



PRESENTED BY



FFC
Fit Families for Cenla



In Support of our friend and teammate Silvia Smith

Held Under USACyclingEvent Permit (LCCS EVENT)

2011-1446

Register online at <http://www.bikereg.com/events/register.asp?eventid=13109>

Pre-registration cost \$65.00 (Online registrations fees apply.) Pre-Registration will close online, Thursday May 19th at 11pm. You may register in person and pick up packet Friday, May 20th from 5pm-8pm at: Academy Sports 3205 S Macarthur Dr, Alexandria. Saturday packet pick up starts at 6:30 am till 30 minutes prior to your race.
THERE IS NO RACE DAY REGISTRATION!!

This year's race will be in support of our teammate Silvia Smith, who is in the middle of Chemotherapy for Ovarian cancer. We would love to see a huge turnout for a great weekend of racing. We will be serving \$6 Bar-B-Q plate lunches on Sunday, during the Criterium. All proceeds will be donated in support of our teammate.



Overall Winners

<u>Category</u>	<u>Entry Fees</u>	<u>Place/Prize</u>
Cat 1/2/3	\$65	20 deep \$3500
Masters 40 & 55+	\$65	10 deep \$1000 8 deep \$650
Cat 4	\$65	8 deep \$650
Women	\$65	12 deep \$1150
Cat 5	\$65	3 deep Bike gear
Juniors	\$15	5 deep Bike gear

****\$1000 Team bonus will be awarded to the team with the most LAMBRA points accrued over the weekend. LAMBRA points will be scored as posted to the LAMBRA website. The Team Bonus Check will be mailed to allow time for points, to be posted to the LAMBRA website. (S3 RACING IS NOT IN CONTENTION FOR THIS AWARD)**

****\$500 Silvia Smith "Tuff Stuff" awards will go to the winner and runner-up of the Women's stage race (\$300/\$200) and the Cat 1/2/3 stage race (\$300/\$200). All female racers will be given a TUFF STUFF t-shirt at packet pick-up.**

Friday May 20, 2011

5:00 pm – 8:00 pm: Registration and Packet Pick-up at Academy Sports 3205 S Macarthur Dr, Alexandria

Saturday May 21, 2011

6:30 am till 30 minutes prior to your race: Packet Pick-up only at race site closes, **30 minutes prior to your race.** Road Race and Time Trial parking will be at: **401 Mill Race Rd. Boyce, LA 71409**

8:30 am Road Race Start:

Saturday Road Race Stage 1

May 21	8:30	Cat 1/2/3	82 miles	4 Laps
		Masters 40&55+	61 miles	3 Laps
		Cat 4	40 miles	2 Laps
		Women	40 miles	2 Laps
	10:15	Cat 5	20 miles	1 Lap (Starts after 1/2/3 and Masters 2 nd loop.)
		Juniors	20 miles	1 Lap

5:30 pm Time Trial Start

Saturday Time Trial Stage 2

Order of TT Start: Cat5, Jr's, Women, 55+, 40+, Cat4, Cat1,2,3's, Categories start in order of race number. Start times will be posted near registration. After completing TT return SINGLE FILE back to parking area!

8:00 am Sunday May 22, 2009

Sunday Criterium Stage 3

Start/Finish is on 3rd and Murray St. Alexandria, LA .8-mile 8 corner course, to be ridden counter-clockwise. (3 feet of elevation change per lap.) Road surface is in Great condition.

- 8:00 am Category 5.....30 minutes
- 8:50 am Juniors.....20 minutes
- 9:30 am Women.....40 minutes
- 10:30 am Master 55+.....50 minutes
- 10:30 am Master 40+.....50 minutes
- 11:40 pm Category 4.....50 minutes
- 12:50 pm Category 1, 2, 3.....60 minutes

Officials will notify riders at the start of each event on how and when they will count down the remaining laps. *Example: If you are in the Cat 4 race, your total time is 50 minutes. The officials may choose to start a four lap count down at 40 minutes into the race, so you will finish in approximately 50 minutes.*

Results and Awards

Results of Road Race and TT will be posted on LAMBRA's website Saturday evening. Awards will be given out **15 minutes after posted**, on the S3 Racing Team trailer on Sunday, to allow for protest. Final awards to be given out through the day on Sunday, as soon as results are available.

RULES AND REGULATIONS

FINAL STANDINGS IN Cat 1/2/3's, 4's, 40+, 55+ and Women CLASSES WILL BE DETERMINED BY TOTAL ELAPSED TIME.

