

2004
CAN-AM JUNIOR
CHALLENGE CUP

May 22-23, 2004
Sussex County, New Jersey



Race Manual

Updated: May 17, 2004

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WELCOME

Dear CAN-AM Junior Challenge Cup Competitor:

Skylands Cycling and Liberty Cycle are pleased to welcome you to the second annual CAN-AM Junior Challenge Cup. We are looking forward to meeting the competitors, their families, coaches and friends. We have worked hard to present a three-race event that we believe will be both challenging and rewarding to you, the junior racers who are the future of cycling. We hope you will rise to the challenge, race your best and, above all, have fun.

We would like to thank Mike Fraysse, Marka Wise, Fernando Cuevas and Bob Perlee for their support and invaluable assistance in making this race happen. Their many years of racing and coaching experience, and their collective knowledge and wisdom in the sport of cycling are tremendous assets to junior bike racing.

Skylands Cycling and Liberty Cycle are committed to the development of junior racing. In addition to holding the CAN-AM Junior Challenge Cup, which will showcase the talents of some of the best juniors in New Jersey, the eastern United States and Canada, our clubs are actively seeking to recruit young people to participate in bike racing. It is our hope to draw attention to cycling as an exciting and challenging alternative to the more traditional youth sports programs.

Our club members and officers will be present at registration and at all races. If there is anything we can do to help make your experience at our event more enjoyable, please let us know. If I can be of assistance to you personally in any way, please do not hesitate to contact me by phone at (201) 919-3732 or by email at bobcary@skylandscycling.com. We sincerely hope you enjoy your weekend in Sussex County.

Bob Cary
Race Director 2004

GENERAL RULES AND REGULATIONS

The Can-Am Junior Challenge Cup is sanctioned and permitted by USA Cycling and the United States Cycling Federation. All rules and regulations in the 2004 USCF Rulebook are applicable to the races in this event. General liability and rider accident insurance coverage is provided through USA Cycling.

FEEDING: There will be no feeding or water hand-ups from the side of the road allowed during any event.

HELMETS: All competitors must wear an approved and securely fastened helmet whenever mounted on a bicycle at or near any race venue, including while riding rollers or trainers. USCF rules provide for a \$20 fine and disqualification for failing to wear a helmet.

JUNIOR GEARING: USCF rules for junior gearing will apply to all races except Super J category. The maximum gear rollout allowed is 7.93 meters or 26 feet. Gear rollout for each competitor will be checked before each event. It is each riders responsibility to be aware of the location of the rollout and report there immediately following each event. There are no restrictions for Super J competitors.

MECHANICAL SUPPORT: There is no support for the time trial during the event. Neutral support areas will be present for the Skylands Criterium and the Sussex Fairgrounds Circuit Race. Spare wheels may be placed in the neutral service areas.

RACE NUMBERS: Each rider will be assigned two numbers for use in all three stages. For stages one and two, one number must be placed on the **right** side, stage race style, parallel to the pockets on the jersey. The other number must be placed vertically on the **right** side, over the rib cage. For stage three, one number must be placed on the **left** side, stage race style, parallel to the pockets on the jersey. The other number must be placed vertically on the **left** side, over the rib cage. It is the riders responsibility to correctly position his or her numbers. Numbers may not be crumpled or folded

Saturday: Numbers on right. Sunday: Numbers on left

SIGN-IN: All riders must sign in before the start of the criterium and circuit race. Failure to sign in may result in disqualification.

TEAM COMPETITION: Teams competing for the overall Can-Am Cup shall wear identical jerseys in all stages. Teams are limited to 10 scoring members, and must represent a distinct and discrete geographical entity or be licensed members of a locally based USA Cycling club in good standing. Teams which do

not meet the foregoing criteria may be permitted to compete for good cause and in the interest of fairness in the discretion of the race director. Clubs or geographical entities may enter more than one team. Composite teams are permitted.

UNSPORTSMANLIKE CONDUCT: Any rider using profane language, expressing anger or hostility toward another rider, official, coach or spectator, or otherwise engaging in unsportsmanlike conduct of any kind is subject to immediate disqualification without warning.

