

# 2010



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**MASTERS ROAD** LOUISVILLE, KY



## TABLE OF CONTENTS

<u>PAGE #</u>	<u>INFORMATION</u>
3	Welcome to Louisville
4-7	Driving Directions
8-11	Schedule of Events
12-14	Course Descriptions
15	Event Staff and Officials
16-18	Eligibility, Rules & Registration Guidelines
19-25	Bike Measurements
26	Bib Placement
27-37	Louisville Attractions and Events
38	Medical



## WELCOME TO LOUISVILLE, KY

WELCOME TO THE BLUEGRASS STATE OF KENTUCKY WHERE THE LOUISVILLE SPORTS COMMISSION AND USA CYCLING ARE HONORED TO HOST THE 2010 USA CYCLING MASTERS ROAD NATIONAL CHAMPIONSHIPS. THIS RACE BIBLE WILL SERVE AS AN ALL-INCLUSIVE GUIDE FOR THE ENTIRE WEEK.

LOUISVILLE IS LOCATED IN THE HEART OF KENTUCKY ALONG THE BEAUTIFUL OHIO RIVER. THE CITY SITS AT 486FT ABOVE SEA LEVEL. THE CITY EXPERIENCES AN AVERAGE OF 195 DAYS OF SUN PER YEAR AND THE AVERAGE TEMPERATURE FOR THE ENTIRE MONTH OF JULY IS A HIGH OF 87 DEGREES FAHRENHEIT AND A LOW OF 70 DEGREES FAHRENHEIT. MOST MORNINGS WILL START COOL BUT USUALLY TEMPERATURES WARM QUICKLY AS THE MORNING PROGRESSES AND THE SUN RISES. IN THE LOUISVILLE AREA, THERE CAN BE GUSTY WINDS AND ADVERSE WEATHER AT ANY POINT, SO PLEASE PLAN ACCORDINGLY WITH CLOTHING AND GEAR.

SINCE MANY PARTICIPANTS ATTENDING MIGHT NOT BE ACCUSTOMED TO THE HUMIDITY REMEMBER TO DRINK LOTS AND LOTS OF WATER.

FOR MORE INFO ABOUT THE CITY OF LOUISVILLE, VISIT

[www.gotolouisville.com](http://www.gotolouisville.com)

# Driving Directions

## **TO DOWNTOWN LOUISVILLE (Fairfield Inn)**

100 East Jefferson Street

Louisville, KY 40202

502-569-3553

**COMING FROM THE NORTH:** Take I-65 S (Crossing into KENTUCKY). Take the JEFFERSON STREET exit (136-C) and continue on the JEFFERSON STREET ramp. Take a slight left on to EAST JEFFERSON STREET and the Fairfield Inn will be on your left.

**COMING FROM THE EAST:** TAKE I-64 W toward LOUISVILLE. Merge onto I-71 South via Exit 5A toward I-65/NASHVILLE/INDIANAPOLIS. Merge on to I-65 South towards LOUISVILLE/NASHVILLE. Take the JEFFERSON STREET exit (136-C) and continue on the JEFFERSON STREET ramp. Take a slight left onto EAST JEFFERSON STREET and the Fairfield Inn will be on your left.

**COMING FROM THE SOUTH:** Take I-65 North towards Louisville. Take the BROOK STREET exit (136-B) and continue straight onto BROOK STREET. Turn Left onto EAST JEFFERSON STREET and the Fairfield Inn will be on your left.

**COMING FROM THE WEST:** Take I-64 E toward LOUISVILLE crossing into Kentucky. Merge onto I-65 South towards NASHVILLE via exit 5A. Take the JEFFERSON STREET exit (136-C) and continue on the JEFFERSON STREET ramp. Take a slight left onto EAST JEFFERSON STREET and the Fairfield Inn will be on your left.

# Driving Directions

Directions from the Fairfield Inn to:

## **Spencer County High School- TIME TRIAL**

520 Taylorsville Road

Taylorsville, KY 40071

Head West on EAST JEFFERSON STREET and turn Left onto SOUTH FIRST STREET. Drive one block and take a Left on to LIBERTY STREET. Merge onto I-65 North towards I-64/JEFFERSONVILLE/I-71/INDIANAPOLIS. Merge onto I-71 North towards CINCINNATI/LEXINGTON. Then merge onto I-64 East towards LEXINGTON. Next, take I-265 (Gene Snyder) EAST via exit 19A. Continue on I-265 until exit 23. Take the TAYLORSVILLE/JEFFERSONTOWN exit (exit 23) and turn Left on TAYLORSVILLE ROAD (KY-155) at the end of the ramp. Drive 1.9 miles and take a Right on to TAYLORSVILLE LAKE ROAD (KY-155E). Finally stay straight on KY-55/KY-44/RAILROAD ST the school will be on the Left.

**PARKING:** As you come into Taylorsville you will go through the first light and then immediately after the light you will see the high school on your left and the driveway to the school. Take that left into the school and you can park anywhere in the schools parking lot.

## **CHEROKEE PARK- ROAD RACE**

2501 Alexander Road  
Louisville, KY 40204  
502-458-9450

Head West on EAST JEFFERSON STREET and turn Left onto SOUTH FIRST STREET. Drive one block and take a Left on to LIBERTY STREET. Merge onto I-65 North towards I-64/JEFFERSONVILLE/I-71/INDIANAPOLIS. Merge onto I-71 North towards CINCINNATI/LEXINGTON. Then merge onto I-64 East towards LEXINGTON and take the GRINSTED DRIVE exit (exit 8). Turn Right on to GRINSTED DRIVE then take a Slight Left onto CHEROKEE PARKWAY (Alt. US 60). Finally turn left onto Alexander Road and it will be on your left

**PARKING:** Parking is available on both sides of ALEXANDER RD. between CHEROKEE PKWY and the SCENIC LOOP. More parking is available Between the SCENIC LOOP and BARNEY AVE. More parking is available in the neighborhoods nearby. There will be **NO PARKING IN THE GOLF COURSE PARKING LOT!**  
**THANK YOU!!**



## **Jeffersonville, Indiana – CRITERIUM**

100 West Market Street  
Jeffersonville, Indiana 47130

Go west on EAST JEFFERSON STREET then turn LEFT onto SOUTH SECOND STREET. Continue on Second Street, crossing over the Second Street Bridge into Indiana. Take the COURT AVENUE ramp and take a slight right on to COURT AVENUE. Continue on Court Avenue and take a right onto SPRING STREET, continue on Spring Street to and you will run into WEST MARKET STREET.

**PARKING:** Parking is available around Downtown Jeffersonville on side streets and in city lots right next to the course.



