



ELITE, U23 & JUNIORS ROAD BEND, OR



US PARACYCLING ROAD CHAMPIONSHIPS

Road, Time Trial, Criterium

June 22 - 27, 2010
USAC Permit#2010-1529

Technical Guide

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General

SPONSORS

The 2010 USA Cycling Elite/U23/Junior Road National Championships are brought to you in part by our sponsors. Please consider our sponsors first when selecting your travel and entertainment needs in Bend.

USA CYCLING SPONSORS:

Gatorade
Shimano
Voler

NATIONAL CHAMPIONSHIP MAJOR SPONSORS:



Race Headquarters:

Old Mill District

520 SW Powerhouse Dr # 626
Bend, OR 97702-1297
(541) 312-0131

The entrance is above Helly-Hansen, on the side of the building.



The famous Old Mill District of Bend, Oregon is perfectly planted alongside the beautiful Deschutes River. Art galleries, boutiques and shops, children's museums are sprinkled throughout the district. The Old Mill District combines the charm of yesterday with the conveniences of today.

STAFF & ORGANIZATION

The 2010 USA Cycling Elite/U23/Junior Road National Championships & Paracycling Road National Championships are organized by Breakaway Promotions, LLC. Contact Chad Sperry 541-980-2338.

Staff:

Race Director: Chad Sperry
chad@gorge.net
Competition Director: Dot Abbott
National Events Manager: Tom Vinson
Technical Director: Shawn Farrell
Media Relations: Andrea Smith
Housing Coordinator: Kevney Dugan
Volunteer Director: Renee Mansour

Support:

Race Results and Camera:
Phoenix Technologies
Race Announcers:
Dave Towle and Splinter Wrenn
Registration:
<https://www.usacycling.org/myusac/index.php?pagename=registration>
Neutral Support: Shimano

Officials:

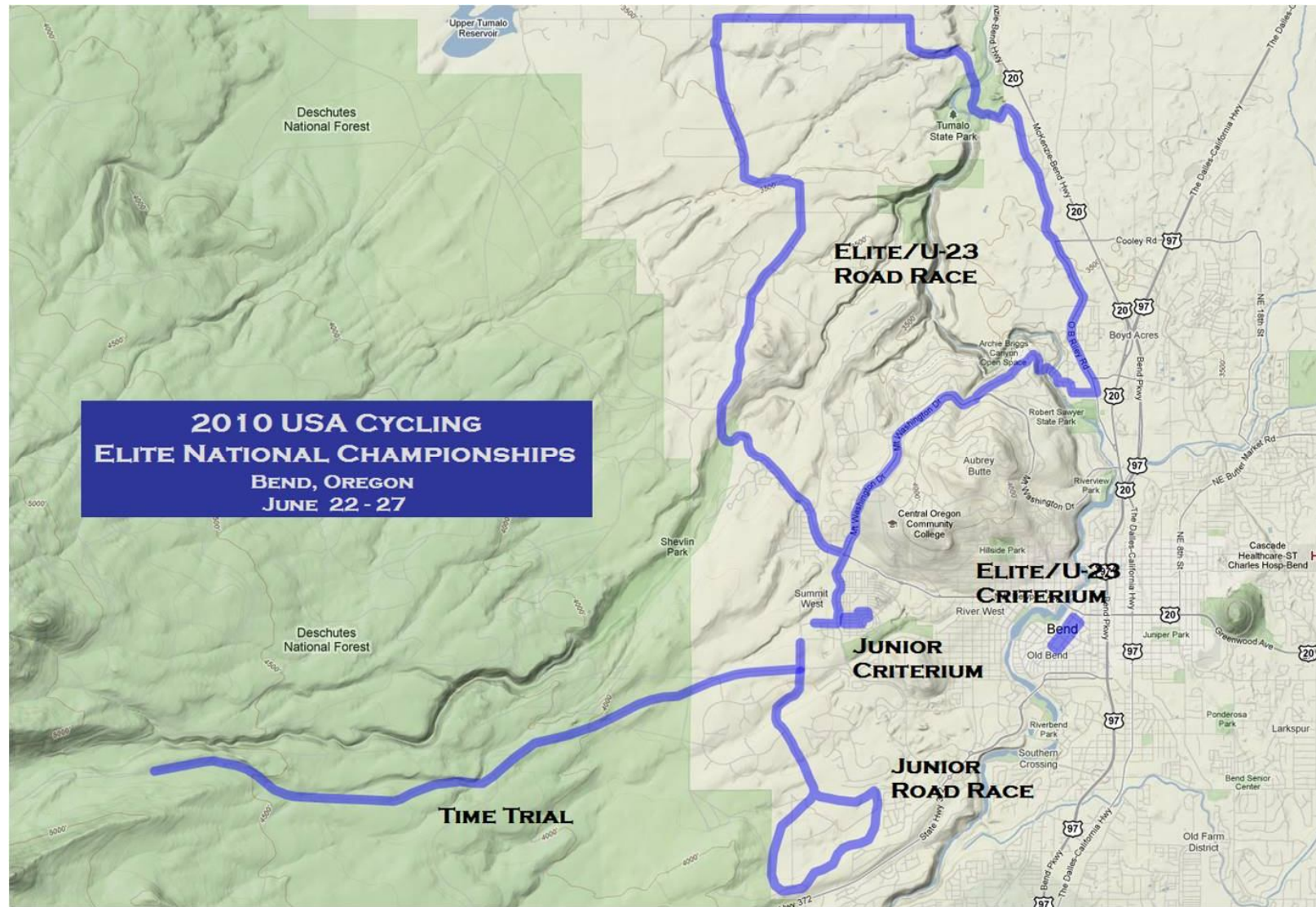
Chief Referee: Phil Miller
Chief Judge: Noreen Landis-Tyson
Comm: Andy McCord
Comm: Bonnie Walker
Judge: Lynn Goss
Judge: Lynn Taylor
Motor: Carla Geyer
Motor: James Abbott
Motor: Doug Gates
Motor: Mike Hardaway
Volunteer Motor: Ted Fisher

