



bikes *FOR* kids

Salt Lake Valley B4K Stage Race

criterium – Road Race – Time Trial

Friday/Saturday, May 20-May 21, 2016

Utah Cycling Association

Premier Points Series Race

Held under USA Cycling Permit # Pending

Technical Guide



www.utahbikeracing.com

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Sponsors

A portion proceeds from this event go to Bikes for Kids, Utah.

Bikes for Kids Utah, a non-profit organization, was formed in 2006 to provide disadvantaged children with free bicycles on an annual basis. These bikes are not only an inexpensive and fun way to get to school, but they are a great tool to teach positive habits, responsibility and safety through exercise.



Special Thank You to Murray Rotary Club as a Title D

Sponsoring Teams:

Canyons Bicycles, Ski Utah, Plan 7, K4 Racing

Venues:

10000 Centennial Parkway, Sandy, UT 84070

Sandy City, Utah

Herriman Highschool, Jordan School District

Herriman and Salt Lake County, Utah

Sponsors:

Alder Construction, Blackbottoms Cyclewear, Soar Communications, Goldman Sachs Community Teamworks, Sibü Beauty, First Endurance, Canyon Bicycles, Intermountain Financial group, Utah Barricade, Plan 7, Skyline Electric, Recovery Ways, Mark Miller Toyota, Select Health, Maria Vanderheyden, Marking Printing, A-Core Construction, Miller Paving, Margaret Douglass

Staff and Contact Info

Chief Referee:

Chief Judge:

Assistant Judge:

Assistant Referees:

Moto Referees:

Timing and Results: Utah Crit Series / Race Day Management

Online Registration:

Race Director: Marek Shon

Race Management: Phaedra Kilbourn

Contact Info: (801) 209-2479, (801) 660-9173

utcritseries@gmail.com

Sanctioned By: USA Cycling, www.usacycling.org

Held under USAC Permit # Pending

Utah Cycling Association, www.utahcycling.com

Sponsoring Clubs: Canyons Bicycles (Utah), Salt Cycle Intellitechs (Utah), Plan 7 (Utah),
K4 Racing (Utah)

Event Planning: Lance Gamero

Sponsorship:

Awards:

Wheel Cars:

Internet: Dallin Cotterell

Photographer:

Summary

Welcome to the 2016 Salt Lake Valley B4K Stage Race benefiting Bikes for Kids Utah. 9 years ago this race started as a citizen hill climb and quickly grew into a three-stage race. This year's event will have all 3 stages in two days located within Salt Lake County, Utah providing exciting and convenient courses for competitors and spectators.

This is a USA Cycling Sanctioned and Utah Cycling Association Premier Points Series event. USA Cycling rules apply.

A current USAC license is required, non-licensed cyclists are invited to race with a one-day license (two one-day licenses are required).

All profits from this race go to support the Bikes for Kids Utah non-profit organization that provides new bikes to underprivileged high schoolers that are participating in the Utah High School Mountain Bike League.

Stage 1: Sandy City Criterium

Friday, May 20, 10:30AM – 7:00PM

Location: 10210 Centennial Pkwy
Sandy, Utah 84094

Stage 2: Canyon Bicycles Road Race

Saturday, May 21, 7:00AM – 1:00PM (estimated)

Location: Herriman High School
11917 S. Mustang Trail Way (Pioneer / 6000 West)
Herriman, UT 84096

Stage 3: Plan 7 Time Trial

Saturday, May 21, 2:00PM (estimated) – 4:00PM (estimated)

Location: Herriman High School
11917 S. Mustang Trail Way (6000 West)
Herriman, UT 84096

Every effort has been made to make this Technical Guide complete and correct. Any changes, omissions or errors will be announced at www.utahbikeracing.com and by the Race Directors / Chief Referee at the start of each stage.

Registration

Registration	Dates	Juniors	PRO 1/2 MEN	All other CATs
Regular Online	Feb 1 to May 19	\$50	\$95	\$95
Late & day-of	May 20 – 21	\$75	\$120	\$110

Online registration is encouraged!

Online registration is available at <https://www.bikereg.com/salt-lake-valley-b4k-stage-race>

Late Registration is available, in-person, on May 20-21. If registering on the Day-Of (May 20), **you must be registered at least 30 minutes before your designated Stage 1 Criterium start time.**

All participants must have a valid 2016 USAC racing license. One-day licenses are available for purchase for \$10 for the Cat 5 Men, Cat 4 W / Masters Women or Masters B Fields (you will need two for this two-day event).

