

*Skylands Cycling presents*



**A stage race on points for young men and women age 10-18**



A Lance Armstrong Junior Olympic Race Series Event

## Official Race Manual

Updated: February 4, 2006

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*A community based bicycle racing and touring club*

Dear CAN-AM U19 Challenge Competitor:

Skylands Cycling is pleased to welcome you to the fourth annual CAN-AM U19 Challenge. The Can-Am is the largest bike race in the east for bike racers under age 19 and one of the largest in the country. The Can-Am offers the safety of closed courses and the excitement of large age-grouped fields. The level of competition is high, but we welcome new or inexperienced riders. We take pride in the high level of support and encouragement for young racers of all abilities at the Can-Am. We strive for a friendly, low-key environment, and hope the primary goals for every participant in the Can-Am U19 Challenge will be to have fun and gain racing experience.

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 racers who are the future of cycling. We hope you will rise to the challenge, race your best and, above all, enjoy your weekend of racing.

We would like to thank Mike Fraysse, Joe Saling, Marka Wise, Fernando Cuevas, Bob Perlee and Greg Cordasco of Liberty Cycle 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 is committed to the development of youth racing in all disciplines. In addition to holding the CAN-AM U19 Challenge, which showcases the talents of some of the best young racers in the country, our club actively recruits 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](mailto:bobcary@skylandscycling.com). We sincerely hope you enjoy your weekend in Sussex County.

Bob Cary  
Race Director 2006

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Please print a copy of the Race Manual. There will be limited copies available at the race

## GENERAL RULES AND REGULATIONS

The Can-Am U19 challenge is sanctioned and permitted by USA Cycling and the United States Cycling Federation. All rules and regulations in the 2006 USCF Rulebook are applicable to the races in this event. **The Can-Am is a stage race based on points. Riders must start and substantially complete all stages to be eligible for prizes, merchandise, individual and team points**, unless directed to withdraw by officials or prevented from finishing by a mechanical or mishap. There are no single race entries. General liability and rider accident insurance coverage is provided through USA Cycling. More information about the insurance coverage can be found on the USA Cycling website, <http://www.usacycling.org/news/user/story.php?id=630>

**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 apply to all races. The maximum gear rollout allowed is 7.93 meters or 26 feet. Officials will be available to check rollout before each event. Following each event, the top five finishers must report immediately to rollout. It is each rider's responsibility to be aware of the location of the rollout and report there at the appropriate times. Failure to comply with these rules may result in disqualification.

**LICENSES:** All entrants must either hold a valid USCF racing license, or purchase a one-day license for \$10.00.

**MECHANICAL SUPPORT:** There is no support for the time trial during the event. Neutral service areas will be present for the Skylands Criterium and the Sussex Fairgrounds Circuit Race. Spare wheels may be placed in the neutral service areas. There will be mechanics on hand for all stages to assist with minor mechanical problems.

**RACE NUMBERS:** Each rider will be assigned two numbers for use in all three stages. 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. It is the rider's responsibility to correctly position his or her numbers. Numbers may not be crumpled, cut or folded

**TEAM COMPETITION:** Teams competing for the overall Can-Am Cup shall wear substantially identical jerseys in all stages, unless the race director permits otherwise for good cause. Composite teams, consisting of members of more than one USA Cycling licensed club, are permitted. Teams are limited to 12 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.

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:**

The Can-Am U19 Challenge is pre-registration only on [Bikereg.com](http://Bikereg.com). Registration closes on Thursday, May 18, 2006 at 9:00 p.m. Riders who miss the registration deadline may be permitted to enter the race for good cause in the discretion of the race director.

