

**3<sup>rd</sup> Annual**



**July 14-15, 2007**  
**Sussex County, New Jersey**

# **Race Manual**

Updated: 7/9/07



# CONTENTS

WELCOME.....	3
2007 GIRO DEL CIELO SPONSORS.....	4
GENERAL RULES AND REGULATIONS.....	5
GENERAL RACE INFORMATION.....	5
INDIVIDUAL STAGE RULES.....	9
LODGING.....	12
DIRECTIONS.....	13
RACE AMENITIES.....	15
ADDENDUM: MINIMUM PRIZE DISTRIBUTION.....	17

# WELCOME

Dear Giro Del Cielo Competitor:

Skylands Cycling and Team Somerset are pleased to welcome you to the third annual Giro Del Cielo Women's Stage Race. The Giro offers the safety of closed courses and the excitement of large, separate category one/two/three, three and four women's fields with large prize lists. In addition to the women's events, men's open (category 1-4) races will be held each day.

Our headline sponsors for 2007 are Van Dessel Sports, Edgell Communications and Race Augusta, Inc. With their generous contributions, we are able to present new Van Dessel Project WR framesets (\$999 list price) for winners of the category three and category four stage events, as well as Top U-19 Rider awards and deep prize lists for general classification.

Skylands Cycling and Team Somerset are committed to the development of women's racing. In addition to holding the Giro Del Cielo, which will showcase the talents of some of the best women in New Jersey and Eastern United States, our clubs are actively recruiting women to race.

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 we can be of assistance to you personally in any way, please do not hesitate to contact us by phone or by email. We sincerely hope you enjoy your weekend in Sussex County.

Brooke Wilson  
Team Somerset  
973-879-9818  
brooke\_wilson@hotmail.com

Heather Labance  
Skylands Cycling  
973-764-8404  
labances@warwick.net

# 2007 Giro del Cielo Sponsors

## Overall Race Sponsors

### **Van Dessel Sports**

Dover, NJ  
866-835-5454  
www.vandesselsports.com  
*Highest quality, performance bicycle manufacturer*

### **Edgell Communications**

Randolph, New Jersey  
973-252-0100  
www.edgellcommunications.com  
*Business-to-business information resources*

### **Race Augusta, Inc.**

*A non-profit race registration and scoring service*

## Prime Sponsors

### **Knapp's**

Lawrenceville, NJ  
609-393-1199  
www.knappscyclery.com  
*Serving cyclists since 1944*

### **Enjou Chocolat**

Morristown, New Jersey  
800-305-2853 / 973-993-9090  
www.enjouchocolat.com  
*Unique, custom, handmade chocolate*

### **CyclingMadeReal**

www.cyclingmadereal.com  
*Supporting grassroots cat 3, cat 4 and master's women racing nationwide*

## Service Sponsors

### **The Original Music School**

8 East Frederick Place, Suite 101B, Cedar Knolls, NJ 07927  
www.originalmusicschool.com  
973-290-9355  
*Because no one dreams of being in a cover band*

### **JerseyRider.org**

jerseycyclism@yahoo.com  
www.jerseyrider.org  
*Expressing competitive cycling and endurance sports through multimedia*

### **Croes Massage**

908-227-8980  
captaincartilage@yahoo.com  
www.croesmassage.com  
*Shiatsu, Swedish, Reflexology, Sports massage*

### **Lassister Family Chiropractic**

973-401-0002  
10 Wilmot Street, #210  
Morristown, NJ 07960

# General Rules and Regulations

The Giro Del Cielo Women's Stage Race is sanctioned and permitted by USA Cycling and the United States Cycling Federation. All rules and regulations in the 2007 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. USCF rules provide for a \$20 fine and disqualification for failing to wear a helmet.

MECHANICAL SUPPORT: There is no support for the time trial during the event. Wheel pits will be present for the Cielo Criterium and the Veloce Circuit Race. All riders must provide their own spare wheels.

RACE NUMBERS: Each rider will be assigned one number for use in all three stages. For all stages, the number must be placed vertically on the **right** side, over the rib cage. It is the rider's responsibility to correctly position her number. Numbers may not be crumpled or folded.

SIGN-IN: All riders must sign in before the start of the time trial and circuit race.

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.

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 or her discretion enforce these rules in a manner consistent with the goals and objectives of this event.