Fields will include the following UCA Points Series Categories:

Men Cat Pro-1-2-3

Women Cat Pro-1-2-3

Men Cat 3-4

Women Cat 3-4

Men Cat 4-5

Women Masters age 35+ Cat 1-2-3-4

Men Masters A age 35+ Cat 1-2-3

Men Masters B age 35+ Cat 4-5

Men Masters 45+ Cat 1-2-3

Men Masters 55+ Open

Junior age 10-14

* "Age" refers to race age, in other words, your age on December 31, 2016.

Packet Pick-Up and Sign-In

You may pick up your race packet and bib number up to 30 minutes before your scheduled Stage 1 Criterium Start Time at the Registration Desk near the Start Line. Please remember to have your current USAC license available at packet pick-up and USAC waiver signing. **NOTE: There will also be a mandatory sign-in for all riders prior to the start of the Road Race, Stage 2.**

General Information

Race Numbers:

Each participant will be issued two race numbers. Numbers should be pinned to the back on both sides so that they can be read by the cameras and officials *from either side* for both the Stage 1 Criterium and the Stage 2 Road Race. You are only required to have one number on the right side for the Stage 3 Time Trial. We will have examples of how to attach your numbers at packet pick-up.

Please take care in placing the numbers correctly so the finish line cameras and officials can read them.

Racers with incorrectly placed numbers may be subject to a fine per the USAC rulebook and may not have their times/placing recorded. Please do not trim, cut, crumple or alter the numbers in anyway or you may be fined and have to purchase new numbers.

Timing and Placing:

This race is run as a Stage Race as defined in the USA Cycling Rulebook. General Classification (GC) is determined by the sum of the times from each individual stage plus time bonuses and penalties. Racers crossing the finish line in a pack in the Criterium and Road Race will be given the same time as that pack or group of racers. The 'pack' is determined by the officials.

Time Bonuses will be awarded in the Criterium and Road Race for all Categories as follows:

1st Place: 10 Seconds

2nd Place: 6 Seconds

3rd Place: 4 Seconds

All racers must complete each stage in order to move on to the start of the next stage.

Racers must finish the Stage 3 Time Trial to be given a final GC time.

Weather and nearby C-Stores:

We expect races to be run regardless of weather conditions. Please remember to stay hydrated over this two-day period. Officials reserve the right to reduce race distances if necessary for racers' safety.

Holiday Oil/Chevron is once again supporting our neutral feed zone. They are also welcoming racers to freely fill water bottles and ice at two nearby locations: (5649 W 13100 S) and (5400 W 11800 S). Please support this local bike-friendly convenience store chain.



Combined Categories:

The following categories may be raced together, but scored separately as UCA points categories.

- 1) Women Cat 3-4 and Women Masters
- 2) Juniors

Officials may combine additional categories or separate combined categories – watch for announcements at the registration tent. Race organizer may award certain groups separately within categories (for example, age-based within Masters), however USAC/UCA scoring will be based on UCA points categories. Changes may impact start times.

Safety and Race Officials:

The Road Race Course and the Time Trial Course are held on roads that are open to traffic; there will be police present at major intersections and patrolling the circuits. The Criterium Course will be closed to traffic; however, we cannot guarantee that cars, pedestrians or other hazards will not get on the course. Please race with caution realizing that cars or other hazards may enter the course at anytime.

- Helmets must be worn at all times when riding from the start of day-of registration to the end of the GC awards.
- Penalties and fines may be issued in accordance with the USAC Rule Book.
- The center-line rule will be strictly enforced by race officials and Unified Police Dept officers.

Race officials' judgments are final. Please be courteous and tell them thanks for their work!

Keep it Clean at the Venues:

We would like to thank the Ivory Company, Kimball Investment Group, Sandy, Murray, Herriman, Salt Lake County, Jordan School District and the Herriman LDS Seminary for support on the venues. Please respect all private and public properties by following all local laws, not littering and using the portable toilets that will be placed near the parking and start/finish lines of each stage. Dropping wrappers and or anything else is considered littering; please only drop bottles in designated areas.

Hotels:

Crystal Inn - 818 East Winchester Street, Murray, Utah

Dates: May 20-21, 2016

For Reservations call 888-685-9300 or 801-293-2051

Ask for the Bikes 4 Kids group rate

Super 8 10722 South 300 West, South Jordan , Utah- West side of the freeway off 106000 South.

