

Racer Technical Guide

2011 Great Northern Stage Race **Presented by Don K Subaru of Whitefish** **June 11th and 12th, 2011**

HELD UNDER USA CYCLING PERMIT # 2011-989
RACE HELD RAIN OR SHINE / SPONSORED BY GREAT NORTHERN CYCLING CLUB
WHITEFISH, MT 59937

2011 Great Northern Stage Race is a multi-day three-stage race timed event consisting of a Criterium, Time Trial, and Circuit Race.



Races will be held rain or shine. All USA Cycling rules apply. Racers must wear helmets while racing and while warming up/cooling down. Junior gear restrictions will be enforced. Promoter reserves the right to combine or expand race groupings as conditions, attendance and volunteer support warrant.

Sponsors

The 2011 **Great Northern Stage Race** is brought to you in part by the following supporting sponsors.

Don "K" Subaru of Whitefish

Glacier Restaurant Group

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Great Northern Cycles

The Naked Noodle – Whitefish

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Great Northern Stage Race Staff

Sponsoring Great Northern Cycling Club, Whitefish

Race Director

Rob Hagler

555 Columbia Avenue

Whitefish, MT 59937

406.899.1670

rhagler2@yahoo.com

Race Website: <http://fvbr.wordpress.com/>

Chief Referee

Sheli Thomas

Additional Race Officials

Don Russell

Vicky Russell

Bike Shop Sponsor / Race Headquarters

Craig Prather

Great Northern Cycles

328 Central Ave

Whitefish, MT 59937

(406) 862-5321

<http://www.greatnortherncycles.com/>

Registration

Pre-register fee for the Stage Race is \$75.00 (Juniors are eligible for \$1 day-of registration) which includes free dinner Saturday night and commemorative race goodies.

- Since this event is primarily a Stage Race, registration for individual stages is not allowed with the exception of the Criterium. Criterium only pre-registration is \$30. Pre registration is encouraged.
- Links to registration forms and online registration will be posted at <http://fvbr.wordpress.com/>
- Unlicensed riders (cat 5 men cat 4 women) will have an additional \$5 fee. Field Size Limit 50 riders per category.
- Race Day registration is \$85 for all three stages and \$35 for Criterium only.
- On site registration opens 1.5 hours prior to posted start times and closes 15 min prior to Criterium start time.
- Sign-in only for the Circuit race will be located at Olney-Bissell School.
- **Team directors of four or more racers should contact the Race Director for team pricing.**

Directions to Race-day Registration, Parking, and Warming-up: Follow MT-93 north to Whitefish and proceed north on Spokane until the road intersects with Railway Avenue at Depot Park. Maps to each area can be found at <http://fvbr.wordpress.com/>.

Registration for the Criterium only and the Stage Race will be located at Depot Park.

Criterium parking is on City streets or in one of the City parking lots. Do not warm up on the Criterium course until cleared to do so by the Chief Referee.

Time Trial Parking is either at the Ice Rink on Wisconsin Avenue, or at the finish line at Whitefish Mountain Resort. **Please do not park at the starting area!!** Warm up for the time trail along Lakeshore road past the starting area.

Road Race Parking is at Olney-Bissell School parking lot and secondary parking lot on the West side of Farm-to-Market Road. Warming up on the course will be allowed up to 15 minutes before the first flight, otherwise warm up on Farm to Market Road north of the course.

Race Regulations

The Great Northern Stage Race is organized by the Great Northern Cycling Club, a USA Cycling Club and a member of the Montana Bicycle Racing Association, under the regulations of the USA Cycling.

USA Cycling Main Office

USA Cycling
210 USA Cycling Point, Ste 100
Colorado Springs, CO 80919
719.434.4200
719.434.4300

Rules: Categories

- All categories are sanctioned by the USA Cycling and require a valid USA Cycling license to compete.
- Riders without a USA Cycling license may only compete in Men Master B, Men Cat 5, Junior, or Women's Cat 4.
- A copy of your USA Cycling license or printed USA Cycling Authorization to Ride is required at registration. No category changes are allowed after initial registration.
- Canadian Riders must have a UCI license or ride in the above categories.
- USA Cycling licensing info can be found at <https://www.usacycling.org/>

Rules: General

The Great Northern Stage Race is a timed stage race and the rider with the lowest accumulated time for all three stages will be declared the winner. In the event of a tie, the highest placing in the road race will break the tie.

- Competitors must finish each stage to be eligible to start the following stage.
- Officials may, at their discretion, allow a competitor who does not complete a stage due to a mechanical issue to start the next stage. If this occurs, a finish time for the incomplete stage will be assigned to the competitor by the Official, but shall be no less than the time of the Peloton.
- To be eligible for GC, competitors must complete all four stages.
- Riders must sign in before the start of each stage, except for the Time Trial.
- Centerline rule will be strictly enforced, including at the finish.
- From the opening of registration to the conclusion of the final awards ceremony, riders are required to wear helmets at any time they are riding a bicycle, including warm up on city, county, state, and Forest Service roads.

