

**2009 USA Cycling
Elite/U23/Junior
National Road Cycling
Championships
&
US Paracycling National
Time Trial
Championships**



July 27 – Aug 2, 2009

Bend, Oregon

USAC Permit#09-2100

Technical Guide

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General

SPONSORS

Consider the USA Cycling Elite/U23/Junior National Road Championships sponsors first when selecting your travel and entertainment needs in Bend.



345 SW Century Drive
Bend OR 97702
(541) 322-8814

On the way to Summit HS. Your one-stop shop for parts, accessories, race supplies.

STAFF & ORGANIZATION

Organizer: Breakaway Promotions, LLC.
Contact Chad Sperry 541-980-2338. Held under USA Cycling Permit #09-2100



Race Headquarters:



3105 O.B. Riley Rd
Bend, OR 97701
541.389.9600 OR
800.222.2244



http://www.shiloinns.com/hotel_detail.s.asp?PI=EBDOR

Hours: See daily schedules.

Packet Pickup: REI, 380 Powerhouse Dr.
Bend, OR 97702 (541) 385-0594

Staff:

Race Director: Chad Sperry chad@gorge.net

Competition Director: Dot Abbott

National Events Manager: Tom Vinson

Technical Director: Shawn Farrell

Host Housing: Taylor Leach

Media Relations: Doug LaPlaca

Communications Mgr: Kerri Kahn

Membership Manager: Susan Diller

Western Reg. Mgr.: Jan Luke-Hamasaki

Volunteer Director: Renee Mansour

Venue Director: Bill Warburton

Course Director: Shane Wilson

Support:

Race Results and Camera:

Phoenix Sport Technology

Race Announcers:

Dave Towle and Splinter Wrenn

Registration:

<http://new.sportsbaseonline.com>

Neutral Support: Shimano

Anti-doping: USADA

Medical Team: provided by Desert Orthopedic
and Rebound Physical Therapy

Officials:

Chief Referee: Randy Shafer

Chief Judge: Kristin Mills

Referee: Cindy Yorgason

Referee: Andy Taus

Assistant Judge: Steve Eppel

Assistant Judge: George Knight

Motor Referee: James Abbott

Motor Referee: Jim Allen

Motor Referee: Peter Dempsey

Motor Referee: Michael Hansen

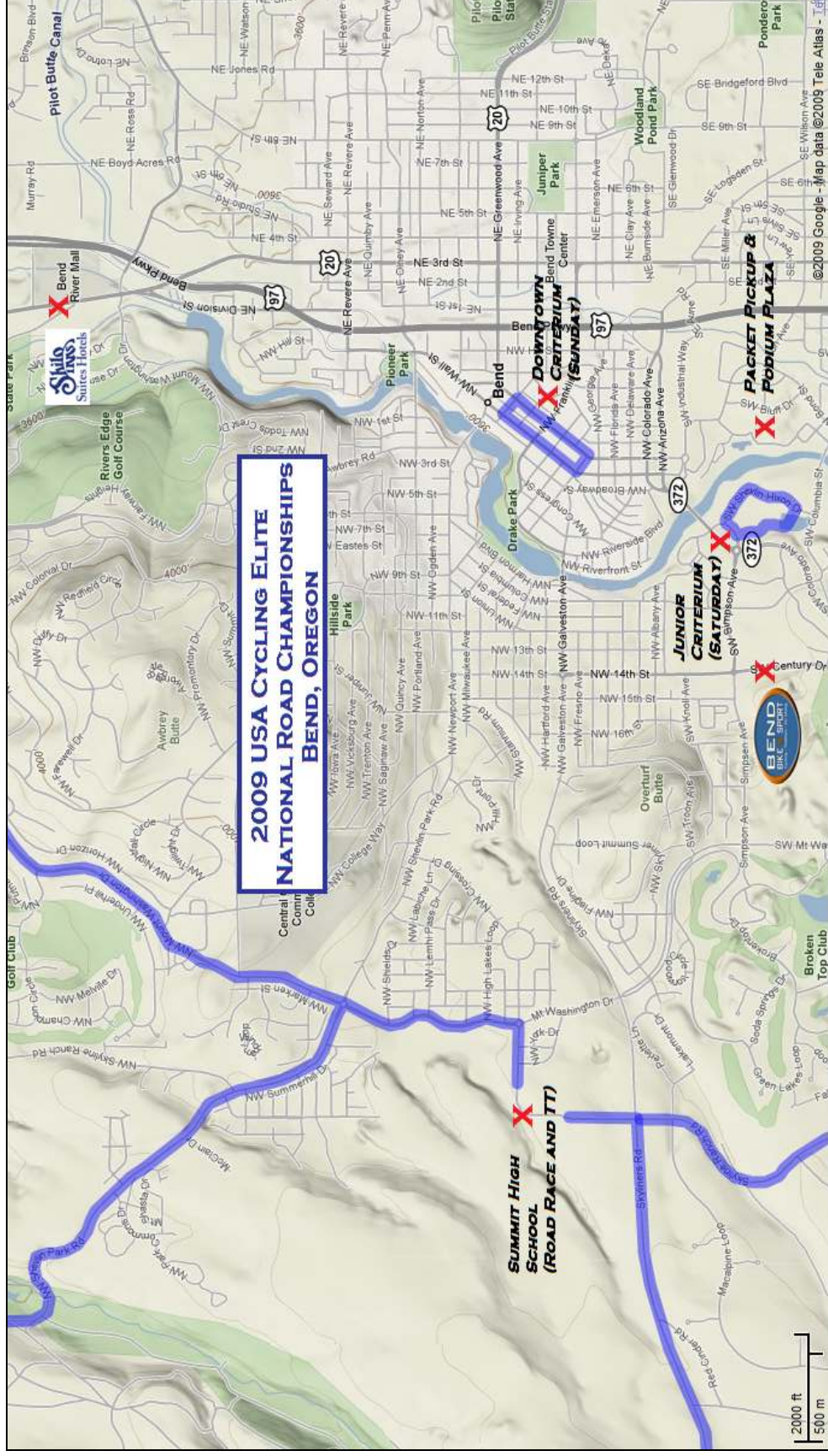
SCHEDULE OF EVENTS - SUMMARY

See the detailed schedule for each discipline. An event summary is below.