Dates: May 20-21 2016

For Reservations call 801-553-888

Ask for the Bikes 4 Kids group rate

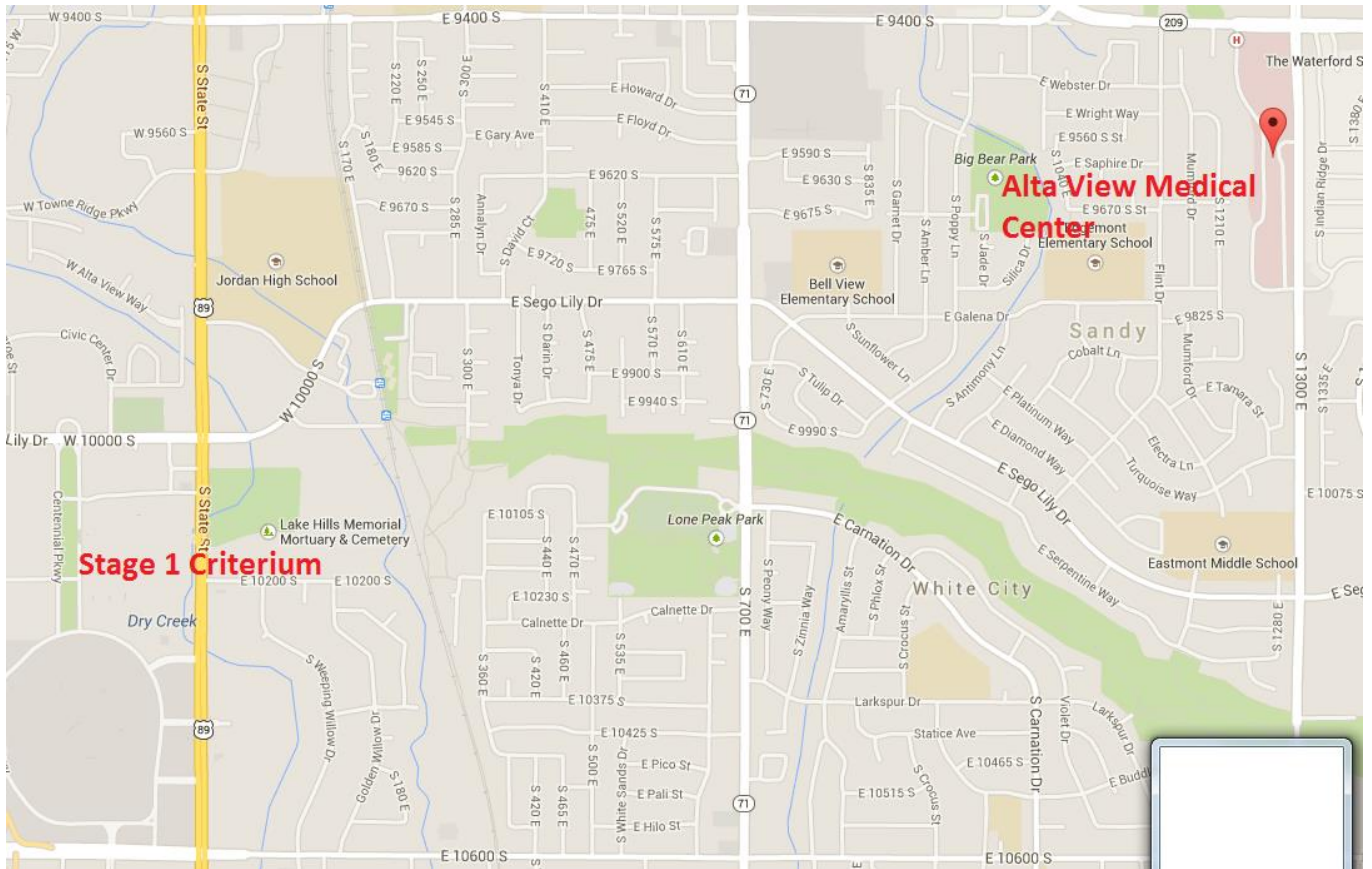
Emergency Contact Information

If there is a life-threatening emergency, please call 9-1-1

STAGE 1 – Sandy Criterium

Alta View Medical Center

9660 S 1300 E Sandy, UT (801) 501-2600



If there is a life-threatening emergency, please call 9-1-1

**STAGE 2 and 3: Road Race and Time Trial in Herriman
RIVERTON HOSPITAL**

3741 West 12600 South, Riverton, UT – (801) 285-4000



Stage 1 – Sandy Criterium

Friday, May 20, 2015 – 10:30AM Start

Course Description:

The Stage 1 Criterium will take place on a closed course at 10210 Centennial Pkwy in Sandy Utah. The race will go counter clockwise on the marked course. The 965 meter circuit is completely flat with four left hand turns.



Please arrive early to ensure you can register, stage and are ready to race at your designated start time. **If you are registering day-of, you must be registered at least 30 minutes before your designated start time.**

Look for the registration tent when you arrive for any additional information or announcements.