Unsportsmanlike conduct will not be tolerated, including, but not limited to, PUBLIC URINATION, LITTERING & PROFANE LANGUAGE. Officials have the right to assess time penalties and/or disqualify riders from the race if deemed necessary. We are on public roads, going through rural & pristine country and we want to come back. Do your part to make sure that is possible. Bottles and trash are to be jettisoned in feed zones or taken to caravan vehicles. Fines will be issued for littering.

- All roads are open to traffic NO LOITERING after the completion of each race out in the road blocking traffic.
- Where it is deemed that the image or reputation of the Great Northern Stage Race may be blemished, organizer reserves the right at any time during the race to exclude the rider(s) or the team member involved.

Riders falling behind

- Riders falling behind the race caravan will be instructed to follow the rules of the road and shall conform to all traffic regulations in force.

Results

Results will be posted nightly at the Great Northern Cycles on Central Avenue in Downtown Whitefish. Road Race and General Classification results will be presented at Olney-Bissle school following the day's events.

Results will consist of both stage and General Classification (GC) times.

Because the Criterium is the Montana State Championship, separate top-three license Montana riders will be awarded state championship medals, but no separate results will be posted.

Stage 2 Time Trial start times will be posted after stage 1 results are printed.

Results will also be posted nightly on our website <http://fvbr.wordpress.com/>

Medical/Area Hospitals

First Aid will be available at the Start/Finish of each stage. If you are injured please notify or have someone notify the Chief Referee. For any emergency, please dial 911. Cell phone service is available at all venues with the exception of fading service as you drive up Star Meadows Road past the finish area.

T: (406) 863-3500

North Valley Hospital
1600 Hospital Way,
Whitefish, MT 59937
<http://www.nvhosp.org/>

Feed Zones

Feed Zones are for team and neutral support. Neutral Support consists of water and HEED. All feed zones will be marked at the beginning and end of the zone, along with advance notice signs at 5K to the feed zone.

Finish

For the Criterium, riders will have the use of the full width of the road, but for all other stages the yellow line rule is in effect throughout the race, especially at the finish. Advance notice signs will be posted at 1K and 200 meters.

Criterium

The Downtown Criterium will be on a 1k course. The free lap rule will be in effect until three laps to go. Free laps will only be awarded for legitimate mishaps. Riders with mishaps in the final 3 laps will be placed at the rear of the group they were with when the mishap occurred. Riders that are threatened to be lapped will be pulled from the race and be given a pro rated time.

Parking

Parking is extremely limited at some race venues. Please respect No Parking signs and follow the instructions of the parking marshals. No parking is allowed at the Round Meadows Nordic Trails or at the start of the Time Trial. Please use the bike path from downtown or from the Ice Rink. Limited parking is available at the finish of the Time Trial and at the finish of the Road Race, please limit your friends and respect public and private property.

Road Conduct

The centerline rule is in effect.

- Riders caught crossing the centerline may receive time penalties. Attacking across the centerline will result in relegation or disqualification.
- Given the nature of the roads used in this race, it is likely that non-race vehicles will be encountered on the road within the enclosure.
- All racers, officials, and support vehicles need to keep this in mind and use discretion at all times.
- When a rider is outside the envelope supported by the race caravan, they must stay to the right and follow the rules of the road.

Protests

All protest regarding stage results must be submitted to the Chief Judge no later than 15 minutes prior to the start of the subsequent stage. All protests of final results must be submitted to the Chief Judge within 15 minutes from the time that the results are posted. Protest regarding competitive aspects of the event must be presented to the Chief Referee within 1 hour of the completion of a stage and within 15 minutes of completion of the final stage.

Wheel Support

Wheel support will be wheels in wheels out pending turnout and volunteer availability.

The Wheel Pit for the Criterium will be at the intersection of Railway and Spokane across the street from the Whitefish Library Parking area.

Numbers

Riders are required to wear their race number in all stages. Numbers should be placed to be visible from either left or right, based on the Stage – check with the race official prior to start.

Prizes

GC

General Classifications will be based on the accumulated time for all stages. Riders must complete all stages to be eligible for GC placing and awards. Lapped riders pulled from the Downtown Criterium will receive a prorated time and will be eligible for GC only if they complete the necessary laps mandated by the chief official before the race.

Stage

- Cash and or merchandise prizes will be presented to the top three riders in each category for each stage.

Podium Presentation Schedule

Podium presentations for the top three riders for each stage and recognition of the current race leader will be made at the evening Dinner on Saturday at Great Northern Cycles. Final awards will be presented to top finishers at the Olney-Bissell school parking area so that folks can hit the road for home after busting it on the bike.