## General Race Information

### REGISTRATION

Pre-registration is \$60 for the entire stage race for every category of racer. Racers who have not pre-registered for the event will be subject to a \$10 late fee for race-day registration.

Riders wishing to enter single events in the three-stage race may do so as long as the field limits have not been reached. There is a field limit of 50 riders in each category for the stage race. There is a field limit for the Montagna di Sole Time Trial and Cielo Criterium of 50 riders. There is no field limit for the Veloce Circuit Race. Single event registration is \$25 per women's event. Single event registration for the non-stage race men's events is \$25 per race.

At the beginning of the event and for the first stage, race registration will take place at the Montagna di Sole Time Trial Course from 8:00 a.m. to 10:00 a.m. on Saturday, July 14,

2007. For riders competing in single day events, registration is available at the sign-in table at the start of the Cielo Criterium and Veloce Circuit Race.

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 for each day of racing (up to \$20 for the complete event). All racers must sign a completed 2007 USA Cycling Standard Athlete's Entry Blank and Release Form, which will be available at registration or can be obtained at [http://www.usacycling.org/forms/riders\\_release.pdf](http://www.usacycling.org/forms/riders_release.pdf) Racers who have pre registered using Bike Reg do not have to complete the Entry Blank and Release Form. A completed release will be ready for signing at registration.

### **TRAVEL LIAISONS**

For information on host housing (available on a limited basis) and logistical questions, please contact the GDC Travel Liaisons:

- Amy Rappaport: 908-295-6255, [amytricoach@yahoo.com](mailto:amytricoach@yahoo.com)
- Beth Kaftan: 609-730-1384, [edaro@patchclamp.com](mailto:edaro@patchclamp.com)

### **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.

### **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 checking her result in a timely manner to make sure it is accurate. All protests for individual events must be made to the chief judge within 15 minutes of posting, after which the results will become final and will not be changed. Overall individual results will be posted within one hour of the completion of the final stage on July 15, 2007. Any protests of overall results or scoring must be made to the race director or chief judge within 20 minutes of posting, after which the results will become final and will not be changed.

### **POSTING LOCATIONS:**

- Final results for the Montagna di Sole Time Trial will be posted at or near the start/finish line at the Cielo Criterium.
- Final results for the Cielo 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. Current overall standings will also be posted after the last event of the Cielo Criterium and in the morning at or near the start/finish line at the Veloce Circuit Race.
- Final results for the Veloce Circuit Race and final overall 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 [www.skylandscycling.com](http://www.skylandscycling.com) and [www.somersetwheelmen.com](http://www.somersetwheelmen.com).

**PRIZE PRESENTATION:** Prizes for each individual stage will be awarded immediately following the protest period. Overall prizes will be awarded immediately following the final stage awards. Riders placing in any stage or general classification are asked to report to the results area in person for the award ceremony and photos following each event.

PRIZE LISTS: The top 3 finishers of each stage for each category will receive cash prizes. There will also be cash and merchandise prizes in the criterium and circuit race. Individual championships will be awarded in each classification based on total points earned. The top 8 overall finishers in each category will receive cash and/or merchandise. In addition, the top three finishers in each category will receive trophies.

Prize List (Cash) for Each Women's Stage

Place	Prize
1st place	\$25
2nd place	\$20
3rd place	\$15
Total	\$60

Minimum Prize List (Cash/Merchandise) for Overall General Classification

Place	Prize
1st place	\$100 + trophy
2nd place	\$80 + trophy
3rd place	\$70 + trophy
4 <sup>th</sup> place	\$55
5 <sup>th</sup> place	\$50
6 <sup>th</sup> place	\$45
7 <sup>th</sup> place	\$40
8 <sup>th</sup> place	\$35
Total	\$475

Notes on Women's Prize Lists:

In addition to the above cash prizes, winners of the cat 3 and cat 4 women's stage races will also receive a Van Dessel Project WR Time Trial Frame (frameset list price of \$999) in their desired size.

The top U19 Woman in the general classification in each field will receive the Top U-19 Rider Award of \$75.

This prize list may increase based on sponsorship received.

Prize List (Cash) for Each Men's Event

The prize list for Open Men's Events will be 50% of the registration fees collected for each race, and go five places deep.

Primes

Primes will be provided in the form of cash, merchandise and **general classification points**. Primes will be announced by the ringing of a bell on the lap prior to the prime lap.