Event Summary			
DAY	TIME	CATEGORY	EVENT
Mon 27	12PM – 8PM	All	Packet Pickup & Registration Courtesy Bike Checks
Tue 28	8AM – 2PM	ALL	<i>\$20 On-site packet pickup</i>
	AM	Junior Men 10-12 Junior Women 10-12; 13-14	Road Races
	PM	Junior Men 13-14; 15-16 (Cat 1-3) Junior Women 15-16	Road Races
	6:30PM	AWARDS	Old Mill Plaza
	7PM – 7:30PM	Caravan Drivers W17-18, MU23	Mandatory Meeting-Shilo Inn
	7PM – 9PM	ALL	Packet Pickup & Registration
Wed 29	7:30AM-2PM	ALL	<i>\$20 On-site packet pickup</i>
	AM	Junior Women 17-18	Road Races
	PM	U23 Men (Cat 1-2)	Road Races
	6PM	AWARDS	
	7PM – 7:30PM	Caravan Drivers M17-18, WU23, Elite M/W	Mandatory Meeting-Shilo Inn
	7PM – 9 PM	ALL	Packet Pickup & Registration
Thu 30	7:30AM – 2PM	ALL	<i>\$20 On-site packet pickup</i>
	AM	Junior Men 17-18 (Cat 1-3); Elite/ U23 Women(Cat 1-2)	Road Races
	PM	Elite Men (Cat 1)	Road Races
	6PM	AWARDS	Old Mill Plaza
	7PM – 9 PM	Paracycling & ALL TT	Packet Pickup & Registration Courtesy Bike Checks
Fri 31	7AM – 4PM	ALL	<i>\$20 On-site packet pickup</i>
	AM	10-16, HCA, CP1-2	Time Trial
	PM	17-18, U23, Elite, LC 1-4, CP3-4, HCB, HCC	Time Trial
	6PM	AWARDS	Old Mill Plaza
	7PM – 9 PM	ALL	Packet Pickup & Registration
Sat 01	9AM – 2PM	ALL	<i>\$20 On-site packet pickup</i>
	AM	Junior Men 10-12 Junior Women 10-12; 13-14	Criterium
	See Schedule	AWARDS	Old Mill Plaza
	PM	Junior Men 13-14; 15-16(Cat 1-3) Junior Women 15-16	Criterium
	See Schedule	AWARDS	Old Mill Plaza
Sun 02	9AM – 2PM	ALL	<i>\$20 On-site packet pickup</i>
	AM	Junior Women 17-18; U23 Women (Cat 1-3)	Criterium
	PM	Junior M17-18(Cat 1-3) U23M (Cat 1-2)	Criterium
	See Schedule	AWARDS	Criterium venue

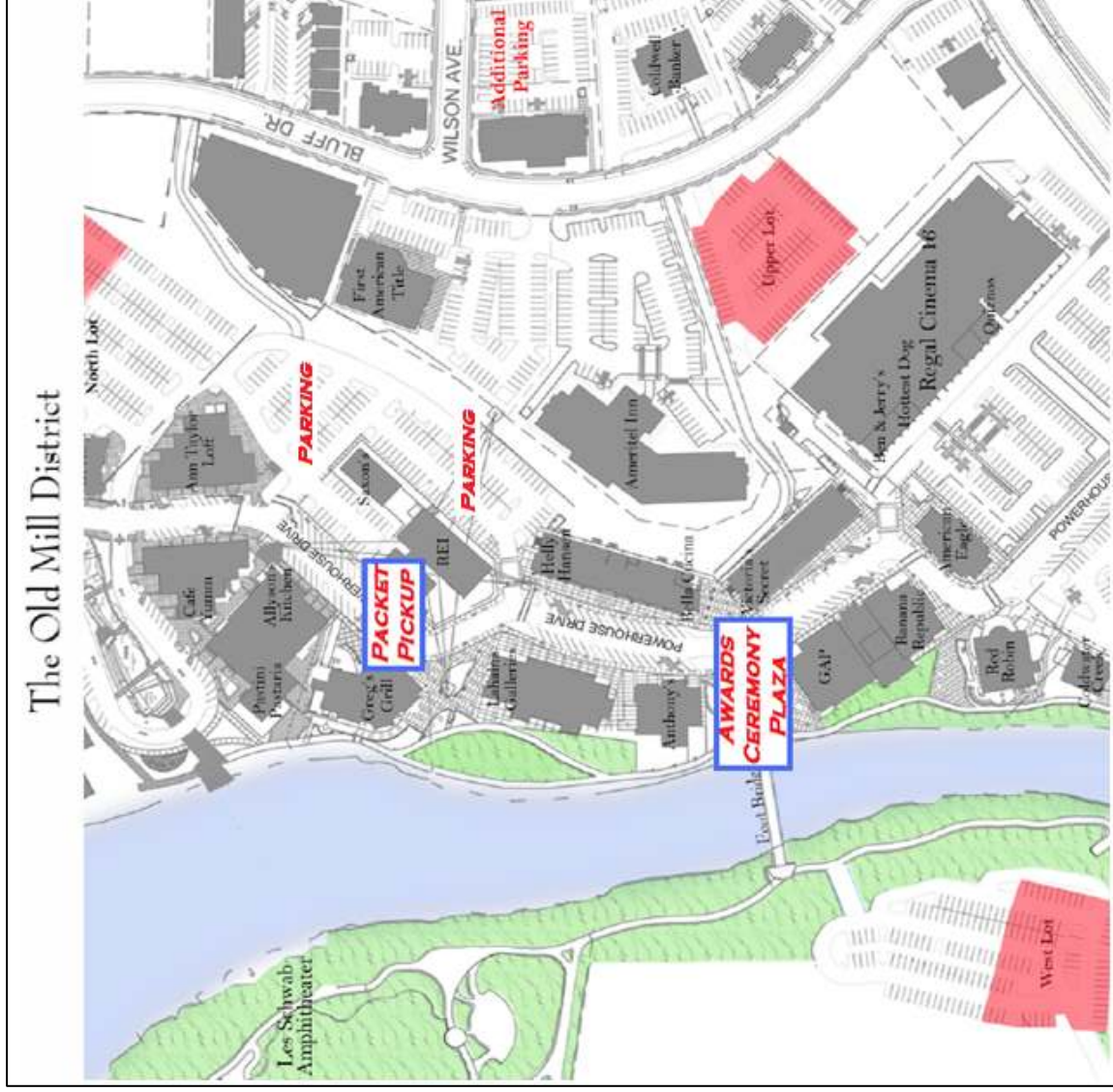
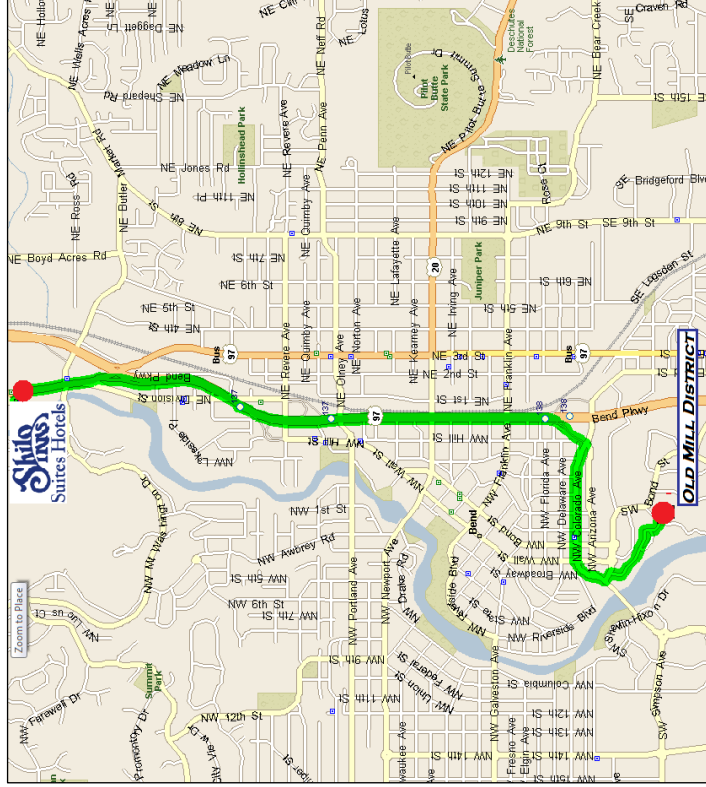