SCHEDULE OF EVENTS - SUMMARY

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

<i>Event Summary</i>			
<u>DAY</u>	<u>TIME</u>	<u>CATEGORY</u>	<u>EVENT</u>
Mon 6/21	3PM – 8PM	ALL	Packet Pickup & Registration, Courtesy Bike Checks
Tue 6/22	7AM – 3PM	ALL	\$20 On-site packet pickup
	AM	Jr. Men 10-12; 13-14 Jr. Women 10-12; 13-14	Road Races
	PM	Jr. Women 15-16 Paracycling (All)	Road Races
	6:30 PM	Old Mill District	AWARDS
	7PM – 9PM	ALL	Packet Pickup & Registration
Wed 6/23	2PM – 8 PM	ALL	\$20 On-site packet pickup
	PM	Jr. Wom 10-12; 13-14; 15-16 Jr. Men 10-12; 13-14; Paracycling Bicycles	Criterium <i>Criterium</i>
	5PM – 9 PM	ALL	Packet Pickup & Registration
	9:30 PM	Downtown Northwest Crossing	AWARDS
Thu 6/24	7:00AM – 4PM	ALL	\$20 On-site packet pickup
	AM	M/W 17-18, U23, Elite	Time Trial
	PM	Jr. M/W 10-16 Paracycling (all)	Time Trial
	6:30 PM	Old Mill District	AWARDS
	7PM – 9 PM	ALL	Packet Pickup & Registration
Fri 6/25	10:00 AM	CARAVAN DRIVERS' MEETING	Old Mill District
	12 PM-7 PM	ALL	\$20 On-site packet pickup
	PM	Men 15-16, 17-18, U23, Elite Women 17-18, U23, Elite	Criterium
	7PM – 9 PM	ALL	Packet Pickup & Registration
	9:30 PM	Downtown Bend	AWARDS
Sat 6/26	7:30AM – 2PM	ALL	\$20 On-site packet pickup
	AM	Women 17-18 Men 15-16	Road Race
	PM	Men U23	Road Race
	6:30 PM	Old Mill District	AWARDS
	7PM – 9 PM	ALL	Packet Pickup & Registration
Sun 6/27	9AM – 2PM	ALL	\$20 On-site packet pickup
	AM	Men 17-18 Women Elite/U23	Road Race
	PM	Men Elite	Road Race
	6:30 PM	Old Mill District	AWARDS

ALL EVENTS OVERVIEW MAP



GENERAL

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. U23 riders on a UCI ProTour team are not eligible to enter U23 events.

Category restrictions:

U23 men Cat 1-2 road and criterium.

U23 women Cat 1-2 road, Cat 1-3 criterium.

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 to enter the Elite events.

REGISTRATION

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

<http://www.usacycling.org/events/2010/JrU23EliteRoadNats/>

Standard On-line registration opens Tuesday, April 20th at 11 AM EDT and closes Tuesday, June 1st at 11:59 PM EDT. Late online registration is subject to a \$25 surcharge for U23 and Elites, a \$10 surcharge for Juniors. It opens on Wednesday, June 2nd at 12:00 AM EDT and closes Tuesday, June 15th at 11:59 PM EDT. 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. **There is no day-of registration for ANY of the events.**

Field maximums are as follows:

Road Races:

M/W16 and under: 125

M/W 17 and older: 200

Paracycling: 100.

Criterium:

M/W16 and under: 125

M/W 17 and over: 150

Paracycling: 75

Time Trial: Unlimited.

PACKET PICK-UP

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

Location: Old Mill District 450 SW Powerhouse Dr., Bend, OR, 97702 above the Helly-Hanson store

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

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 2010 USAC Release Waiver (Juniors must also have parent's signature)
- Your signed 2010 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>

Radios: Riders may not use radios, telephones, or other such communication devices. No earpieces may be worn. Audio playback devices are expressly forbidden.

Helmets: All bicycling helmets used must be CPSC approved and bear the CPSC sticker.

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.

RESULTS

Results will be posted near the finish line, at the race headquarters, and at the host hotel lobby 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.

ANTI-DOPING

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.

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 TT. The best U23 rider in the Elite Women events will receive a National Championship jersey and a gold medal. No other medals will be awarded from the combined Womens races.

Showering facilities will be available at some events, as specified. Awards ceremonies will take place according to the prescribed times listed in the schedule of events. The top five places in each competition must present themselves to the awards podium five minutes before the scheduled presentation time. Suitable cycling attire (jersey, shorts, and shoes) must be worn to the awards ceremony.

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:

Andrea Smith - USA Cycling
210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919-2215
719.208.8210
asmith@usacycling.org

MEDICAL FACILITIES

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

Area Hospitals

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

The Paracycling National Championships 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. Licenses can be purchased in advance on-line at www.usacycling.org. Click on "My USA Cycling."

