selection of weight-training and cardio equipment and group exercise classes. The Spa & Fitness Center's indoor pool is a tranquil adults-only retreat from the outside world.

The Hilton Anaheim hotel is a short drive from three major airports:

- John Wayne/Orange County Airport (SNA)
- Los Angeles International Airport (LAX)
- Long Beach Airport (LGB)

Driving Directions

To Host Hotel (Hilton Anaheim)

COMING FROM THE NORTH: Take I-5 south to Exit 110A (Harbor Blvd.). At the end of the ramp, make a right turn onto Harbor Blvd and continue for approximately one mile to Convention Way. Make a right turn and you will find the Hilton on your right. The address is 777 Convention Way, Anaheim CA 92802. Their phone number is 714-750-4321.

COMING FROM THE SOUTH: Take I-5 north to the Katella Ave exit. Continue approximately .4 miles and make a left turn onto Katella Ave. Continue approximately .8 miles and make a left on Harbor Blvd. Continue approximately .2 miles and make a right turn onto Convention Way and you will find the Hilton on your right. The address is 777 Convention Way, Anaheim CA 92802. Their phone number is 714-750-4321.

To Time Trial Start

FROM HOST HOTEL:

Make a left out of the hotel onto Convention Way and then a left turn onto Harbor Blvd. Continue approximately .2 miles. Make a right turn onto Harbor Blvd. Follow the signs to I-5 southbound. Continue 17.5 miles to the El Toro Road exit. Make a left turn onto El Toro Road and continue approximately 4.6 miles. Make a left turn onto Portola Parkway and follow the signs to parking at the Saddleback Church on your right. There will also be signs in the parking lot that will direct you the short distance to the time trial start.

FROM THE NORTH:

Continue southbound on I-5 to the El Toro Road exit. Make a left turn onto El Toro Road and continue approximately 4.6 miles. Make a left turn onto Portola Parkway and follow the signs to parking at the Saddleback Church on your right. There will also be signs in the parking lot that will direct you the short distance to the time trial start.

FROM THE SOUTH:

Continue northbound on I-5 to the El Toro Road exit. Make a right turn onto El Toro Road and continue approximately 4.6 miles. Make a left turn onto Portola Parkway and follow the signs to parking at the Saddleback Church on your right. There will also be signs in the parking lot that will direct you the short distance to the time trial start.

To Criterium (Angel Stadium of Anaheim)

FROM HOST HOTEL:

Make a left out of the hotel onto Convention Way and then a right turn onto Harbor Blvd. Continue approximately .2 miles. Make a left turn on Orangewood and continue approximately 1.5 miles. Make a left turn onto State College Blvd. Continue approximately .2 miles and then make a right turn into Angel Stadium of Anaheim on Gene Autry Way. Follow the signs to parking for the criterium. The address is 2000 E Gene Autry Way, Anaheim, CA 92806, (714) 940-2000

FROM THE NORTH: Continue south on I-5 and exit at Katella Ave (Exit 109A). At the end of the ramp, make a left onto Katella Ave and continue approximately .9 miles to right turn onto State College Blvd. Continue approximately .2 miles and make a left turn into Angel Stadium of Anaheim via Gene Autry Way. Follow the signs to parking for the criterium. The address is 2000 E Gene Autry Way, Anaheim, CA 92806, (714) 940-2000

FROM THE SOUTH: Take I-5 north to the Katella Ave exit. Continue approximately .4 miles and make a left turn onto Katella Ave (Exit 109). At the end of the ramp, make a right onto Katella Ave and continue approximately .7 miles to right turn onto State College Blvd. Continue approximately .2 miles and make a left turn into Angel Stadium of Anaheim via Gene Autry Way. Follow the signs to parking for the criterium. The address is 2000 E Gene Autry Way, Anaheim, CA 92806, (714) 940-2000

TO ALL ROAD RACE STARTS

FROM HOST HOTEL:

Make a left out of the hotel onto Convention Way and then a left turn onto Harbor Blvd. Continue approximately .2 miles. Make a right turn onto Harbor Blvd. Follow the signs to I-5 southbound. Continue approximately 9.7 miles to the Culver Drive exit. Make a left turn on to Culver drive and continue approximately 2.0 miles to Portola Parkway and follow the signs to parking. There will also be signs in the parking lot that will direct you the short distance to the road race start.

FROM THE NORTH:

Continue southbound on I-5 to the Culver drive exit. Make a left turn on to Culver drive and continue approximately 2.0 miles to Portola Parkway and follow the signs to parking. There will also be signs in the parking lot that will direct you the short distance to the road race start.

FROM THE SOUTH:

Continue northbound on I-5 to the Culver drive exit. Make a right turn on to Culver drive and continue approximately 2.0 miles to Portola Parkway and follow the signs to parking. There will also be signs in the parking lot that will direct you the short distance to the road race start.

Schedule of Events

Tuesday, August 5th – Registration and Packet Pick-up

12:00pm – 8:00pm Hilton Anaheim -777 Convention Way, Anaheim CA 92802.

Wednesday, August 6th - Time Trials – All Categories

7:00 am – 3:00 pm \$20 – Day-of-Race packet pick-up @ Start (Time Trial Only)

9:00 am First rider starts

33K – Elite Men/Women, U23 Men/Women

18K – 15-16 Men/Women, 17-18 Men/Women

11K – 10-12 Men/Women, 13-14 Men/Women

4:30 pm TT Award Ceremony – ESPN Zone – Downtown Disney

7:00 pm – 9:00 pm Registration & packet pick-up – Hilton Anaheim

Thursday, August 7th – Criterium (2 kilometers)

6:00 am-4:00 pm \$20-Day of packet pick up @ start/finish (criterium numbers only)

| | | |
|----------|-------------------|---------------------|
| 8:00 am | 17-18 men heat #1 | 16k if required * |
| 8:30 am | 17-18 men heat #2 | 16k if required * |
| 9:00 am | U23 women | 35k (17-18 laps) |
| 10:15 am | 10-12 women | 15k (7-8 laps) |
| 11:00 am | 10-12 men | 15k (7-8 laps) |
| 11:45 am | 13-14 women | 20k (10 laps) |
| 12:30 pm | 13-14 men | 20k (10 laps) |
| 1:15 pm | 15-16 women | 20k (10 laps) |
| 2:00 pm | 15-16 men | 25k (12-13 laps) |
| 3:00 pm | 17-18 women | 20k (10 laps) |
| 3:45 pm | 17-18 men | 50k Final (25 laps) |
| 5:15 pm | U23 men | 60k Final (30 laps) |

* Total number of riders will be split in equal halves with the objective to advance 120 riders to the finals

4:30 pm Criterium Award Ceremony – ESPN Zone – Downtown Disney

- **10-12, 13-14, 15-16 Men & Women**
- **17-18 Women, U23 Women**

7:00 pm Criterium Award Ceremony – Angel Stadium of Anaheim

- **17-18 Men and U23 Men**

7:00 pm – 9:00pm Registration & packet pick-up Hilton Anaheim

Friday, August 8th – Road Races – Juniors 10-16 (8 Kilometer Laps)

7:00 am \$20-Day of packet pick up @ start/Finish (road race numbers only)

8:00 am 10-12 women 16k (2 laps)

9:00 am 10-12 men 16k (2 laps)

10:00 am 13-14 women 24k (3 laps)

11:00 am 13-14 men 24k (3 laps)

12:00 pm 15-16 women 56k (7 laps)

2:00 pm 15-16 men 56k (7 laps)

4:30 pm - RR Award Ceremony – ESPN Zone – Downtown Disney

7:00 pm – 9:00pm Registration & packet pick-up Hilton Anaheim

Saturday, August 9th - Road Races

6:00 am- 2:00 pm \$20-Day of packet pick up @ start/finish (road race only)

7:00 am Elite/U23 Women 123k (4 laps @31k each)

11:00 am 17-18 Women 78k (2.5 laps @31k each)

3:00 pm 17-18 men heat #1 31k if needed (1 lap)**

17-18 men heat #2 31k if needed (1 lap)**

U-23 men heat #1 31k if needed (1 lap)**

U-23 men heat #2 31k if needed (1 lap)**

Elite men heat #1 31k if needed (1 lap)**

Elite men heat #2 31k if needed (1 lap)**

RR Award Ceremony - Start/Finish area at Orchard Hills Road

- **Immediately following the posting of the official results**

7:00 pm – 9:00pm Registration & packet pick-up Hilton Anaheim

Sunday, August 10th – Road Races – Elite Men, U23 Men (32.6 Kilometer Lap)

6:00 am- 2:00 pm \$20-Day of packet pick up @ start/finish (road race numbers only)

7:00 am 17-18 Men 111k final (3.5 laps)

10:00 am U-23 men 186k final (6 laps)

2:30 pm Elite men 186k final (6 laps)

RR Award Ceremony - Start/Finish area on Orchard Hills Road

- **Immediately following the posting of the official results**

** Total number of riders will be split in equal halves with the objective to advance 200 riders to the finals

Award Ceremonies



If you are coming to SoCal, then Disneyland has to be one of your first stops. We are going to kick things off in grand style with our very own parade. We are going to gather on Tuesday, August 5th, at 3:00 pm and then start the parade at 4:00 pm through the middle of Disney's California Adventure Park. We need you there in full race kit, helmet, and bike. That's right! We are riding this parade. Meet at the "Left" entrance for the park.