Getting There and Parking:

When traveling on I-15, take the 10600 South Exit, head east on 10600 South for about ½ mile. Turn left on Centennial Pkwy(heading north). Follow Centennial Pkwy north around the South Towne Mall. The crit will be held north of the mall around the Sandy Promenade. No parking within the course, please park south of the course in the mall parking lot.

criterium Start Times – FRIDAY May 20, 2016

<u>Category</u>	<u>Start</u>	<u>Duration</u>
Men Cat 4-5	10:30AM	30min
Women Cat 3-4 / Masters	11:10AM	30min
Men Masters 55+ Open	11:50AM	40min
Men Masters B (age 35+ Cat 4-5)	12:40PM	40min
Men Masters 45+ (Cat 1,2,3)	1:30PM	40min
Men Cat 3-4	2:20PM	40min
Men Masters A (age 35+ Cat 1-2-3)	3:10PM	50min
Juniors	4:10PM	30min
Women Cat PRO-1-2-3	4:50PM	50min
Men Cat PRO-1-2-3	5:50PM	60min

Warming up / pre and post race:

Because there will be racing from 10:30AM to 7:00PM, please take care when crossing or moving about the course. There will be course marshals throughout the course that will assist in crossing the racecourse. **You are not allowed on course to warm up except as allowed by the officials. Never ride in the opposite direction of the race or traffic.**

Wheel Pit:

There will be a wheel pit located on the course, it is the racers responsibility to label their wheels and place them in the wheel pit. Officials will announce when the Free Lap rule equivalent will be in place.

Stage 2 – Canyon Bicycle Road Race

Saturday, May 21, 2016 – 7:00AM Start

Course Description:

The Road Race will start / finish near the Herriman High School on 11917 S. Mustang Trail Way (6000 West/Pioneer St). The race will be conducted on a 9-mile circuit (traveling clockwise) with the number of laps being determined by the Category. The Start/Finish line will be just south of the Herriman High School, Mustang Trail Way (6000 West/Pioneer). Racers will head south on Pioneer Street (6000 West) until, turning right on to Main St (13100 South). The race continues on 13100 South as it turns into Herriman Hwy and 13090 South. This road turns right onto U111 and continues north until turning right onto Myers Ln (11800 South). Racers then turn right onto Pioneer Street (6000 West) and cross the Start/Finish to complete a single 9-mile circuit. The finish line is approximately 640meters from the last corner at Myers Ln (11800 South).



Each circuit of the Road Race has approximately 590ft of climbing total with false flats, moderate climbs and a couple short steeper sections as racers turn on to U111.



All racers are required to sign in before starting Stage 2 – look for sign-in sheets near the start finish. The number of laps and approximate distance for your category is listed below.

Stage 2 Road Race – SATURDAY May 21, 2015 - Start Times:

<u>Category</u>	<u>Start Time</u>	<u>Distance/Laps</u>
Men Cat 4-5	7:00AM	27 mi / 3 laps
Men Masters 55+ Open	7:04AM	36 mi / 4 laps
Men Masters B (age 35+ Cat 4,5)	7:08AM	36 mi / 4 laps
Women Cat 3-4 / Masters	7:12AM	36 mi / 4 laps
Juniors	7:16AM	18 mi / 2 laps
Men Cat Pro-1-2-3	9:30AM	72 mi / 8 laps
Men Masters A (age 35+ Cat 1,2,3)	9:34AM	54 mi / 6 laps
Men Masters 45+ (Cat 1,2,3)	9:38AM	54 mi / 6 laps
Men Cat 3-4	9:42AM	54 mi / 6 laps
Women Cat PRO-1-2-3	9:46AM	54 mi / 6 laps

Getting there:

The Start/Finish of the Stage 2 Road Race will be near the Herriman High School on 6000 West (Mustang Trail Way). To get there from Bangerter Highway, drive west on 12600 South, this turns into Herriman Parkway. This road ends at 6000 West (Pioneer/Mustang Trail Way) where you should turn right. Head North on 6000 West (Mustang Trail Way) until you reach the Herriman High School (about 0.8 miles). Please park in the high school parking lot. The sign-in desk will be in front of the Seminary Building to the south of the high school. The start/finish line is just south of the Seminary Building.

Please use caution when crossing the road to the start/finish chute. Be aware that this is an open road – automobile traffic will be moved onto the east shoulder in order to allow us to close the lane for the start/finish chute.

