

2010 USA CYCLING COLLEGIATE ROAD NATIONAL CHAMPIONSHIPS



MADISON, WISCONSIN; MAY 7-9

OFFICIAL TECHNICAL GUIDE



PLEASE SAVE A TREE! DON'T PRINT UNLESS ABSOLUTELY NECESSARY!



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WELCOME TO MADISON, WISCONSIN!



Welcome to Madison, Wisconsin and the greater Madison area! The UW Cycling Club, Team Sports Inc, and the Greater Madison Convention and Visitors Bureau is excited to serve host to USA Cycling athletes and fans with an experience that goes beyond the expected through our community's natural beauty, stimulating culture, environmental sensitivity and love-at-first-sight appeal.

Madison is one of only a few cities in the world built on an isthmus. Downtown Madison is set on a narrow strip of land between two glacial lakes – Lake Monona and Lake Mendota, featuring the Wisconsin State Capitol centered on the isthmus and modeled after our nation's Capitol. The Capitol square is home to many unique events including the Dane County Farmers Market and also where the criterium for the USA Cycling Collegiate Nationals will take place this May. Stemming off the Capitol square is the famed State Street which links the Capitol to the University of Wisconsin-Madison. State Street is filled with eclectic shops, restaurants and is a hub for activities.

Madison is a recreational paradise with 27,000 acres of lakes, 100 miles of bike paths and hiking trails and 200 parks. Our natural affinity to athletics and the community's support and passion for sports makes Madison the perfect destination for the 2010 USA Cycling Collegiate Road National Championships.

Please visit www.visitmadison.com to help plan your trip to Madison and to assist you while you are here. Features on the website include the opportunity to build your own itinerary, search Madison area events, navigate your way around using Google maps, and much more. Enjoy your time in Madison!

Average High/Low Temperatures for May 7-9: 66°/43°F
Sunrise/Sunset for May 7-9: 5:41am/8:08pm

Top: Monona Terrace, the location of Saturday night's Awards Banquet.



EVENT SCHEDULE

Date	Time	Event	Location	Length
Thursday April 1	11:00am EDT	Online Registration Opens	www.usacycling.org	n/a
Monday May 3	11:59pm EDT	Online Registration Closes	www.usacycling.org	n/a
Thursday May 6	2:00-9:00pm	Registration & Packet Pick-Up	Madison Concourse Hotel	7 hrs
	7:00pm	Rider & Team Meeting	Madison Concourse Hotel	1 hr
Friday May 7	7:00am-12:00pm	Packet Pick-Up°	Madison Concourse Hotel	4 hrs
	8:30am	Men's Division I Road Race	Blue Mound State Park	72 miles (5 laps)
	8:40am	Men's Division II Road Race	Blue Mound State Park	72 miles (5 laps)
	1:00pm	Women's Division I Road Race	Blue Mound State Park	58 miles (4 laps)
	1:10pm	Women's Division II Road Race	Blue Mound State Park	58 miles (4 laps)
	6:00-8:00pm	Registration and Packet Pick-Up	Madison Concourse Hotel	2 hrs
	8:00-9:30pm	Open Collegiate Board Meeting	Madison Concourse Hotel	1.5 hrs
Saturday May 8	8:45-10:45am	Coaching Seminar – Race Psychology	Madison Concourse Hotel	2 hrs
	11:00am-12:30pm	Open Collegiate Board Meeting	Madison Concourse Hotel	1.5 hrs
	12:00-4:45pm	Registration & Packet Pick-Up*	Madison Concourse Hotel	5 hrs
	3:00pm	Women's Division II Criterium	Capitol Square - Madison	45 mins
	4:00pm	Women's Division I Criterium	Capitol Square - Madison	45 mins
	5:00pm	Men's Division II Criterium	Capitol Square - Madison	60 mins
	6:15pm	Men's Division I Criterium	Capitol Square - Madison	60 mins
	8:00-9:30pm	Collegiate Awards Banquet	Monona Terrace - Madison	1.5 hrs
Sunday May 9	9:30am	Women's Division II TTT	Trek Bicycle HQ - Waterloo	19.2 miles
	To Follow**	Women's Division I TTT	Trek Bicycle HQ - Waterloo	19.2 miles
	To Follow	Men's Division II TTT	Trek Bicycle HQ - Waterloo	19.2 miles
	To Follow	Men's Division I TTT	Trek Bicycle HQ - Waterloo	19.2 miles
	To Follow†	Awards Ceremony	Trek Bicycle HQ - Waterloo	40 mins‡

°Friday morning will be for on-site packet pick-up ONLY. No changes or new registrations for any event will be allowed. Please see the Important Note on the following page.

*There will be NO day-of registration: you may pick up your packet on the day of the race but you MUST register at least the day BEFORE the race. There will be no packet pick-up or registration on Sunday.

**Teams will go off at 2 minute intervals, with 5 minute gaps between divisions and genders

†There will be a 30 minute protest period following the posting of all omnium results. The awards ceremony will commence after 30 minutes without protest.

‡Teams can expect to be finished by 1:30pm



FEE SCHEDULE & REGISTRATION INFORMATION

Event	Pre-Registration Online	Onsite Registration
Road Race	\$50	\$70
Criterium	\$50	\$70
Team Time Trial	\$50 per person	\$70 per person
Awards Banquet	\$30	\$30
Coaching Clinic[°]	\$10/members, \$20/nonmembers	\$20/members, \$30/nonmembers

Pre-registration will be available at usacycling.org. Log into your online account and from your My USA Cycling page, follow the link to register for the [2010 USA Cycling Collegiate Road National Championships](#). Online registration will begin at 11:00 AM EDT on April 1 and end at 11:59 PM EDT on May 3. For an FAQ about USA Cycling's new online registration system, [click here](#).

To be able to register, your conference director must first mark you as qualified. Talk to your conference director and/or see the rules page of this document for more information about this.

All on-site registration will be at the Madison Concourse Hotel. Under no circumstances will riders be allowed to register for a race on the day of the event. A rider may pick up his or her packet and number, but he or she cannot sign up for the day's race. Start sheets will have already been finalized and printed. There will be no registration or packet pick-up on Sunday.