There is more Disney in store for our podium finishers on Wednesday, Thursday, and Friday. The award ceremonies are going to be held at the ESPN Zone at Downtown Disney. The ESPN Zone has it all: great dining, scores of big screen TVs to watch your favorite team, and a 10,000 sq ft Sports Arena with some of the most cutting edge skill and video games you can imagine. Check the schedule to see what time the ceremonies will be each day.

Award ceremonies for the road races on Saturday and Sunday will be held immediately following the posting of the official race results at the finish line area on Orchard Hill Road.

Directions to the ESPN Zone (from I-5 Northbound)

Exit on Harbor Blvd/Ball Road and make a right turn. That is followed by a left turn onto Ball Road and then a left turn onto Disneyland Drive. Next is a right onto Magic Way and a left on Downtown Drive. The ESPN Zone is next to the Disneyland Hotel. It is just a short drive from the Hilton Anaheim and parking is free for the first three hours.

Event Staff and Race Officials

USA Cycling

Justin Rogers – USA Cycling National Events Director

Tom Vinson – USA Cycling National Events Manager

Shawn Farrell – USA Cycling Technical Director

Theresa Johnson – USA Cycling VP of Membership

Jan Luke-Hamasaki – USA Cycling Regional Representative

Susan Diller – USA Cycling Membership Representative

Tom Mahoney – USA Cycling Membership Representative

Officials

Diane Fortini – Chief Referee

Lynn Taylor – Chief Judge

Marilyn Allen – Commissaire

Andy Taus – Commissaire

Jim Allen – Moto Official

David Walls – Moto Official

Cindy Yorgason – Moto Official

Bruce Finley – Moto Official

Eric Petersen - Judge

Martha Christenson – Judge

Race Staff

Jet Tanner – Race Promoter

Eric Smith – Technical Director

Todd Gulguski – Announcer

Brittany Cowley – Sports Base Online

Fred Patton – Phoenix Timing

Hilde Patton – Phoenix Timing

Robert Pellegrin - Phoenix Timing

Dr. Tim Carpenter – Medical Support

Shimano – Neutral Support

Course Descriptions

Time Trial Courses

All three courses (33K, 18K, 11K) will have a common start on the Aliso Creek Bikeway near the intersection of El Toro Road and Portola Parkway in Irvine, CA (lat 33.66021, lon -117.653138). The course will follow the bike path and exit onto northbound Santiago Canyon Road just south of Live Oak Canyon Road. There is a common finish for all three courses on southbound Santiago Canyon Road near Modjeska Canyon Road (lat 33.716883, lon -117.646398).

The courses differ by the point where the riders will reverse their direction on northbound Santiago Canyon Road and head south to the common finish:

- 33K – just south of the 241 Tollway exit (lat 33.775570, lon -117.744790)
- 18K – just south of Silverado Canyon Road (lat 33.748206, lon -117.622209)
- 11K – just north of Jackson Ranch Road (lat 33.727192, lon 117.649747)

The course will be open to limited local traffic. Access to the course will be controlled by local law enforcement, course marshals, and moto marshals. The road surface is excellent and there is a wide and well defined bike lane on both sides of the roadway. Santiago Canyon Road is a heavily used road by cyclists so the residents are used to sharing the road with cyclists. Riders are required to stay in the bike lane. Riders are only permitted out of the bike lane when overtaking another rider. ***Time penalties may be assessed to riders that do not adhere to these provisions.***

A courtesy bike check will be available at the host hotel on August 5th starting at Noon. Inspections will also be done at the Time Trial start on August 6th. You should be at the inspection area no less than five minutes before your scheduled start. Once bikes are measured they must not leave the start area without being re-measured. Gear rollouts will be done at the finish.

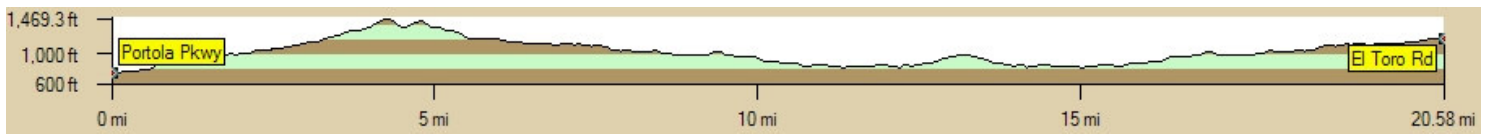
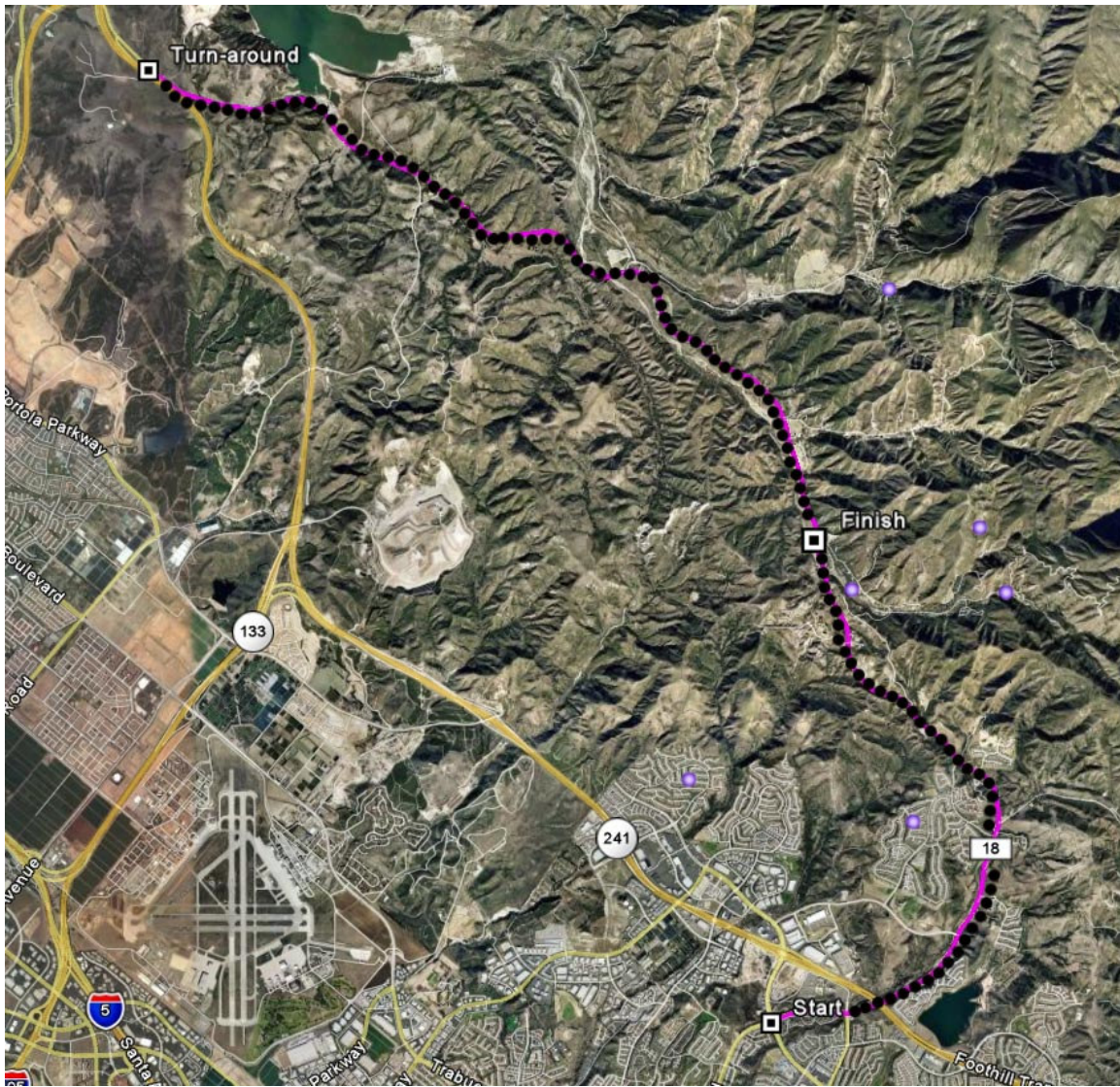
There will be no starting ramp for any of the categories.