Additional Prize Information

Please see "Minimum Prize Distribution Addendum" on page 16 of this Race Manual for more detail.

### **INDIVIDUAL POINTS DISTRIBUTION**

All riders will automatically receive 5 points for each stage they complete. In addition, the first 15 finishers in each stage will receive the following points towards the overall individual championship:

<b>Points Distribution for Each Stage</b>	
1 <sup>st</sup>	25 points
2 <sup>nd</sup>	20 points
3 <sup>rd</sup>	16 points
4 <sup>th</sup>	14 points
5 <sup>th</sup>	12 points
6 <sup>th</sup>	10 points
7 <sup>th</sup>	9 points
8 <sup>th</sup>	8 points
9 <sup>th</sup>	7 points
10 <sup>th</sup>	6 points
11 <sup>th</sup>	5 points
12 <sup>th</sup>	4 points
13 <sup>th</sup>	3 points
14 <sup>th</sup>	2 points
15 <sup>th</sup>	1 points

### **BREAKING TIES**

In the event that two or more riders are listed in the official results with the same time (or place), both riders will be given the point value of the highest place, and no rider will be given the point value of the lower place(s). For example, if two riders tie for third in a race, each of the riders will be given the points for third place, and no rider will be given points for fourth place.

While the stage race is in progress, all riders with the same total points will be given the same place in the standings. At the end of the stage race, if two (or more) riders are tied for any place, ties are broken by totaling the number of 1st place finishes, then 2nd place finishes, then 3rd place finishes, etc., until a clear winner is established.



# Individual Stage Rules

## Montagna di Sole Time Trial

Saturday, July 14, 2007

The time trial will be a 4.6 mile uphill course on Sunrise Mountain Road through the deep woods of Stokes State Forest, with spectacular views of New Jersey, New York and Pennsylvania. The grade is mostly gentle, with a few flat sections. The road will be closed to vehicular traffic during the race. Some riders may be returning from the finish while others are still racing the time trial, so riders should ride on the ride side of the road at all times.

The time trial start will be at the Culver's Gap Parking Area of Stokes State Forest, Rt. 636 and Sunrise Mountain Road, Frankford Township, New Jersey, approximately 1/4 mile from Rt. 206. Registration will be at the same location.

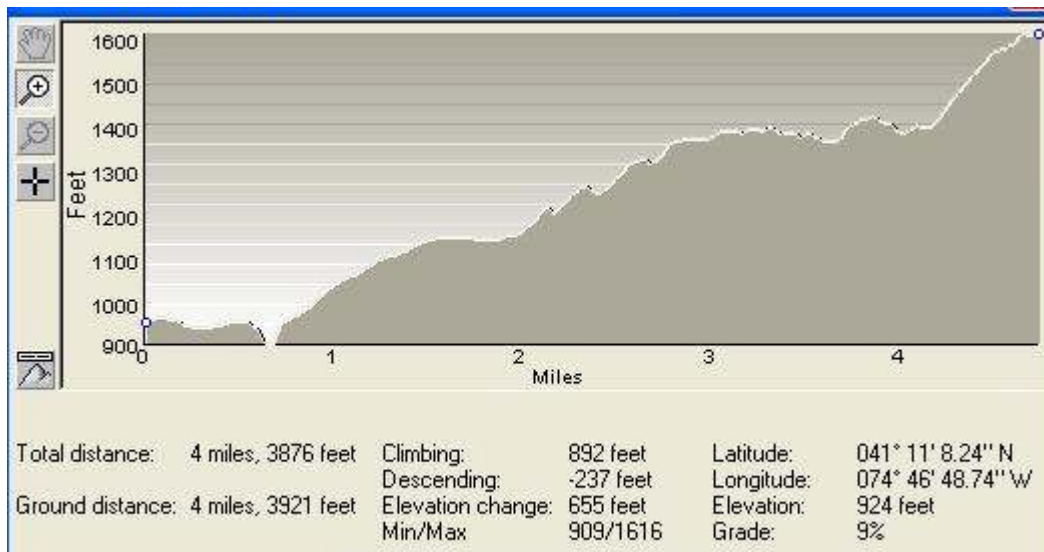
The first rider will start at 10:00 AM. Riders will start at sixty (60) second intervals. For pre-registered riders, start times will be made available at registration on Saturday, July 15, and written on the race number. Category 4 riders will go first, followed by category 3 riders, followed by Category 1-2-3 riders. Riders who have not pre-registered will be given start times after the last pre-registered rider. It is each rider's responsibility to know 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 Route 636.