START & EVENT LOCATOR OVERVIEW MAP



MAPS & Directions: Old Mill Plaza/Packet

Mile	Instruction	For
0.0	Depart Shilo Inn on NE OB Riley Rd (South)	65 yds
0.1	Turn RIGHT (South) onto US-97 [US-97 Bus]	0.3 mi
0.3	Take Ramp (RIGHT) onto US-97 [Bend Parkway]	1.7 mi Toward US-97 / Mt. Bachelor / Klamath Falls
2.0	At exit 138, keep RIGHT onto Ramp	0.2 mi Toward Downtown / Mt. Bachelor
2.2	Turn RIGHT (West) onto (NW) Colorado Ave	0.6 mi
2.7	Turn LEFT (East) onto SW Industrial Way, then immediately turn RIGHT (South) onto SW Mill A Dr	0.3 mi
3.1	Arrive SW Powerhouse Dr, Bend, OR 97702	Estimated time: 7 minutes



SPECIAL RULES & INFORMATION

GENERAL

Held under USAC Permit #09-2100. All USAC Regulations apply. Specific regulations follow.

ELIGIBILITY

Juniors

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.

Junior Men aged 15-16 and 17-18 are restricted to road category 1-3 for the Individual Road Races and Criteriums.

Under 23

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. Note that U23 riders on a UCI Protour team are not eligible for the U23 event.

U23 men and women are restricted to road category 1-2 for the road races and criteriums.

Elite

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 following category restrictions:

For the Road Races, the Elite Men are restricted to road category 1, and the Elite Women are restricted to road category 1-2.

Riders who are on a UCI men's road team are not eligible for the elite events.

REGISTRATION

On-line registration is preferred, and will save you extra fees. Registration is available through

<http://new.sportsbaseonline.com>

Standard On-line registration opens May 30th and closes July 6th. Late online registration opens on July 7th and closes on July 22nd. Late online registration is subject to a \$25 surcharge. Late in-person registration is available at the packet pick-up area up to the evening before each event, *assuming the field maximum sizes have not been met*. Late in-person registration is subject to a surcharge equal to the original entry fee (double the original entry fee). **There is no day-of registration for ANY of the events.**

Field maximums are as follows: Road Races: M/W16 and under are 125, M/W 17 and older are 200. Criterium: M/W16 and under are 125, M/W 17 and over is 150, Time Trial: Unlimited.

PACKET PICK-UP

Athletes who have pre-registered may pick up their packets between **7PM – 9PM** any of the evenings before their event at no extra charge.

Location: REI, 380 Powerhouse Drive, Bend, OR 97702 (541) 385-0594

Day-of race packet pickup and replacement numbers are available for an additional \$20 charge for one hour only the morning of each event (see schedule).

You may designate a coach, friend or teammate to pick up your number packet



for you during evening hours provided your designated person has the following in his or her possession:

- A signed letter requesting your numbers be picked up
- A signed and completed 2009 USAC Release Waiver (Juniors must also have parent's signature)
- Your signed 2009 USAC racing license
- For riders 17 and older, a copy of your US passport or birth certificate if you have a domestic (not-international) license that says "limited"
- Designated person must have ID

EQUIPMENT AND GEAR

RESTRICTIONS

Equipment. All bicycles used in National Championships (for age 17 and older riders) must comply with the current UCI regulations. For a guide to UCI bike measurements, see <https://www.usacycling.org/forms/officials/BikeMeasureForCommissaires101.pdf>

Junior Gears. Blocked gears are not allowed for National Championships. All tests for compliance shall be done using the "roll-out method." The limit for all junior ages is a development of 7.93 meters (26 feet), which roughly translates to a 52X14. **Junior riders participating in Elite events must use junior gearing.**

GENERAL REGULATIONS

Parking is extremely limited at some race venues. Please respect the **No Parking** signs and follow the instructions of the parking marshals.

Feeding is only permitted during the road race. Athletes should ensure they carry sufficient beverages for the criterium and time trial.

The current UCI schedule of fines and penalties [UCI article 12.1.040 "other events"] will be used.

NEUTRAL SUPPORT



Neutral support will be provided by Shimano.

However, riders may provide their own wheels to the pit locations specified or to the neutral service vehicles. Locations are specified on the maps for each discipline.

TEAM SUPPORT VEHICLES

U23 Elite Men/Women: Teams with three or more riders entered in a single Road Race category may have a team vehicle in the caravan. The number of vehicles may be altered based on circumstances. The vehicle must be less than 1.6 meters high (standard sedan). The driver of the vehicle must comply with **all** of the following, no exceptions:

- Have proof of insurance
- Present a valid driver's license
- Present a current USAC license
- Attend the Caravan Driver's meeting 7PM, Shilo Inn the evening before

Team vehicles may only support **one** team each. The order of the team vehicles will be determined by random draw at the caravan drivers meetings.

RESULTS

Athletes registering on-line and submitting a valid email address will receive daily email results for their category. This option is not available for late registrants. Results will also be posted near the finish line on the SBO trailer, at the race headquarters, at the host hotel lobby, and on the official web site on a daily basis. The protest period concerning results is 15 minutes after posting, after which time they become FINAL. Protests concerning



the order of finish are to be lodged with the Chief Judge. Final results will be posted to the USA Cycling web site.

DOPING CONTROL

USA Cycling has a zero-tolerance policy for doping in our sport. The testing protocol will be that of the United States Anti-Doping Agency (USADA). For the official and most updated list of the "prohibited classes of substances and prohibited methods," please refer to www.usantidoping.org. Athletes are responsible for checking the doping control list after each event. Any rider listed must appear at the USADA testing area immediately after finishing their event.

AWARDS

Awards shall consist of a first place jersey and medals to five places. The U23 women will race with the Elite women in the road race and the time trial. For these two events, the best U23 rider in the Elite event will receive a National Championship jersey and a gold medal. No other medals will be awarded.