Sign in and number assignment will take place at the Culver's Gap Parking Area of Stokes State Forest, Rt. 636 and Sunrise Mountain Road, Sandyston Township, NJ, approximately 1/4 mile from Rt. 206 from 7:00 a.m. to 9:00 a.m. on Saturday, May 20, 2006. All riders must have a current, valid USCF license in their possession at time of registration, or purchase a one-day license for \$10.00 at the time of registration. Racers who have pre registered using [Bikereg.com](http://Bikereg.com) do not have to complete the Entry Blank and Release Form, provided a parent is present to sign the release. **Riders who attend the race unaccompanied by a parent must bring a release and entry form signed by a parent**

### **FIELD LIMITS:**

In order to ensure the safety of all riders and preserve the Can-Am's low-key, friendly atmosphere, we are establishing the following field limits for 2006:

17-18	60 riders
15-16	50 riders
13-14	40 riders
10-12	30 riders

### **START TIMES:**

Time trial starts will be in the order of the oldest group to the youngest group at 60-second intervals. The first rider will start at 9:00 a.m. Start times will be sent to entrants by email following the close of registration and will be posted on the internet at [www.skylandscycling.com](http://www.skylandscycling.com) by 8:00 a.m. on Friday, May 19, 2005.

### **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 21, 2006. Any protests of overall results or scoring must be made to the race director or chief judge within 30 minutes of posting, after which the results become final and will not be changed.

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

1st	25 points	6th	14 points	11th	5 points
2nd	22 points	7th	12 points	12th	4 points
3rd	20 points	8th	10 points	13th	3 points
4th	18 points	9th	8 points	14th	2 points
5th	16 points	10th	6 points	15th	1 point

The sum of the riders' points for each stage determines the final results. Riders must finish all stages to be eligible for the final results, unless directed to withdraw by officials or prevented from finishing by mechanical or mishap. 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. Ties will be broken based on the time trial. The top 3 overall finishers in each age group from age 10 through age 14 will receive medals and merchandise. The top 3 overall finishers in the men and women 15-16 and 17-18 categories will receive cash prizes and medals.

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

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

## INDIVIDUAL STAGE RULES

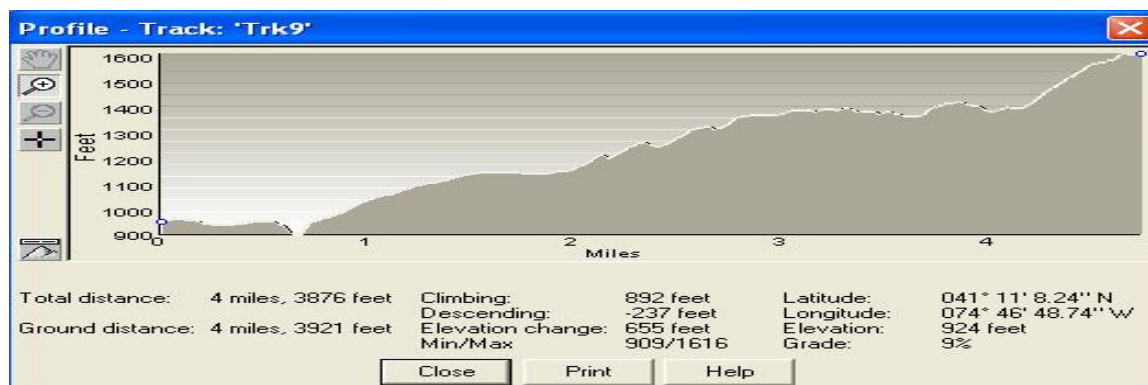
SUNRISE MOUNTAIN TIME TRIAL (Start Time 9:00 a.m.): This 4.6 mile uphill course on Sunrise Mountain Road through the deep woods of Stokes State Forest has spectacular views of New Jersey, New York and Pennsylvania. The grade is mostly gentle, with a few flat sections. The average grade is about 3.5%. The maximum grade is 9%. The last half-mile is a steady 7.5%. See the profile below. **Aero bars and disc wheels are permitted.**

The road will be closed to vehicular traffic during the race. There may be returning riders present on the course, and all riders should keep to the right while racing or returning from the finish. Failure to keep right, either during the time trial or while returning to the start, is grounds for disqualification.