# Schedule of Events

<b>Monday, Aug 2</b>	<b>12pm(noon)- 8pm</b>	<b>Registration/Packet pickup</b>	<b>Fairfield Inn</b>
<b>Tuesday, Aug 3</b>		<b>Time Trial -- Taylorsville, KY \$20- day of packet pickup at start/finish</b>	
	<b>7:00am- 4:00pm 8:00 AM</b>	Men 65-69	20km
		Men 70-74	20km
		Men 75-79	20km
		Men 80+	20km
		Women 55-59	20km
		Women 60-64	20km
		Women 65-69	20km
		Women 70+	20km
	<b>10:00 AM</b>	<b>Awards for completed age groups Break</b>	
		Men 30-34	25.8km
		Men 35-39	25.8km
		Men 40-44	25.8km
		Men 45-49	25.8km
		Men 50-54	25.8km
		Men 55-59	25.8km
		Men 60-64	25.8km
		Women 30-34	25.8km
		Women 35-39	25.8km
		Women 40-44	25.8km
		Women 45-49	25.8km
		Women 50-54	25.8km
	<b>2:30 PM</b>	<b>Awards for completed</b>	





**age groups**

**Break**

Elite Tandem	25.8km
Tandem men 70+	25.8km
Tandem mixed 70+	25.8km
Tandem women 70+	25.8km
Tandem men 90+	25.8km
Tandem mixed 90+	25.8km
Tandem women 90+	25.8km
Tandem men 110+	25.8km
Tandem mixed 110+	25.8km
Tandem women 110+	25.8km

**4:00 PM**

**Remaining Awards**

**7-9pm**

**Registration/Package pickup at the Fairfield Inn**

**Wednesday,  
Aug 4**

**Road Races --  
Cherokee Park,  
Louisville, KY**

1 lap is  
8km

7am-5:00pm

**\$20- day of packet pickup at start/finish**

8:00 AM	Men 65-69	56km	7 laps
8:07 AM	Men 70+	48km	6 laps
10:00 AM	Men 60-64	56km	7 laps
12:00 PM	Men 30-34	112km	14 laps
12:15 PM	<b>Awards Men 60-64, 65-69, 70+,</b>		
3:15PM	Men 50-54	80km	10 laps
5:30PM	Men 55-59	72km	9 laps
7:30PM	<b>Awards Men 30-34, 50-54, 55-59</b>		

**7pm-9pm**

**Registration/package pickup at the Fairfield Inn**

**Thursday,  
Aug 5**

**Road Races --  
Cherokee Park,  
Louisville, KY**

7am-2:30pm

**\$20-day of race packet pickup at Start/Finish**



2010 USA Cycling Masters Road National Championships

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8:00 AM	Women 30-34	72km	9 laps
8:07 AM	Women 35-39	72km	9 laps
10:30 AM	Women 40-44	72km	9 laps
10:37 AM	Women 45-49	56km	7 laps
1:00 PM	<b>Awards Women 30-49</b>		
1:00PM	Women 50-54	48km	6 Laps
1:05PM	Women 55-59	48kmk	6 laps
1:10PM	Women 60+	40km	5 laps
3:00 PM	<b>Awards Women 50+</b>		
3:00 PM	Tandems	80km	10 laps
5:30 PM	<b>Awards Tandems</b>		
<b>7pm-9pm</b>	<b>Registration/packet pickup at the Fairfield Inn</b>		

**Friday, Aug 6**

<b>7am-2:00pm</b>	<b>Road Races Cherokee Park, Louisville, KY</b>		
	<b>\$20-day of race packet pickup at Start/Finish</b>		
8:00 AM	Men 35-39	112km	14 laps
11:30 AM	Men 40-44	88km	11 laps
<b>11:45AM</b>	<b>Awards Men 35-39</b>		
2:30 PM	Men 45-49	88km	11 Laps
<b>5:30 PM</b>	<b>Awards Men 40-44 and 45-49</b>		
<b>7pm-9pm</b>	<b>Registration/Package pickup at the</b>		

**Saturday Aug 7**

	<b> criterium -- Jeffersonville, IN</b>		1 lap is 1 km
<b>7:00am-5:00pm</b>	<b>\$20 day of race packet pickup at Start/Finish</b>		
8:00am	Women 30-34	40k	
9:30 am	Women 35-39	40k	
10:45 am	Women 40-44	35k	
12:00 pm	Women 45-49	30k	
<b>12:15 pm</b>	<b>Awards Women 30-34, 35-39, 40-44</b>		
1:15 pm	Women 50-54	30k	
2:30 pm	Women 55-59	30k	

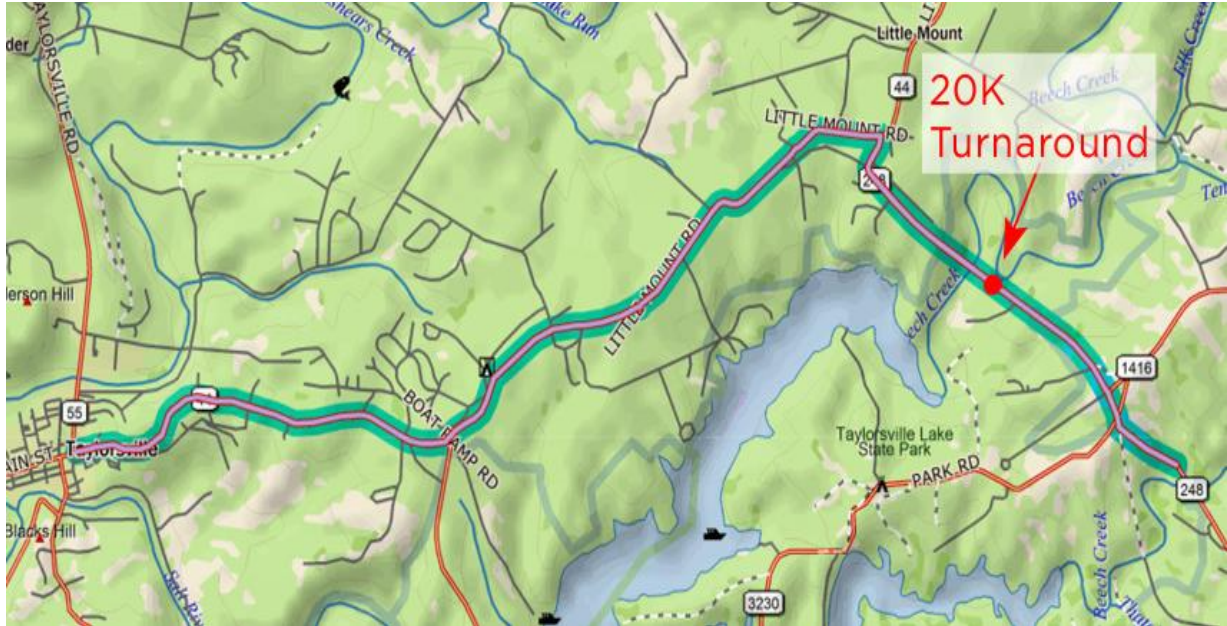


	3:45 pm	Men 45-49	40k
	5:15 pm	Men 40-44	50k
	<b>7:30 pm</b>	<b>Awards Women 45-49, 50-54, 55-59, Men 45- 49, 40-44</b>	
	<b>7pm-9pm</b>	<b>Registration/Package pickup at the Fairfield Inn</b>	
<b>Sunday, Aug 8</b>		<b> criterium -- Jeffersonville, IN</b>	
	<b>7:00am- 5:00pm</b>	<b>\$20 Day of race packet pickup at Start/Finish</b>	
	8:00 am	Women 60+	30k
	9:15 am	Men 70+	35k
	10:30 am	Men 65-69	35k
	11:45 am	Men 60-64	35k
	12:00 pm	<b>Awards Women 60+, Men 60-64, 65-69, 70+</b>	
	1:00pm	Men 55-59	40k
	2:30 pm	Men 50-54	40k
	3:45 pm	Men 35-39	50k
	5:30 pm	Men 30-34	60k
	<b>7:30 pm</b>	<b>Awards Men 50-54, 55- 59, 35-39, 30,34</b>	

