

1st Annual

Giro del Cielo

Women's Stage Race

July 16-17, 2005

Sussex County, New Jersey

Race Manual

Updated: 6/23/05

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WELCOME

Dear Giro Del Cielo Competitor:

Skylands Cycling and Team Somerset are pleased to welcome you to the first annual Giro Del Cielo Women's Stage Race. The Giro offers the safety of closed courses and the excitement of large, separate category three and four women's fields with large prize lists.

We would like to thank the Women's Developmental Cycling Alliance (WDCA) for their support of the inaugural Giro del Cielo. The WDCA was formed in 2004 to grow women's cycling in New Jersey, and to support women who want to get serious about the sport. Membership consists of category 2, 3 and 4 racers from teams Somerset, 3D, MAMBO, Skylands Cycling, Watchung Wheelmen, Bikery, Colavita Bolla and the Century Road Club Association. WDCA members are experienced racers, dedicated to the success of the Women's Cat 4 Cup, women's clinics, stage race and future initiatives. With the support of the WDCA, we hope that the Giro del Cielo gains a permanent place for women racers on the East Coast.

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.

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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 2005 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 Skylands Criterium and the Sussex Fairgrounds 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 category 3 racers and \$50 for category 4 racers. 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. Single event registration is \$30 per category 3 event and \$25 per category 4 event. Racers who have not pre-registered for an event will be subject to a \$10 late fee for race-day registration.

At the beginning of the event and for the first stage, race registration will take place at the Skylands Park, Route 565, Augusta, New Jersey from 7:30 a.m. to 9:00 a.m. on Saturday, July 16, 2005. For riders competing in single day events, registration is available at the sign-in table at the start of the Sunrise Mountain Time Trial and Augusta 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 2005 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/rider_release.pdf Racers who have pre registered using Bikereg.com or Racelistings.com do not have to complete the Entry Blank and Release Form. A completed release will be ready for signing at registration.

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 17, 2005. 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 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 Sunrise Mountain Time Trial.
- Final results for the Sunrise Mountain Time Trial will be posted at Culver's Gap Parking Area of Stokes State Forest, Rt. 636 and Sunrise Mountain Road, Frankford Township, New Jersey following completion of the event. Final results for the time trial and current overall standings will also be posted in the afternoon at or near the start/finish line at the Augusta Circuit Race.
- Final results for the Augusta 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 and 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 Stage

	Category 3	Category 4
1st place	\$25	\$20
2nd place	\$20	\$15
3rd place	\$15	\$10

Prize List (Cash/Merchandise) for Overall General Classification

	Category 3	Category 4
1st place	\$100 + trophy	\$80 + trophy
2nd place	\$80 + trophy	\$65 + trophy
3rd place	\$70 + trophy	\$55 + trophy
4 th place	\$55	\$45
5 th place	\$50	\$40
6 th place	\$45	\$35
7 th place	\$40	\$30
8 th place	\$35	\$25

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

Primes

Primes will be provided in the form of cash and merchandise valued at over \$2000, including at least one \$300 prime for the cat 3 circuit race and one \$200 prime for the cat 4 circuit race. Primes will be announced by the ringing of a bell on the lap prior to the prime lap.

INDIVIDUAL POINTS DISTRIBUTION

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

Criterion and Circuit Race Points Distribution		Time Trial Points Distribution	
1 st	20 points	1 st	25 points
2 nd	16 points	2 nd	20 points
3 rd	14 points	3 rd	17 points
4 th	12 points	4 th	14 points
5 th	10 points	5 th	12 points

6 th	8 points	6 th	10 points
7 th	6 points	7 th	8 points
8 th	4 points	8 th	6 points
9 th	2 points	9 th	3 points
10 th	1 points	10 th	2 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

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 category 4 race will begin at 10:00 AM., followed by the women's category 3 race at 11:00 AM.

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. The distances for each category are as follows:

Category	Start Time	Distance	Miles
Women Category 4	10:00 AM	30 laps	15
Women Category 3	11:00 AM	40 laps	20

SUNRISE MOUNTAIN TIME TRIAL

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 TT, so riders should ride on the ride side of the road at all times.

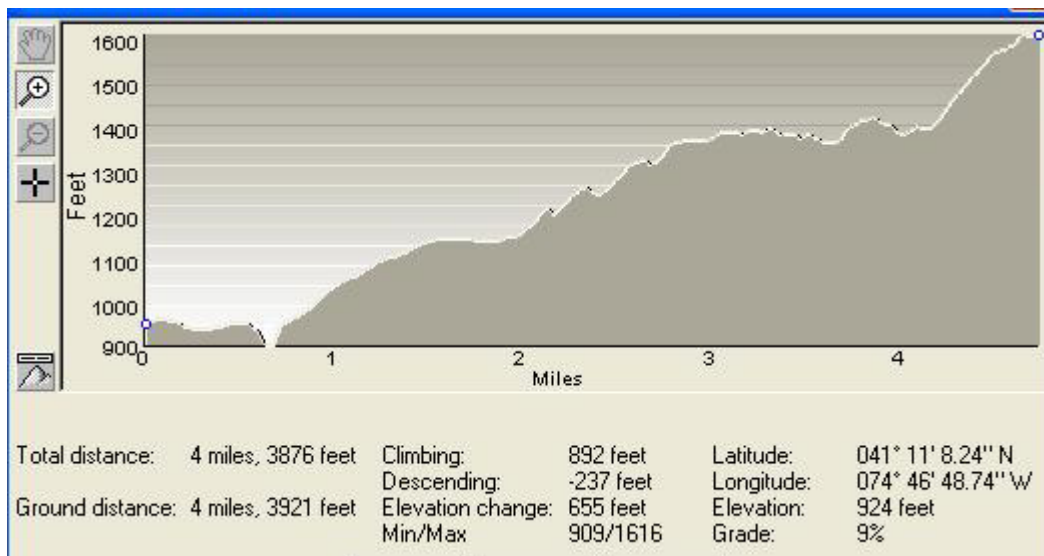
The time trial start will be at the Culver's Gap Parking Area of Stokes State Forest, Rt. 636 and Sunrise Mountain Road, Frankford Township, New Jersey, approximately 1/4 mile from Rt. 206. Registration will be at the same location.

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 16, and written on the race number. Category 4 riders will go first, followed by category 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.

Course Profile:



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 category 4 race will begin at 2:00 PM, followed by the category 3 event at 3:00 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. The distances for each category are as follows.

Category	Start Time	Distance	Miles
Women Category 4	2:00 PM	20 laps	24
Women Category 3	3:00 PM	30 laps	36

HOTELS & 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

DIRECTIONS TO SKYLANDS PARK CRITERIUM

From Route 80, take Route 15 north to its intersection with Route 206. Turn right on Route 565. Entrance to Skylands Park Sports and Recreation Center is ¼ mile on left.

From Route 23, take Route 639 north from Sussex Boro 1.2 miles. Continue straight at traffic light on Route 565 for 7.3 miles to entrance to Skylands Park on right.

From Route 206 North, take Route 206 north through Newton to its intersection with Route 15. Continue straight across at traffic light to Route 565. Entrance to Skylands Park is ¼ mile on left.

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 SUSSEX COUNTY FAIRGROUNDS

Exit Sunrise Mountain Road to County Road 636. Turn right and go 2/10 mile to Rt. 206. Turn left and follow Route 206 south for 5 miles. Turn left at traffic light on Plains Road. Entrance to Sussex County Fairgrounds is approximately 1/2 mile on right.