GENERAL RACE INFORMATION

REGISTRATION

Race registration will take place in the Winter Use Parking Lot, Park Ridge Road, High Point State Park, Rt. 23, Wantage, New Jersey from 7:30 a.m. to 9:00 a.m. on Saturday, May 22, 2004 and at Sussex Bike and Sport, 155 Rt. 23 North, Sussex, New Jersey from 7:00 p.m. to 8:00 p.m. on Friday, May 21, 2004. All riders must have a current, valid USCF license in their possession at time of registration, or purchase a one day license for \$5.00 at the time of registration. All racers must have a parent sign a 2004 USA Cycling Standard Athlete's Entry Blank and Release Form, which will be available at registration or can be obtained at USACycling.org Racers who have pre registered using Bikereg.com do not have to complete the Entry Blank and Release Form. A completed release will be ready for signing at registration.

RESULTS:

Results for each stage will be posted as soon as possible and no later than one hour from the completion of each event. Each rider is responsible for determining his or her result in a timely manner. All protests for individual events must be made to the chief judge within 15 minutes of posting, after which the results become final and will not be changed. Overall individual and team results will be posted within one hour of the completion of the final stage on May 23, 2004. Any protests of overall results or scoring must be made to the race director or chief judge within 60 minutes of posting, after which the results become final and will not be changed.

POSTING LOCATIONS:

- Final results for the Sawmill Time Trial will be posted in the Winter Use Parking Lot, Park Ridge Road, High Point State Park following completion of the event. Final results for the time trial will also be posted in the afternoon at or near the start/finish line at the Skylands Park Criterium, Skylands Park, Rt. 565, Augusta, New Jersey.

- Final results for the Skylands Park Criterium will be posted at or near the start/finish line at Skylands Park, Rt. 565, Augusta, New Jersey following the completion of each race and the next morning at or near the start/finish line at the Augusta Circuit Race, Sussex County Fairgrounds, 67 Plains Road, Augusta, New Jersey.
- Final results for the Augusta Circuit Race and overall individual and team standings will be posted at or near the start/finish line at the Augusta Circuit Race, Sussex County Fairgrounds, 67 Plains Road, Augusta, New Jersey and at <http://www.skylandscycling.com/>

INDIVIDUAL AND TEAM POINTS DISTRIBUTION: For each stage, the first five finishers in each age group for each gender will receive the following points towards the overall individual and team championship:

- 1st 15 points
- 2nd 12 points
- 3rd 9 points
- 4th 6 points
- 5th 4 points

There will be separate men's and women's team championships, which will be determined by adding the total number of points earned by team members of each gender. Individual championships will be awarded in each classification based on total points earned. The top 3 overall finishers in each age group from age 10 through age 16 will receive medals and merchandise. The top 3 overall finishers in the men 15-16, 17-18 and Super J categories will receive cash prizes.

| | 15-16 men | 17-18 | Super J |
|-----------|-----------|---------|---------|
| 1st place | \$50.00 | \$50.00 | \$65.00 |
| 2nd place | \$30.00 | \$30.00 | \$50.00 |
| 3rd place | \$20.00 | \$20.00 | \$35.00 |

This prize list may be modified in the event of inclement weather or low field size.

INDIVIDUAL STAGE RULES

SAWMILL TIME TRIAL: No aero bars or bar extensions or clip on devices of any kind are permitted in the Sawmill Time Trial due to the technical nature of the course. Disc wheels are permitted.

The time trial start will be at the intersection of Sawmill Road and Park Ridge Road in High Point State Park, 200 meters south of the intersection of Sawmill Road and Rt. 23. **The course has been changed to an out and back course on Sawmill Road**, due to some damage that occurred to part of the course over the winter. The distance is approximately 8.3 miles. Parking will be at the

registration area in the Winter Use Parking lot, Park Ridge Road, 200 meters west of the intersection of Park Ridge and Sawmill Road.

Riders will start at thirty (30) second intervals, from the youngest group to the oldest group. Start times will be made available as far in advance as possible. It is each riders responsibility to determine his or her start time and to be at the start area on time. Results will be calculated based on the assigned start time, even if the rider is late.

Riders may warm up on Park Ridge Road, on the west side of the parking area (turn left out of the parking lot).

Rest rooms are located at Park Headquarters, located on Rt. 23, approximately ¼ mile south of Sawmill Road.

SKYLANDS PARK CRITERIUM: The criterium will take place on a 1/2 mile rectangular loop, with a small chicane, at Skylands Park, Rt. 565, Augusta, New Jersey. The women's 10-12 race will begin at 1:00 p.m., with the remaining races to follow in the order below.

Each race will begin with a neutral lap, which will count toward the lap total. There will be prizes for intermediate sprints (primes). In the event of a breakaway, the officials will announce whether the prime is for the breakaway or the field. Some categories may be combined in the discretion of the race promoter, which may alter the distances listed below. It is each riders responsibility to be aware of the start time of his or her race and be at the starting line on time.