The time trial start will be at the Culver's Gap Parking Area of Stokes State Forest, Rt. 636 and Sunrise Mountain Road, Sandyston Township, NJ, approximately 1/4 mile from Rt. 206. The first rider will start at 9:00 a.m. Riders will start at sixty (60) second intervals, from the oldest group to the youngest. Start times will be sent to entrants by email following the close of registration and will be posted on the internet at [www.skylandscycling.com](http://www.skylandscycling.com) by 8:00 a.m. on Friday, May 19, 2006. 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.

Warm up on the course is not permitted after 8:45 a.m. Riders warming up on County Road 636 should exercise caution since this is a frequently traveled road. Temporary rest rooms will be located at the Culver's Gap Parking Area. Restrooms are also located at Park Headquarters, on Rt. 206, approximately 1/2 mile north of Rt. 636, as well as at the time trial finish on top of Sunrise Mountain. Please follow directions of parking marshals and park close to other vehicles to conserve space in the Culvers Gap lot.

## TIME TRIAL COURSE PROFILE



**SKYLANDS PARK CRITERIUM** (Start time 1:00 p.m.): 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 corners are wide and fast. The course is closed to traffic. The women's 10-12 race will begin at 1:00 p.m., with the remaining races to follow in the order below. Parking is on the infield.

Each race will begin with a neutral lap, which will count toward the lap total. There may 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. It is each rider's 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 considered to have completed the event, 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



**AUGUSTA CIRCUIT RACE** (Start time 9:00 a.m.): The circuit race will take place on a 1.4 mile closed course at the Sussex County Fairgrounds, 67 Plains Road, Augusta, New Jersey. The women's 10-12 race will begin at 9:00 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 rider's responsibility to determine his or her start time and to be at the start area on time. Parking is on the grass along the finishing stretch.

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 not warm up on the course in between races. Riders who have not completed the first two stages will not be eligible for primes. The distances for each group are as follows.

**Augusta Circuit Race**

Category	Distance	Miles	Kilometers
Women 10-12	8 laps	11.2	18
Men 10-12	8 laps	11.2	18
Women 13-14	8 laps	11.2.	18
Men 13-14	15 laps	21	35
Women 15-16	12 laps	18	30
Men 15-16	18 laps	25	40
Women 17-18	12 laps	18	30
Men 17-18	18 laps	25	40

**POINTS PRIMES:**

In the discretion of race officials, there may be points primes during mass start events, with 3, 2 and 1 GC points awarded to the first three finishers. Officials will announce at the start of the race whether there are points primes and on which laps they will occur.

**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 energy 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 all races 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. The Blue Ridge Rescue Squad is located at 350 Rt. 206, Branchville, NJ, within three miles of the race locations. (973) 948-4828.

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.

Race Director	Bob Cary	Skylands Cycling
Support Coordinator	Fernando Cuevas	Cuevas Development
Master of Ceremonies	Joe Saling	Somerset Wheelmen
Results Coordinator	Bob Perlee	Jaeger Wheelmen



*A community based bicycle racing and touring club*

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

***Enjoy Our Other Exciting Races:***

Sussex Bike U19 Training Series, March, Skylands Park, Augusta NJ  
Augusta Training Series, Sussex County Fairgrounds, Tuesday Nights, April-July  
Race Up Sunrise Mountain—Mass Start Hill Climb  
Wawayanda Spring Cleaning--Mountain Bike Race  
Giro del Cielo—A Women's Stage Race  
Augusta Cyclocross Series-Every weekend in November  
Stony Brook Free Cyclocross-That's right, it's free, and it's in December.