## Course Descriptions



## Time Trial – Taylorsville, KY



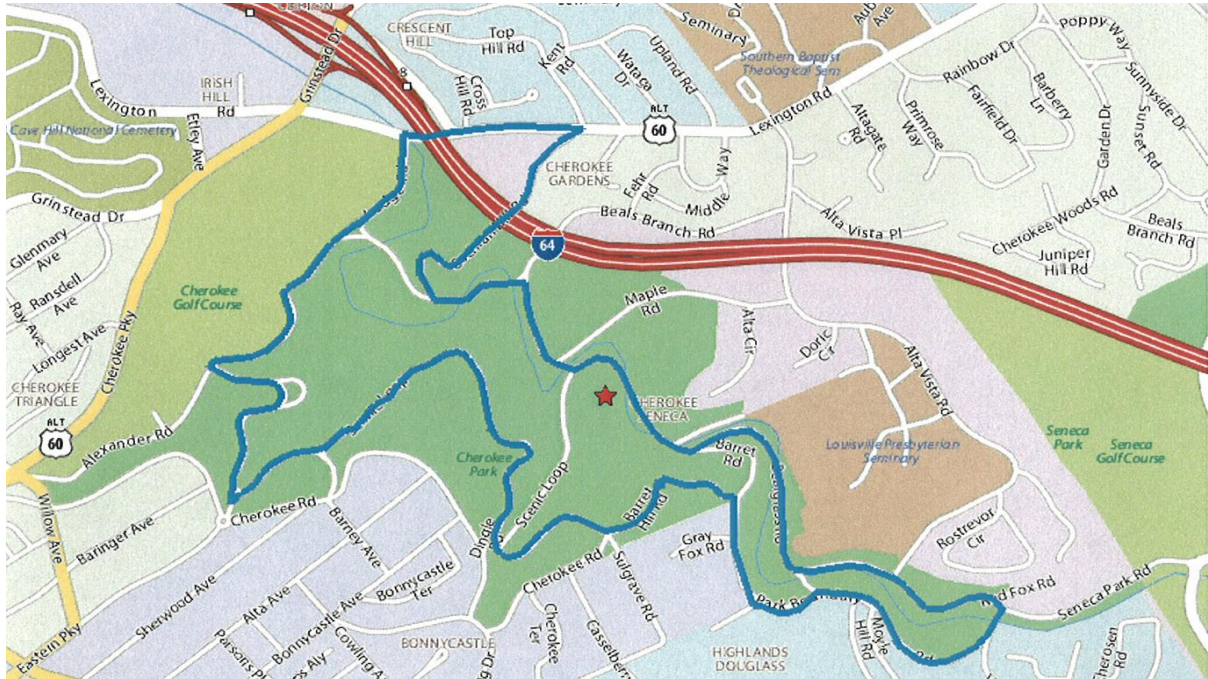
### **Time Trial**

The time trial will start and finish at Spencer County High School, in Taylorsville, KY. The course will be 20k for some groups and 25.8K for others (please check the schedule). It is an out and back course. Pavement is good to excellent. The course is has some climbs and rolling hills. Turnaround will be marked with cones and fencing. A race official will be present. Neutral support will be located on the course. **THERE WILL BE A MANDATORY BIKE CHECK BEFORE EACH ATHLETE STARTS—PLEASE SHOW UP EARLY!**

**PARKING:** As you come into Taylorsville you will go through the first light and then immediately after the light you will see the high school on your left and the driveway to the school. Take that left into the school and you can park anywhere in the schools parking lot.

## **Road Race - Cherokee Park**

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### **Road Course**

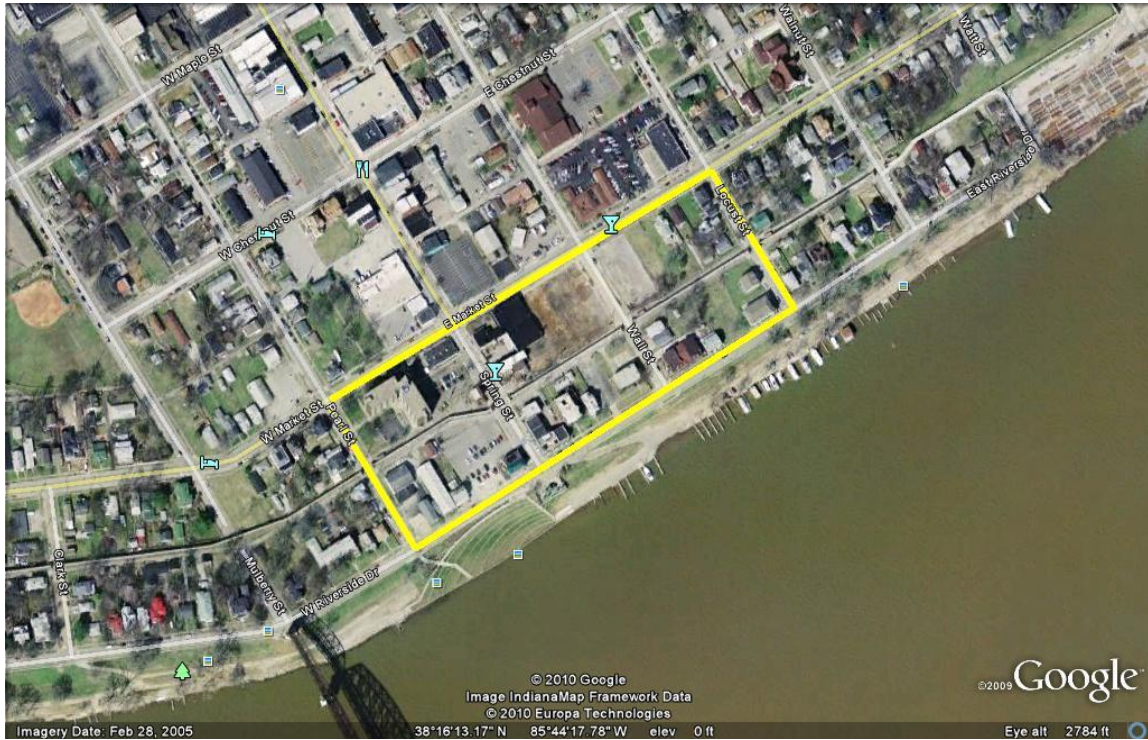
This is an approximately 5-mile loop that goes thru and around Cherokee Park. The course is rolling. The lowest approximate elevation is 450', the highest 550'. Pavement is good to excellent. Turns will be marked as necessary. There will be officials on the course with each race, as well as neutral support provided by Shimano.

**PARKING:** Parking is available on both sides of ALEXANDER RD. between CHEROKEE PKWY and the SCENIC LOOP. More parking is available Between the SCENIC LOOP and BARNEY AVE. More parking is available in the neighborhoods nearby.

## CRITERIUM – Jeffersonville Indiana

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**Criterion:** This is an approximately 1km 4 turn course that will run you along the Ohio River and through Historic downtown Jeffersonville. Pavement is good to excellent. Turns will all be 90 Degrees. There will be officials on the course with each race, as well as neutral support provided by Shimano.

**PARKING:** Parking is available around Downtown Jeffersonville on side streets and in city lots right next to the course.