If you wish to pick up someone else's packet, that's fine, but you will need to bring four (4) items, with no exceptions or substitutions:

1. The rider's license
2. A signed authorization from the rider permitting you to pick up his or her packet
3. A signed waiver (found here: bit.ly/9OiSVS)*
4. A signed media release (found here: bit.ly/bsG4Dw)

Important Note: What's the difference between Packet Pick-Up and Registration?

Registration is when you sign up to do a race, and pay the entry fee. Packet Pick-Up is when you sign your waivers and receive your bib numbers.

[°]Please see page 15 for more details. Continental breakfast is included, and registration is NOT alongside regular race registration.

*Please note that USA Cycling will provide auto-populated waivers on-site so do not feel obligated to fill out a waiver ahead of time unless you will not be able to pick up your packet in person.



COURSES

All directions are from the Madison Concourse Hotel. Please see page 17 for directions there.

Directions to Road Race course at Blue Mound State Park:



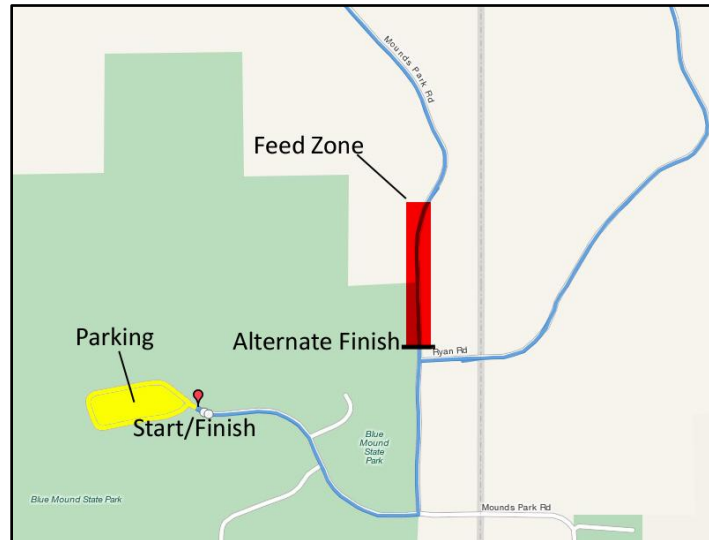
30.1 miles – 44 minutes

1. Head **southwest** on **W Dayton St** toward **N Carroll St** 164 ft
2. Take the 1st **right** onto **N Carroll St** 0.1 mi
3. Turn **left** at the 2nd cross street onto **W Gorham St** 0.3 mi
4. Slight **right** at **University Ave** 0.8 mi
5. Turn **left** at **N Randall Ave** 0.2 mi
6. Slight **right** at **Monroe St** 1.9 mi
7. Slight **left** to stay on **Monroe St** 85 ft
8. Continue onto **Nakoma Rd** 0.6 mi
9. Turn **left** at **Seminole Hwy** 2.2 mi
10. Turn **right** at **McKee Rd** 0.9 mi
11. Turn **left** at **US-151 S/US-18 W** 20.9 mi
12. Turn **right** at **Co Rd F** 0.3 mi
13. Turn **left** at **Co Rd Id** 0.5 mi
14. Turn **right** at **Mounds Rd** 0.3 mi
15. Continue onto **Mounds Park Rd** 0.4 mi
16. Continue onto **Mounds Rd** Destination will be on the right 0.6 mi

Parking will be available at the top of the climb, in a lot beyond the Start/Finish. Because there is only one road in and out of this lot, and this road serves as the Start/Finish straightaway, there will be windows of time when team vehicles will not be permitted to enter or exit this lot. **The road will be shut down 30 minutes prior to the start of each race, and again at least 30 minutes prior to the expected finish, not to be reopened again until all racers have finished.**

In the event that some men have not finished their race by 12:30pm (30 minutes prior to the start of the Women's DI Road Race), officials will pull and finish those riders before they reach the final climb up to the Start/Finish.





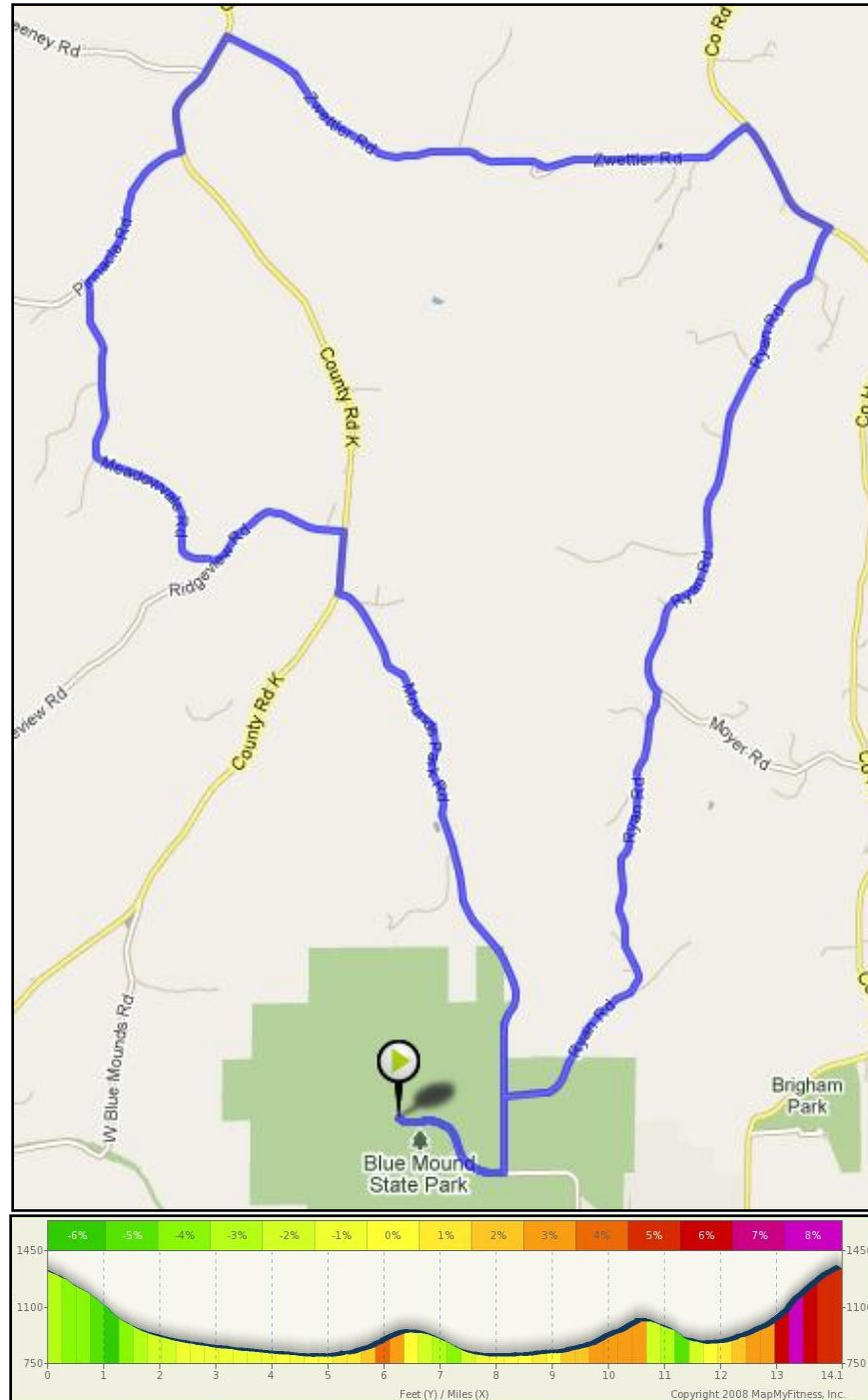
Staging for each race will take place 20 minutes prior to each start. The course will feature a neutral start from the top of the hill at the Start/Finish, where staging will take place, down to Mounds Park Road, where riders will turn left toward the main loop. Upon reaching the main loop, the riders will be stopped for a moment, before the race begins in earnest:

1. **Northeast on Ryan Road** for approximately **4.5 miles**
2. **North on County Road F** for approximately **.6 miles**
3. **West on Zweiter Road** for approximately **2.5 miles**
4. **South on Country Road K** for approximately **.5 miles**
5. **West on Pinnacle Road** for approximately **.75 miles**
6. **South on Meadowvale Road** for approximately **1.5 miles**
7. **East on Ridgeview Road** for approximately **.5 miles**
8. **South on County Road K** for approximately **.25 miles**
9. **Southeast on Mounds Park Road** for approximately **2.5 miles**
- 10a. To **continue** onto next lap, go back to **Step 1**.
- 10b. To **finish**, continue **straight** on **Mounds Park Road** approximately **.25 miles**
 - i. **West** back up to **Start/Finish** approximately **.25 miles**

Women will complete 4 laps for a total of 58 miles, while the men will complete 5 laps for a total of 72 miles. There will be four Shimano neutral support follow vehicles provided by Shimano, with a Shimano mechanic providing neutral technical support at the Start/Finish. The feed zone will be located on the last climb up to the intersection of Ryan Road and Mounds Park Road. Vehicles parked in the feed zone will require Feed Passes, available at registration, to be displayed on their dashboards, and will need all 4 wheels to be completely off the road.

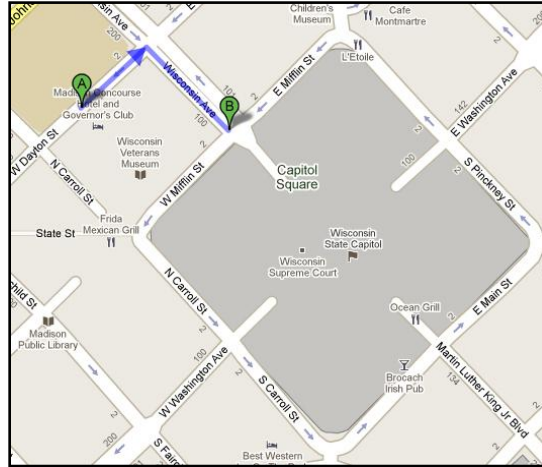


Road Race Course Map:



Road Race Course Map Online: <http://tpks.ws/2hUb> (women) <http://tpks.ws/3OYi> (men)

Directions to Criterium Course around Capitol Square:



0.1 miles – 2 minutes by foot

1. Head **northeast** on **W Dayton St** toward **Wisconsin Ave** 253 ft
2. Turn **right** at **Wisconsin Ave** 331 ft

The criterium course rings the State Capitol building counter-clockwise in beautiful downtown Madison, with the wheel pit located just past the Start/Finish. There will be neutral technical assistance available on site provided by Shimano.

Downtown Parking Information:

There will be limited street-parking available in downtown Madison, especially given a nearby festival and a farmer's market immediately preceding the criterium. Plan to arrive early if you are not staying at the Madison Concourse Hotel. In addition to the parking information below, the Madison Concourse Hotel has arranged for Wisconsin Avenue to be blocked off for team parking on Saturday, between Capitol Square and Dayton St.

[Download/print PDF Parking Map](#) [Download/print PDF Parking Info Sheet](#)

City of Madison Lots and Ramps:

Open and enforced 24/7, Sundays and holidays included. Look for the green "P" signs. Cashiered/Pay Station/Pay-on-Foot spaces accept Visa, MasterCard and cash. Rates vary per ramp from 70¢/hr to \$1.40/hr \$5 max nights & weekends. Ramp meters accept coins only (75¢/hr to \$1.25/hr). On-street meters are \$1.50/hr. Special event rate (\$4.00 pay-on-entry, cash or pre-paid coupon only) can apply in City ramps and Brayton Lot.