Rest rooms are located at Park Headquarters, located on Rt. 206, approximately 1/2 mile north of Route 636.

There is no men's open event at the Sunrise Mountain Time Trial.

### Course Profile:



## **Cielo Criterium**

### **Saturday, July 14, 2007**

The criterium will take place on a 1/2 mile rectangular loop, with a small chicane, at Skylands Park, Rt. 565, Augusta, New Jersey.

Race distances and approximate start times are:

<b>Category</b>	<b>Laps</b>	<b>Distance</b>	<b>Start Time</b>
Women 4	40	20	2 PM
Women 3	40	20	3 PM
Women 1-2-3	40	20	4 PM
Men's Open	30	15	5 PM

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. It is each rider's responsibility to be aware of the start time of 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 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 4 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.

## **Veloce Circuit Race**

Sunday, July 15, 2007

The circuit race will take place on a 1.4 mile closed course at the Sussex County Fairgrounds, Augusta, New Jersey.

Race distances and approximate start times are:

<b>Category</b>	<b>Laps</b>	<b>Distance</b>	<b>Start Time</b>
Women 4	25	35	9 AM
Women 3	25	35	10:30 AM
Women 1-2-3	25	35	12 PM
Men's Open	14	20	2 PM

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 3 or less laps remaining, after which there will be no free laps. 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.

# Lodging

Contact our Travel Liaisons for information on limited host housing or any of your travel questions:

- Amy Rappaport: 908-295-6255, [amytricoach@yahoo.com](mailto:amytricoach@yahoo.com)
- Beth Kaftan: 609-730-1384, [edaro@patchclamp.com](mailto:edaro@patchclamp.com)

## Nearby Hotels and Motels (PL=Pool, P=Pets, R=Restaurant)

- **Best Western Hotel** - 17 Miles, PL, P, R, Matamoras, PA - phone: 570-491-2400
- **Comfort Inn** - 18 Miles, PL, P, R, Port Jervis, NY - phone: 800-228-5150
- **Comfort Suites** - 20 Miles, Mt. Olive-Budd Lake, NJ - phone: 973-448-7500
- **Courtyard by Marriott** - 20 Miles, PL, R, Mt. Arlington, NJ - phone: 973-770-2000
- **Crystal Springs Resort** - 15 Miles, Vernon, NJ - phone: 973-827-5996
- **Days Inn** - 20 Miles, PL, P, Netcong, NJ - phone: 973-347-5100
- **Days Inn Motel** - 13 Miles, McAfee, NJ - phone: 973-827-4666
- **Econo Lodge** - 10 Miles, P, R, Newton, NJ - phone: 973-383-3922
- **Hampton Inn** - 25 Miles, PL, FC, Denville, NJ - phone: 973-664-1050
- **High Point Country Inn** - 15 Miles, PL, P, Colesville, NJ - phone: 973-702-1860
- **Hilton Garden Inn** - 20 Miles, PL, FC, Rockaway, NJ - phone: 973-328-0600
- **Holiday Inn Express** - 5 Miles, Newton, NJ - phone: 973-940-8888
- **Holiday Inn Express** - 20 Miles, Mt Arlington, NJ - phone: 973-770-7880
- **Legends Resort** - 15 Miles, PL, R, Vernon, NJ - phone: 973-827-6000
- **Milford Motel** - 17 Miles, PL, Milford, PA - phone: 570-296-6411
- **Mountain Creek & Appalachian Hotel** - 18 Miles, Vernon, NJ - phone: 888-767-0762
- **Myer Motel** - 17 Miles, P, Milford, PA - phone: 570-296-7223
- **Rolling Hills Motel** - 12 Miles, Wantage, NJ - phone: 973-875-1270
- **Sussex Motel** - 11 Miles, Wantage, NJ - phone: 973-875-4191
- **The Inn at Panther Valley** - 20 Miles, R, Allamuchy, NJ - phone: 908- 852-6000
- **Wyndham Garden Hotel** - 20 Miles, PL, R, Mt. Olive, NJ - phone: 973-448-1100

## Directions

### Directions to Montagna di Sole 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**, 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 Montagna di Sole Time Trial to Cielo Criterium (Skylands Ballpark, 94 Championship Place, Augusta, NJ 07822)

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 to Veloce Circuit Race

**(Sussex County Fairgrounds, 37 Plains Road, Augusta, NJ 07822)**

**From Rt. 80**, take Rt. 15 north to its intersection with Rt. 206. Go straight through intersection onto Rt. 206 for one mile to first traffic light, Plains Road. Turn right. Entrance to Sussex County Fairgrounds is one half mile on right.