# Event Staff and Race Officials



**Event Staff**

Micah Rice – Managing Director of National Events

Kelli Lusk—National Events Director

Tom Mahoney – USA Cycling Membership

Larry Martin – USA Cycling Regional Coordinator

Dave Towle – Announcer

Todd Gogulski—Announcer

Fred Patton – Phoenix Timing

Cath O'Donnell Jett – Phoenix Timing

Sean Kettering – Phoenix Timing

Troy Killian – Director of Operations Louisville Sports Commission

Jim Hanauer -- Operations Intern Louisville Sports Commission

Marc Luking – Operations Coordinator

**Race Officials**

Chief Referee	Joan Durdaller
Chief Judge	Heidi Mingesz
Comm.	Steve Eppel
Comm.	Ron Garrett
Moto	Vicki Mackzum
Moto	Michael Hansen
Moto	Charlie Stevenson
Moto	Stephen Johnson
Judge	Karen Garrett
Judge	Alice Stevenson

**Eligibility, Rules, Registration  
Waitlist Guidelines**



## LICENSE REQUIREMENTS

ALL PARTICIPANTS MUST HAVE A CURRENT & VALID USA CYCLING LICENSE WITH THE PROPER CATEGORY AT THE TIME OF REGISTRATION. Only riders who have a current and valid USA Cycling license will be allowed to register. Riders must also be licensed for the category in which they are attempting to register. If you do not have a current and valid USA Cycling license, the easiest way to obtain one is via the USA Cycling website at [www.usacycling.org](http://www.usacycling.org). You may purchase, renew and/or request a category upgrade online on your My USA Cycling page.

## ELIGIBILITY

At the time of registration, all participants of the USA Cycling Masters Road National Championships MUST meet the minimum required category for the respective event according to the 2010 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.

All participants in the USA Cycling Masters Road National Championships MUST be either a U.S. citizen or resident alien.

All participants in the USA Cycling Masters Road National Championships MUST have a racing age of 30 or over. Riders with a racing age of 30 or over who hold Elite status per USA Cycling rules may NOT compete in the USA Cycling Masters Road National Championships. This includes riders who:

- 1) are, or have been, members of a UCI-registered team of any type in 2010, or
- 2) have competed in the Elite category of a UCI World Championships, Continental Championships or World Cup in a road discipline in 2010.

For more information on eligibility, please go to:

<http://www.usacycling.org/forms/Masters%20Eligibility%20FAQ.pdf>. All participants MUST race in their current age class as shown on their 2010 USA Cycling license. Riders MAY NOT race up or down in racing age class.





## RULES

All bikes must be UCI legal. For any questions regarding bike measurements please refer to the USA Cycling website:

<http://www.usacycling.org/news/user/story.php?id=3565>

or the UCI rulebook at [www.uci.ch](http://www.uci.ch). However, strict interpretation of UCI rule 1.3.020 (8 cm height rule) or 1.3.024 (3/1 aspect ratio) will not be enforced. A bicycle that was legal in 2009 will be legal in 2010.

## INDIVIDUAL TIME TRIALS:

Are open to ALL categories – men’s road categories 1-5 and women’s road categories 1-4.

## ROAD RACES

For master men’s age groups 30-54, riders MUST be road category-3 or higher. For age groups 55 and above, there are no category requirements. For master women’s age groups 30-44, riders MUST be road category-3 or higher. For age groups 45 and above, there are no category requirements

## CRITERIUMS

For master men’s age groups 30-54, riders MUST be road category-3 or higher. For age groups 55 and above, there are no category requirements. For master women’s age groups 30-44, riders MUST be road category-3 or higher. For age groups 45 and above, there are no category requirements

## TANDEM ROAD RACES

Tandem Road National Championships shall be conducted for men’s, women’s and mixed teams whose ages’ sum falls into the following categories: 70+, 90+ and 110+. The one who steers MUST be a road category 1, 2 or 3 rider at the time of registration. Both riders on a tandem must have a racing age of at least 30.

## TANDEM TIME TRIALS

Tandem Time Trial National Championships will be conducted for men’s and mixed teams, whose ages’ sum falls into the following categories: 70+, 90+ and 110+ and for women’s teams whose ages’ sum falls into the following categories: 70+ and 90+. Both rides on a tandem must have a racing age of at least 30.

For Elite riders, a championship will be held for two men, two women and mixed. Riders participating in the Elite Tandem TT championship must be at least 17 years old.

## REGISTRATION



## 2010 USA Cycling Masters Road National Championships

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PARTICIPANTS MAY ONLY 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.

REGISTRATION FOR THE 2010 USA CYCLING MASTERS ROAD NATIONAL CHAMPIONSHIPS WILL OPEN at 11:00 a.m. EDT on Friday June 4th at <http://www.usacycling.org/>, click on "My USA Cycling", then on "register for an event". Please note: In 2010, the field limit for the criterium will be 100 and the road race 125. We encourage all riders to pick up their packet as early as possible.

Online registration will close at 11:59 p.m. EDT on Tuesday July 27th.

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 at 11:59 p.m. EDT on Tuesday July, 13th. 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.

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 2010 USA Cycling Masters 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.

USA Cycling will consider refund requests up until the close of online registration. All refunds are subject to a 20% processing fee.

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, please refer to the posted schedule. 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 near the start/finish line each day, subject to a \$20.00 late fee.

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 Your signed 2010 USAC racing license or a photocopy Designated person must have ID.

**Bike Measurement for USA  
Cycling Championship Events**

## **Introduction**

From the beginning of 2009, 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 USA Cycling 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.



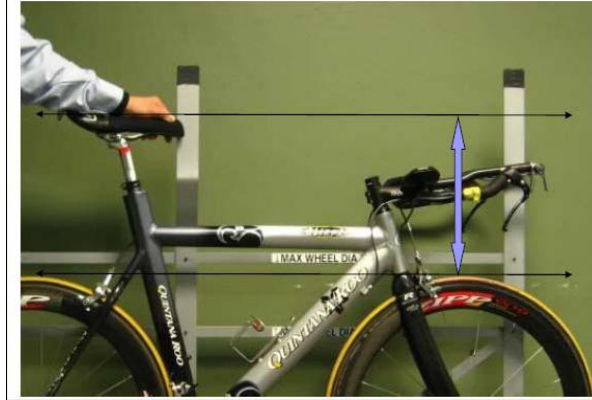
The Bicycle above is not legal. It has no seat tube or seat stays.

### **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.

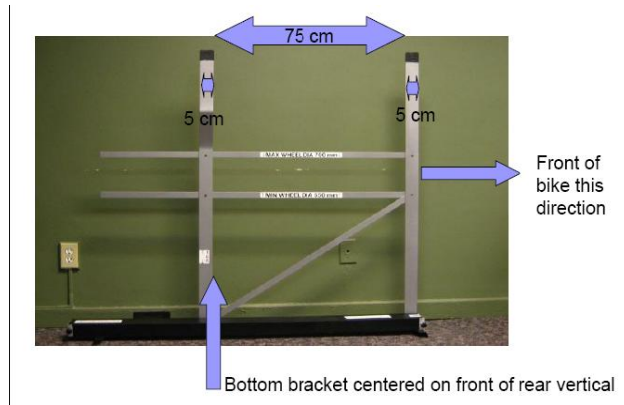
<http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=&ObjTypeCode=FILE&type=FILE&id=NDkyNTc&LangId=1>

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.