The officials may direct out-of-contention riders to withdraw from the race and leave the course, in the interest of safety. Any rider so directed must do so immediately, in a sportsmanlike manner. Such riders will be placed in the finish order and will be permitted to participate in the remaining stages of the event.

There will be a wheel pit and neutral support area near the start finish. Any rider experiencing a flat tire or other mechanical problem as defined by the USCF rules will be allowed two free laps, until there are 6 or less laps remaining, after which there will be no free laps, except for women 13-14, men 10-12 and women 10-12, who will receive free laps until there are four or less laps remaining. Riders receiving free laps are not eligible for intermediate sprint prizes in the first two laps following re-entry. Riders may warm up on the course in between races. The distances for each group are as follows.

Skylands Park Criterium

| Category | Distance | Miles | Kilometers |
|-------------|----------|-------|------------|
| Women 10-12 | 12 laps | 6 | 10 |
| Men 10-12 | 20 laps | 10 | 16 |

| | | | |
|---------------|---------|------|------|
| Women 13-14 | 15 laps | 7.5 | 12.5 |
| Men 13-14 | 25 laps | 12.5 | 20 |
| Women 15-16 | 20 laps | 10 | 16 |
| Men 15-16 | 30 laps | 15 | 25 |
| Women 17-18 | 25 laps | 12.5 | 20 |
| Men 17-18 | 40 laps | 20 | 33 |
| Women Super J | 25 laps | 12.5 | 20 |
| Men Super J | 40 laps | 20 | 33 |

AUGUSTA CIRCUIT RACE. The circuit race will take place on a 1.2 mile closed course at the Sussex County Fairgrounds, Augusta, New Jersey. The women's 10-12 race will begin at 10:00 a.m., with the remaining races to follow in the order below. Some fields may be combined in the younger age groups and it is therefore impossible to list exact start times. It is each riders responsibility to determine his or her start time and to be at the start area on time.

There will be a wheel pit and neutral support area near the start finish. Any rider experiencing a flat tire or other mechanical problem as defined by the USCF rules will be allowed a free lap, until there are 4 or less laps remaining, after which there will be no free laps, except for women 13-14, men 10-12 and women 10-12, who will receive free laps until there are 3 or less laps remaining. Riders receiving a free lap are not eligible for intermediate sprint prizes in the first lap following re-entry. Riders may warm up on the course in between races. The distances for each group are as follows.

Augusta Circuit Race

| Category | Distance | Miles | Kilometers |
|---------------|----------|-------|------------|
| Women 10-12 | 9 laps | 10.8 | 18 |
| Men 10-12 | 10 laps | 12 | 20 |
| Women 13-14 | 12 laps | 14. | 24 |
| Men 13-14 | 15 laps | 18 | 30 |
| Women 15-16 | 15 laps | 18 | 30 |
| Men 15-16 | 20 laps | 22 | 40 |
| Women 17-18 | 15 laps | 18 | 30 |
| Men 17-18 | 20 laps | 24 | 40 |
| Women Super J | 15 laps | 18 | 30 |

| | | | |
|-------------|---------|----|----|
| Men Super J | 20 laps | 24 | 40 |
|-------------|---------|----|----|

MASSAGE THERAPY will be available at Skylands Park by appointment after the Skylands Criterium and at the Garden of Life Therapeutic Massage and Yoga Center, 7 -11 Main Street, Hamburg, N.J. 973-827-1799

LITTERING: Please do not litter at any of the venues. Avoid throwing power bar wrappers, water bottles or other debris on the ground. Please be considerate of our hosts, the venue owners, and help protect the environment.

MEDICAL FACILITIES: First aid supplies will be present at the three venues and Emergency medical personnel will be on call. Newton Memorial Hospital is located on Rt. 94 in Newton, New Jersey, approximately 4 miles from the criterium and circuit race venues.

Rule Enforcement The rules of this event have been established to promote and ensure a fair competition, a sportsmanlike environment, and a positive and rewarding experience for all competitors and their families. In the event that strict enforcement of any rule would be inconsistent with these goals, the chief referee may in his discretion enforce these rules in a manner consistent with the goals and objectives of this event.