**From Rt. 23**, take Rt. 639 north from Sussex Boro 1.2 miles. Continue straight at traffic light on Rt. 565 for 7.5 miles to Rt. 206. Turn right onto Rt. 206 for one mile to first traffic light, Plains Road. Turn right. Entrance to Sussex County Fairgrounds is one half mile on right.

**From Rt. 206 North**, take Rt. 206 north through Newton to its intersection with Rt. 15. Turn left to continue on Rt. 206 north for one mile to first traffic light, Plains Road. Turn right. Entrance to Sussex County Fairgrounds is one half mile on right.

**From Portland**, PA bridge, follow Rt. 94 north to intersection with Rt. 206 in Newton. Take Rt. 206 north 3 miles to intersection of Rt. 206 and Rt. 15. Turn left to continue on Rt. 206 for one mile to first traffic light, Plains Road. Turn right. Entrance to Sussex County Fairgrounds is one half mile on right.

**From Easton**, PA, take Rt. 22 east to Rt. 57 east. Turn left on Rt. 519. Follow Rt. 519 for approximately 35 miles to intersection with Rt. 94. Take Rt. 94 north to Rt. 206 north through Newton to its intersection with Rt. 15. Turn left to continue on Rt. 206 for one mile to first traffic light, Plains Road. Turn right. Entrance to Sussex County Fairgrounds is one half mile on right.

**From Middletown, New York**. Take I84 exit 3W. Turn left at 1st light onto Rt. 6 west. Turn left on Rt. 284 south in Village of Slate Hill. Follow 284 south 15 miles to 1st traffic light in Boro of Sussex. Turn right onto Rt. 23 north, make quick left and go straight at light to follow Rt. 639 north. Continue straight at next light onto Rt. 565 for 7.5 miles to Rt. 206. Turn right onto Rt. 206 north for one mile to first traffic light, Plains Road. Turn right. Entrance to Sussex County Fairgrounds is one half mile on right.

# Race Amenities

## Race Announcement

"Play-by-play" race announcement will be provided. Please email your race resume to [Rod.Murray@hotmail.com](mailto:Rod.Murray@hotmail.com) by Thursday, July 12<sup>th</sup> so that we may provide exciting commentary to both racers and spectators on your "palmares." Please provide:

- Name
- Team Name
- Age
- Year Began Racing
- Racing Highlights
- Interesting Fact(s) about Yourself

## Video Production

Jerseyrider.org will once again be covering the racing action at the Giro del Cielo for a DVD video production available after the event. The video will follow each of the categories during the race and include racers perspective of the stages. Riders who would like to add their thoughts on the race are encouraged to be filmed if they like. The video will be available at a reasonable price, and all racers will be e-mailed when the DVD is released.

The Jerseyrider.org website was created to showcase competitive cycling in New Jersey and offers video productions, photos, and DVDs of races throughout the state. Visit the site or e-mail [jerseycyclism@yahoo.com](mailto:jerseycyclism@yahoo.com) for more information.

## Massage Therapy

Saturday's massage therapy will be provided by Michael Croes and Karrie Pukstas. While the services are free to racers, tips are appreciated. An appropriate tip may be \$1.00 per minute of massage. There will be a sign-up sheet for massages which will be given on a first come-first served basis.

Michael Croes has been practicing massage since 2002. He was educated at the Shiatsu Clinic & School of Iowa City, Iowa. Michael was trained in Shiatsu, Reflexology, Myofascial release, Sports massage and Thai massage. Michael has been an instructor of massage & shiatsu for 3 years and currently working as an instructor at the Institute for Therapeutic Massage of New Jersey. Previously he has worked for Marma Day Spa of Hoboken NJ, managed Safari at Eclipse Salon and Spa, owned and operated FTS Therapeutic Wellness Center and worked with chiropractors on Personal injury cases as well as sports-based massage for pain management and wellness.