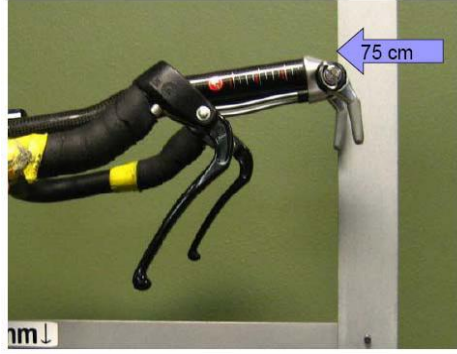


This saddle meets the standard dimension limits. It is 5 cm behind the bottom bracket axle.



This saddle is too far for endurance events, but is legal for track speed type events

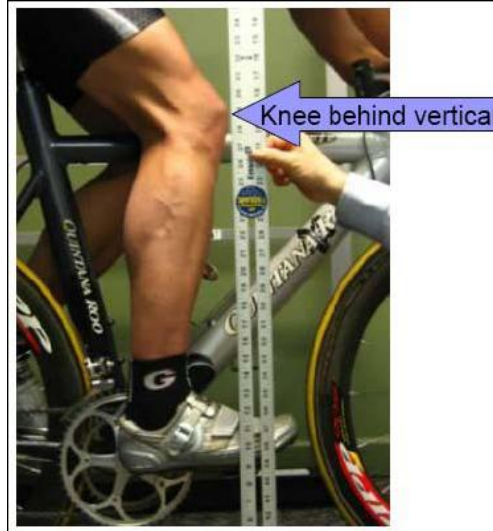
For time trial events, handlebar extensions may be added. These extensions may offer forearm support, but cannot be designed to allow pulling or applying leverage against the handlebars. The maximum forward horizontal dimension of the handlebar extensions is 75 cm and is measured horizontally from the 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.**

**Note that a rider is never allowed to take both morphological exceptions!** A rider cannot be short and tall at the same time.

### 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](mailto:sfarrell@usacycling.org)

## **Time Trial, Criterium and Road Race** **Bib Placements**





Back of Jersey

**Time Trial Bib Placement**

Race numbers must not be folded, trimmed, or altered in any way. Altering of numbers will result in fines and/or penalties. Trimmed, damaged, or lost numbers must be replaced at the rider's expense.



Back of Jersey

**Criterium Bib Placement**

Race numbers must not be folded, trimmed, or altered in any way. Altering of numbers will result in fines and/or penalties. Trimmed, damaged, or lost numbers must be replaced at the rider's expense.



Back of Jersey

**Road Race Bib Placement**

Race numbers must not be folded, trimmed, or altered in any way. Altering of numbers will result in fines and/or penalties. Trimmed, damaged, or lost numbers must be replaced at the rider's expense.



## Louisville Attractions and Events

With more than 120 attractions, many of them one-of-a-kind, Louisville has something for every age and interest. Discover the history of the city's beginnings on the Ohio River, the traditions of the Kentucky Derby or the makings of the legendary Louisville Slugger. London's Royal Armories are on display at their only location



outside of England, the Frazier International History Museum. Take time to explore the city's nooks and crannies in neighborhoods like Old Louisville. Visit the "Urban Bourbon Trail," where you can raise a glass at six of the world's best-stocked and most-celebrated whiskey bars. Or take a short drive to one of Bourbon Country's famous distilleries.

Spectator sports include a Triple A baseball team at Louisville Slugger Field, an indoor football league and the college sports of the University of Louisville Cardinals and Bellarmine University Knights. Live Thoroughbred racing is offered at Churchill Downs in the spring and fall, and simulcast wagering is offered year-round.

Louisville is also an art city. The Speed Art Museum, Kentucky Museum of Art & Craft and the new 21C Museum Hotel offer permanent and changing exhibits. Galleries abound with monthly "trolley hops" to showcase exhibits. Blown glass is a popular medium with two downtown studios – Glassworks and Flame Run. Louisville is one of only a few cities in the U.S. with a professional full-time orchestra, opera, ballet, children's theatre, dinner theatre and Broadway series.

The list of must-see attractions goes on and on, from baby animals at the zoo to unique museums and historic homes. For a list of all the attractions in Downtown Louisville and neighboring areas, please visit [www.GoToLouisville.com](http://www.GoToLouisville.com) and click on Visitors. At this link, you can surely find something to do, somewhere to eat, or somewhere to shop.

### **Events**

The following is a list of events happening in Louisville during your stay. For a more detailed and complete list, please go to [www.GoToLouisville.com](http://www.GoToLouisville.com), and click on Events at the top of the page. We assure you that there is something for everyone of all ages and interests!



**Best of the Collection Tours**

Sponsored by: The Speed Art Museum  
Location: 2035 S. 3rd St.  
Description: Join us on a docent led tour and discover the museum treasures that make up the Speed. Meet at Front Desk.  
Admission: Free  
Hours: Saturday and Sunday 1:00 and 3:00, Thursdays 7:00 p.m.  
Dates: Every Saturday, Sunday and Thursday  
Phone: (502) 634-2700  
URL: [www.speedmuseum.org](http://www.speedmuseum.org)

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**English Silver in the Age of Matthew Boulton: The James C. Codell, Jr. Collection**

Sponsored by: Speed Art Museum, The  
Location: 2035 S. 3rd St.  
Description: Over the span of 30 years James C. Codell, Jr. of Winchester, Kentucky, collected the work of innovative English industrialist Matthew Boulton. Mr. Codell's foresight created one of the world's great collections of silver, silver-plate, and other metalwork produced by Boulton's firm between the 1760's and the 1820's. From richly guided candelabra to sparkling silver tureens, this exhibition captures the elegance of the English table during the late 18th and 18th centuries. This collection was generously given to The Speed Art Museum so that others might enjoy the artistry of Boulton's creations.  
Hours: Tues-Wed, Fri 10:30 a.m. - 4 p.m.; Thurs 10:30 a.m. - 8 p.m.; Sat 10:30 a.m.- 5 p.m.; Sun. Noon - 5 p.m.; Closed Mon.  
Dates: April 12 - August 2, 2009  
Phone: (502) 634-2700  
URL: <http://www.speedmuseum.org/exhibitions.html#english>  
Event Type / Category: Exhibit

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**IMAX: Country Music: The Spirit of America**

Sponsored by: Louisville Science Center  
Location: 727 W. Main St.  
Description: Through rare and historical footage and performances by some of country music's biggest stars, this remarkable film shows that country music is far more than just entertainment. It's also a driving force in, and historical record of, our nation's social and political development. Includes performances by Dolly Parton, Alison Krauss, Lee Ann Womack, Lyle Lovett, Vince Gill, Alan Jackson, Dwight Yoakam, and many more!  
Admission: \$8 adults, \$7 children (2-12 y/o), seniors 60+, and college students  
Hours: Times may vary  
Dates: Opening July 1, 2009  
Phone: (502) 560-6100  
URL: [www.louisvillescience.org](http://www.louisvillescience.org)  
Event Type / Category: Indoor, Theatre

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### **Derby Decades: Simply Chic, Part I**

Sponsored by: Kentucky Derby Museum

Location: 704 Central Ave. Louisville KY,40208

Description: The exhibit opens with a display of lavish gowns on April 10th. Each decade since 1875 (the year of the first Kentucky Derby) will be represented by gowns styled on 60 mannequins.