Awards ceremonies will take place at the Old Mill Plaza every evening from 6-7PM Tues – Friday for all categories that have raced that day. Awards ceremonies will take place according to the scheduled times on Saturday at the Old Mill Plaza and on Sunday at the criterium venue.

The top five places in each competition must present themselves to the awards podium five minutes before the scheduled presentation. Suitable cycling attire must be worn to the awards ceremony. Athletes are encouraged to wear their full cycling kit (jersey and shorts). At a minimum the team jersey must be worn.

MEDIA

Medal winners and new National Champions may be asked to participate in interviews and press conferences immediately following the podium awards presentations. We ask athletes to be open to granting interviews with the media at a convenient time. The media relations contact for the championships is Kerri Kahn 719-231-2041.

MEDICAL FACILITIES

First aid stations are located near the Finish line of each event. Ambulances will be on call. For medical emergencies outside of competition timelines, dial 911.

St. Charles Medical Center-Bend

2500 N.E. Neff Road Bend, OR 97701
Phone:(541) 382-4321

Bend Memorial Clinic Urgent Care-Westside Clinic-Bend

1080 SW Mt. Bachelor Dr. Bend, OR
97702 541.382.4900

Clinic Hours: Monday-Friday 8am-7pm
Saturday 9am-5pm Sunday 10pm-5pm

St. Charles Medical Center-Redmond

1253 NW Canal Blvd.
Redmond, OR 97756 (541) 548-8131

Bend Memorial Clinic Urgent Care-Redmond

1541 NE Canal Blvd.
Redmond, OR 97756
(541) 322-3560 Mon-Fri, 8 a.m.-5 p.m.

Pioneer Memorial Hospital-Prineville

1201 NE Elm Street Prineville, OR 97754
(541) 447-6254

Mountain View Hospital-Madras

470 NE A Street Madras, OR 97741
(541) 475-3882

***Bend Memorial Clinic-Sisters** 231 E.
Cascade Sisters, OR 97759



Paracycling National Championships

GENERAL

US Paralympics, a division of the USOC, governs Paralympic sport in the United States. Paralympic National Championships and other Paralympic-specific events, whether conducted by the U.S. Paralympics or USA Cycling, will be conducted in accordance with International Paralympic Committee (IPC) adaptations to published UCI rules. These regulations can be found at www.paralympic.org and www.uci.ch

ELIGIBILITY

In paracycling road competitions, the minimum age for the youth category shall be the year of the rider's 14th birthday.

All athletes must hold a valid USA Cycling annual license. This license must be presented at packet pick-up.

EQUIPMENT

Paracycling equipment will be checked for conformity with the UCI Paracycling regulations.

REGISTRATION

On-line registration is preferred, and will save you extra fees. Registration is available through Sportsbase Online, <http://new.sportsbaseonline.com/>. On-line registration opens on May 30th and closes on July 22nd. Late registration is available in person on-site at packet pick-up up to the evening before each event, and **is subject to a surcharge equal to the original entry fee (double the original entry)**. There is no day-of registration available for any event.

PACKET PICK-UP

Riders who have pre-registered may pick up their packets at REI from noon to 8PM Monday July 26 or between 7PM – 9PM Tuesday through Thursday, July 27-30. Replacement numbers and day-of packet pickup will be available before the start of each day's event for an additional \$20 late pick-up fee.

AWARDS

The event will be run as a combined competition. National Champion Jerseys (4 total) and medals will be awarded to the top three men and top three women athletes in the results from the combined bicycle and tandem rankings and the combined hand cycle and tricycle rankings, using the US Paralympic national factoring standards. Awards will take place at 7PM at the Old Mill Plaza (*see map/directions*). Cycling attire (jersey, shorts) is mandatory.

Selection procedures and factoring standards can be found at <http://www.usparalympics.org/content/index/595>.



ADDITIONAL INFORMATION

Please see the section under "General Information" and under "Time Trials" for more detailed information. Paracyclists may enter the USAC National Road Championship events if otherwise eligible.



Road Races: Tue-Thu July 28-30

NUMBERS:

Two body numbers and one frame number

category (e.g., 17-18 into U23) will be called second. No other athletes will receive a call-up.

CALL-UPS:

The top 8 riders from last year's championship event, if present, will be called to the start line first. Athletes who were in the top 8 from the last year's championship but have moved up an age

FEED ZONE:

Please see feed zone locations on the maps provided. Feeding is permitted only on the right side of the road. Team support vehicles are to depart prior to the start of the race.

DIRECTIONS TO ROAD RACE AT SUMMIT HIGH SCHOOL FROM HOST HOTEL SHILO INN

Mile	Instruction	For	Toward
0.0	Depart Shilo Inn on NE OB Riley Rd (South)	65 yds	
0.1	Turn RIGHT (South) onto US-20 [US-97 Bus]	0.3 mi	
0.3	Take Ramp (RIGHT) onto US-97 [Bend Pkwy]	1.7 mi	US-97 / Mt. Bachelor / Klamath Falls
2.0	At exit 138, keep RIGHT onto Ramp	0.2 mi	Downtown / Mt. Bachelor
2.2	Turn RIGHT (West) onto (NW) Colorado Ave	0.9 mi	
3.0	At roundabout, take the FIRST exit onto SW Simpson Ave	1.1 mi	
4.1	Turn RIGHT (North) onto (SW) Mt Washington Dr	0.2 mi	
4.3	Keep STRAIGHT - stay on NW Mt Washington Dr	1.0 mi	
5.3	At roundabout, take the THIRD exit onto NW Crossing Dr	0.4 mi	
5.7	Arrive NW Crossing Dr, Bend, OR 97701		