Hotels and Motels

| Name | Location | Phone | Distance from Augusta, NJ |
|--|------------------|---------------|---------------------------|
| Best Western Hotel | Matamoras, PA | 570-491-2400 | 17 Miles, PL, P, R |
| Comfort Inn | Port Jervis, NY | 800-228-5150 | 18 Miles, PL, P, R |
| Crystal Springs Hotel & Spa | Vernon, NJ | 973-827-2222 | 15 Miles |
| Days Inn | Netcong, NJ | 973-347-5100 | 20 Miles, PL, P |
| Days Inn Motel | McAfee, NJ | 973-827-4666 | 13 Miles |
| Deer Trail Motel | Montague, NJ | 973-293-7241 | 9 Miles, P, R |
| Econo Lodge | Newton, NJ | 973-383-3922 | 10 Miles, P, R |
| Hampton Inn | Denville, NJ | 973-664-1050 | 25 Miles, PL, FC |
| High Point Country Inn | Colesville, NJ | 973-702-1860 | 15 Miles, PL, P |
| Hilton Garden Inn | Rockaway, NJ | 973-328-0600 | 20 Miles, PL, FC |
| Holiday Inn Express | Mt Arlington, NJ | 973-770-7880 | 20 Miles |
| Holiday Motel | Andover, NJ | 973-786-5260 | 12 Miles |
| Legends Resort | Vernon, NJ | 973-827-6000 | 15 Miles, PL, R |
| Milford Motel | Milford, PA | 570-296-6411 | 17 Miles, PL |
| Mt. Haven | Milford, PA | 570-296-8502 | 20 Miles, PL, R |
| Myer Motel | Milford, PA | 570-296-7223 | 17 Miles, P |
| Rolling Hills Motel | Wantage, NJ | 973-875-1270 | 12 Miles |
| Scottish Inn | Matamoras, PA | 570-491-4969 | 16 Miles |
| Courtyard by Marriott | Mt.Arlington, NJ | 973-770-2000 | 23 Miles, PL, P, R |
| Sussex Motel | Wantage, NJ | 973-875-4191 | 11 Miles |
| The Inn at Panther Valley | Allamuchy, NJ | 908- 852-6000 | 20 Miles |
| Wyndham Garden Hotel | Mt. Olive, NJ | 973-448-1100 | 20 Miles, PL, R |

PL=Pool, P=Pets, R=Restaurant

Directions to Sawmill Time Trial

From Port Jervis, New York: Take Rt. 6 (Main Street) east to Rt. 23 in Montague, New Jersey. Turn right on Rt. 23 south. Go 4 miles to Sawmill Road. Turn right on Sawmill Road, make next right on Park Ridge Road. Entrance to parking and registration area is approximately 100 meters on left.

From Interstate 84 East: Take Exit 1 in New York. At bottom of ramp, turn left on Rt. 23 south. Go 4 miles to Sawmill Road. Turn right on Sawmill Road, make next right on Park Ridge Road. Entrance to parking and registration area is approximately 200 meters on left.

From Interstate 84 West: Take Exit 1 in New York. At bottom of ramp, turn left on Rt. 6. At first traffic light, turn left on Rt. 23 south. Go 4 miles to Sawmill Road. Turn right on Sawmill Road, make next right on Park Ridge Road. Entrance to parking and registration area is approximately 200 meters on left.

From Sussex, New Jersey: Take Rt. 23 north 7.5 miles. Approximately 1/4 mile past entrance to State Park on right and park headquarters on left, turn left on Sawmill Road. Make next right on Park Ridge Road. Entrance to parking and registration area is approximately 200 meters on left.

From New York City and Interstate 80: Take Rt. 80 west to Rt. 15 north. Take Rt. 15 north to Rt. 94 north. Take Rt. 94 north to Rt. 23 north in Hamburg, New Jersey. Take Rt. 23 north approximately 12 miles to High Point State Park. Approximately 1/4 mile past entrance to State Park on right and park headquarters on left, turn left on Sawmill Road. Make next right on Park Ridge Road. Entrance to parking and registration area is approximately 200 meters on left.

Directions From Sawmill Time Trial to Skylands Park Criterium

Exit Sawmill Road to Rt. 23. Take Rt. 23 south to traffic light in town of Sussex, approximately 7.5 miles. Turn right on Rt. 639 south. Take Rt. 639 south for 1.2 miles. Continue straight at traffic light onto Rt. 565 for 7.3 miles. Entrance to Skylands Park is on right.

Directions From Skylands Park to Sussex County Fairgrounds

Exit Skylands Park onto Rt. 565. Turn right on Rt. 565 north for 1/10 mile. Turn right at traffic light on Rt. 206 north. Follow Rt. 206 north for approximately 1 mile to next traffic light. Turn right on Plains Road. Entrance to Sussex County Fairgrounds is approximately 1/2 mile on right.