EQUIPMENT

Helmets: All bicycling helmets used must be CPSC approved **and bear the CPSC sticker**. UCI proscribed helmet colors are mandatory for the road race:

Red:	M/W: C5, T2, H3	M: BVI
White:	M/W: C4, H2	W: BVI
Blue:	M/W: C3	M: H1
Black:	M/W: H4, C2, T1	
Yellow:	M/W C1	W: H1

Paracycling equipment is to conform to UCI Paracycling regulations.

REGISTRATION

On-line registration is preferred, and will save you extra fees. On-line registration <http://www.usacycling.org/events/2010/JrU23EliteRoadNats/> opens on Tuesday, April 20th at 11:00 AM EDT and closes on Tuesday, June 15th at 11:59 PM EDT. Late online registration begins on Tuesday, June 1st at 11:59 PM EDT. Late online registration is subject to a \$25 surcharge.

Late registration is available in person on-site at packet pick-up up to the evening before each event. Late in-person registration is subject to a surcharge equal to the original entry fee. There is no day-of registration available for any event.

PACKET PICK-UP

Riders who have pre-registered may pick up their packets at race headquarters between **7PM – 9PM** the evening before their event at no extra charge. Replacement numbers and day-of packet pickup are available before the start of each day's event. A \$20 late fee applies.

EVENTS & AWARDS

Road Race: for

Men: C1-3, C4-5, H1-2, H3-4, T1-2, BVI

Women: C1-3, C4-5, H1-4, T1-2, BVI

See Road Race section for more details.

Time Trial: World Championship Selection race. Medals for Men and Women in the following two combined classes: C1-5/BVI, H1-4/T1-2. Paralympic National Standards will be used for factoring. Selection procedures and factoring standards can be found at <http://www.usparalympics.org/content/index/595>.

Criterium: Only Bicycle classes, M/W combined field. Awards will be separated by gender. A minimum of 10 participants is required to hold the event.

Medals: If 5 or fewer participants in a medal class, there is one less medal awarded than the number of participants in the class. Criterium: Classes with 8 or more in a single gender will receive separate awards.

Road Races: June 22, 26, 27

NUMBERS:

Two body numbers and one frame number

SIGN-IN:

NEW FOR 2010: Sign-in is mandatory for all categories. It will open one hour before each event and closes 10 minutes before the race Start. Look for the sign-in table/tent.

JUNIOR EQUIPMENT CHECKS:

Juniors are to report to roll-out directly after signing in.

Immediately following each Junior event, all participants are required to report immediately to the holding corral for bike check.

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

FEED ZONE:

Please see feed zone locations on the maps provided. Feeding is permitted only

on the right side of the road for all categories except Paracycling, where it will be permitted on either side of the road as designated.

TEAM SUPPORT VEHICLES

Team support vehicles will be permitted to follow in the Elite M/W and U23 Men road races with the following requirements:

- Vehicle height is restricted to 1.6 meters
- Driver must hold current and valid USAC license and driver's license.
- Vehicle must be able to provide wheel support for riders
- Vehicle must be providing support for at least 3 members of a single team
- Driver must attend the caravan driver's meeting at 10:00 AM Friday 25th in the Packet Pick-up room.
- Notification of intent to have a vehicle in the caravan must be given to the Chief Referee no later than the time of the drivers' meeting.

LAPPED RIDERS:

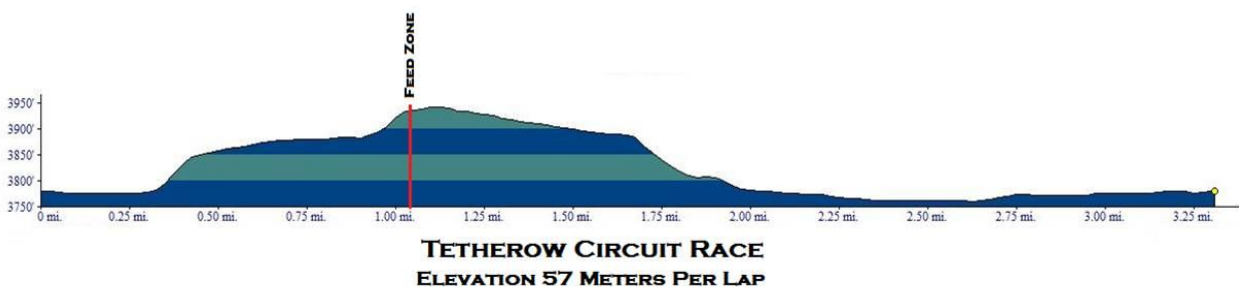
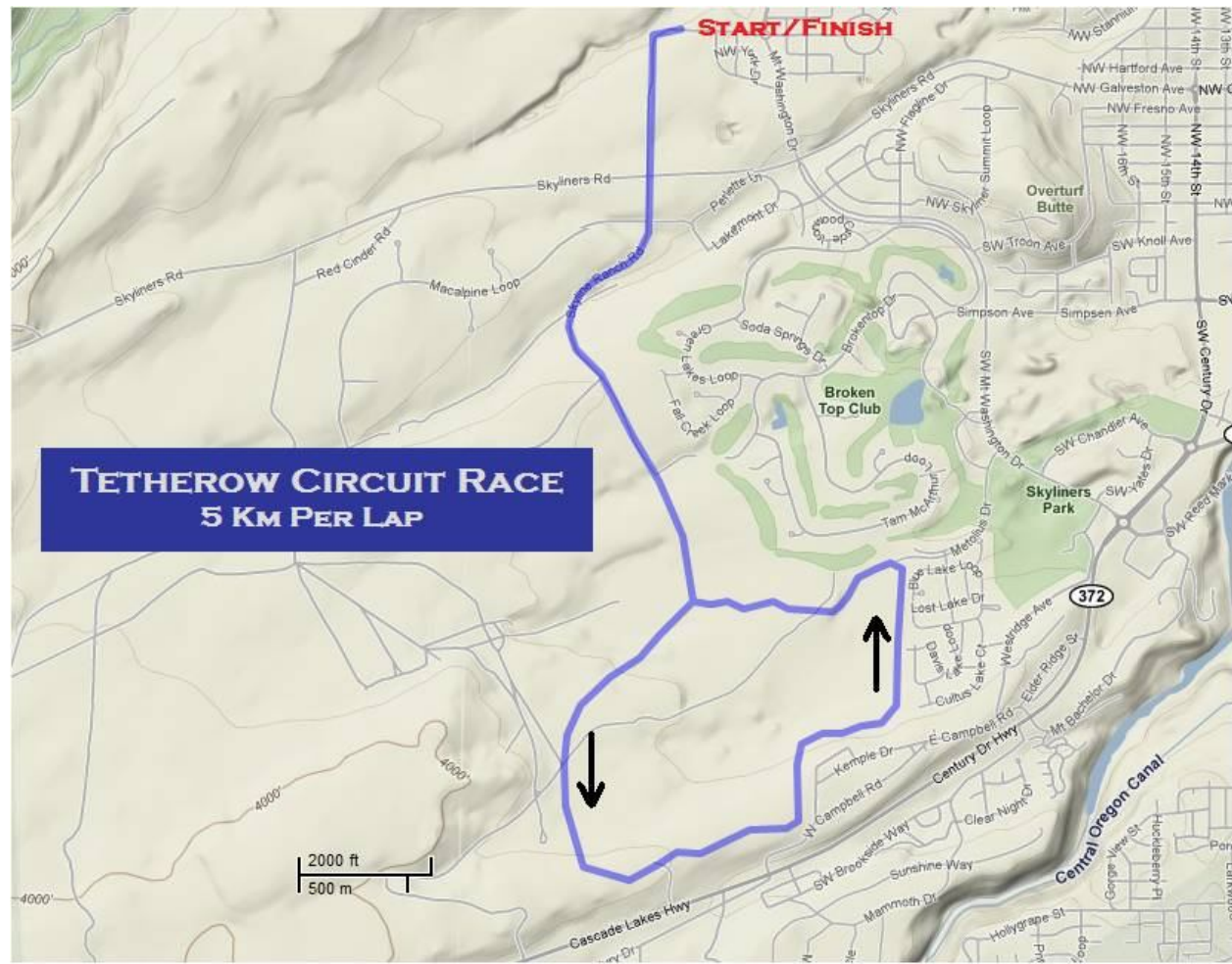
Riders that are lapped by the leaders on the course (whether the same race grouping or otherwise) may be asked to retire. In the Paracycling events, such riders will be placed according to the time/distance they have completed, and may be eligible for medals.