Stage Timing will be to the nearest second. Ties on GC resolved by tenths of seconds in TT per USAC stage race rules. Scoring for General Classification only.

STAGE PLACINGS

The top finishers in the Road and Criterium stages will be awarded time bonuses as follows for First, Second and Third place finishes. There will be a time bonus in the Criterium approximately half way through the Crit for First, Second and Third place. (Time bonuses will be awarded to Cat 1/2/3's, 4's, 40+, 55+ and Women classes.)

1st Place: 10 Seconds (Road and Criterium stage finishes.)	1st Place: 6 Seconds (Criterium time bonus)
2nd Place: 6 Seconds	2nd Place: 4 Seconds
3rd Place: 4 Seconds	3rd Place: 2 Seconds

Category 5 and Junior Omnium

FINAL STANDINGS IN Category 5 and Junior CLASSES WILL BE DETERMINED BY TOTAL POINTS EARNED.

Points are awarded to the 1st to 15th places in the Road Race and Criterium. Points will be awarded as follows: 25, 20, 16, 14, 12, 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 point. In time trial stage, the following points scale shall apply to the 1st to 10th places respectively: 10, 9, 8, 7, 6, 5, 4, 3, 2 and 1 Point.

Reminder: All riders on the same team must wear identifiably similar jerseys in the Road Race and Criterium.

RACE NUMBERS

The race number should be placed on the side of the lower back, just above the pockets (if any), turned so that the numbers are upright when the rider is horizontal.

Road Race: Numbers on **LEFT** side.

Time Trial: Numbers on **RIGHT** side.

criterium: Numbers on **RIGHT** side.

Numbering generally as follows:

Category 1/2/3: #1-100	Category 5: #501-600
Category 4: #101-200	Junior: #451-500
Master-40+ #301-350 & 55+ #351-400	Women: #400-450

Traffic Control

Both the Road Race and Time Trial courses are **OPEN TO TRAFFIC**. Please remember that most drivers do not know how to react to a racing peleton. Use your head and **STAY IN THE RIGHT LANE AT ALL TIMES!** All turns should be monitored, but the final responsibility for safety rests with the rider! **HEADS UP THROUGH TURNS!** When warming up before races, **KEEP THE ROAD CLEAR** by not standing around in the street talking, etc. This is very important to our ability to continue to have races on our course. Riders are reminded that the time trial and road courses are open to traffic, and that they should at all times avoid blocking the road, especially in the start/finish area. Please respect the rights of others with whom we share the road. Team and individual vehicles are to stay in the parking area at all times. *Private following vehicles are not allowed on the course.* Special course instructions appear below for each event.

ROAD RACE RULES

COURSE IS OPEN TO TRAFFIC

1. A single following wheel truck will be provided for main groups. The large groups will have lead motorcycles and/or Police/Sheriff vehicles. **ABSOLUTELY NO PRIVATE FOLLOW VEHICLES ALLOWED ON THE COURSE!**
2. **FEED ZONE** will be identified between the finish line and staging area. Feeding anywhere else, or from a vehicle is forbidden. We will do our best to have some volunteers to provide neutral feeds.

FOLLOWING CARS

There will be a single following vehicle with neutral, rider-provided, wheel support. Following cars will be located near the start line. Spare wheels must be labeled with the rider's number and name. It is strongly recommended that you write your name on the tire. Please offer wheels to your group's following car. Don't forget to retrieve them immediately after the race! Riders who receive wheel changes during the race are expected to return those wheels to the following car immediately after the finish. Unclaimed wheels will be at the officials table at the Criterium.

Yellow Line Rule is in effect. We are NOT able to provide a secure rolling enclosure. A race official will be monitoring for this offense. **The first offense will result in the official sending you to the back of the group for two minutes.** Repeated violations will result in **DISQUALIFICATION!!**

Time Trial Rules

THE COURSE IS **OPEN TO TRAFFIC** – Heads up at all times! Riders must remain in the **RIGHT LANE** at all times.

START ORDER: RIDERS WITHIN A CLASS START IN THE ORDER OF THEIR NUMBERS (SEE NUMBER SEQUENCES ABOVE, CATEGORY FIRST THEN NUMBER SEQUENCE).