Donned by members of high society and celebrities, these gowns will showcase the flavor and elegance of Derby season. Gowns will be included from Armani, Issey Miyake, Nina Ricci, Karl Lagerfeld, Bob Mackie, Chanel, Escada, Carolina Herrera and Bill Blass, along with vintage dresses from the 20's and 30's and antique outfits from the late 1800's.

As an addition to this special collection, elaborate beaded gowns loaned by well-known Kentucky Derby celebrity hostess Tricia Barnstable will be also be displayed.

Admission: Adults \$12, Seniors \$11, Children (13-18) \$8, Children (5-12) \$5, Children under 5 are free

Hours: Monday- Saturday 8 a.m. - 5 p.m., Sunday 11 a.m. - 5 p.m.

Dates: April 10 – August 1, 2009

Phone: 502) 637-7097

Email: [wtreinen@derbymuseum.org](mailto:wtreinen@derbymuseum.org)

URL: [www.derbymuseum.org](http://www.derbymuseum.org)

Event Type / Category: Exhibit

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### **Muhammad Ali Center**

Location: One Muhammad Ali Plaza, 144 N. Sixth St., Louisville KY, 40202

Description: Located in the heart of downtown Louisville, Kentucky, the Muhammad Ali Center is both a cultural attraction and an international education center that is inspired by the ideals of its founder Muhammad Ali. The Ali Center's 2 1/2 levels of innovative exhibits, educational and public programming, and global initiatives carry on Muhammad's legacy and inspire exploration of the greatness within ourselves. Much more than a place that tells the story of one man's journey, The Ali Center reaches beyond its physical walls to fulfill its mission. The mission of the Muhammad Ali Center is to preserve and share the legacy and ideals of Muhammad Ali, to promote respect, hope, and understanding, and to inspire adults and children everywhere to be as great as they can be.

Admission: Adults \$9, Seniors (65+) \$8, Children (6-12) \$4, Students with ID \$5, Military \$5, Groups of 20 or more \$7 per person. Members and children 5 and under are free.

Hours: Tuesday-Saturday 9:30 a.m.- 5 p.m., Sunday 12 noon- 5 p.m. Monday closed.

Dates: Year round.

Contact Name: Muhammad Ali Center

Phone: (502) 584-9254

Email: [info@alicenter.org](mailto:info@alicenter.org)

URL: [www.alicenter.org](http://www.alicenter.org)

Event Type / Category: Exhibit, Indoor

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### **Kentucky Derby Museum**

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## 2010 USA Cycling Masters Road National Championships

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**Location:** 704 Central Ave. Louisville KY, 40208

**Description:** The Kentucky Derby Museum, which sits on the front steps of historic Churchill Downs, is a very visible part of our community. Graciously welcoming over 200,000 guests through the doors each year and giving them a first hand look at the event for which Louisville, Kentucky is known worldwide. The Museum aims to provide a lasting impression of tradition, hospitality and pride to our many visitors. When you visit the Kentucky Derby Museum you will find yourself immersed in the next best thing to actually being at the Derby! The Kentucky Derby Museum, one of Kentucky's premier attractions, captures the pride, traditions, and excitement of the "greatest two minutes in sports".

**Admission:** Adults \$12, Senior Citizens (55+) \$11, Young Adults (13-18) \$8, Children (5-12) \$5, Children under 5 free.

**Hours:** Monday - Saturday 8 a.m. - 5 p.m., Sunday 11 a.m. - 5 p.m.

**Dates:** Summer Hours (March 15 - November 30)

**Phone:** (502) 637-7097

**Email:** [info@derbymuseum.org](mailto:info@derbymuseum.org)

**URL:** [www.derbymuseum.org](http://www.derbymuseum.org)

**Event Type / Category:** Exhibit, Indoor

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### **Speed Art Museum**

**Location:** 2035 S. 3rd St. Louisville KY,40208

**Description:** Established in 1927, the Speed Art Museum is Kentucky's oldest and largest art museum with over 13,000 pieces in its permanent collection. Its extensive collection spans 6,000 years, ranging from ancient Egyptian to contemporary art. The museum has distinguished collections of 17th century Dutch and Flemish painting, 18th century French art, Renaissance and Baroque tapestries, and significant holdings of contemporary American painting and sculpture. African and Native American works also represent a growing segment of the museum's collection. The Speed also houses paintings, sculpture, furniture, and decorative arts by Kentucky artists and created for Kentuckians. Since completing a major \$12 million renovation and expansion in 1997, the Speed has brought major exhibitions of photography, painting, design, and sculpture to the region to help fulfill its ambitious mission: bringing great art and people together. Located next to the University of Louisville's Belknap Campus, the museum serves more than 180,000 visitors annually.

**Admission:** Free

**Hours:** Tuesday, Wednesday and Friday 10:30 a.m.- 4 p.m., Thursday 10:30 a.m. - 8 p.m., Saturday 10:30 a.m. - 5 p.m., Sunday noon - 5 p.m., Monday closed.

**Dates:** Year round.

**Phone:** (502) 634-2700

**URL:** [www.speedmuseum.org](http://www.speedmuseum.org)

**Event Type / Category:** Exhibit, Indoor

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### **2009 Spring Meet**

**Sponsored by:** Churchill Downs

**Location:** 700 Central Avenue, Louisville, KY 40208

**Description:** The Spring Meet opening day is April 25. Racing continues runs through July 5. Come out and enjoy all the excitement this legendary racetrack has to

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## 2010 USA Cycling Masters Road National Championships

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offer!  
Admission: General Admission - \$2; Seniors - \$1  
Dates: April 25, 2009 - July 5, 2009  
Phone: (502) 636-4400  
Email: [customerservice@kyderby.com](mailto:customerservice@kyderby.com)  
URL: <http://www.churchilldowns.com/>  
Event Type / Category: Outdoor, Sport

### Fontaine Ferry

Sponsored by: Frazier International History Museum  
Location: 829 W. Main St. Louisville KY, 40202  
Description: From 1905 to 1969, Fontaine Ferry Park represented the very best of times for hundreds of thousands who enjoyed innocent hours of entertainment in the West Louisville amusement park on the banks of the Ohio River. For others, it was a sign of the times – a place they weren't allowed access because of the color of their skin. On May 16, the Frazier International History Museum opens Fontaine Ferry, a 3,800 square foot exhibition that explores this integral part of Louisville's history, just in time for the 40th anniversary of the park's closing.  
Admission: Free with Museum Admission  
Hours: 9 a.m. - 5 p.m. (Sunday noon – 5 p.m.)  
Dates: May. 16, 2009 to Sept. 8, 2009  
Phone: (502) 753-5663  
URL: [http://www.fraziermuseum.org/calendar\\_detail.asp?id=196](http://www.fraziermuseum.org/calendar_detail.asp?id=196)  
Event Type / Category: Exhibit, Indoor

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### Wild Music: Sounds & Songs of Life

Sponsored by: The Louisville Science Center  
Location: 727 W. Main Street, Louisville, KY 40202  
Description: Whales compose, bullfrogs chorus, songbirds greet the dawn, and people everywhere sing and dance. What do we all have in common? Long before the advent of iTunes, the musical instinct ran deep. Wild Music explores evidence for the biological origins of music through highly interactive exhibits and exceptional sound experiences, and -- in the process -- expands our understandings of what makes music. With its multicultural content, careful attention to accessibility, and rich menu of public programs and performances, Wild Music offers broad appeal for diverse, intergenerational audiences.  
Dates: June 1, 2009 to Sep. 8, 2009  
Phone: (502) 561-6100  
URL: [www.louisvillescience.org](http://www.louisvillescience.org)  
Event Type / Category: Exhibit, Indoor, Kid