2009 ROAD RACE CHAMPIONS

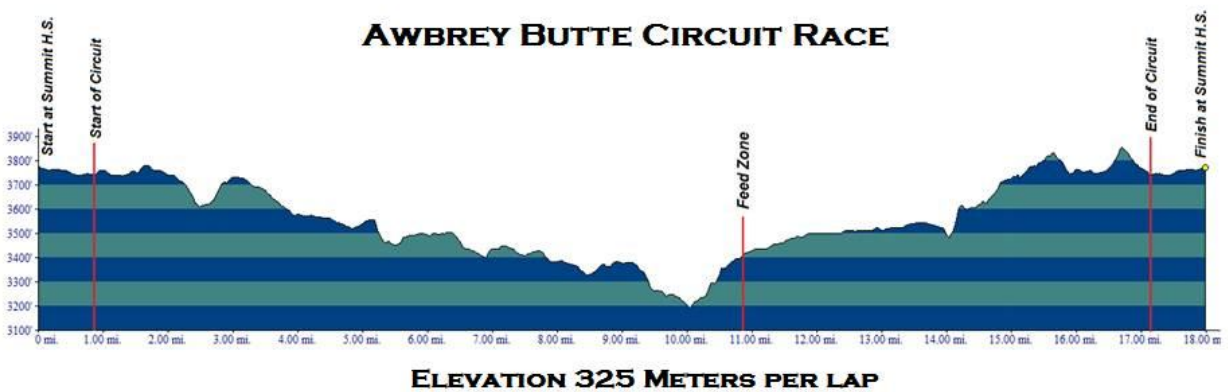
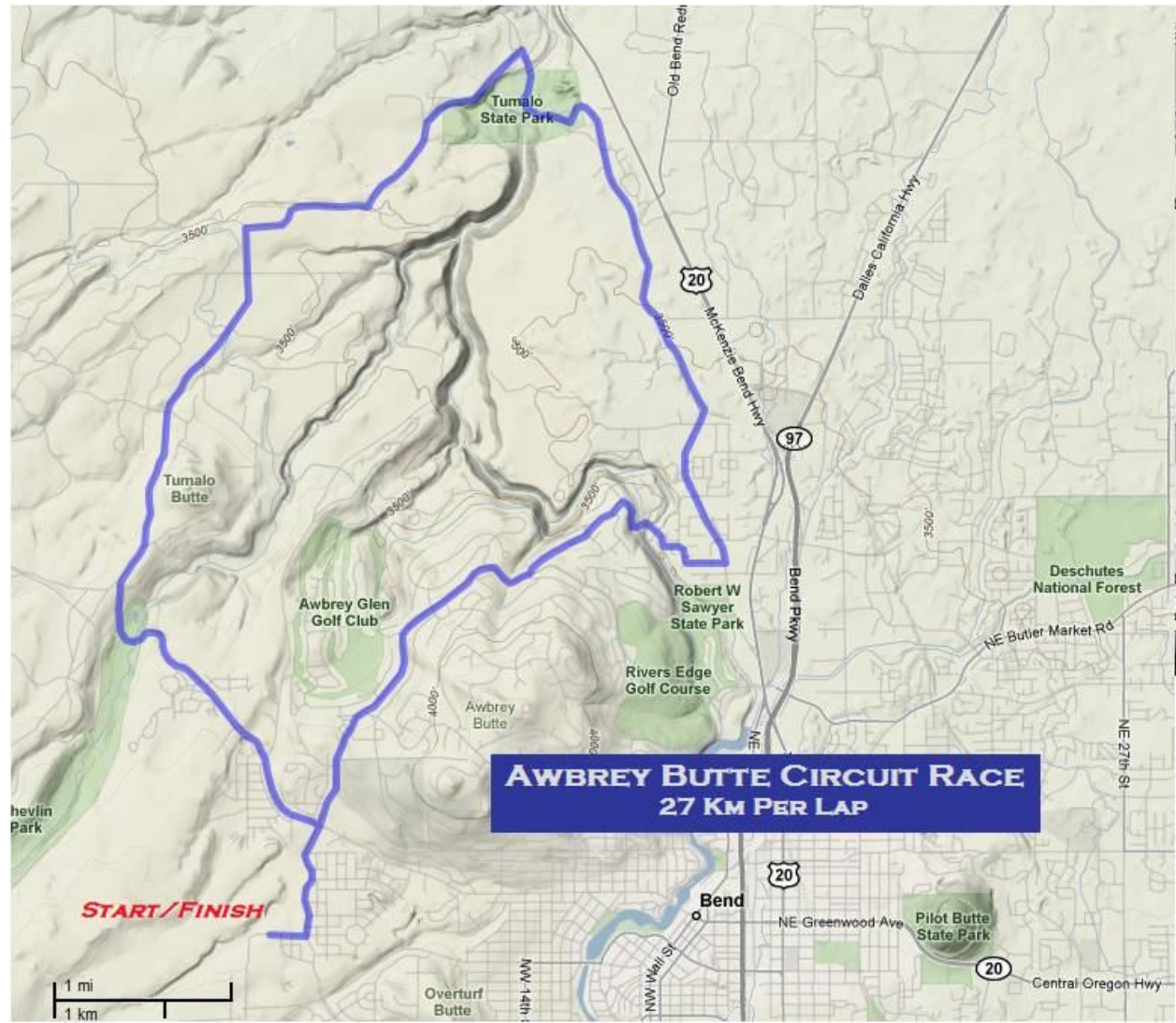
Men 10-12: Gage Hecht
Men 13-14: Michael Dessau
Men 15-16: David Kessler
Men 17-18: Max Durtschi
Men U23: Alex Howes
Elite Men: Michael Olheiser

Women 10-12: Ciara Hopkins
Women 13-14: Zoe Frazier
Women 15-16: Ruth Winder
Women 17-18: Coryn Rivera
Women U23: Amy Dombroski
Elite Women: Meredith Miller

WEDNESDAY JUNE 22 ROAD RACES COURSE MAP



SATURDAY/SUNDAY ROAD RACES COURSE MAPS



ROAD RACE SCHEDULE

Start	Category	Event	Distance	Feed Laps	TOT Laps
Mon 21 June					
3 PM – 8 PM	All	Packet Pickup	Old Mill District above Helly-Hanson		
Tue 22 June					
7AM-3:00 PM	Tue races	\$20 Packet Pickup	>30 min prior		
8:00 AM	Junior Women 10-12	Road Race	20 KM		3
9:00 AM	Junior Men 10-12	Road Race	20 KM		3
10:00 AM	Junior Women 13-14	Road Race	30 KM		5
11:30 AM	Junior Men 13-14	Road Race	40 KM		7
1:00 PM	Junior Women 15-16	Road Race	55 KM		10
3:00 PM	Paracycling M/W B1-2	Road Race	55 KM		10
3:02 PM	Paracycling M/W C4-5	Road Race	55 KM		10
3:05 PM	Paracycling M/W C1-3	Road Race	45 KM		8
3:10 PM	Paracycling M/W H1-4, M/W T1-2	Road Race	45 KM		8
6:30 PM	AWARDS	ALL	Old Mill District		
7PM – 9 PM	All	Packet Pickup			
Fri 25 June					
10:00 AM	Caravan Driver Mtg	ALL Road Race Drivers (ME, WE, MU23)	Old Mill District		
Sat 26 June					
7:30-12:00 PM	Saturday races	\$20 Packet Pickup	>30 min prior		
8:15 AM	Men 15-16 (Cat 1-3)	Road Race	60 KM		2
8:30 AM	Junior Women 17-18	Road Race	60 KM		2
12:00 PM	U23 Men (Cat 1-2)	Road Race	160 KM		6
6:30 PM	AWARDS	ALL	Old Mill District		
7PM – 9PM	All	Packet Pickup	Old Mill District		
Sun 27 June					
7AM-12PM	Sunday races	\$20 Packet Pickup	>30 min prior		
8AM	Junior Men 17-18 (1-3)	Road Race	113 KM		4
8:15 AM	Elite/U23 Women (1-2)	Road Race	113 KM		4
12:00 PM	AWARDS	M 17-18, WE, WU23	Old Mill District		
12 PM	Elite Men (Cat 1)	Road Race	160 KM		6
6:30 PM	AWARDS	Elite Men	Old Mill District		

Time Trials: June 24

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 will be posted online and at packet pickup.