START TIMES: Riders start at 30-second intervals. There will be gaps in the sequence of numbers between classes, so **PAY ATTENTION TO THE NUMBER CALLER!!**

REPORTING TO THE STARTER: You must be in the start line three minutes (6 riders) before your start. If a rider misses their start, you must **STOP** at the starting line (one foot down), then he/she may begin unless the start will interfere with that of another rider, in which case the referee will instruct the rider to wait. Timing begins from the original start time.

RETURNING FROM THE FINISH: Please ride single file back to the start area. Stay as far to the right as possible so that traffic approaching from behind is not forced out into the path of the riders still doing their time trial.

RESTARTS will normally not be allowed. The **Cat 5 and Jr's** event is a points Omnium, if you suffer a mishap and cannot finish the road race or time trial, you may still move onto the next event.

MISHAPS preventing a rider from finishing. (1/2/3's, 4's, 40 & 55+ and women Categories) Riders will be given the time of the slowest rider in their category. Therefore riders experiencing technical difficulties can continue to the next stage.

CRITERIUM COURSE

Special Precautions: The course will be closed to traffic. However, it is not impossible that someone will manage to get a car onto the course. Pedestrians and possibly automobiles may need to cross the course at various points, so stay alert! In particular, there is always the possibility of pedestrians wandering onto the course from other areas in downtown Alexandria. The road surface is good. This .8 mile eight corner course is flat with real nice wide turns. The course will be ridden counter-clockwise, and numbers go on the right side.

CRITERIUM RULES

1. Riders are not permitted to warm up on the course until all riders from the previous race have finished. Please listen to the officials in regards to when the course is open to warm up.
2. The **FREE LAP RULE** will be in effect. You **MUST** report to the pit in order to receive a free lap. The pit will be located near the start line. Riders suffering a mishap may not ride "against traffic" in order to get to the pit. Proceed in the direction of the race only. **NO FREE LAPS WILL BE GRANTED DURING THE FINAL 4 LAPS OF THE RACE.**
3. All riders finish on the same lap as the leader. Lapped riders will be pulled if they threaten to interfere with the finish.
4. Lapped riders **MAY NOT COMPETE FOR PRIMES**. Lapped riders who compete for primes, bonus points, or for the finish will be disqualified! Lapped riders may not contest the final sprint. Riders may not drop back in order to assist another rider off the front of the pack.
5. Following a bunch sprint, riders in the group must verify their presence in the group with the judges **IMMEDIATELY** after the sprint.
6. Numbers on your right side just above the pockets.
7. You may choose to race in the criterium without completion or starting in the road race and time trial.

Behavior and Language

Please be respectful to Law Enforcement, Referee's, Fire Department and Volunteers. Abusive language **WILL NOT** be tolerated. This is important to be successful and welcomed back for later events.

Lodging

The **Alexander Fulton Hotel** has a block of rooms available. Call for special rate: **318-442-9000** Address: 701 4th St. Alexandria, LA 71301 (One block off of Sunday's Criterium Course) There is another brand new hotel **Courtyard By Marriott (318) 445-2415** with a special rate of \$109 located: 3830 Alexandria Mall Dr, Alexandria, LA 71301.

Other Hotels in the area:

Baymont	Parc England	Motel 6
Best Western	Sleep Inn	
Comfort Suites	Super 8 Airport	
Econolodge	Super 8 MacArthur	
Hampton Inn	Travel Express	

Directions

To Road Race and Time Trial:

Take Interstate 49 to Exit number 86 the MacArthur Dr Exit. Follow MacArthur Dr till the first red light. Take a right on Bayou Rapides Rd. Follow Bayou Rapides Rd for approximately 12 miles to hwy 121. As you turn left onto 121 you'll see the Cotton Gin on the right. Please park in the grass behind the Cotton Gin. The main parking lot is reserved for officials / race support vehicles. **Address: 401 Mill Race Rd. Boyce, LA 71409**

To Criterium in Downtown Alexandria:

From North and South of Alexandria on Interstate 49, take the downtown Alexandria exit number 85. Follow signs to bike race parking upon exiting I 49.

From North of Alexandria / Pineville. Cross over the Red River on the 167 South Expressway and follow signs to 49 North. Then take exit number 85 to Downtown Alexandria and follow signs to bike race parking.

Course Maps:

Road Course Map Link:

<http://www.usatf.org/routes/view.asp?rID=426890>

Time Trial Map Link:

<http://www.usatf.org/routes/view.asp?rID=426893>

Criterium Course Map Link:

<http://www.usatf.org/routes/view.asp?rID=425336>

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Fit Families for CENLA and S3

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