[Special Event Calendar](#)

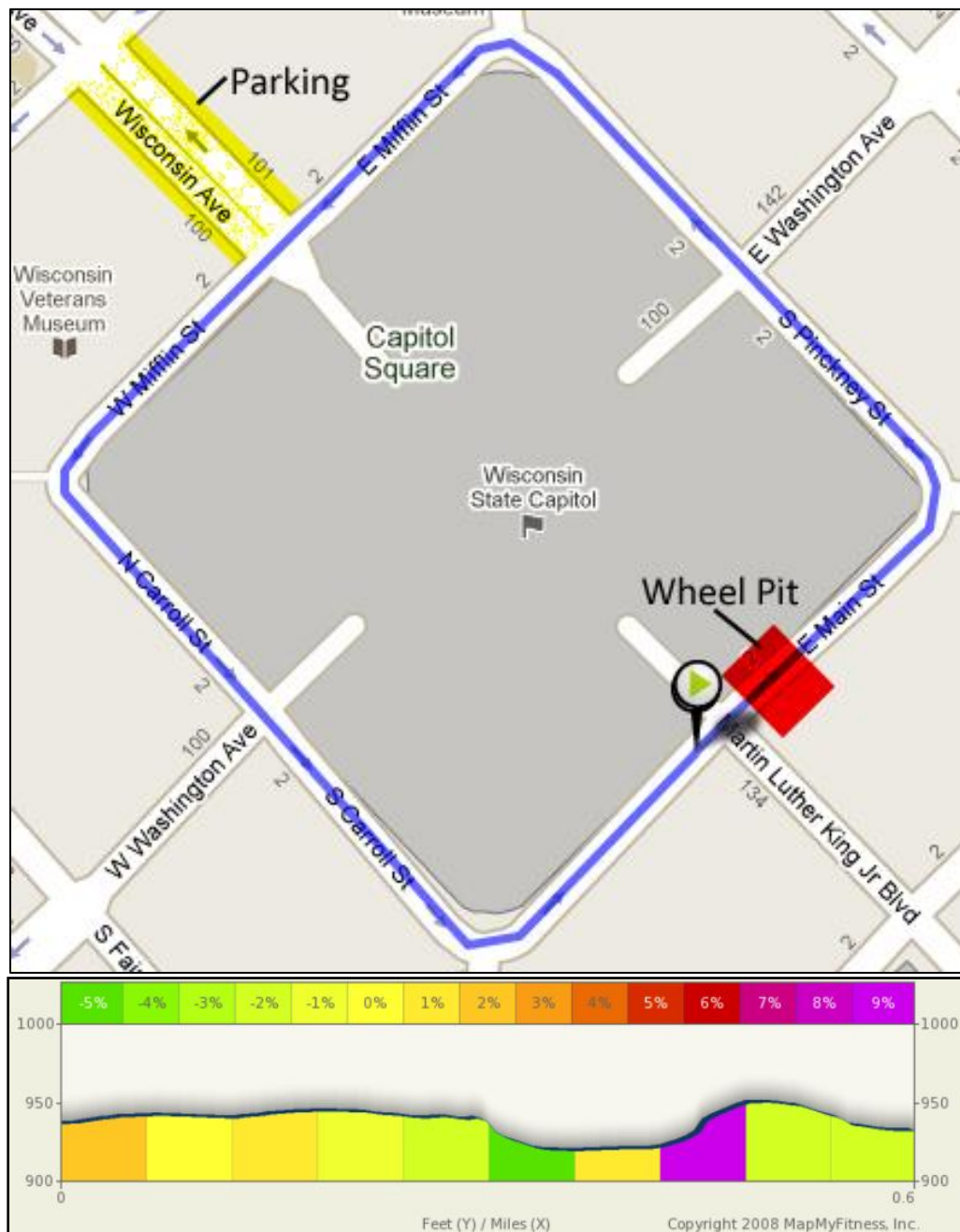
- CAPITOL SQUARE NORTH, 218 East Mifflin St. Entrances at 100 N. Butler St., 200 E. Mifflin St., 100 N. Webster St. Cashiered / Pay Station / Pay-on-Foot Spaces.
- BRAYTON LOT, 1 S. Butler St. Entrance at 10 S. Butler St. Meters and Pay-on-Foot Spaces.
- Government East Ramp, 215 S. Pinckney St. Entrances at 200 S. Pinckney St., 100 E. Wilson St. Cashiered / Pay Station / Pay-on-Foot Spaces.
- LOT 88, 215 Martin Luther King Jr. Blvd. Entrances at 10 E. Doty St. & 10 E. Wilson St. Meters.
- STATE STREET CAPITOL RAMP, 214 N. Carroll St. Entrances at 100 W. Dayton St., 200 N. Carroll St., 100 W. Johnson St. Cashiered/ Pay Station / Pay-on-Foot Spaces / Meters.



2010 USA Cycling Collegiate Road National Championships

- OVERTURE CENTER RAMP, 318 W. Mifflin St. Entrances at 300 W. Dayton St., 300 W. Mifflin St. Cashiered / Pay Station / Pay-on-Foot Spaces.
- BUCKEYE LOT, 214 W. Gorham St. Entrances at 200 W. Gorham St. & 200 W. Gilman St. Metered.
- STATE STREET CAMPUS RAMP, 430 N. Frances St. (Frances St. side), 415 N. Lake St. (Lake St. side). Cashiered / Pay Station / Pay-on-Foot Spaces.

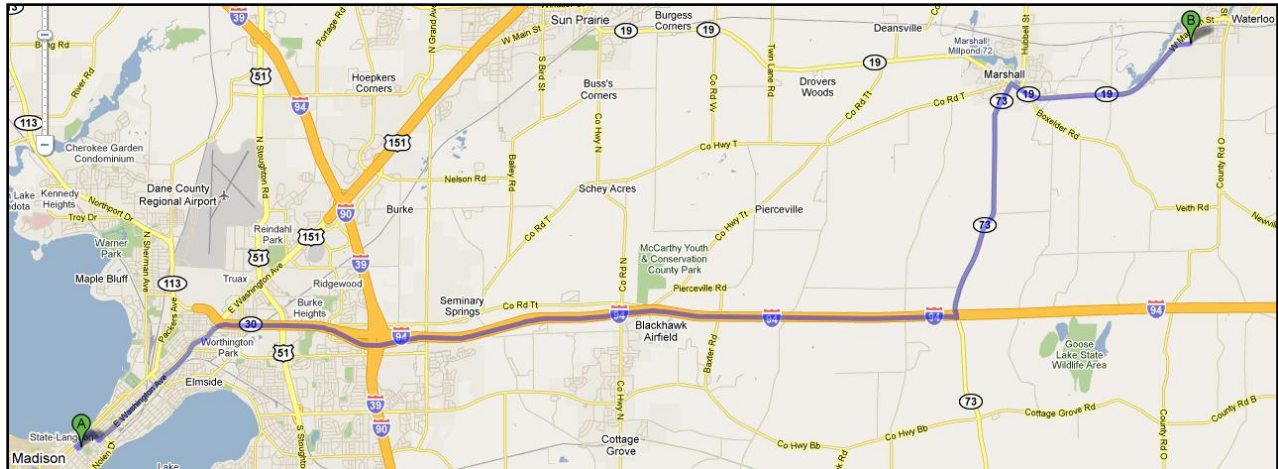
Criterion Course Map:



Criterion Course Map Online: <http://tpks.ws/h58l>



Directions to Team Time Trial course in Waterloo:



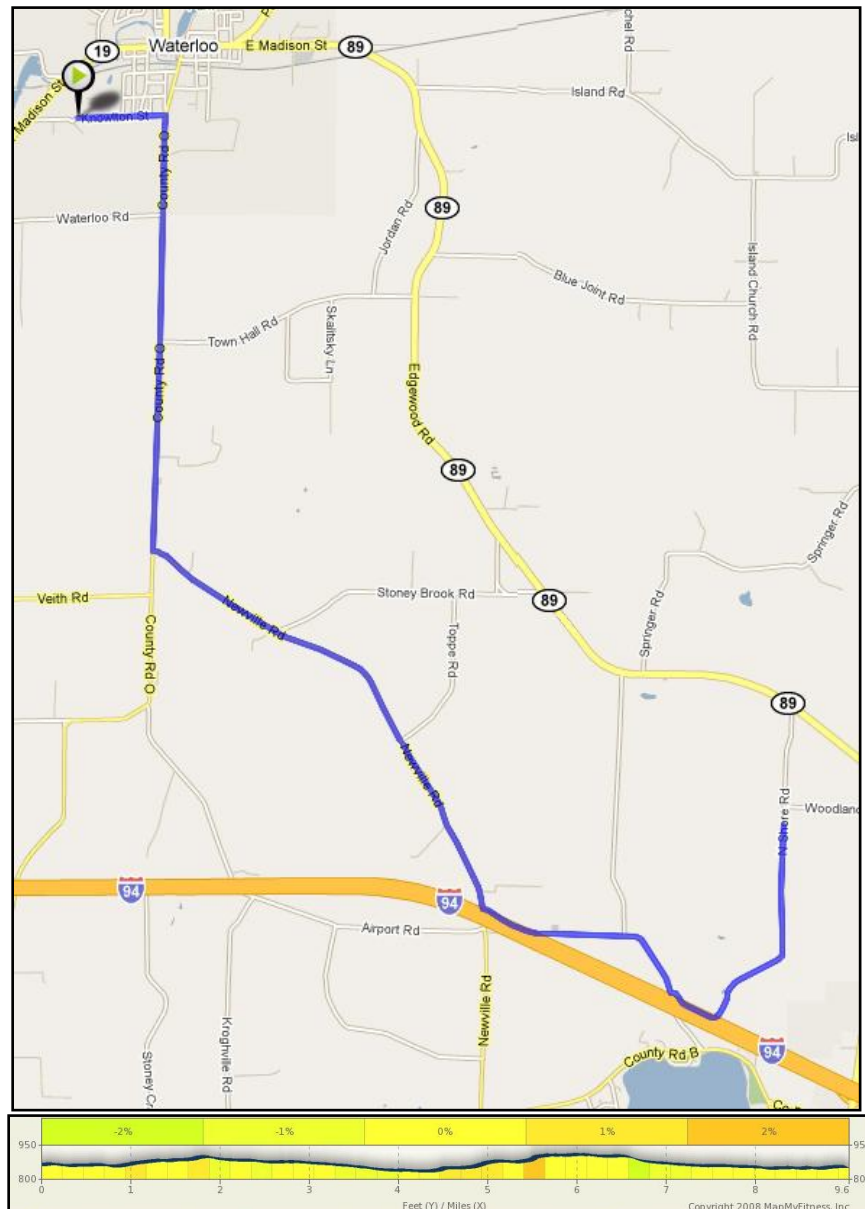
24.5 miles – 32 minutes

1. Head **southwest** on **W Dayton St** toward **N Carroll St** 164 ft
2. Take the 1st **right** onto **N Carroll St** 308 ft
3. Take the 1st **right** onto **W Johnson St** 0.4 mi
4. Turn **right** at **N Hancock St** 0.2 mi
5. Take the 2nd **left** onto **E Washington Ave** 2.8 mi
6. Merge onto **WI-30 E** via the ramp to **I-90/I-94** 3.4 mi
7. Merge onto **I-94 E** 9.6 mi
8. Take exit **250** for **WI-73 N** 0.2 mi
9. Turn **left** at **WI-73 N** 4.3 mi
10. Turn **right** at **E Main St/WI-19 E** Continue to follow **WI-19 E** 3.3 mi
11. Turn **right** at **Knowlton St** Destination will be on the left 0.2 mi

Parking will be available in the south lot of Trek Bicycle Headquarters, with additional parking behind the building. There will be neutral technical assistance available on site provided by Shimano.