SUMMARY

Driving distance: 5.7 miles

Driving time: 11 minutes

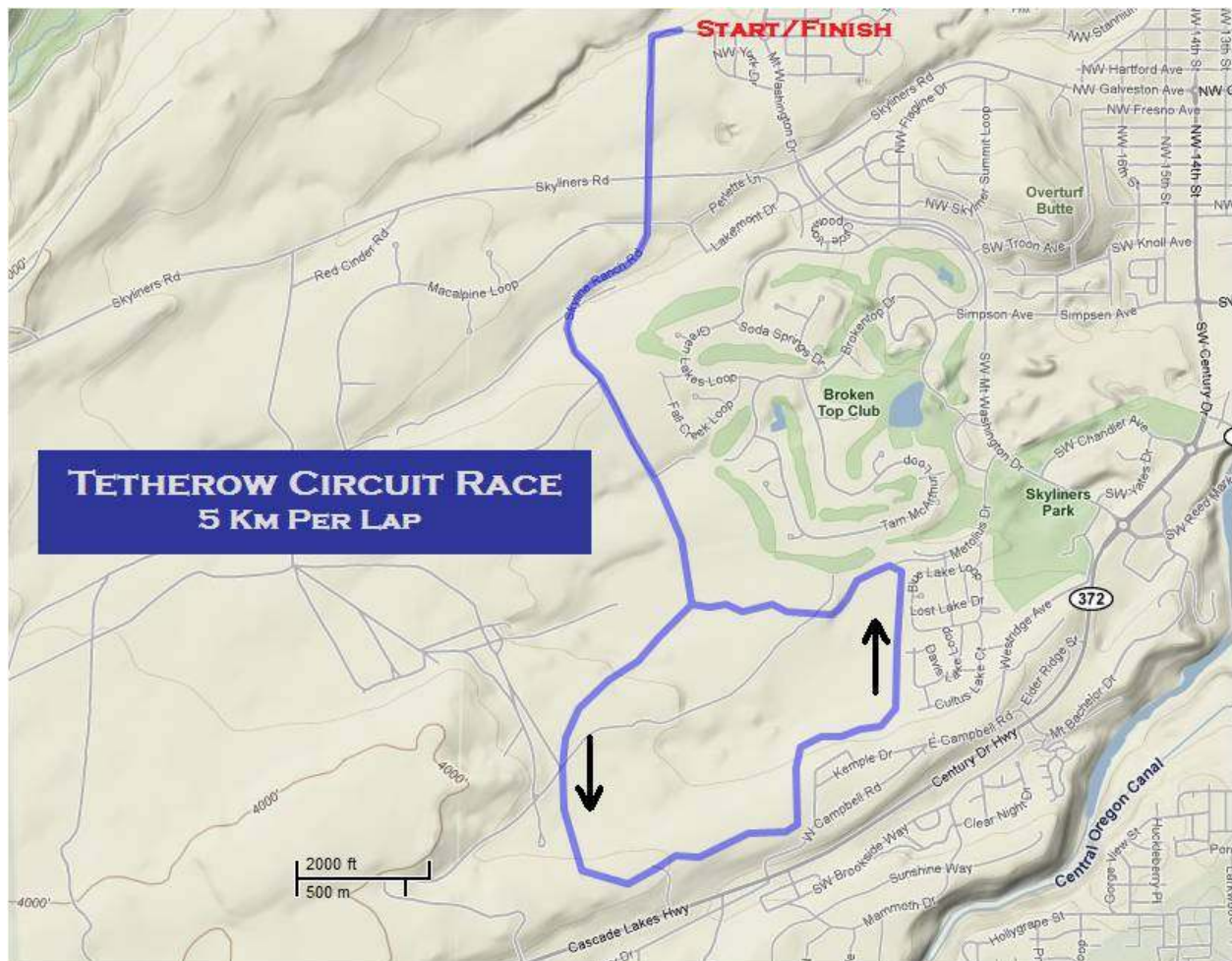


DAILY SCHEDULE FOR ROAD RACES

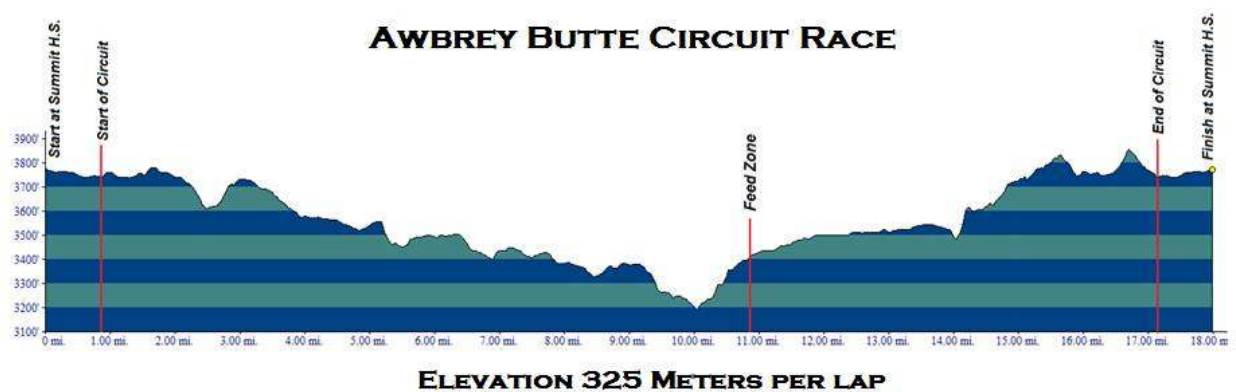
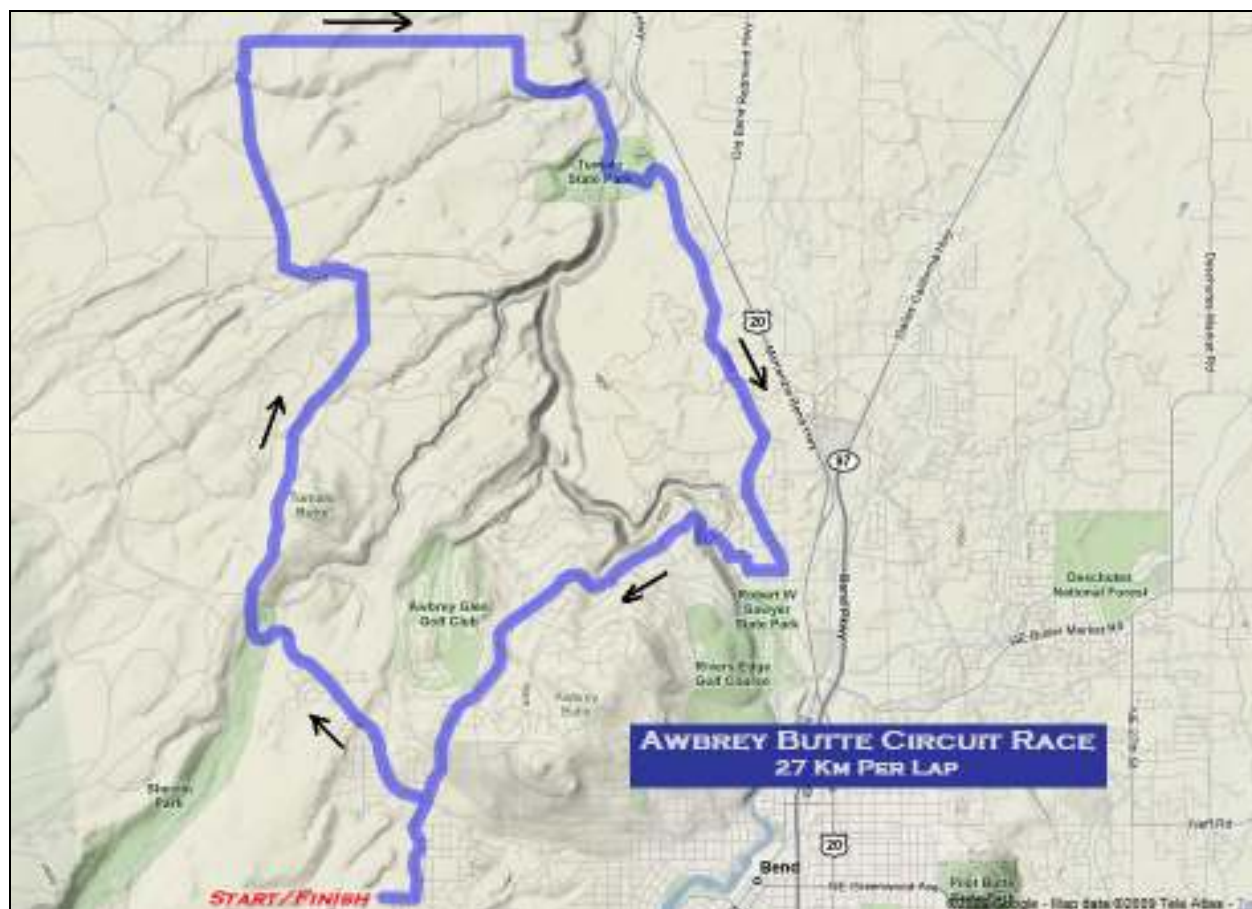
Start	Category	Event	Distance	Laps
Mon 27				
12PM – 8 PM	All	Packet Pickup & Courtesy Bike Checks		
Tue 28				
8AM-2PM	Tue races	\$20 Packet Pickup	>30 min prior	
9AM	Junior Women 10-12	Road Race	20 KM	3
10AM	Junior Men 10-12	Road Race	20 KM	3
11AM	Junior Women 13-14	Road Race	30 KM	5
12:30 PM	Junior Men 13-14	Road Race	40 KM	7
2:00 PM	Junior Women 15-16	Road Race	55 KM	10
4:00 PM	Junior Men 15-16 (Cat 1-3)	Road Race	75 KM	14
6:30PM	W10-16, M10-16	AWARDS	Old Mill Plaza	
7:00 PM	W17-18, MU23	Caravan Meeting	Shilo Inn	
7PM – 9 PM	All	Packet Pickup		
Wed 29				
7:30AM-2PM	Wed races	\$20 Packet Pickup	>30 min prior	
8:30 AM	Junior Women 17-18	Road Race	81.3 KM	3
12:30 PM	U23 Men (Cat 1-2)	Road Race	195 KM	7
6 PM	W17-18, MU23	AWARDS	Old Mill Plaza	
7:00 PM	M17-18, ME, WE/WU23	Caravan Meeting	Shilo Inn	
7PM – 9PM	All	Packet Pickup		
Thu 30				
7AM-12PM	Thu races	\$20 Packet Pickup	>30 min prior	
8AM	Junior Men 17-18 (Cat 1-3)	Road Race	107.5 KM	4
8:15 AM	Elite/U23 Women (Cat 1-2)	Road Race	107.5 KM	4
12 PM	Elite Men (Cat 1)	Road Race	186.2 KM	7
6PM	M17-18, WE/U23, ME	AWARDS	Old Mill Plaza	