Karrie Pukstas is a recent graduate from the Institute of Therapeutic Massage in Red Bank NJ. Karrie specializes in sports, chair, Swedish, and deep tissue massage. Karrie attended Seton Hall University and is currently working at L'Oreal Paris in New York. Karrie also performs corporate chair massage for co-workers. Karrie has worked numerous chair massage events across the state. Ms. Pukstas is also available for full body massage appointments in the evenings and weekends and is willing to make house calls. She has experience working on an array of athletes from runners, bikers, surfers, to golfers. She is very intuitive therapist and will pay special attention to any trouble areas you may have. Her contagious enthusiasm will definitely lift your spirits and melt away your muscle tension.

For more information or to check their availability during non-race hours, visit [www.croesmassage.com](http://www.croesmassage.com) for their contact information.

## Stretching Station

A stretching station will be provided compliments of Lassiter Family Chiropractic during the weekend. For more information, questions, or non-race hour availability, contact Lassiter Family Chiropractic at 973-401-0002. The practice is located at 10 Wilmot Street, #210, Morristown, NJ 07960.

## National Anthem

The national anthem will be performed by Anthony Vitale of The Original Music School. This is the only music school in NJ where students write the songs!

Musicians, young and old, reach a plateau in their private studies (and often quit) because they want to expand their borders and play in a band.

Some schools are actually very good at teaching how to play famous (old) rock songs along with other students in a performing band. But most people don't really want to spend their time memorizing songs from your childhood. They want to CREATE THEIR OWN MUSIC. And we let them! Isn't that what rock 'n roll (or any music) is all about in the first place?

The Original Music School is located in Cedar Knolls, NJ. For more information, call 973-290-9355 or visit [www.originalmusicschool.com](http://www.originalmusicschool.com).

**The Original Music School**  
Learn to **MAKE** music, not just play it!

**SUMMER MUSIC DAYCAMP**  
**ONE WEEK SESSIONS:**  
JULY 9-13  
AUGUST 6-10  
AUGUST 20-24  
**LIMITED SPACE AVAILABLE**

Learn to Write and Record  
**YOUR OWN SONGS**  
*With a Band!*

All Ages & Instruments Welcome  
\$300 per session

Register by Phone (973) 290-9355 or online  
[www.originalmusicschool.com](http://www.originalmusicschool.com)  
Because no one dreams of being in a *cover band*.

6 East Frederick Place, Suite 101B, Cedar Knolls, NJ 07927 (973) 593.0258  
[www.originalmusicschool.com](http://www.originalmusicschool.com)



## Addendum: Minimum Prize Distribution

### Category 4 Prize Distribution

As of 7/9/07

Prize Category	Total Prize Value
Stage 1 - top 3	\$60 (Cash)
Stage 2 - top 3	\$60 (Cash)
Stage 3 - top 3	\$60 (Cash)
Overall GC U-19	\$75 (Cash)
Van Dessel Frameset - 1 <sup>st</sup> Place GC	\$1000
Overall GC Cash - top 8	\$475 (Cash)
GDC Trophies - top 3	\$150
Primes - Merchandise/Cash	\$500
<b>Total Prize Value</b>	<b>\$2,380</b>

### Category 3 Prize Distribution

As of 6/28/07

Prize Category	Total Prize Value
Stage 1 - top 3	\$60 (Cash)
Stage 2 - top 3	\$60 (Cash)
Stage 3 - top 3	\$60 (Cash)
Overall GC U-19	\$75 (Cash)
Van Dessel Frameset - 1 <sup>st</sup> Place GC	\$1000
Overall GC Cash - top 8	\$475 (Cash)
GDC Trophies - top 3	\$150
Primes - Merchandise/Cash	\$500
<b>Total Prize Value</b>	<b>\$2,380</b>

### Category 1-2-3 Prize Distribution

As of 6/28/07

Prize Category	Total Prize Value
Stage 1 - top 3	\$60 (Cash)
Stage 2 - top 3	\$60 (Cash)
Stage 3 - top 3	\$60 (Cash)
Overall GC U-19	\$75 (Cash)
Overall GC Cash - top 8	\$475 (Cash)
GDC Trophies - top 3	\$150
Primes - Merchandise/Cash	\$500
<b>Total Prize Value</b>	<b>\$1,380</b>