Final assigned start times will be posted online and at packet pickup **on June 23 at 6PM**, and will be posted at the time trial bike check/Start area.

- **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.
- The bike jig and guide will be available at packet pick-up as a courtesy to check your own equipment.
- NOTE: Only one morphological exception is permitted (handlebars or seat, not both).
- Bicycles that are removed from the time trial starting corral will have to be checked again before the rider's start. Give yourself time to get your bike checked and possibly to make adjustments or repairs.

- Handcycles must have a protective shield over the chainring and a preventer bar between the rear wheels.

NUMBERS:

Bicycles: One number centered low on the back. Hand cycles: one number on each leg, one number visible from the back and slightly above.

SIGN-IN:

There is **no sign-in** for the Time Trial. Your bike check and start verifies your confirmation to start.

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.

COURSE DETAILS

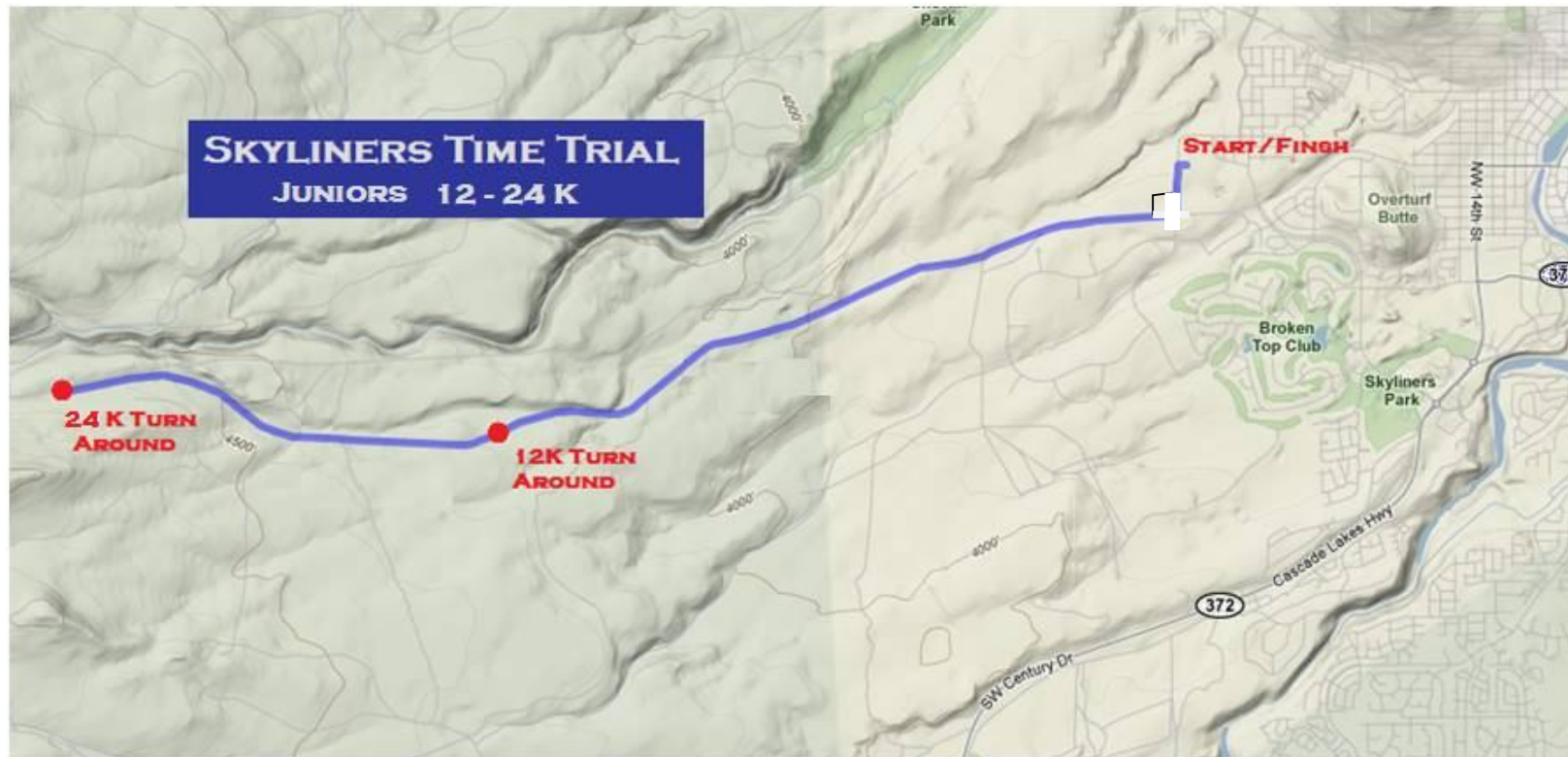
After the start turn right before reaching the new elementary school across from the football field. Follow the road left, then right onto Skyliner's. Turn-around points will be marked. See maps.