16 AND UNDER JUNIOR ROAD RACES COURSE MAP



ELITE/U23/JR 17-18 ROAD RACE COURSE MAPS



AWBREY BUTTE ROAD RACE

COURSE DETAIL

Circuits – Junior 17-18, U23, Elite Women and Elite Men		
KM	Mile	Description
0.0	0.0	Neutral rollout from Summit High School
0.3	0.2	Left turn onto Mt. Washington Dr.
1.2	0.8	Enter roundabout head west onto Shevlin Park Dr. (RACE STARTS)
4.5	2.8	Shevlin Pk. Rd. Merges with Johnson Rd, Continue on Johnson Rd.
8.2	5.1	Left Turn Jct. Tyler Rd.
11.4	7.1	Right Turn on Tumalo Reservoir Rd.
14.3	8.9	Right turn to continue on Tumalo Reservoir Road
16.0	10.0	Right onto O.B Riley Road
17.2	10.7	Feed Zone on O.B. Riley Road
21.8	13.6	Right Turn on Archie Briggs Rd.
24.3	15.1	Right Turn onto Mt. Washington (Riders must stay right of center islands until Shevlin Park)
27.5	17.1	Enter round about right Turn onto Shevlin Park Road. Marks the start of the second lap.
		Continue as below for each category.

Women Junior 17-18		
		Continue for 2 more laps.
		Finishing Lap
80.0	49.7	Enter round about for Shevlin Park and Mt. Washington proceed straight
80.9	50.3	Right onto NW Crossing
81.1	50.4	Caravan deviates right onto NW Clearwater
81.3	50.5	Finish

Men Junior 17-18 and Elite Women		
		Continue for 3 more laps.
		Finishing Lap
106.2	66.0	Enter round about for Shevlin Park and Mt. Washington proceed straight
107.2	66.6	Right onto NW Crossing
107.3	66.7	Caravan deviates right onto NW Clearwater
107.5	66.8	Finish

Elite Men		
		Continue for 6 more laps.
		Finishing Lap
184.9	114.9	Enter round about for Shevlin Park and Mt. Washington proceed straight
185.9	115.5	Right onto NW Crossing
186.0	115.6	Caravan deviates right onto NW Clearwater
186.2	115.7	Finish



Time Trials: Friday, July 31

DAILY SCHEDULE

Day	Est. Time	Category	Distance
Thu 30	7PM – 9PM	Packet Pickup and Registration	
Fri 31	7AM – 4PM	\$20 On-site packet pickup TT	
	8 AM	Junior Women 10-12	12 KM
		Junior Men 10-12	12 KM
		Junior Women 13-14	12 KM
		Junior Men 13-14	12 KM
		Paracycling Women HC, CP1-2	12 KM
		Paracycling Men HCA CP1-2	12 KM
		Paracycling Women: BVI LC1-4 CP3-4 HCB HCC	20 KM
		Paracycling Men: BVI LC1-4 CP3-4 HCB HCC	20 KM
		Junior Women 15-16	24 KM
		Junior Men 15-16	24 KM
		Junior Women 17-18	24 KM
		Junior Men 17-18	24 KM
		Elite/U23 Women	35 KM
		U23 Men	35 KM
		Elite Men	35 KM
	6PM	Awards Ceremonies – ALL CATEGORIES	O.M.P.

START TIME & BIKE CHECK:

The final starting times for the Time Trial will be posted as soon as possible after the close of registration. A preliminary list of estimated start times for each group (not each athlete by group) will be posted to the web site and at packet pick-up the evening before the time trial. **BE SURE TO CHECK YOUR START TIME WITH THE FINAL POSTING AS LATE ENTRIES MAY CHANGE THE LIST!!**

- **Juniors 10-16** athletes are to present themselves to the roll-out area at least 10 minutes before their assigned start.
- **Juniors 17-18, U23, Elite, and Paracycling** athletes are to present themselves to the roll-out and bike check area at least 15 minutes before their assigned start.
- Bicycles may be courtesy checked earlier, but if the bicycle leaves the official bike check area, it will have to

be checked again just before the start. Give yourself time to get your bike checked and possibly to make repairs.