Team Time Trial Course Map:



TTT Course Map Online: <http://tpks.ws/ppup>

1. Start **East** on **Knowlton St** approximately **.5 miles**
2. **South** on **County Road O (S Monroe St)** approximately **2.75 miles**
3. **Southeast** on **Newville Road** approximately **3.5 miles**
4. **East** on **Cemetery Road** approximately **1 mile**
5. **Stay** on **Cemetery Road** as it curves right and **becomes Rock Lake Road**, approximately **.5 miles**
6. **East** on **North Shore Road** approximately **2 miles** to the **turnaround**

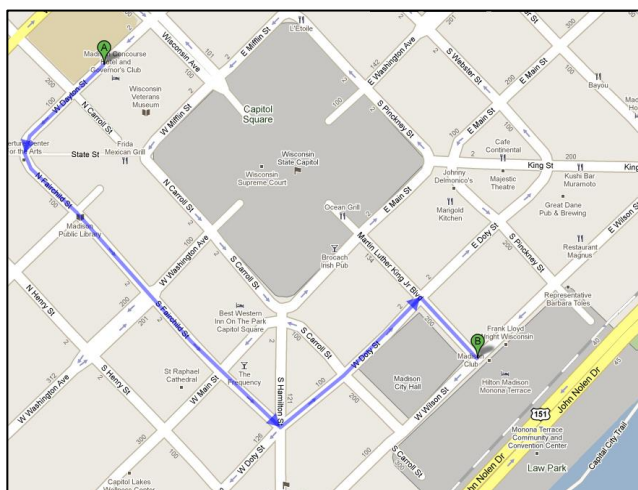
AWARDS BANQUET AND CEREMONIES

Following the conclusion of the Men's Division I Criterium on Saturday evening, a luxurious banquet will be held at the beautiful Frank Lloyd Wright-designed Monona Terrace, right on Lake Monona, to celebrate the 2010 USA Cycling Collegiate Road National Championships and the winners determined so far. The banquet will feature trivia from Trek Bicycles and a few words from Micah Rice, USA Cycling National Events Director, Jeffrey Hansen, USA Cycling Collegiate Program Manager, and Emma Bast, Collegiate Board of Trustees Chairperson.

Attendees will have the choice of **Risotto Stuffed Chicken** (Wisconsin Parmesan Breaded Boneless Chicken Breast filled with Lemon Risotto atop Creamy Tarragon Mushroom Sauce) or **Vegetable Strudel** (Zucchini, Yellow Squash, Carrots and Peppers in a Delicate Filo Pastry set on Red Pepper Coulis served with Mushroom Polenta). Both entrées will include a **House Salad** (Hearts of Romaine & Baby Lettuces, Cucumber & Roma Tomato Slices, Carrot Shreds, Purple Onion, Wisconsin Parmesan and Home-Style Croutons, served with Champagne-Mustard Vinaigrette) to start and a **Chocolate Raspberry Torte** (A multi-layered deep rich chocolate cake filled with Raspberry and frosted with bittersweet chocolate Ganache) to finish.

The awards to be presented at the banquet will be the Individual Omnium, Road Race, and Criterium National Championship titles. For those who would prefer not to eat at the banquet, but wish to attend the awards ceremony, there will be standing room available after dinner is served. Attending only the awards ceremony is free of cost. The presentation will begin shortly after 9:00pm. Awards to be presented following the Team Time Trial will be the Team Omnium and Team Time Trial National Championship titles. The ceremony will take place in the foyer of Trek Bicycle Company world headquarters in Waterloo, Wisconsin, with the Grand Tour-winning bikes of Lance Armstrong, Paolo Salvodelli, and Alberto Contador serving as backdrops.

Directions to Monona Terrace:



.6 miles – 2 minutes by car, 10 minutes by foot

1. Head **southwest** on **W Dayton St** toward **N Carroll St** 482 ft
2. Turn **left** at **N Fairchild St** 0.3 mi
3. Turn **left** at **W Doty St** 0.1 mi
4. Take the 2nd **right** onto **Martin Luther King Jr Blvd** 328 ft



Parking will be available in a cashier-operated parking structure, accessible from East Wilson St. and the East-bound lanes of John Nolen Dr. There are other parking structures in the area, as well as limited street-parking, as shown on the map, above.

RIDERS' AND COLLEGIATE BOARD MEETINGS

Thursday, May 6th, at 7:00pm, there will be a mandatory meeting for all team leaders and open to any other riders that wish to attend. The meeting will be hosted at the Madison Concourse Hotel, and will be run by the event staff and officials, who will disseminate important information regarding the event. The Collegiate Board of Trustees will also speak briefly. It is critical that at least one representative of each team attend this meeting.

The USA Cycling Collegiate Board of Trustees will be holding its annual meetings at the event, and will host two open meetings to garner input from USA Cycling Collegiate members. All are welcome and encouraged to attend, as it is from these meetings that the Board derives most of its assessment of the current state of collegiate membership and its goals. The meetings function as a sounding board for both Board and member ideas, concerning both the rules and general operation of the Collegiate Cycling program. USA Cycling Collegiate Program Manager Jeffrey Hansen will also be in attendance at these meetings, in addition to the Collegiate Board members: Emma Bast, Chair & Athlete Representative, Anne Spalding, Andrew Armstrong, Mark Abramson, and Matt Jones.

The first meeting will take place Friday, May 7th, at 8:00pm in the Madison Concourse Hotel, and will focus on rules-related items:

- a. Restructuring of the Collegiate Board
- b. Points and Scoring Standardization
- c. Aero Rule Checkup*
- d. Rule Changes for 2011

*Please note that this will not be a debate of the aero rule's merits, but rather a discussion of how the rule change is going throughout the country.

The second meeting will take place Saturday, May 8th, at 11:00am in the Madison Concourse Hotel, and will focus on team-related items:

- a. Intro to Bike Racing clinics and races
- b. Team Building: Recruiting & Retention
- c. Social Media/Media (VeloNews, ECCC News Network, etc.)
- d. Collegiate BMX
- e. Women's Cycling: Recruiting / Retention

Riders are also welcome to provide additional ideas for discussion via collegiaterules@usacycling.org.

Limited street-parking will be available, as well as local parking structures around the Madison Concourse Hotel. Please see page 9 for details.



COACHING CLINIC AND BREAKFAST

Coaching college student athletes presents a unique set of opportunities and challenges. College is a time to explore and develop independence and autonomy.

The adjustment to a new sense of personal freedom and personal responsibility can be a challenging road to navigate for the young adult as they seek to understand and define them-selves as adults.

Entering college also means a broadening of opportunities and exposure to new ideas. Cycling teams frequently benefit from gaining cross-over sport athletes who are looking for a new challenge or a way to stay active after their high school sports career has ended.