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### IMAX

Sponsored by: Louisville Science Center  
Location: 727 W. Main Street, Louisville, KY 40202  
Description: Through June 30, Louisville Science Center's IMAX will be showing a variety of

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shows, including *Sea Monsters*, *Animalopolis*, and *Wild Ocean*. See <http://www.louisvillescience.org/site/imax/> for a full schedule. *Sea Monsters* allows you to follow a curious and adventurous dolichorhynchops – familiarly known as a "dolly" – as she travels through the most dangerous oceans in history. Along the way, she encounters giant turtles, enormous fish, fierce sharks, and the most dangerous sea monster of all, the mosasaur. *Animalopolis* takes a humorous journey inside the magical world of animals, full of "Seussian" style rhymes guaranteed to bring smiles and chuckles. Whether going nose to nose with hippos as they graze upon nature's massive salad bar, or eye to eye with dancing bears, discover how nature provides humor and wonder everywhere. *Wild Ocean* showcases a massive feeding frenzy which takes place in the oceans of South Africa as billions of fish migrate up the KwaZulu-Natal Wild Coast. Breaching whales, frenzied sharks, herding dolphins, and diving gannets compete in an epic underwater struggle for survival. However, there is a place on earth where man attempts to fit into the food chain, pursuing "sustainable" fishing practices in an attempt to preserve one of the most incredible migrations and feeding frenzies on the planet. In South Africa, business, government and the local people have joined forces in an attempt to protect this great and invaluable migration. This is where Africa meets the Sea.

Dates: May 1, 2009 – June 30, 2009  
Phone: (502) 561-6100  
URL: [www.louisvillescience.org](http://www.louisvillescience.org)  
Event Type / Category: Indoor, Kid

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### **L & N Wine Bar and Bistro**

Location: 1765 Mellwood Ave. Louisville KY, 40206  
Description: L & N features the area's most diverse wine list, offering nearly 80 wines by the glass and a carefully chosen bottle list from wine producing regions all over the world. Chef Rick Adams has created an extensive menu of quality bistro/comfort fare with a creative twist at affordable prices. Wine List voted Best of Louisville 2005 and 2008.  
Hours: Monday through Saturday open at 5pm  
Contact: Nancy Richards  
Phone: (502) 897-0070  
Email: [nancy@landnwinebarandbistro.com](mailto:nancy@landnwinebarandbistro.com)  
URL: [www.landnwinebarandbistro.com](http://www.landnwinebarandbistro.com)  
Event Type / Category: Other

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### **Music on The Terrace**

Sponsored by: Summit Lifestyle Center, The  
Location: 9401 Brownsboro Rd. Louisville KY, 40241  
Description: Live local bands every Thursday evening during June and July. Enjoy alfresco dining on The Terrace (between Qdoba and Mitchell's Fish Market) with the music of local and regional bands.  
Admission: Free  
Hours: 6:30 - 8:30 p.m.  
Dates: Every Thursday in June and July.  
Contact Name: Becky Norton

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Phone: (502) 425-3441  
Email: [bnorton@bayerproperties.com](mailto:bnorton@bayerproperties.com)  
URL: [www.thesummitonline.com](http://www.thesummitonline.com)  
Event Type / Category: Food, Music/Outdoor

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### **Andrea Keys: Ceramic Sculpture**

Sponsored by: Kentucky Museum of Art & Craft  
Location: Mary & Al Shands Gallery, 715 West Main Street, Louisville, KY 40202  
Description: Andréa Keys is a young ceramic artist from Athens, Ohio who creates beautifully rendered and stylized life-size ceramic figures. Of her work she says, 'The sculptures that I make are driven by a desire to investigate how an individual's personal history affects their identity, behaviors and actions. I am interested in how intergenerational trauma and a person's past, particularly a past that has been interrupted by a traumatic event such as war, can influence patterned and learned behaviors that are passed through the family. I am utilizing images, patterns and symbols, found in specific notions of Western identity and psychology to create my characters, yet I am displaying them in environments that are unfamiliar. The element of fantasy that I create shows how the past and present, dream and reality, conscious and unconscious, and the familiar and unfamiliar can exist together in an environment that is uncanny, much like the way subconscious memories of a traumatic event can be very much alive in our conscious actions.'  
Admission: Adults, \$5, Seniors \$4, Military \$4, Family (2 adults and all children) \$10, Children under 12 free, students with ID free.  
Dates: May 23, 2009 – July 6, 2009  
Phone: (502) 589-0102  
URL: <http://www.kentuckyarts.org/index.cfm>  
Event Type / Category: Exhibit, Indoor

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### **Kaviar Forge & Gallery**

Location: 147 Stevenson Ave., Louisville KY, 40206  
Description: showcasing the work of sculptor/blacksmith Craig Kaviar. As the neighborhood transformed itself from a run down crime ridden neighborhood into a fashionable artsy historic district Mr. Kaviar decided to fulfill the second part of his dreamed and formally open an art gallery where he could feature some other very fine artist including painters and ceramists. Kaviar Forge & Gallery is committed to showcasing mature artists who have spent a lifetime creating their artwork, and whose expertise clearly shows in the depth and vitality of their works.  
Hours: Wednesday – Friday noon- 6 p.m., Saturday noon – 4 p.m.  
Phone: (502) 561-0377  
URL: [www.kaviargallery.com](http://www.kaviargallery.com)  
Event Type / Category: Exhibit

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### **Swords of the Americas & Art of the Duel**

Sponsored by: Frazier International History Museum  
Location: 829 W. Main St. Louisville KY, 40202

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## 2010 USA Cycling Masters Road National Championships

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**Description:** The Frazier International History Museum is currently hosting two exhibitions in the third floor north gallery, *Swords of the Americas* and *Art of the Duel*. One is a unique and historically significant collection of artifacts. The other challenges romantic notions of dueling and poses the question—Is it defending one's honor or sanctioned murder? *Swords of the Americas*, George E. Weatherly's private collection of swords, sabers and related artifacts from the United States, Canada and various South American countries, is a fascinating glimpse into the past.

Then, discover *Art of the Duel*. Learn what separates a duel from regular fighting and ponder whether dueling was an effective process to address grievances or simply a socially-sanctioned form of murder. The display defines dueling and the special code of conduct required of the combatants. Learn where dueling was practiced and how it was done in various places, including the United States.