## 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
<a href="#">High Point Country Inn</a>	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 Sunrise Mountain 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 4/10 miles to Clove Road and turn right (County Route 653). Continue on Clove Road for 7.2 miles to Rt. 206. Turn left on Rt. 206 south. Follow Rt. 206 south for 8.1 miles to County Route 636. Turn left on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

From Interstate 84 East: Take Exit 51 in Pennsylvania. Follow Rt. 6 east toward Milford. At the intersection of Rt. 6 and 209 in the center of Milford, go straight on Rt. 209 south for 8/10 mile. Turn left at Milford Bridge, following signs for Rt. 206 and New Jersey. After crossing bridge, follow Rt. 206 south for 9.2 miles to County Route 636. Turn left on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately 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 4/10 miles to Clove Road (County Route 653) and turn right. Continue on Clove Road for 7.2 miles to Rt. 206. Turn left on Rt. 206 south. Follow Rt. 206 south for 8.1 miles to County Route 636. Turn left on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

From Sussex, New Jersey: Take County Route 639 south 1.4 miles. At traffic light, go straight on County Road 565 south. Follow County Route 565 for 7.3 miles to traffic light. Turn right on Rt. 206 north. Follow Rt. 206 north for 6 miles to County Road 636. Turn right on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

From New York City and Interstate 80: Take Rt. 80 west to Rt. 15 north. Take Rt. 15 north to its intersection with Rt. 206, which is the end of Rt. 15. Follow Rt. 206 north for 6 miles to County Road 636. Turn right on County Route 636 and go 2/10 mile to Sunrise Mountain Road. Turn left and parking area is immediately on left.

### Directions From Sunrise Mountain Time Trial to Skylands Park Criterium

Exit Sunrise Mountain Road to County Road 636. Turn right and go 2/10 mile to Rt. 206. Turn left and follow Rt. 206 south for 6 miles. Turn left at traffic light on County Road 565 north. Entrance to Skylands Park is 2/10 mile on left.

### Directions From Skylands Park to Sussex County Fairgrounds

Exit Skylands Park onto Rt. 565. Turn right on Rt. 565 south for 2/10 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.

*Skylands Cycling*  
Presents  
The Fourth Annual  
**Can-Am U19 Challenge**  
Augusta, New Jersey  
May 20-21, 2006

USCF Permit No. 2006-

**Stage One (May 20, 2006, 9 a.m.): *The Sunrise Mountain Time Trial:*** 8 kilometer gradual climb through the deep woods of Stokes State Forest. The course will be closed to motor vehicle traffic during the event. (Registration from 7:30 a.m. to 9 a.m.)

**Stage Two (May 20, 2006, 1 p.m.): *The Skylands Park Criterium:*** Pure crit racing on a closed, flat, fast, spectator friendly course. The pace never lets up on this four corner half-mile loop.

**Stage Three (May 21, 2006, 9 a.m.): *The Augusta Circuit Race:*** The 1.4 mile closed course at the scenic Sussex County Fairgrounds in Augusta has been called the best race course in New Jersey, with technical turns, power straights and the notorious heartbreak hill just before the finish line.



This is a Lance Armstrong Junior Olympic Race Series Event

Overall individual and team winners will be determined on points. See race manual for scoring rules. Winning team will receive engraved Can-Am Cup. Individual GC winners receive engraved trophy.

PRE-REGISTRATION ONLY AT [BIKereg.com](http://BIKereg.com)

Category	Entry Fee	Places	Prizes
Women 10-12	\$40.00	3	medals, merchandise
Men 10-12	\$40.00	3	medals, merchandise
Women 13-14	\$40.00	3	medals, merchandise
Men 13-14	\$40.00	3	medals, merchandise
Women 15-16	\$40.00	3	\$100, medals, merchandise
Men 15-16	\$40.00	3	\$100, medals, merchandise
Women 17-18	\$40.00	3	\$150, medals, merchandise
Men 17-18	\$40.00	3	\$150, medals, merchandise

See race manual for distances and scoring rules: [www.skylandscycling.com](http://www.skylandscycling.com)  
Contact: Bob Cary, [bobcary@skylandscycling.com](mailto:bobcary@skylandscycling.com); 201.919.3732