This workshop will focus on discussing issues related to the unique needs of college student athletes, recruiting, the non-traditional sport status of cycling (non-varsity in many cases), and the often very wide ability range as they relate to coaching a college team and to training theory.

Coach discussion and group interaction will be encouraged.

Presenter

Kristen Dieffenbach, PhD, is an assistant professor of coaching education at West Virginia University and a USA Cycling Level 1 coach. Her doctorate is in exercise science with an emphasis in sport psychology.



Particulars

Location: Madison Concourse Hotel

Time: 8:45 to 10:45am

Date: May 8, 2010

Cost: \$10 for USAC members; \$20 for non-members. This includes a continental breakfast. There will be a \$10 late fee for on-site registration.

Registration: You can register through your [MYUSACYCLING](#) account under [VIEW AVAILABLE CLINICS](#).



MADISON CONCOURSE HOTEL

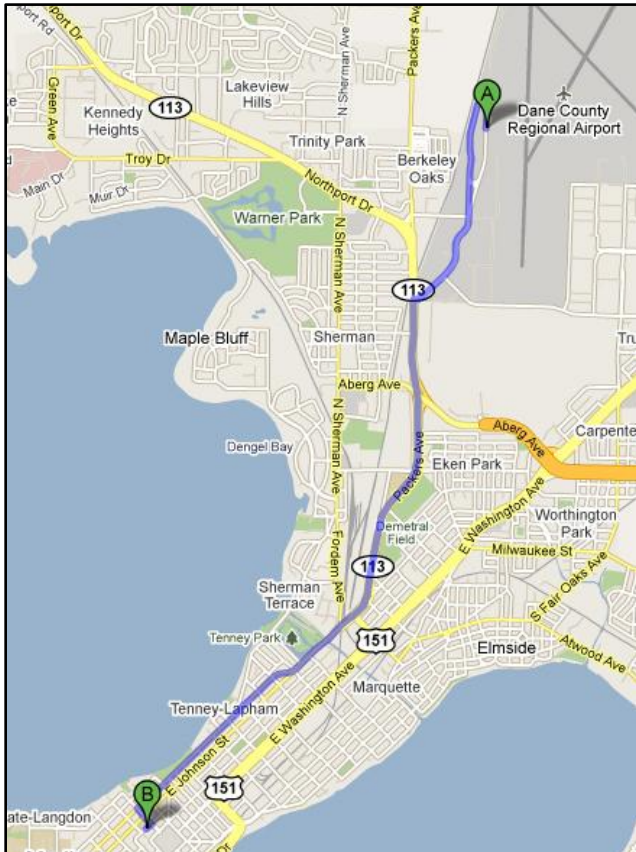
The Madison Concourse Hotel and Governor's Club will serve as the official host hotel for the 2010 USA Cycling Collegiate Road National Championships. Conveniently located around the corner from the criterium course and Monona Terrace, the Concourse is Madison's premier hotel. In support of the event, the Concourse is offering a discounted rate of **\$89/night** for a room with two double beds, with up to 4 people in a room for the same price. This is a bargain at any hotel, and much more so at a hotel of this caliber, in such a prime location. Please follow this link to reach the group rate page: bit.ly/d1OosV

- [Complimentary airport shuttle](#) 7:00 am – 11:00 pm daily and airline boarding pass kiosk
- 356 guest rooms, including Madison's exclusive and newly updated [Governor's Club](#) and 27,000 square feet of renovated meeting space
- Underground parking (\$7 per night) *Low clearance*
- Complimentary wireless Internet access and wireless printing from your guest room
- [Dayton Street Grille](#), The Bar and room service
- Business center
- Fitness center, indoor pool, whirlpool and sauna
- Dry cleaning/laundry services and sundries shop

In addition to the underground parking provided, the Madison Concourse Hotel has arranged for Washington Avenue to serve as guest parking, between Capitol Square and Dayton Street.



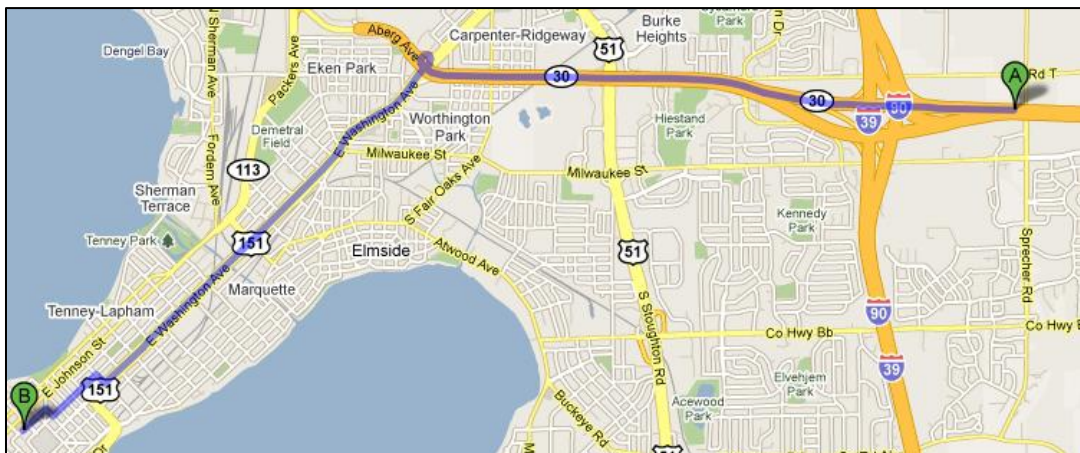
Directions to Madison Concourse Hotel from Dane County Airport:



5.4 miles – 13 minutes

1. Head **north** on **International Ln** toward **Darwin Rd** 1.5 mi
2. Turn **left** at **Packers Ave** 1.4 mi
3. Continue onto **Pennsylvania Ave** 0.6 mi
4. Continue onto **E Johnson St** 0.5 mi
5. Continue onto **E Gorham St** 1.3 mi
6. Turn **left** at **Wisconsin Ave** 0.1 mi
7. Turn **right** at the 2nd cross street onto **W Dayton St** 217 ft
Destination will be on the left

Directions to Madison Concourse Hotel from I-94:



7.3 miles – 10 minutes

1. Continue onto **WI-30 W** 3.2 mi
2. Exit onto **E Washington Av** 2.9 mi
3. Turn **right** at **N Blount S** 394 ft
4. Take the 1st **left** onto **E Mifflin S** 0.4 mi
5. Turn **right** at **N Webster S** 331 ft
6. Turn **left** at **E Dayton St** 0.2 mi
Destination will be on the left

From I-90: Same as above, excepting step 1:

1. Take exit **138B** on the **left** to merge onto **WI-30 W** toward **Madison** 3.1 mi



EVENT STAFF & OFFICIALS

Staff

[Micah Rice](#) – USA Cycling National Events Director

[Jeffrey Hansen](#) – USA Cycling Collegiate Program Manager – **719.229.9780**

[Andrea Smith](#) – USA Cycling Communications Director

[Theresa Johnson](#) – USA Cycling Vice President of Membership Services & Programs

[Beth Vialpando](#) – USA Cycling Membership Representative

[Larry Martin](#) – USA Cycling Regional Coordinator

[Bill Griffin](#) – USA Cycling Information Technology Director

[Matt Keith](#) – USA Cycling Technical Lead/Architect

[Shawn Farrell](#) – USA Cycling Technical Director

[Sam Callan](#) – USA Cycling Sports Science and Coaching Education Manager

[Tom Schuler](#) – Promoter

[Jason Carr](#) – University of Wisconsin-Madison Cycling Club President and Race Contact - **414.839.1830**

Dave Towle - Announcer

Fred Patton – Phoenix Timing

John Jett – Phoenix Timing

Cath Jett - Phoenix Timing

Officials

Rey Trevino – Chief Referee

Carl Wilkins – Chief Judge

Heidi Mingesz – Referee

Craig Heywood – Referee

Jeff Helgersen – Judge

Cindy Yorgason – Judge

Ugur Tosun – Judge

Mark Zalewski – Moto

Stephen Johnson – Moto

Ed Dailey – Moto

Brett Griggs – Moto

Dan McLeod - Evaluator



RULES

The following is a brief overview of the eligibility and qualification requirements for participating at USA Cycling Collegiate Road National Championships (please see the complete rulebook here: bit.ly/cQmLfr).

- (a)** The following eligibility requirements apply to all Riders and Teams at each Collegiate Cycling National Championship:
- (i) Each Rider and each Team must satisfy all other applicable eligibility requirements contained in the Rules.
 - (ii) Each Rider must submit proof of eligibility in the form of a properly completed “Collegiate Cycling Championship Eligibility Verification Form” at registration. This form is available from the USA Cycling website.
 - (iii) Each Rider must be enrolled as a full-time student, as defined by their School, and must be in good standing financially, academically and disciplinarily, during the Spring session of the same calendar year. Or, if the rider is eligible during the conference season, then they are eligible for Nationals.
- (b)** Petitions regarding Rider or Team eligibility for a National Championship that may result in a Rider or Team not competing, may be filed only until 11:59 p.m. (local time at the National Championship in question) on the day before the start of the first Collegiate Cycling Race at the National Championship in question. The Board of Trustees or their designee determines all such eligibility issues.
- (c)** Teams may bring no more than 8 men and 8 women to any single National Championship Event.
- (d)** To compete in a Mass Start Road Race at a National Championship, a Rider must have either:
- (i) Competed in their conference championships as a category A Rider in the road race and criterium race and must have competed in at least one other Mass Start Road Race in the current conference season as a category A Rider; or
 - (ii) Competed as a category A Rider in their final three conference Mass Start Road Races during the current season.

A Rider may petition the Board of Trustees if their Conference schedule prohibits meeting these qualification requirements.

- (e)** To compete in a time trial, riders must have raced at least two A races in the season in any road race discipline.
- (f)** Each Team may enter up to six Riders in the road race and up to four Riders in the criterium as follows: until the field limit of the Race is met or the Team has entered six Riders in the case of the road race or four Riders in the case of the criterium, each Team may enter (in the Order of Call-Up) one Rider at a time.
- (g)** Only the points scored by the top three point-scoring Riders for each Team in each Race are counted in the ranking of the Teams for that Race. Any lower scoring Riders for each Team are placed, and they are included in the determination of the Rider omnium based on any points they score.
- (h)** Teams for the team time trials shall consist of a minimum of three Riders and a maximum of four Riders. Teams will be timed on the leading wheel of the third Rider. Riders must be of the same gender and from the same Team; no composite teams are allowed.
- (i)** To be eligible for the individual omnium, a Rider must score points in both the road race and the criterium.



The following is a brief overview of the UCI bicycle regulations that will affect bicycles used at all USA Cycling National Championships. For full details, please see: bit.ly/9A374R

For road bicycles, the main points are:

1. Wheels must be of the same diameter between 650 and 750 mm.
2. Wheels must have at least 12 spokes.
3. Frames must be of double triangle construction.

For time trial bicycles, the main points are:

1. Weight of the bike shall be a minimum of 6.8 kilograms
2. Wheels must be of the same diameter between 650 and 750 mm.
3. The nose of the saddle must be at least 5cm behind the vertical plane of the center of the bottom bracket*.
4. The distance of the center of the vertical plane of the bottom bracket to the end of the handlebars measured at the pivot point of shifters shall be at most 75 cm*.
5. Handlebars and extensions must remain below the horizontal line of the saddle.

*Riders who feel they cannot meet these restrictions due to morphological reasons (height or limb length) may request an exception from the officials. This request should be made the day before the race. The officials will do a morphological test measurement to establish if an exception can be granted. If an exception is granted in the case of the saddle position, then the saddle can only be moved forward to the point where the tip is even with the vertical through the chainring axle. In the case of the handlebar position, the extension may be increased to a maximum of 80 cm from the chainring vertical.

For a detailed look at the testing procedure, please go here: bit.ly/dnkvRA

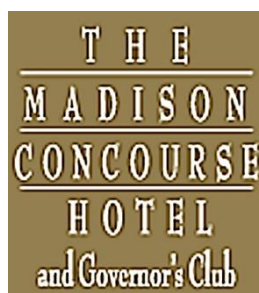


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