2009 Time Trial Champions

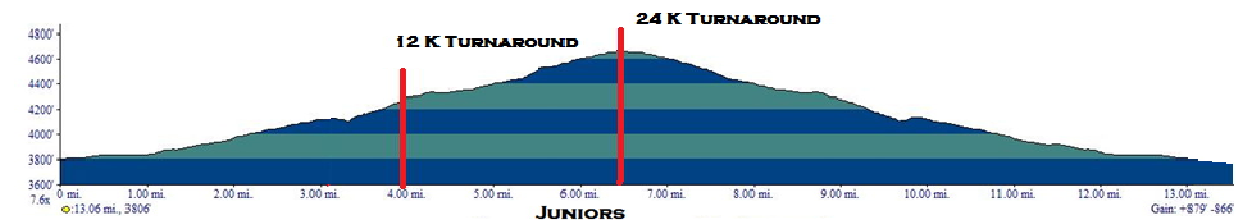
Men 10-12: Ian McShane
Men 13-14: Michael Dessau
Men 15-16: Yannick Eckmann
Men 17-18: Charlie Avis
Men U23: Peter Stetina
Elite Men: Michael Olheiser
Men's HCB/HCC/CP1/CP2: Oscar Sanchez
Men's LC1-4/CP3/CP4/BVI:
Clark Rachfal and Dave Swanson (pilot)

Women 10-12: Ciara Hopkins
Women 13-14: Sara Youmans
Women 15-16: Somersby Jenkins
Women 17-18: Jessica Prinner
Women U23: Jacquelyn Crowell
Elite Women: Jessica Phillips
Women's HCB/HCC/CP1/CP2: Tara Llanes
Women's LC1-4/CP3/CP4/BVI:
Jennifer Schuble