The start and finish are remote areas. Please be prepared to bring whatever you need in the way of supplies with you. The route back to the start area from the finish is 5.8 miles along Santiago Canyon Road. It is mostly flat and downhill. There will be signs posted directing the riders back to start area and parking lots.

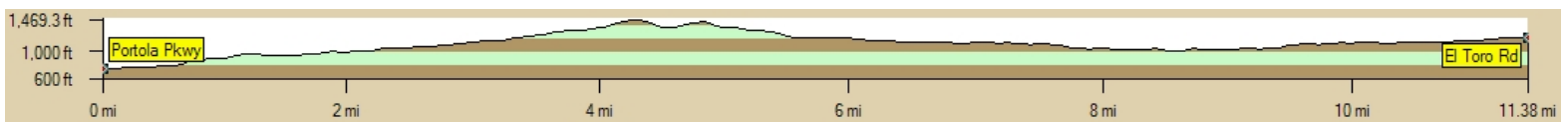
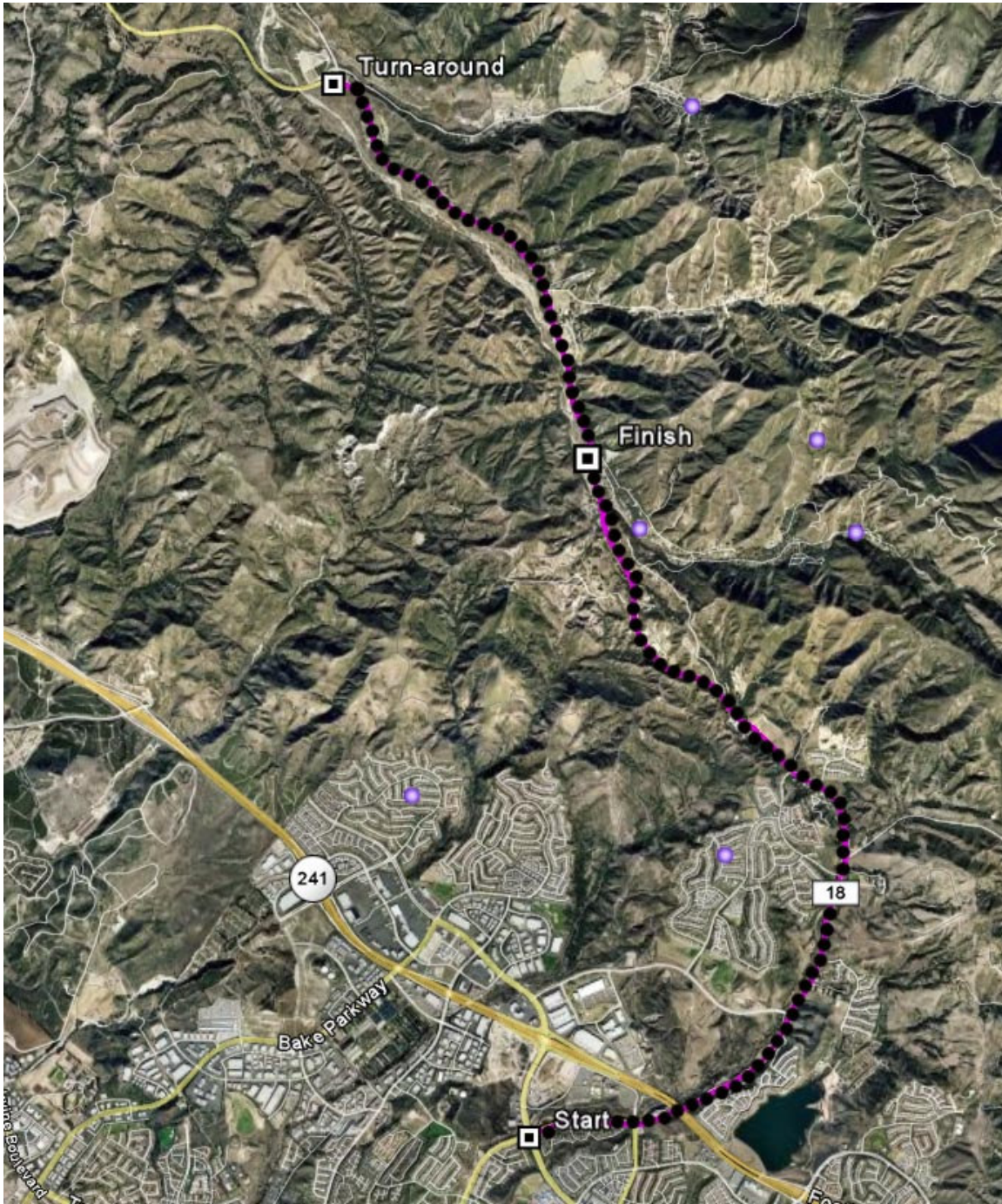
The 11K and 18k courses have some moderate grades. The 33k course has 1,287' of climbing with the majority leading to the turn-around point. All turn-around points will be marked with 300m, 200m, and 100m to turn-arounds signs.

There is a short tunnel on the bike path that will be well marked and marshaled.

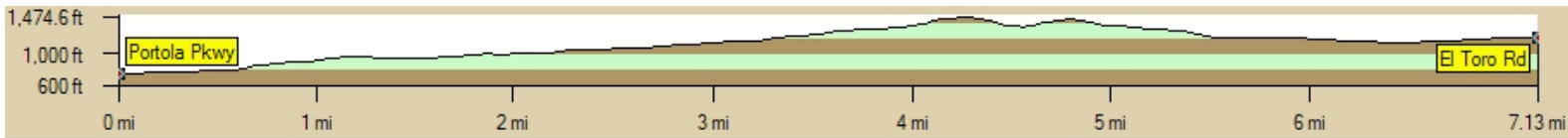
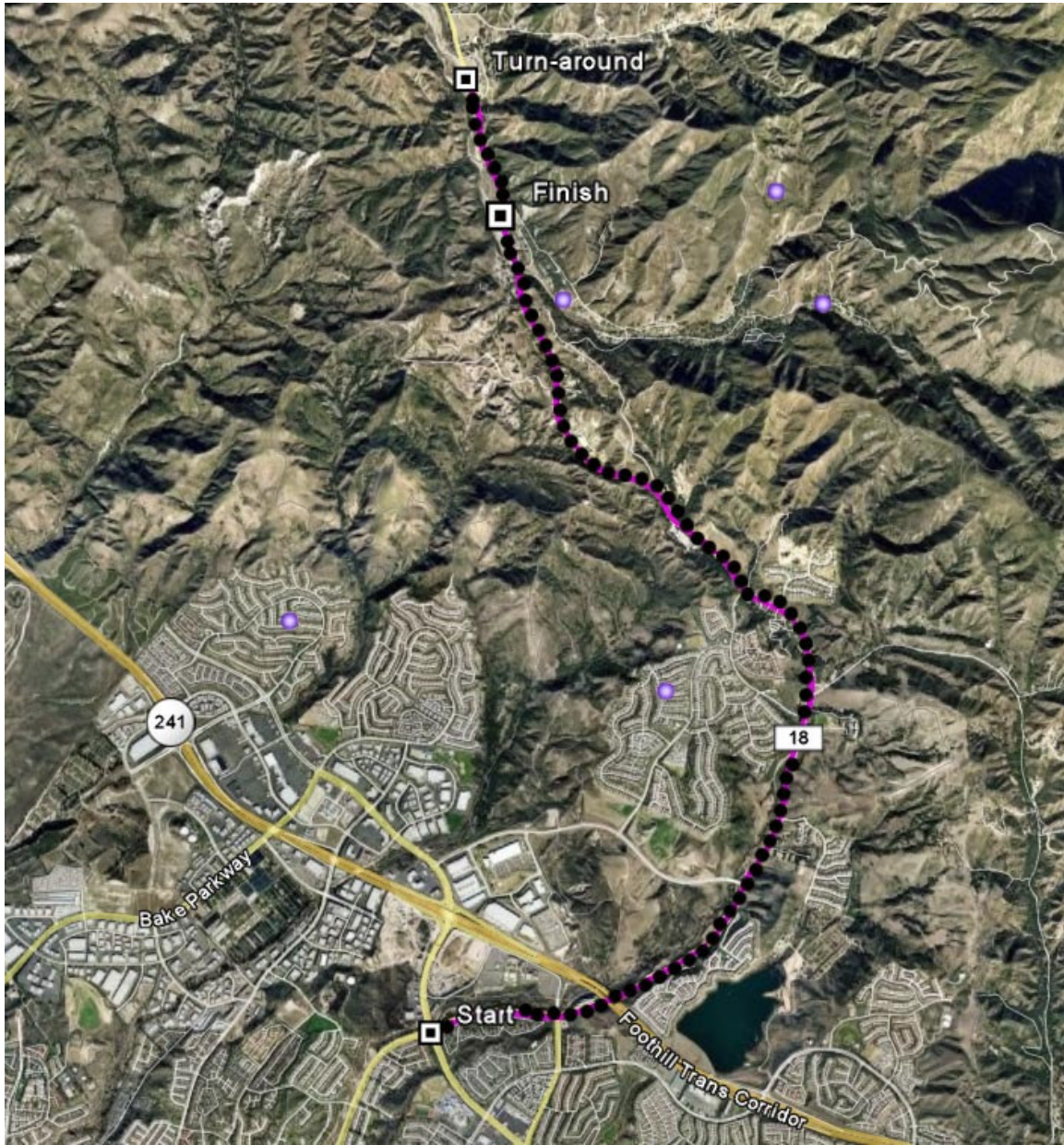
33K Course – Elite Men/Women, U23 Men/Women