A catered racer appreciation dinner will be hosted by Great Northern Cycles Saturday evening, June 11th 7:00 pm at Great North Cycles (328 Central Avenue, Whitefish). **The dinner is free to racers that register for all three stages.** Additional non-racer meal tickets may be purchased at the event.

Prize Money Pay-out Procedures

Prize money for the Great Northern Stage Race will be presented at Olney-Bissell school parking, unless you fail the official results of any anti-doping testing.

Limited merchandise and prizes will be given at each stage, with cash, merchandise, and/or awards (to be determined by turnout, the highest payout for any one category will not exceed \$1999) for overall classification based on time, for racers completing all three stages, to at least three places.

Day one results, merchandise prizes and awards for the Criterium and Time Trial stages will be held at the racer appreciation dinner (see above). Awards for the Circuit stage and for the overall classification will be held at Bissell School following posting of official results of each heat on Sunday. Unclaimed prize money will be donated to local trail projects.

Should you have any questions regarding payment please contact the Race Director.

Race Schedule

CRITERIUM STAGE (SATURDAY JUNE 11TH 2011)

Group 1 - Men Cat 3 and Men Masters A (Scored separately) - Start time = 9:00am, 45 min

Group 2 - Women All Categories (Cat 4 W scored separately) - Start time = 10:00am, 45 min

Group 3 - Men Cat 1,2 - Start time = 11:00am, 60 min

Group 4 - Men Cat 4 - Start time = 12:30pm, 45 min

Group 5 - Men Cat 5, Men Masters B, U-19 (Juniors) (scored separate) - Start time = 1:30p, 30 min

TIME TRIAL (HILL CLIMB) STAGE (SATURDAY, JUNE 11TH 2011)

Time Trial 30 second intervals starting at 3:30 pm in bib order and the same Groupings as listed for the Criterium. Official start times will be posted by the Race Organizer following the Criterium.

LODGEPOLE CIRCUIT RACE STAGE (SUNDAY, JUNE 12TH 2011)

Flight 1

Group 1 - Men Cat 1, 2 - Start time = 9:00am , 10 laps + 8 mi = 74 miles

Group 2 - Men Cat 3 and Masters A (scored separate) - Start Time = 9:05am , 8 laps + 8 mi = 60 miles

Flight 2

Group 3 - Men Cat 4 - Start time = 12:00pm, 7 laps + 8 mi = 54 miles

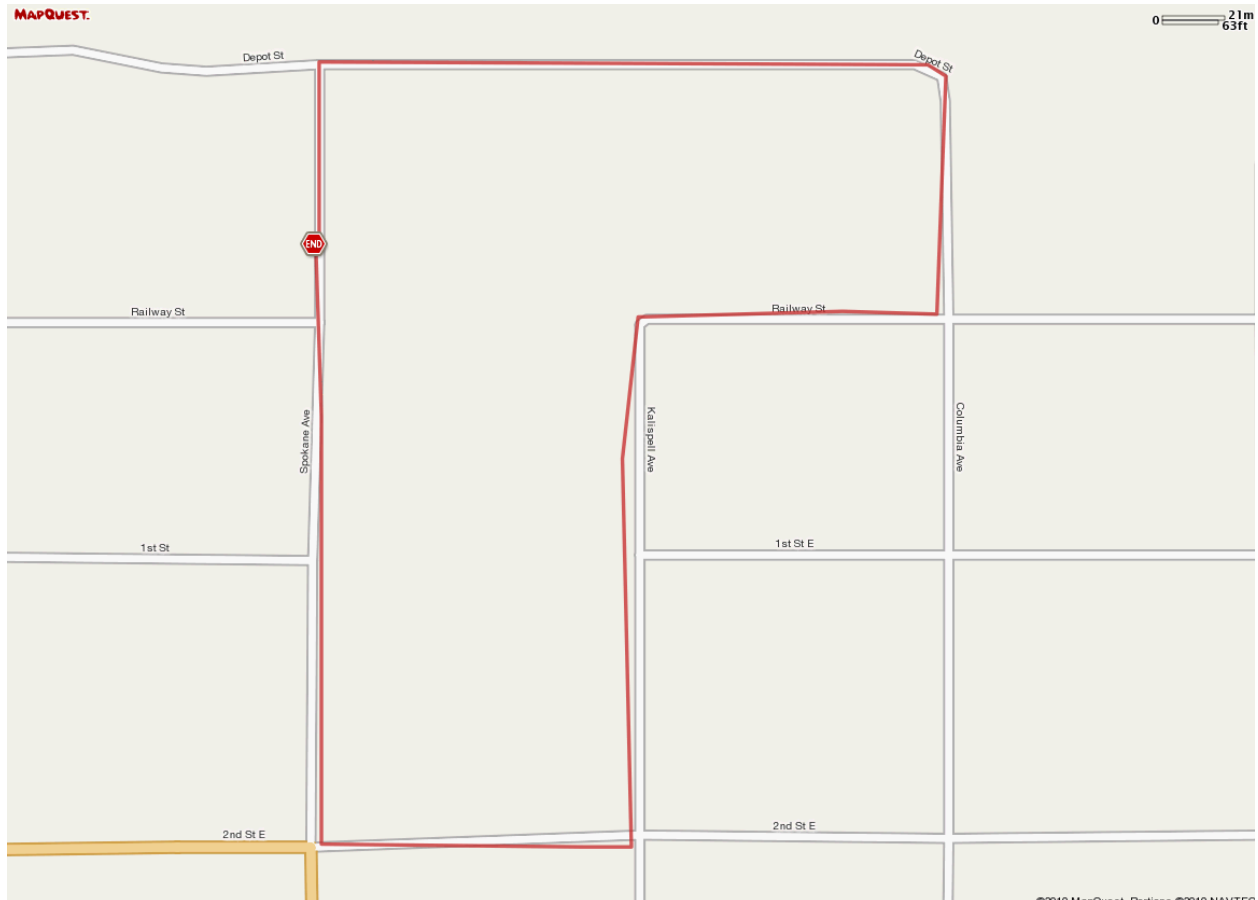
Group 4 - Men Cat 5, Men Masters B, U-19 (Juniors) (scored separate) - Start time = 12:05pm, 5 laps + 8 mi = 41 miles