NUMBERS:

Bicycles: one number positioned low in the center of the back but above the shorts line. Hand cycles: one number on each leg, one number visible from the back and slightly above.

ROAD CLOSURE:

The roads will be closed to non-race traffic one hour before the start of the first rider (7:00 AM).

START INTERVALS:

Starts will be given on 30-second intervals for most of the categories. An estimated 5 to 10 minute gap will be given between categories, with a longer break around noon. Start times will be posted.



DIRECTIONS TO START OF TIME TRIAL AT SUMMIT HIGH SCHOOL FROM HOST HOTEL SHILO INN

Mile	Instruction	For	Toward
0.0	Depart Shilo Inn on NE OB Riley Rd (South)	65 yds	
0.1	Turn RIGHT (South) onto US-20 [US-97 Bus]	0.3 mi	
0.3	Take Ramp (RIGHT) onto US-97 [Bend Pkwy]	1.7 mi	US-97 / Mt. Bachelor / Klamath Falls
2.0	At exit 138, keep RIGHT onto Ramp	0.2 mi	Downtown / Mt. Bachelor
2.2	Turn RIGHT (West) onto (NW) Colorado Ave	0.9 mi	
3.0	At roundabout, take the FIRST exit onto SW Simpson Ave	1.1 mi	
4.1	Turn RIGHT (North) onto (SW) Mt Washington Dr	0.2 mi	
4.3	Keep STRAIGHT to stay on NW Mt Washington Dr	1.0 mi	
5.3	At roundabout, take the THIRD exit onto NW Crossing Dr	0.4 mi	
5.7	Arrive NW Crossing Dr, Bend, OR 97701		

SUMMARY

Driving distance: 5.7 miles

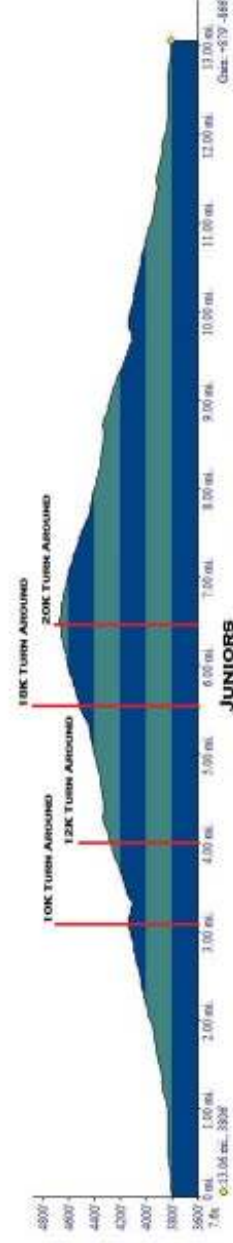
Driving time: 11 minutes



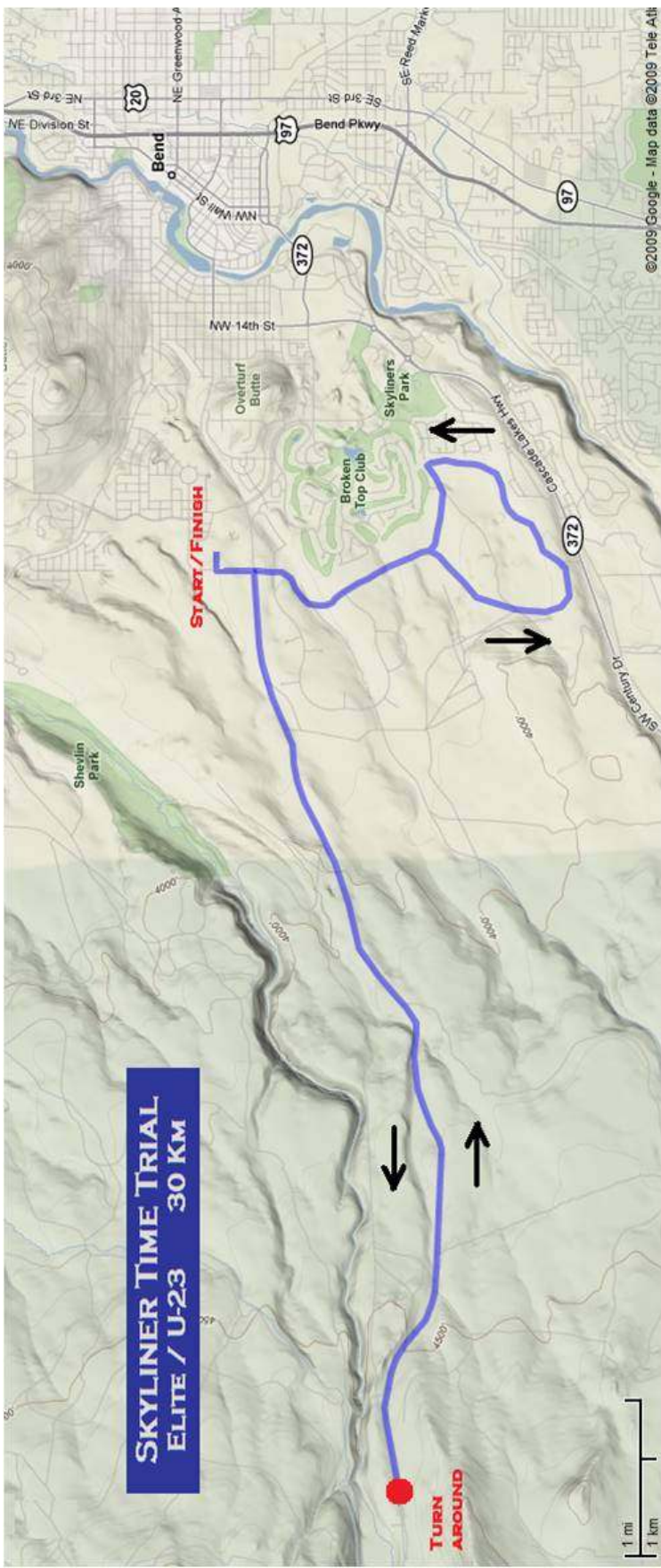
JUNIOR/PARACYCLING TIME TRIAL COURSE MAP



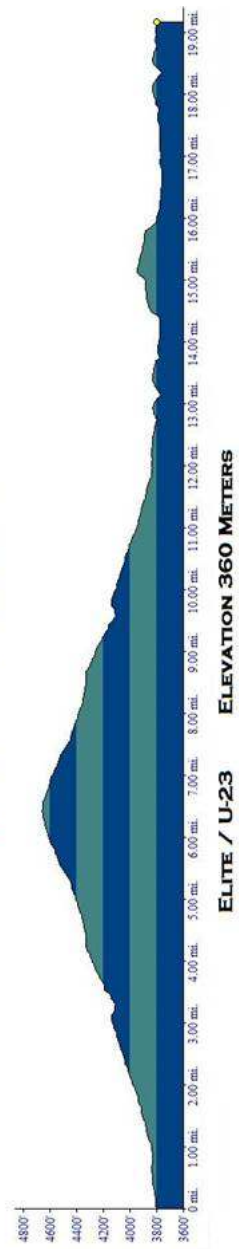
SKYLINERS TIME TRIAL



ELITE/U23 TIME TRIAL COURSE MAP



SKYLINERS TIME TRIAL



criteriums: Sat-Sun Aug 1-2

NUMBERS:

Two body numbers and one frame number.