18K Course – 15-16 Men/Women, 17-18 Men/Women



11K Course – 10-12 Men/Women, 13-14 Men/Women



criterium Course

The Junior and U23 riders will use a common criterium course. The course will be laid out at Angel Stadium of Anaheim. The course is flat, fast, and technical. There are seven turns, long straight-aways, and a finish that is a straight 300 meters from the final turn. Overall, the course is approximately 1.24 miles in length and is perfectly flat.

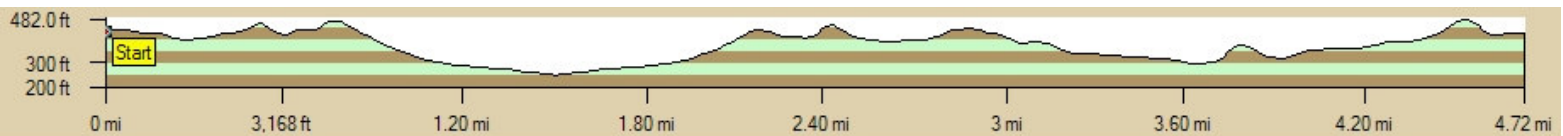
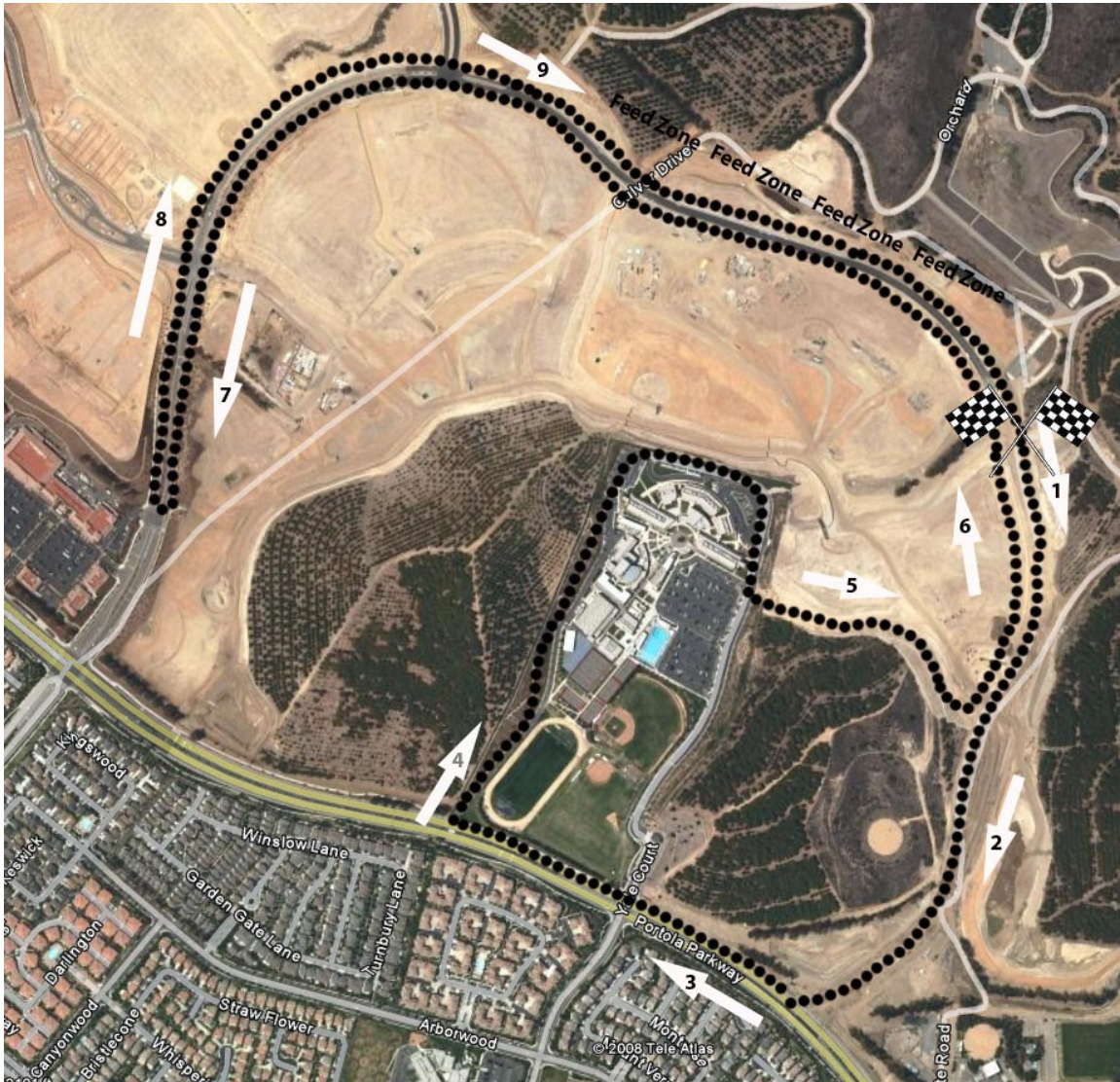


Road Race Courses

There are two different road courses, but they both share a common start/finish line on Orchard Hills Road in Irvine. Parking will be at the Northwood High School. The 10-16 races have a clockwise start. The 17/18, U23, Elite races have a counterclockwise start.

Road Race Course – 10-12, 13-14, 15-16 Men/Women

This eight kilometer course has a mixture of flat, gradual descents, and gradual climbs. There are a total of seven turns and the road will be completely divided for the entire length. This course runs clockwise.



Road Race Course – 17-18/U23/Elite Women & Men

Women

The U23 and Elite Women will race together and be scored separately. The 17-18 women will start after the conclusion of the U23/Elite race. The 17-18 women will do 2.5 laps. The U23/Elite riders will do three full laps. There is 1,050' climbing per lap.

Men

The 17/18, U23, and Elite men will all have separate races. The 17/18 men will do 3.5 laps. The U23 and Elite men will complete six laps.