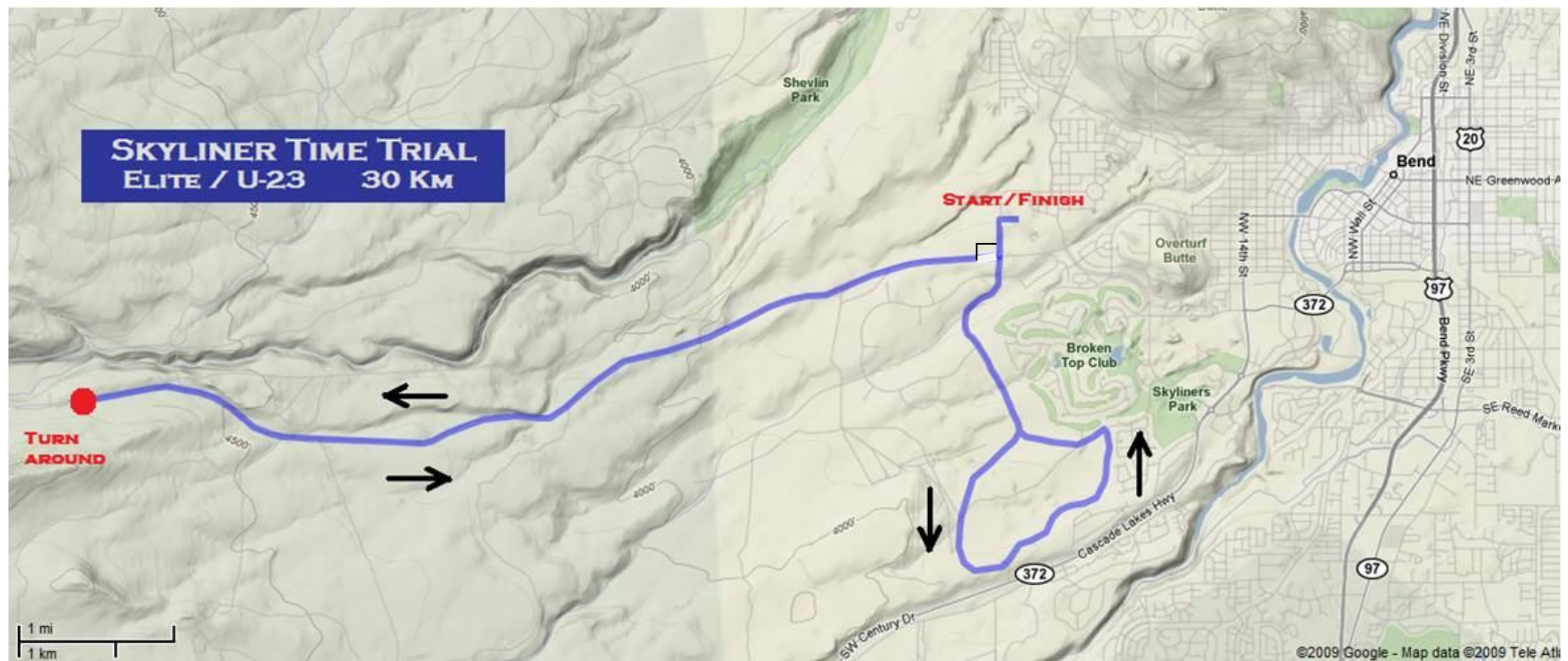
12 & 24KM TIME TRIAL COURSE MAP



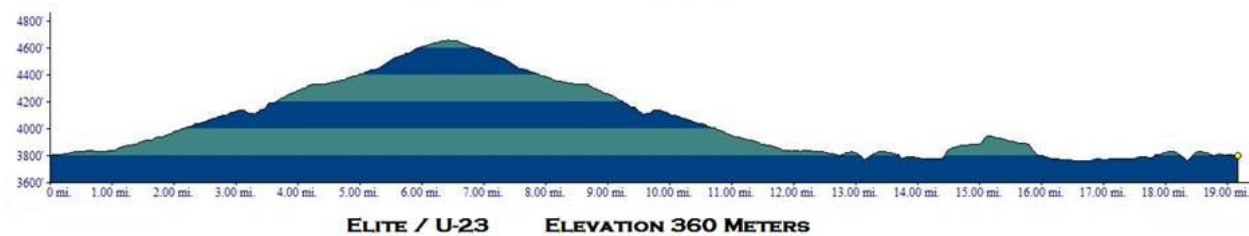
SKYLINERS TIME TRIAL



35KM TIME TRIAL COURSE MAP



SKYLINERS TIME TRIAL



Time Trial Schedule

Day	Est. Time	Category	Distance
Mon 21 June			
3PM – 8 PM	All	Packet Pickup & Courtesy Bike Checks	Old Mill Dist
Wed 23 June			
	5PM – 9PM	Packet Pickup and Registration	Old Mill Dist
Thu 24 June			
	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
		<i>Paracycling H1-2, T1-2</i>	<i>12 KM</i>
		<i>Paracycling Women/Men BVI</i>	<i>24 KM</i>
		<i>Paracycling Women: C2-3, CP 3-4</i>	<i>24 KM</i>
		<i>Paracycling Women C4-5, Men C2-5, Men CP3-4, H3-4</i>	<i>24 KM</i>
		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 Men	35 KM
		U23 Men	35 KM
		Elite/U23 Women	35 KM
	6:30 PM	Awards: All - Old Mill District	

criteriums: June 23, 25

NUMBERS:

Two body numbers and one frame number.

SIGN-IN:

NEW FOR 2010: Sign-in is mandatory for all categories. It will open one hour before each event and closes 10 minutes before the race Start. Look for the sign-in table/tent.

JUNIOR EQUIPMENT CHECKS:

Juniors are to report to roll-out directly after signing in. Immediately following each Junior event, all participants are required to report

immediately to the holding corral for bike check.

JUNIOR CRITERIUM PARKING

Parking for the Junior Criteriums is at the High Lakes Elementary School on the north side of the course.

CALL-UPS:

The top 8 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 8 is moved into the next higher age category, they will not be called to the line.

2009 Criterium Champions

Men 10-12: Ethan Reynolds
Men 13-14: Jonathon Schilling
Men 15-16: Cory Williams
Men 17-18: Max Durtschi
Men U23: Alex Howes
Elite Men: Justin England

Women 10-12: Emma White
Women 13-14: Sarah Huang
Women 15-16: Grace Alexander
Women 17-18: Jacqueline Kurth
Women U23: Samantha Schneider
Elite Women: Tina Pic

CRITERIUM SCHEDULE

Time	Category	Event	Distance
Mon 21			
3PM – 8 PM	All	Packet Pickup	
Tue 22			
7PM – 9 PM	All	Packet Pickup & Registration	
Wed 23			
2PM-8PM	Wed races	\$20 On-site Packet Pick-up	1 Lap = 1 Km >30 min prior
3:30 PM	Paracycling Bicycles	Min. 10 Max 100	
4:30 PM	Junior Women 10-12		15 KM (15 L)
5:30 PM	Junior Men 10-12		15 KM (15 L)
6:30 PM	Junior Women 13-14		20 KM (20 L)
7:30 PM	Junior Men 13-14		20 KM (20 L)
8:30 PM	Junior Women 15-16		20 KM (20 L)
9:30 PM	AWARDS	ALL – Downtown Northwest Crossing	
Thu 24			
7PM – 9 PM	All	Packet Pickup & Registration	
Fri 25			
12PM-7PM	Fri races	\$20 On-site Packet Pick-up	1 Lap = 1.3 km >30 min prior
1:00 PM	Junior Men 15-16 (1-3)		25 KM (20 L)
2:00 PM	Junior Women 17-18		20 KM (16 L)
3:00 PM	Junior Men 17-18 (Cat 1-3)		50 KM (39 L)
4:30 PM	Men U23 (Cat 1-2)		60 KM (46 L)
6:00 PM	Women U23/Elite		50 KM (39 L)
7:30 PM	Men Elite		80 KM (62 L)
9:30 PM	AWARDS	ALL – Downtown Bend	

Local Information

LODGING

There are four preferred hotels for the National Championships.



The Riverhouse Hotel and
Convention Center
Phone: 541-389-3111
Toll free: 866-453-4480

3075 N. Business 97, Bend, OR 97701
www.riverhouse.com



The Oxford Hotel
Phone: 877-440-8436

10 W Minnesota Avenue, Bend, OR 97701
www.oxfordhotelbend.com



The Phoenix Inn & Suites
Phone: 541-317-9292
Toll free: 888-291-4764

300 NW Franklin Ave, Bend, OR 97701
www.phoenixinn.com/bend



Shilo Inns Suites Hotel
Phone: 541-389-9600
Toll free: 800-222-2244

3105 O.B. Riley Road, Bend, OR 97701
www.Shilo-Inn-Suites-Bend.com



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. www.visitbend.com/Bend_Oregon_Activities_Recreation/Restaurants_Food

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.visitbend.com/Bend_Oregon_Activities_Recreation