EQUIPMENT CHECKS:

Junior gears may be courtesy checked 15 minutes before each Junior event. Immediately following each Junior event, all participants are required to report immediately to the holding corral for bike check.

No extensions that point forward or upward (e.g., time trial bars) are permitted on bicycles.

CALL-UPS:

The top 5 riders from last year's USAC championship event for the age category (if present) will be called to the start line first. If an athlete from the previous year's top 5 is moved into the next higher age category, they will not be called to the line.

AWARDS:

Awards presentations will take place at the Old Mill District on Saturday as scheduled and at the criterium venue on Sunday shortly after the start of the next event. See the schedule below. Race attire is required.

DAILY SCHEDULE

Time	Category	Event	Distance
Fri 31			
7PM – 9 PM	All	Packet Pickup & Registration	
Sat 01			
9AM-3:30PM	Sat races	\$20 On-site Packet Pick-up	>30 min prior
10 AM	Junior Women 10-12	Criterium	15 KM (15 Laps)
11 AM	Junior Men 10-12	Criterium	15 KM (15 Laps)
11:15PM	AWARDS	W10-12	Old Mil Plaza
12 PM	Women 13-14	Criterium	20 KM (20 Laps)
12:15PM	AWARDS	M10-12	Old Mil Plaza
1 PM	Junior Men 13-14	Criterium	20 KM (20 Laps)
1:15PM	AWARDS	W13-14	Old Mil Plaza
2 PM	Junior Women 15-16	Criterium	20 KM (20 Laps)
2:15PM	AWARDS	M13-14	Old Mil Plaza
3 PM	Junior Men 15-16 (Cat 1-3)	Criterium	35 KM (25 Laps)
3:15 PM	AWARDS	W15-16	Old Mil Plaza
4:30 PM	AWARDS	M15-16	Old Mil Plaza
7PM-9PM	ALL	Packet Pickup/Registration	
Sun 02			
7AM-11PM	Sun races	\$20 On-site Packet Pick-up	>30 min prior
8:00 AM	Junior Women 17-18	Criterium	20 KM
9:00 AM	U23 Women (Cat 1-3)	Criterium	35 KM
9:15	AWARDS	W17-18	Crit. venue
10:15 AM	AWARDS	WU23	Crit. venue
10:30 AM	Junior Men 17-18 (Cat 1-3)	Criterium	50 KM
12:00 PM	U23 Men (Cat 1-2)	Criterium	60 KM
12:15 PM	AWARDS	M17-18	Crit. venue
2:00 PM	AWARDS	MU23	Crit. venue



DIRECTIONS TO JUNIOR CRIT ON SATURDAY FROM SHILO INN - SATURDAY

Mile	Instruction	For	Toward
0.0	Depart Shilo Inn on NE OB Riley Rd (South)	65 yds	
0.1	Turn RIGHT (South) onto US-20 [US-97 Bus]	0.3 mi	
0.3	Take Ramp (RIGHT) onto US-97 [Bend Pkwy]	2.6 mi	US-97 / Mt. Bachelor / Klamath Falls
2.9	At exit 139, keep RIGHT onto Ramp	0.2 mi	Reed MKT. Rd. / Old Mill District
3.2	Turn RIGHT (West) onto SW Reed Market Rd	0.3 mi	
3.5	At roundabout, take the FIRST exit onto SW Bond St	0.2 mi	
3.7	Turn LEFT (West) onto SW Columbia St	0.3 mi	
4.0	Arrive SW Columbia St, Bend, OR 97702		

SUMMARY

Driving distance: 4.0 miles

Driving time: 7 minutes

JUNIORS 16 AND UNDER CRITERIUM COURSE MAP



DIRECTIONS TO DOWNTOWN CRITERIUM - SUNDAY

Mile	Instruction	For	Toward
0.0	Depart Shilo Inn on NE OB Riley Rd (South)	65 yds	
0.1	Turn RIGHT (South) onto US-20 [US-97 Bus]	0.3 mi	
0.3	Take Ramp (RIGHT) onto US-97 [Bend Pkwy]	0.5 mi	US-97 / Mt. Bachelor / Klamath Falls
0.9	At exit 137, keep RIGHT onto Ramp	0.2 mi	Revere Ave. / Downtown
1.1	Road name changes to NW Hill St	0.3 mi	
1.4	Road name changes to NW Wall St	0.4 mi	
1.8	Arrive 879 NW Wall St, Bend, OR 97701		

SUMMARY

Driving distance: 1.8 miles

Driving time: 4 minutes

ELITE/U23/JR 17-18 CRITERIUM COURSE MAP



Local Information

LODGING

The official Race Headquarters and Preferred Hotel is:

Shilo Inn Suites Hotel
Phone: 541.389.9600
Toll Free: 800.222.2244
http://www.shiloinns.com/hotel_details.asp?PI=EBDOR



3105 O.B. Riley Road, Bend, OR 97701

There are four other preferred hotels for the National Championships.



Entrada Lodge
Phone: 541.382.4080
Toll Free: 888.505.6343

<http://www.entradalodge.com/>
Century Drive, Bend OR 97701



Bend Inn & Suites
Phone: 541.388.4114
Toll Free: 888.678.2363

<http://www.bendinnsuites.com/>
15 NE Butler Mkt Rd, Bend, OR 97701



Best Western Inn & Suites
Phone: 541.382.1515
Toll Free: 800.780.7234

<http://www.bestwesternoregon.com/bend-hotels/>
721 NE 3rd Street, Bend, OR 97701



Red Lion Hotel
Phone: 541.382.7011
Toll Free: 800.RED.LION

<http://redlion.rdl.com/HotelLocator/HotelOverview.aspx?metaID=56>

Physical Address: 1415 NE Third Street
Bend, OR 97701



Other lodging in Bend includes hotels, B&Bs, lodges, and campsites. Detailed information can be found on the Visit Bend website www.visitbend.com or (800)949-6086.

Food

A listing of restaurants in Bend can be found on the Bend Chamber of Commerce web site under the Visitor Information tab.

ENTERTAINMENT

Looking for other things to do during your stay? Bend offers a host of outdoor activities including fishing, hiking, mountain biking, cave exploring, horse trails, boating, camping, rock climbing, water sports, and more. Build your perfect experience around the National Championships
www.bendchamber.org/visitor/seeanddo.asp .