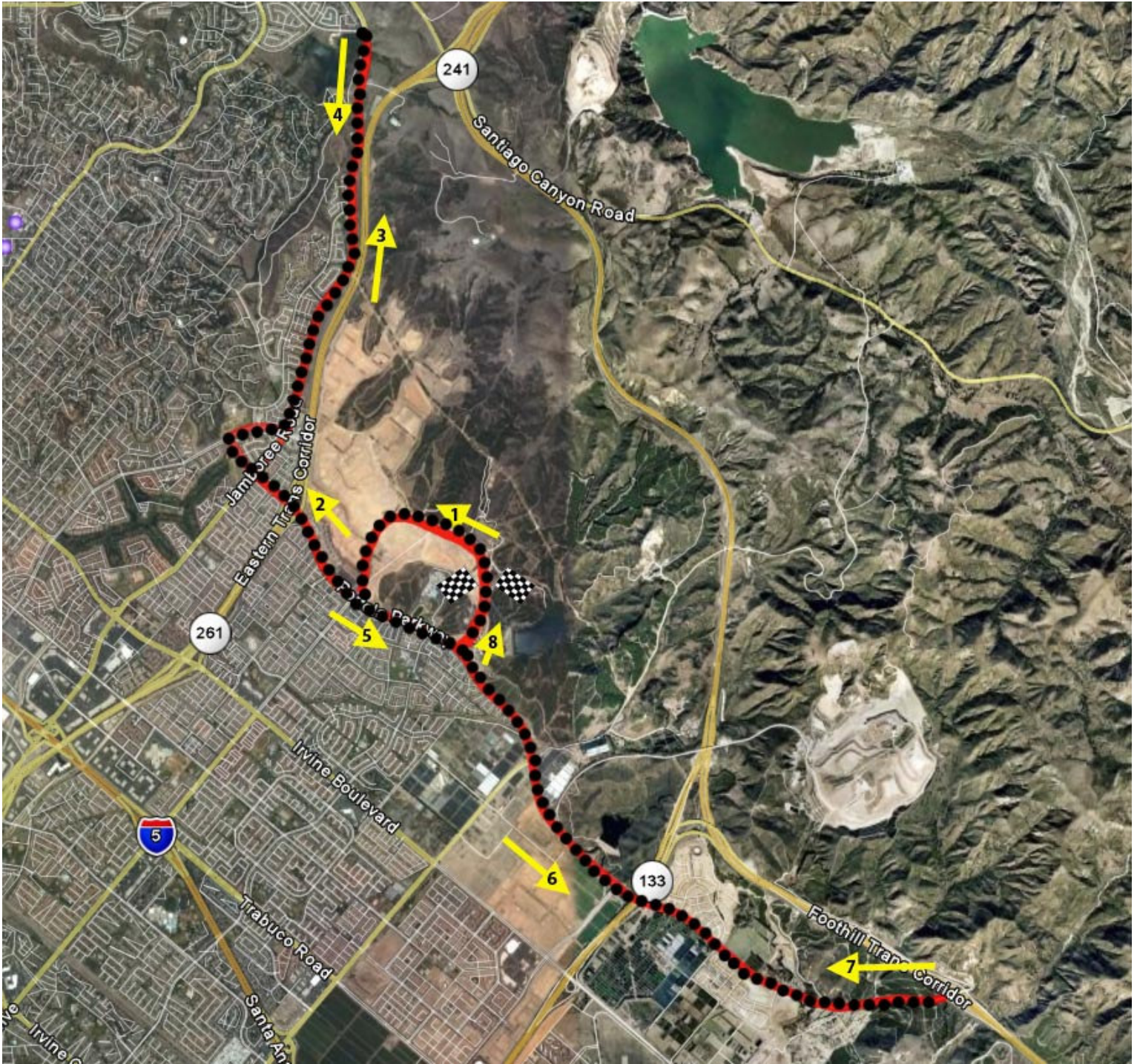
| Action | Road | Distance |
|---------------|--|--------------|
| Start | Orchard Hills Road | 0.00K |
| Right Turn | Portola Parkway | 2.1K |
| Right Turn | Jamboree Road | 3.8K |
| U-Turn | At Canyon View Road to a return on Jamboree Road | 8.6K |
| Right Turn | Tustin Ranch Road | 13.0K |
| Left Turn | Portola Parkway | 15.2K |
| U-Turn | For a return on Portola Parkway | 23.4K |
| Right Turn | Orchard Hills Road | 30K |
| Finish | Orchard Hills Road | 31K |

Please note the following route change for the last lap of the 17-18 Men's & Women's course

| | | |
|---------------|--|--------------|
| Start | Orchard Hills Road | 0.00K |
| Right Turn | Portola Parkway | 2.1K |
| Right Turn | Jamboree Road | 3.8K |
| U-Turn | At Canyon View Road to a return on Jamboree Road | 8.6K |
| Right Turn | Tustin Ranch Road | 13.0K |
| Left Turn | Portola Parkway | 13.6K |
| Left Turn | Orchard Hills Road | 16.8K |
| Finish | Orchard Hills Road | 17.8K |

This entire course has a hard median or traffic barricades that separates the four lanes of traffic. This is a very fast course with two long, steady, gradual climbs per lap and a short 1k climb to the finish line.

Road Race Course – 17-18/U23/Elite Men & Women

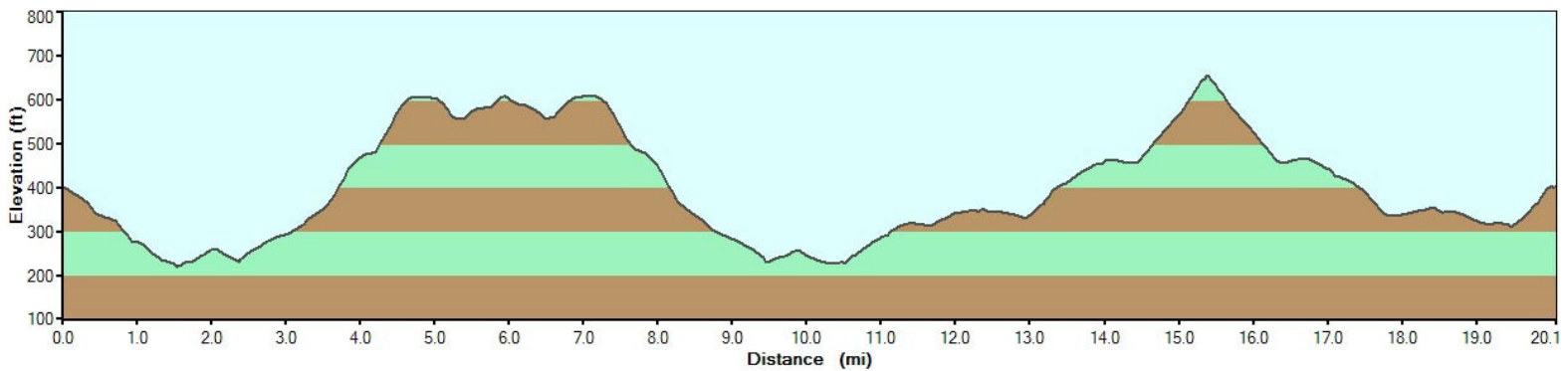


Road Race Course – 17-18/U23/Elite Women & Men – Profile

This profile is a little misleading. There is 1,050' of climbing per lap. The elevation at the start is 400'. The highest point on the course is 655' and the lowest elevation is 218".

The first climb starts soon after making the turn into Jamboree Road. From there to the first u-turn, it is a gradual 1-4% climb with a few rollers. The return to Portola is fast and downhill. The second climb begins at about 2K from the second u-turn. Again this is a gradual, but constant 3% climb. The last climb is coming into the finish line. Nothing dramatic, but it will cause some separation at the end of the race. The Feed Zone will be on the climb to the finish line.

Riders falling behind the end of the caravan will be asked to withdraw from the race.



Feed Zones and Warm Up Areas

Time Trial Warm-up and Staging Area

There will be absolutely no warm ups on the active course. The course will be available prior to first rider going off at 9:00 am on the morning of the race for course inspection. There are a variety of nearby roads that can be used for your warm-up. Please plan to arrive at the race start no later than five minutes before your start time. A courtesy roll out will be available at the start until the first junior rider start. The roll out apparatus will then be moved to the finish line.



criterium Warm-up and Staging Area

There will be absolutely no warm ups on the active course. The course may be available at 7:00 am on the morning of the race for course inspection. There is ample room to warm up in the parking lot of Angel Stadium. The Chief Referee will release the riders to the start line when the last rider from the active race has crossed the finish line.



Junior 10-16 Road Race - Feed Zone and Warm-up Area

The feed zone is located approximately 150 meters from the finish line and will continue for over 500 meters. There is no parking on the course. You will need to park in the high school parking lot and walk the short distance from the finish line to the feed zone. Do not expect there to be water available at the course. Please police the feed zone area when you leave to pick up any trash. Feeding will be available until the last lap of each race.



Staging for the Junior races will be on Wolf Trail and will begin when the current field on the course passes off of Wolf Trail on their last lap.

Juniors may warm up on Portola Parkway (this is actually a portion of the longer course used on Saturday and Sunday. The westbound lanes of Portola between Jeffery and Orchard Hills Road will be totally closed to all traffic (including support cars.



17/18, U23, Elite Road Race Feed Zone and Warm-up Areas

The feed zone is located approximately 150 meters from the finish line and will continue for over 500 meters. There is no parking on the course. You will need to park in the high school parking lot and walk the short distance from the finish line to the feed zone. Do not expect there to be water available at the course. Please police the feed zone area when you leave to pick up any trash. Feeding will be available until the last lap of each race.



Riders for both Saturday and Sunday races may warm up on the course but are asked to pull off the road as the active fields are approaching. Follow cars will be strictly prohibited on the course and may lead to rider disqualification.

Staging for the Saturday and Sunday races will be on Wolf Trail. Riders will be released to the start line, once the "End of Caravan" vehicle has passed Wolf Trail and the Chief Referee has called up the riders to the line

ELIGIBILITY, RULES & REGISTRATION GUIDELINES

LICENSE REQUIREMENTS

1. ALL PARTICIPANTS MUST HAVE A CURRENT & VALID USA CYCLING LICENSE WITH THE PROPER CATEGORY AT THE TIME OF REGISTRATION. Riders who attempt to register, but do not hold a current and valid USA Cycling license, will NOT be allowed to complete the registration process until they can provide a valid USA Cycling license number. In order to avoid this situation, please make sure that your Sports Base Online profile is current and includes your USA Cycling license number.