Group 5 - Women All Categories (Cat 4 W scored separately) - Start time = 12:10pm, 7 laps + 8 mi = 54

Courses

Criterion: Course is a 0.87-mile closed loop around downtown Whitefish. Roads are flat and fast with wind protection provided by downtown buildings and homes. Start and finish will be at Depot Park. The Criterion stage of the 2011 Great Northern Stage Race is the Montana State Criterion Championships for 2011 and **participation in the Criterion only will be allowed.** Riders participating only in the Criterion stage, however, will not be eligible to compete for cash and prizes that are available, and listed below, for the overall General Classification. Criterion stage (or Criterion-only) awards will be posted on race day.

- **The Criterion is part of Whitefish's annual Bikefish festival started by local volunteers to support local bike paths.**
- **Please support the vendors and families that turn out to enjoy.**
- **Please patronize local businesses as you are able.**
- **Please ride fast and win!**



Time Trial: Course is a 4.85-mile hill climb up Big Mountain Road gaining 1,562 feet in elevation. The road climbs consistently from the beginning with an average grade of 6.2%. The start will be at the intersection of East Lakeshore Drive and Big Mountain Road and the finish is in the Village at the end of Big Mountain Road. Riders will start in 30 second intervals in the order of their bib numbers of their respective race classification and in the same order as the morning's Criterium. Start times will be posted following final results for the Criterium. It is the rider's responsibility to be present for his/her start time. Racers should sign in with the starting official, or organizer, and seed themselves along the bike path prior to their start time. Bib numbers will be called in the official starting order prior to each riders start time.

- No Parking at the start area, please park at the Ice Rink or Downtown and ride the bike path to the start.
- Please no riding on the main road until past the big mountain turnoff, USE THE BIKE PATH
- Use caution coming down the mountain after your finish, all traffic regulations apply.
- Time Trial Bikes are allowed, but not likely of significant advantage on the sustained climb.
- Map for course is here: <http://www.mapmyride.com/routes/view/29028494>

- **Circuit Race:** Course is primarily a 6.6-mile relatively flat to rolling loop on Lodgepole, Farm-to-Market, and Twin Bridges roads west of Whitefish with a finish climb up Star Meadows Road. Staging will be at the Olney-Bissell school on Farm-to-Market Road. From Whitefish, head west/north for about 4.5 miles on Highway 93 to Twin Bridges road. Turn left on Twin Bridges Road to the race loop as it turns into Lodgepole, turn right continuing on Twin Bridges to the intersection of Farm-to-Market, turn left on FTM and drive around the race loop to Olney Bissell School.
- Centerline Rule will be strictly enforced.
- Feed Zone will be located at the east end of the start area.
- Road will not be closed at any time and the finish will only have the right side of the road.
- Public Urniaters will be disqualified from the race.
- Please be courteous to our neighbors and sponsors.
- Anyone driving to the finish to cheer on their riders, please drive the dirt route past Talley Lake to avoid traffic congestion on Farm-to-Market and Star Meadows Road.
- Limited parking is available at the finish.
- No Parking is allowed at Round Meadows Parking Area.
- Map for course is here: <http://www.mapmyride.com/routes/view/29028862>