**Admission:** Free with Museum Admission

**Hours:** Monday – Saturday 9 a.m. – 5 p.m., Sunday noon – 5 p.m.

**Dates:** March 7, 2009 – August 9, 2009

**Phone:** (502) 753-5663

**URL:** [http://www.fraziermuseum.org/calendar\\_detail.asp?id=242](http://www.fraziermuseum.org/calendar_detail.asp?id=242)

**Event Type / Category:** Exhibit, Indoor

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### **Shakespeare in Central Park – Romeo & Juliet**

**Sponsored by:** Kentucky Shakespeare Festival

**Location:** C. Douglas Ramey Amphitheatre, Central Park, 4<sup>th</sup> Street & Magnolia Avenue

**Description:** 49th season of free Shakespeare in Central Park in historic Old Louisville.

**Admission:** Free

**Hours:** 8 p.m.

**Dates:** June 30<sup>th</sup>, July 1st

**Contact Name:** Doug Sumey, Managing Director

**Phone:** (502) 637-4933

**Email:** [doug@kyshakes.org](mailto:doug@kyshakes.org)

**URL:** [www.kyshakes.org](http://www.kyshakes.org)

**Event Type / Category:** Festival, Outdoor, Theatre

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### **Jazz Night at Maker's Mark Bourbon House & Lounge**

**Sponsored by:** Fourth Street Live!

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Location: 446 S. 4<sup>th</sup> Street Louisville KY,40202  
Description: Bask in the luxury of Louisville's finest bourbon lounge while enjoying the sounds of great local jazz bands. Enjoy the world's finest bourbon or try the house wine for an evening you won't soon forget. \$2 off all bourbon.  
Time: 7:00 p.m.  
Date: July 30, 2009  
URL: [www.4thstlive.com](http://www.4thstlive.com)  
Event Type / Category: Music/Indoor

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### **July 3rd Fireworks Cruise on the Belle of Louisville/ Spirit of Jefferson**

Sponsored by: Belle of Louisville/Spirit of Jefferson  
Location: 401 W. River Rd. Louisville KY,40202  
Port: 4<sup>th</sup> Street Wharf  
Description: Both the Belle of Louisville and the Spirit of Jefferson will celebrate the event with a funtastic cruise. A gigantic fireworks show will be featured. Get ready with your "ooooos" and "aaahs."  
Admission: \$18 all ages.  
Hours: Boards 8:00 p.m., Cruise 8:30- 11:00 p.m.  
Date: Jul. 3, 2009  
Phone: (502) 574-2992  
URL: [www.belleoflouisville.org](http://www.belleoflouisville.org)  
Event Type / Category: Cruise, Holiday, Indoor, Outdoor

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### **Louisville Bats vs. Indianapolis Indians**

Location: Louisville Slugger Field, 401 East Main Street, Louisville, KY 40202  
Description: On July 2<sup>nd</sup>, Louisville's Triple A baseball team, the Louisville Bats take on the Indianapolis Indians in a double header beginning at 6:05 p.m. On July 3<sup>rd</sup> they will battle again at 7:05 p.m.  
Admission: Children 12 & under, Seniors 65 and older, and active military personnel with proper ID receive \$1 discounts on all seats. To purchase tickets for one game, call Ticketmaster at (502) 361-3100 or come down to the Louisville Slugger Field Box office. Tickets range from \$5-\$10.  
Dates: July 2 & 3  
Contact Name: Gary Ulmer- President  
Phone: 502-212-2287  
Email: [info@batsbaseball.com](mailto:info@batsbaseball.com)  
URL: [www.batsbaseball.com](http://www.batsbaseball.com)  
Event Type / Category: Sports/Outdoor

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### **July 4th Fireworks Cruise on the Belle of Louisville**

Sponsored by: Belle of Louisville/Spirit of Jefferson  
Location: 401 W. River Rd. Louisville KY, 40202  
Description: Join us for the fun on the Fourth. Both the Belle of Louisville and the Spirit of Jefferson will celebrate the event with a fantastic cruise. A gigantic fire works

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show will be featured.  
Admission: \$18 per person (all ages)  
Hours: Boards at 8:00 p.m., cruises from 8:30 – 11 p.m.  
Date: Jul. 4, 2009  
Phone: (502) 574-2992  
URL: [www.belleoflouisville.org](http://www.belleoflouisville.org)  
Event Type / Category: Cruise, Holiday, Indoor, Outdoor

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**July 4th Fireworks Cruise on the Spirit of Jefferson**

Sponsored by: Belle of Louisville/Spirit of Jefferson  
Location: 401 W. River Rd. Louisville KY,40202  
Description: Join us for the fun on the Fourth. Both the Belle of Louisville and the Spirit of Jefferson will celebrate the event with a fantastic cruise. A gigantic fireworks show will be featured.  
Admission: \$17 per person (all ages)  
Hours: Boards at 8 p.m., cruises from 8:30 - 11 p.m.  
Date: Jul. 4, 2009  
Phone: (502) 574-2992  
URL: [www.belleoflouisville.org](http://www.belleoflouisville.org)  
Event Type / Category: Cruise, Holiday, Indoor, Outdoor

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**Sky Trail High Adventure Course**

Sponsored by: Louisville Zoo  
Location: 1100 Trevilian Way, Louisville KY, 40213  
Description: The whole family will want to try this exciting new high adventure course at the Zoo! Located near the Zoo Lake, the Sky Trail is a safe yet thrilling experience. Adventurers will see the Zoo from a whole new perspective from their perch high above the ground. It is two stories tall, including over 22 challenging elements including Rickety Bridge, Tremor Bridge and Quarter Cargo Net plus footlines, balance beams, rope ladders and more! Climbers are safely tethered to the structure at all times. The Adventure Course is available for all ages although those under 48" require a helper.  
Dates: Open now until September 15  
Phone: (502) 459-2181  
URL: [www.louisvillezoo.org](http://www.louisvillezoo.org)  
Event Type / Category: Kid, Other, Outdoor

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**Calistoga Splash Park at Glacier Run**

Sponsored by: Louisville Zoo  
Location: 1100 Trevilian Way, Louisville KY, 40213  
Description: This nautically-themed splash park is the perfect place for kids to escape Kentucky's hot summer days! The Calistoga Splash Park at Glacier Run features 42 unique spray events (which means 42 ways to get wet) including 20-foot long and 25 foot high fishing boat for kids to climb on, two kid-sized slides off the back of the boat and dump buckets and spray heads on the deck of the boat. The Splash Park

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also includes a 50' geyser that erupts from the mast on a timed basis and a jelly jet launcher (2 kids pump up the launcher and when the pressure reaches a certain point it triggers water sprays).

Dates: May 1- mid-September.  
Phone: (502) 459-2181  
URL: [www.louisvillezoo.org](http://www.louisvillezoo.org)  
Event Type / Category: Outdoor, Kid

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### **Louisville Slugger Museum & Factory**

Location: 800 West Main Street, Louisville, KY 40202  
Description: It takes a special place to craft the Official Bat of Major League Baseball. Since 1884 Louisville Slugger has put prime lumber in the hands of the greatest players of the game. A visit to the museum shows you how the sport has changed a bit between then and now, but the "crack of the bat" remains one of the sporting world's most thrilling moments. There are exciting new renovations at Louisville Slugger Museum including the **'Hold a Piece of History'** exhibit, in which visitors are able to hold game-used Louisville Slugger bats swung by some of baseball's greats, past and present. A couple other thrilling renovations are **Babe's Bat** – a new and more prominent exhibit for one of the museum's signature pieces - a Babe Ruth bat featuring a hand notch for every home run he hit with it during the 1927 season, as well as **Joe DiMaggio's Bat** - showcasing a Louisville Slugger bat used by DiMaggio during his 56-game hitting streak in 1941.  
Hours: Through June 30 Monday- Saturday 9 a.m.- 5 p.m., Sunday noon- 5 p.m. Starting July 1 open until 6 p.m.  
Phone: 877-775-8443  
URL: [www.sluggermuseum.org](http://www.sluggermuseum.org)  
Event Type/Category: Indoor, Museum, Sports

# Medical



Medical will be provided by



# **Jewish** Sports Medicine

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

The hospital is located in downtown Louisville the address is

Jewish Hospital  
200 Abraham Flexner Way  
Louisville, KY 40202  
(502)587-4011