ELIGIBILITY

1. At the time of registration, all participants of the USA Cycling Junior, U23, Elite Road National Championships MUST meet the minimum required category for the respective event according to the 2008 USA Cycling Rulebook. Riders attempting to register for an event without having the required category will be removed from the registration list with no refund provided.

2. All participants in the USA Cycling Junior, U23, Elite Road National Championships MUST be either a U.S. citizen or resident alien.

3. All Juniors in the USA Cycling Junior, U23, Elite Road National Championships MUST have a racing age between ages 10 and 18. All U23 racers in the USA Cycling Junior, U23, Elite Road National Championships MUST have a racing age between ages 19 and 23. Riders with a racing age of 30 or over who hold Elite status per USA Cycling rules may NOT compete in the USA Cycling Junior, U23, Elite Road National Championships. This includes riders who:

- Are, or have been, members of a UCI-sanctioned team of any type in the calendar year of the championship.
- Have competed in the Elite category of an Olympic Games, UCI World Championship, Pan American Games, Continental Championships or World Cup in the discipline of the championship during the same calendar year.

4. All participants MUST race in the current age class as shown on their 2008 USA Cycling license. Riders MAY NOT race up or down in racing age class.

REGISTRATION

1. PARTICIPANTS MAY ONLY REGISTER ONE START SPOT PER ATHLETE.

Riders are allowed to register one start spot per athlete, per event. Start spots are not allowed to be held, sold or otherwise transferred to other riders at a later time.

2. REGISTRATION FOR THE 2008 USA CYCLING JUNIOR, U23, ELITE ROAD NATIONAL CHAMPIONSHIPS WILL OPEN 60 DAYS PRIOR TO THE FIRST DAY OF THE EVENT.

Online registration for the 2008 edition will open at 12:00 p.m. EDT on Saturday, June 7 at www.sportsbaseonline.com. Please note: In 2008 USA Cycling has introduced an open registration process with NO MAXIMUM FIELD SIZE LIMIT and the option of running heats if warranted by the number of registrants. The determination of whether or not heats are necessary will be made by USA Cycling officials following the close of online registration and all affected participants will be notified by e-mail.

Online registration will close at 12:00 p.m. EDT on Friday, August 1.

3. In an attempt to encourage members to register for the event early, USA Cycling has implemented a **LATE ONLINE REGISTRATION** period. The late online registration period will begin two weeks prior to the close of online registration at **12:00 p.m. EDT on Friday, July 18** Members who register online after this time will incur an additional \$25.00 late registration fee PER EVENT in addition to the original registration fee.

4. Also, in an attempt to allow as many competitors as possible to register for the event, USA Cycling will also allow **late on-site registration**. Participants may register for the 2008 USA Cycling Junior, U23, Elite Road National Championships up until one day prior to their respective race. All on-site registration must be completed by the close of registration the day BEFORE your event. Please note: **All on-site registrants will incur a 100% increase in the original registration fee.**

5. USA Cycling will accommodate refund requests up until two weeks prior to the opening of onsite registration. **Refunds will no longer be considered after 12:00 p.m. EDT on Tuesday, July 22.** All refunds are subject to a 20% processing fee.

6. Packet Pick-up/On-site Registration will be available every day throughout the event at the host hotel. There will be specific times designated each day. USA Cycling encourages participants to pick up their race packets during these times. In order to pick up your packet, you MUST present your valid USA Cycling license at packet pick-up/registration. Additional on-site packet pick-up will be available at the start line each day, subject to a \$20.00 late fee.

JUNIOR NATIONAL CHAMPIONSHIP RULES

1. Junior championships are open only to riders with racing ages in the specified ranges and who are USA citizens or permanent residents as shown on their licenses. Only USA Citizens may compete in National Championships that are exclusively for the ages of 17 and 18.
2. The Executive Director may publish qualification standards for Junior National Championships. Such standards may be in addition to the current category requirements or may replace them.
3. National Road Race Championships Races that restrict entry based on category are listed in parenthesis below.

Individual Road Races

| Men | Women |
|---------------------------|----------------|
| 10-12 10-20 km | 10-12 10-20 km |
| 13-14 20-40 km | 13-14 20-30 km |
| 15-16 45-80 km (Cat 1-3) | 15-16 35-60 km |
| 17-18 90-120 km (Cat 1-3) | 17-18 70-85 km |

National Time Trial Championships

| Men | Women |
|-------|----------|
| 10-12 | 8-12 km |
| 13-14 | 8-12 km |
| 15-16 | 16-24 km |
| 17-18 | 16-24 km |

National Criterium Championships

Races that restrict entry based on category are listed in parenthesis below.

| Men | Women |
|-----------------------|-------------|
| 10-12 15 km | 10-12 15 km |
| 13-14 20 km | 13-14 20 km |
| 15-16 25 km (Cat 1-3) | 15-16 20 km |
| 17-18 50 km (Cat 1-3) | 17-18 20 km |

Junior gears are required by all riders participating in any Junior Championship event. Blocked gears are not allowed for a National Championship race. Radios are also prohibited from all Junior races.

U23 NATIONAL CHAMPIONSHIP RULES

1. **Under 23 Championships** are open only to riders with the racing age of 19 to 22 who are USA citizens as shown on their licenses, subject to category restrictions shown with the events below. Under 23 riders who are members of UCI Pro Teams are Elite riders and not eligible for Under 23 Championships.

2. **National Road Race Championships**

| | | |
|-------|---------|------------|
| Men | Cat 1-2 | 160-225 km |
| Women | Cat 1-3 | 90-130 km |

National Time Trial Championships shall be conducted for men and women at a distance of 30-50 km.

National Criterium Championships

| | |
|---------------|-------|
| Men Cat 1-2 | 60 Km |
| Women Cat 1-3 | 35 Km |

ELITE NATIONAL CHAMPIONSHIP RULES

1. **Elite National Championships** are open only to riders with a racing age of 17 or higher who are USA citizens as shown on their licenses, subject to the category restrictions shown with the events below. Elite Championships are not open to riders on UCI Pro, Professional Continental, and Continental Teams.

2. **National Road Race Championships**

| | |
|----------------|------------|
| Men Cat. 1 | 160-225 km |
| Women Cat. 1-2 | 90-130 km |

National Time Trial Championships

Individual Time Trial shall be conducted for Men and Women at a distance of 30-50 km.

NEW FOR 2008 USA CYCLING NATIONAL CHAMPIONSHIPS

For all National Championships for riders ages 17 and up (i.e., junior 17-18, U23, and elite), all bikes must be UCI legal. For any questions regarding bike measurements please refer to the UCI rule book at www.uci.ch.

Bike Measurement for USA Cycling Championship Events

Introduction

From the beginning of 2008, bicycles used in NRC races and National Championship events for riders with a racing age of 17 years and above must comply with dimensional and fit standards already implemented worldwide by the International Cycling Union, of which USA Cycling is a member federation.

USA Cycling Road Regulations 1J1 (e) Bicycles must meet current UCI technical regulations at events that select 17-18, U23 and elite riders for international competition or national teams. All bicycles used in Federation National Championship (for age 17 and older riders) and NRC races must comply with the current UCI regulations.

The intent of this article is not to discuss every possible dimension that is regulated for a bicycle in cycling competitions. It is intended to give you a clear understanding of what must be measured, generally how it will be measured, when it should be measured and issues that may affect a rider's fit on the bicycle for International competition and USA Cycling events as noted above.

The equipment regulations that are finally being enforced here are now approaching 11 years of implementation at the international level. Frame element dimensions are very specific, but manufacturers are largely maintaining this compliance. Don't assume, however, that all equipment complies with the regulations, especially older or custom designed equipment.

Bicycle Design/Dimensions

The general dimensions of the bicycle frame and wheels are not in question and are relatively straightforward to follow and are not discussed here. This does not mean they are unimportant; rather something you can review without interpretations. If you have a custom built bicycle or want to use a one of a kind design, you should review the following information in detail. (UCI Regulations Chapter 1-1.3.001)

The overriding principle required for frame design is a "double triangle", the front triangle formed by the seat, top and down tube, the second formed by the seat tube and rear wheel stays. For specific events, some variation is allowed in the frame design of a bicycle, specifically for track and time trial events. The familiar straight line, double

triangle form is for mass start events for road and cyclo-cross. For time trial and track events, there is an allowance of a more free flowing design, although the same double triangle is evident if you just ignore the curves and connect the dots.



The Bicycle above is legal. It has a double triangle configuration.



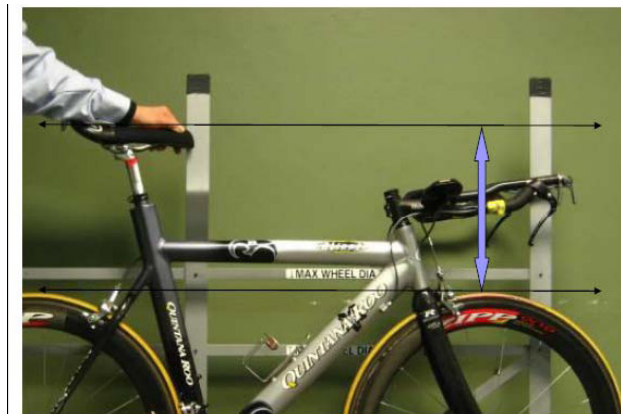
The Bicycle above is not legal. It has no seat tube or seat stays.

Bike Weight

For all road, cyclo-cross and track events there is a minimum weight requirement of 6.8 kg (14.99 lb). Ultra light road bikes and many track bikes may weigh less than the minimum weight. These are not allowed without adding additional weight to the bicycle to achieve the minimum weight. Water bottles, tool bags, pumps and such items that can simply be removed from the bike are not counted in the minimum required weight.

Handlebars

The regulations limit the normal forward reach of standard handlebars to 5 cm beyond the front wheel axle. This does not include the brake levers. As with most bicycles, the manufacturing industry makes compliance happen almost regardless of the components or frame. Handlebars of any kind must be lower than a level line drawn from the top of the saddle. The lowest part of the bars must also be higher than the top of the wheels.



Wheels

Wheels must be of the same diameter, between 550 mm and 700 mm, including the tire. For mass start races if the wheel does not pass the test of being “traditional” it must be specifically approved by the UCI. The regulations define a “traditional wheel” as any wheel with a rim with any cross section dimension no larger than 2.5 cm and with a minimum of 16 metallic spokes, whose maximum cross section does not exceed 2.4 mm. Anything more exotic than this for massed start events must first be tested and approved by the UCI. The UCI maintains a web site with this information under the “Rules” tab. The publication, “Non-Standard Wheels in Conformity with Article 1.3.018” contains the latest approved wheels.

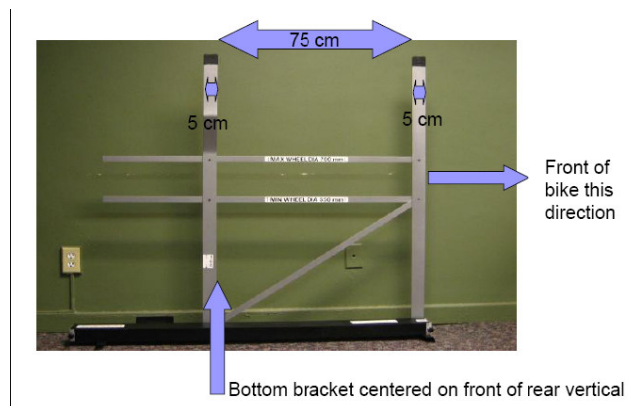
<http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type=FILE&id=MzUyMjk&>

There are currently over 150 wheels on this list. The wheels are listed by manufacturer. Some equipment is cross manufactured so make sure you know the wheel’s origin before assuming that it is not an approved wheel. Again, 11 years of international market compliance has seen the market become self-regulating on many fronts. With the popularity of triathlon, there is still reason to be watchful, however.

Bike Fit and Adjustment

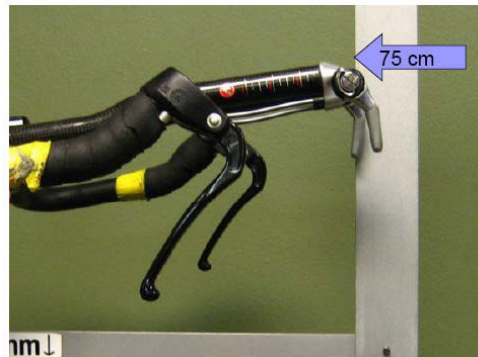
The rider’s points of supports; saddles, handlebars and pedals, have dimensional and adjustment limits that affect the rider’s position on the bicycle. The regulations for rider’s fit on the bicycle vary between general endurance and pure speed events. First, the standard fit details are given. Following this, exceptions for body fit, or morphological exceptions will be reviewed.

For endurance or all mass start events; **road, track and cyclo-cross**, the nose of the saddle must be a minimum of 5 cm behind a vertical line drawn up through the center of the crank axle. For speed events (track); **sprint, 500m, 750m, kilometer and team sprint**, the nose of the saddle may move forward inside this 5 cm dimension, but never beyond the center of the crank.





For time trial events, handlebar extensions may be added. These extensions may offer forearm support, but cannot be designed to allow pulling or applying leverage against the handlebars. The maximum forward horizontal dimension of the handlebar extensions is 75 cm and is measured horizontally from the center of the bottom bracket axle to the end of the extension. Handlebar extensions should be parallel or nearly parallel to the ground such that the rider's arms are parallel to the ground when in use.

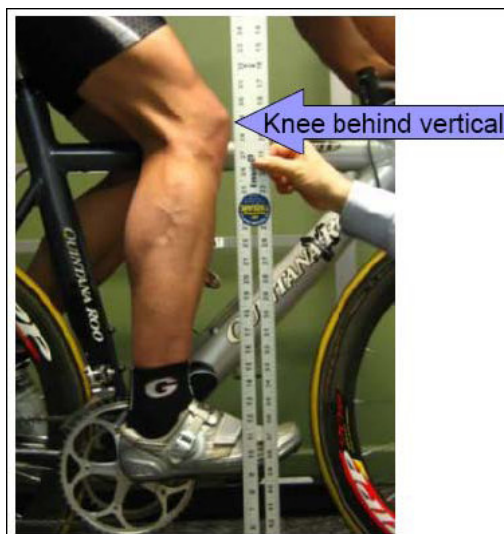


These bar extensions are the limit. The shift lever is right at 75 cm from the bottom bracket axle.

Saddle Position Morphology and Exceptions

One of the primary fit regulation issues is where the nose of the saddle can be in relation to a vertical line through the bottom bracket. As noted above, the regulation indicates the saddle must be 5 cm behind this line for most events. A rider whose saddle position is forward of this point, but no further forward than the center of the bottom bracket, must pass the following morphology test to be allowed to use this saddle position. Seated on the bike, with feet in shoes and clipped into the pedals, the foot/pedal is placed in the forward position (pedal horizontal-3 o'clock). In this position, the leading edge of the knee cannot be forward of the vertical line through center of the pedal axle. If the knee is found to be forward of this line, the saddle must be adjusted backwards and the verification is undertaken again. If the saddle cannot be adjusted for proper compliance, a smaller saddle might be an option. The saddle must be between

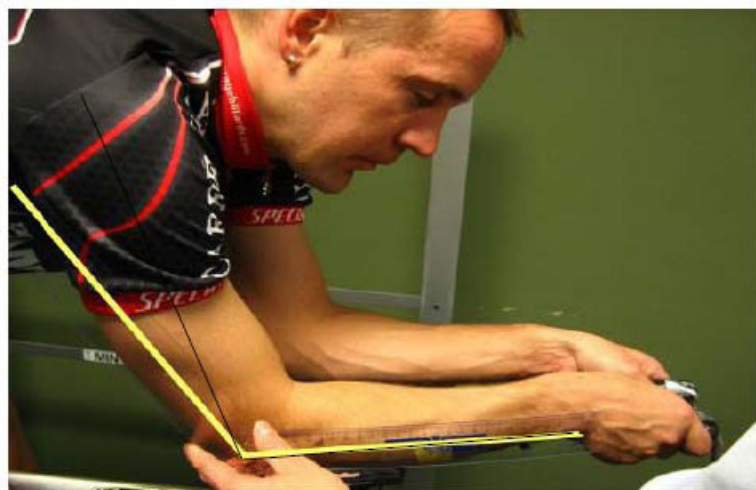
24 cm and 30 cm in length. Shorter riders and those with small frames are more likely to need this fit test performed. Note that the rider may not slide off the back of the saddle to move the knee back for this test. In fact, a rider who has normal leg length and is over 5' 6" really has no business requesting this test as such a rider can easily attain a legal position simply by moving the saddle back.



This rider would pass the morphological test for the saddle position behind the vertical. Note that the rider must be in their true riding position when doing this test.

Handlebar Extension Morphology

Extensions, whether a clip-on device or full replacement of the handlebar, are designed to offer the rider a more aerodynamic position, with an extended reach. Enforcement of handlebar regulations is to regulate two things; "superman" position (extended forward reach) and a level arm position. The regulation limits a handlebar extension to a horizontal dimension of 75 cm measured from the center of the bottom bracket axle to the end of the extension. A rider with a longer extension, but only up to a maximum of 80 cm overall (another 5 cm) must pass the following morphology test in order to be allowed to use the distance between 75 cm and 80 cm. The rider is placed on the bike, again in the appropriate time trial position and the angle between the rider's forearm and upper arm is measured. As long as this angle is not greater than 120°, the additional extension length, up to the 80 cm maximum, is allowed. The rider must reach to the end of the extension before this measurement is taken. If you do not use some portion of end the bar and don't want it to be part of this measurement, then it should be adjusted back or removed. Riders may not slide off the front of their saddle to decrease this angle. If a shift lever is added to the extension, the non-moveable portion of this device is counted in the overall measurement. This test is more common for tall riders.



This rider passes the handlebar extension morphology test. His elbow angle is less than 120 degrees.

Timing of Bike Check

Plan accordingly. Just as 17-18 Junior's must have their bike verified for roll-out for the maximum gear of 7.93 meters (26'), all bikes must be checked for nearly all events. Bikes are normally checked or verified for each event, each time they are used. The emphasis of compliance review is largely focused on, but not exclusively, on time trial and track events. Bikes are first checked for overall equipment, weight and dimensional compliance. If all the regulations are met, the bike is passed with no further testing required. Assuming the equipment and weight are acceptable, but the dimensions (for saddle position, handlebar placement, handle bar extensions) are outside the standard allowable limits, the bike and rider must be checked for morphological fit exceptions. A check of the bicycle with the rider seated, with racing shoes attached to pedals and the rider in the appropriate riding position for the specific event, is done. Remember, it takes a few minutes to verify your bike's compliance even if everything is adjusted within the specified regulations. If you know that you require a test for exceptions as outlined in this article, report to the officials a bit earlier than normal. Once a bike has been verified, however, it cannot leave the measurement area without being re-verified before the start of the event.

We hope this essay has been useful to you. If you have any questions about bike Measurement, please feel free to contact Shawn Farrell, USA Cycling Technical Director, at 719-866-3364 or sfarrell@usacycling.org

Anti-Doping Control

ANTI-DOPING/MEDICAL CONTROL

Anti-doping control for the USA Cycling Junior, U23, Elite National Road Championships is governed by the policies and procedures of the United States Anti-Doping Agency (USADA). Any questions regarding specific testing procedures should be directed to USADA. To review USADA policies and the official list of banned substances, please visit www.usantidoping.org.

Local Bike Shops



27825 Santa Margarita Parkway, Suite A
Mission Viejo
949.859.5076
Near by Foothill Ranch, Rancho Santa Margarita, Portola Hills, Trabuco Canyon

27281 La Paz Rd. Suite N
Laguna Niguel
949.360.8045
Near by San Juan Capistrano, Aliso Viejo, Ladera Ranch, Laguna Beach, Dana Point, Laguna Hills

5701 Santa Ana Canyon Rd. Suite F & G
Anaheim Hills
714.998.2453
Near by Placentia, Yorba Linda, Brea, Fullerton

6282 Irvine Blvd
Irvine
949.733.2453
Near by Santa Ana, Tustin, Costa Mesa, Newport Beach

Store Hours
Mon-Fri 10am-7pm
Sat 9am-6pm
Sun 10am-5pm

Medical

Medical will be provided by

Dr. Tim Carpenter

Medical will be available at the finish line at each venue.

The hospital is located in Orange at:

UC Irvine Healthcare

101 The City Drive South • Orange, CA 92868
714.456.7890

Orange County Attractions and Events

[Newport Landing Whale Watching](#) - Newport Landing provides **year-around** whale watching & dolphin cruises daily departing from Newport Beach. Newport Landing is centrally located in Orange County and minutes from Los Angeles in the heart of Southern California. Newport Landing offers whale watching cruises viewing many different species of whales including giant blue whales that attain lengths of up to 80 feet or more. Along with whales, several species of dolphin are commonly sighted. It is not uncommon to view huge pods of dolphin that number in the thousands. Many other marine creatures are sighted including seals, pelicans, and many more. Killer whales and even sharks are also seen occasionally. . Multiple cruises daily. \$25 for adults and \$20 for juniors.

[Disneyland](#) - Walt's original Theme Park continues to reign as "The Happiest Place on Earth" and home to almost five decades of Disney wonder and magic. Disneyland offers over 60 world-famous parades, shows, and attractions, including The Indiana Jones Adventure, Pirates of the Caribbean, and FANTASMIC!

[Disney's California Adventure](#) - Located next door to Disneyland. Celebrate the fun and adventures of California. Immerse yourself in the California spirit through Hollywood magic, beachfront boardwalk thrills, and great outdoor adventures Disney style.

[Downtown Disney](#) - Shopping, dining, and entertainment featuring AMC, Catal Restaurant, ESPN Zone, House of Blues, LEGO, Naples Ristorante, Rainforest Cafe, Ralph Brennan's Jazz Kitchen, World of Disney, Y Amba Y Arriba.

[Medieval Times](#) - At Medieval Times, you'll feast on a 4-course dinner, see spectacular pageantry, dramatic horsemanship, exciting swordplay, and an authentic jousting tournament.

[Orange County Performing Arts Center](#) - The Orange County Performing Arts Center invites you to experience the thrill of live performance. The world's greatest singers, dancers, actors and musicians take to The Center's stages to create spectacular entertainment.

[South Coast Plaza](#) - South Coast Plaza is one of America's nine famous shopping centers to stay, shop, and dine. The plaza features stores, restaurants, carousels and more. The 260 stores and restaurants, spa, cinema and theatre is an adventure that takes you to 17 countries.

[Santa Ana Zoo](#) - The Santa Ana Zoo at Prentice Park is a public zoological garden occupying a unique urban site in the heart of Orange County. Situated on approximately 20 acres, it hosts more than 270,000 people annually.

[Orange County Zoo](#) - The Orange County Zoo is located inside beautiful Irvine Park. The park is located within the city limits of the City of Orange. The zoo is nestled among the majestic 477 acre wilderness park. The zoo specializes in the animals and plants from the southwestern United States.

[Newport Landing Sportfishing](#) - Newport Landing Sportfishing is located in Newport Beach and is the premier fishing marine center in Southern California. Privately charter or rent one of our 5 boats for just your company or group or join one of our open to the general public 1/2 day, 3/4 day, or longer fishing trips. Several departure times each day means that there is a trip time and length to fit almost any schedule. Whether a family or just yourself these trips are an ideal

opportunity to experience the best of Southern California Sportfishing. Yellowtail to 40 pounds, barracuda, bonito, calico bass, sand bass, white sea bass, halibut, yellowfin tuna, and many more species available. Newport Landing Sportfishing's fleet has state of the art electronics, spacious indoor/outdoor seating, full amenities including a full service snack bar/kitchen, and crew assistants to help with all fishing needs.

[Knott's Berry Farm](#) - Knott's is a 150 acres of thrilling rides, exciting attractions, outstanding live entertainment, fascinating historic exhibits, world-famous dining and one-of-a-kind specialty shops.

[Fullerton Arboretum](#) - The Fullerton Arboretum, a 26-acre botanical garden with an ecologically arranged collection of plants from around the world, is located on the northeast corner of the California State University, Fullerton campus.

[International Surfing Museum](#) - The International Surfing Museum located in Huntington Beach, California is home to a collection of some of the most significant artifacts in the history of surfing. With surf music and videos playing in the background, you'll be in the mood to view the many fine exhibits.

[Orange County Natural History Museum](#) - The Orange County Natural History Museum, operated by the Orange County Natural History Association, is dedicated to the preservation, exhibition and interpretation of Orange County. The Museum offers natural history exhibits, free community lecture series and programs for the entire family.

[Fashion Island](#) - Fashion Island is one of Southern California's most extraordinary shopping experiences. With 200 stores, 40 restaurants and two cinemas with more than a dozen screens, you'll have the time of your life shopping outdoors amid sparkling fountains, sidewalk carts, ocean breezes and tree-lined paseos.

[Bowers Museum of Cultural Art](#) - One of Southern California's finest museums and Orange County's largest, the Bowers Museum is one of the only museums in the United States devoted to promoting human understanding through art. The Museum's collections include African, Oceanic, Native American, pre-Columbian, and California Plein Air paintings.

[Discovery Science Center](#) - Discovery Science Center is a non-profit organization dedicated to educating young minds, assisting teachers and increasing understanding and appreciation of science, math and technology. In short, Discovery Science Center is a place where children and adults alike can learn while having fun.

[Movieland Wax Museum](#) - At Movieland Wax Museum, visitors can see more than 300+ famous stars in thrilling sets with authentic costumes and props.

[Wild Rivers](#) - Wild Rivers water park located in Irvine features rides and attractions for the entire family.

[Arrowhead Pond](#) - As Southern California's premier entertainment and sports venue, the Arrowhead Pond hosts a variety of first-class events each year including concerts, sporting events and family shows.