Wheel Support Policy:

We will make every attempt to provide wheel cars for every category. Place your wheels in the designated area (near the sign in table) for your category at least 15 minutes prior to your start time. Please carefully label your spare wheels with your name, bib number and category. Wheel vehicles will be instructed to stay with the front group of each race; we cannot guarantee they will be available for every flat.

FEED ZONE:

There will be a feed zone with both self-supported (racers providing own support) and neutral water (hand ups from volunteers) for the Cat Pro-1-2-3, Cat 3-4, Masters A and Cat Pro-1-2-3 Women (ONLY). This feed zone will be clearly marked at approximately 4 miles into the circuit from the Start/Finish line. **The feed zones (self-supported and neutral) will only be open for the Cat Pro-1-2-3 on laps 3,4,5, and 6. The feed zones will only be open for the remaining categories on laps 4 and 5.** Vehicle hand ups and feeding outside of the feed zone or outside of the designated laps is prohibited.

Support Crews:

Please drive on the course to and from the feed zone in a counter-clockwise direction (opposite direction of the racers) in order to minimize traffic in the lanes being used by the racers. Driving in the opposite direction, the feed zone will be approximately 5 miles from the Start/Finish line. Please park your vehicles completely off the road. Reminder that ALL feeding is to be done as far to the right side of the road as possible (on the shoulder) from the designated feed zone only. Please use caution when crossing or standing near the road - the road is open to traffic. No following of any riders.

Traffic on Roads:

Most of the course will be open to traffic. Heads up and race safely! Please obey directions from Unified Police Officers and Race Officials who will be present throughout the course.

Stage 3 –Plan 7 coaching Time Trial

Saturday, May 21, 2015 – 2:00 pm Start

Course Description:

The **10K Time Trial** (for **Juniors**) will be starting head south on Pioneer Street (6000 West) until the light on Main St (13100 South). At this point they will turn around and race back to the start/finish line.

All other categories will follow the same course as the road race and do one 9-mile circuit (traveling clockwise) and finishing at the start/finish line.

Racers will start in their category based inversely on order of registration at 30-second intervals (As determined after all registrations are completed on May 20). Start times will be emailed to all racers after the Stage 1 Criterium (note: you must finish the Stage 2 Road Race to continue to the TT). Start times will also be posted near the sign in area on both days.

Category Order:

Juniors – 2:00PM (at RR/TT Start Location)

Men Cat 4-5

Men Masters 55+ Open

Men Masters B (35+ Cat 4,5)

Women Cat 3-4 / Masters

Men Cat 3-4

Men Masters 45+ (Cat 1,2,3)

Men Masters A (35+ Cat 1,2,3)

Women Cat PRO-1-2-3

Men Cat PRO-1-2-3

Traffic on Roads:

Most of the course will be open to traffic. Heads up and race safely! Please obey directions from Unified Police Officers and Race Officials who will be present throughout the course. To minimize traffic, no following of any riders on course.

Prize List – Payout Grid

Prizes and Medals, 3 deep, for each Stage will be given out after results are posted and 10min protest period is complete for each category. The GC prizes and medals will be given after the final rider finishes the TT and the protest period has passed (look for the podium near the LDS Seminary building).

Custom Winner Jerseys, provided by Blackbottoms Cyclewear, will be awarded for 1st place in GC in every UCA Category. Cash awards will be given to the following categories (over \$3000):

GC	Pro-1-2-3	W Pro-1-2-3	Cat 3-4	Masters A	Masters 45+
1st	\$375	\$375	\$200	\$200	\$200
2nd	\$275	\$275	\$100	\$100	\$100
3rd	\$150	\$150	\$50	\$50	\$50
4th	\$100	\$100	\$25	\$25	\$25
5th	\$75	\$75	\$10	\$10	\$10
6th	\$50	\$50			
7th	\$40	\$40			
8th	\$30	\$30			

CRIT	Pro-1-2-3	W Pro-1-2-3	Cat 3-4	Masters A	Masters 45+
1st	\$50	\$50	\$25	\$25	\$25
2nd	\$25	\$25	\$10	\$10	\$10
3rd	\$10	\$10	\$5	\$5	\$5

RR	Pro-1-2-3	W Pro-1-2-3	Cat 3-4	Masters A	Masters 45+
1st	\$50	\$50	\$25	\$25	\$25
2nd	\$25	\$25	\$10	\$10	\$10
3rd	\$10	\$10	\$5	\$5	\$5

TT	Pro-1-2-3	W Pro-1-2-3	Cat 3-4	Masters A	Masters 45+
1st	\$50	\$50	\$25	\$25	\$25
2nd	\$25	\$25	\$10	\$10	\$10
3rd	\$10	\$10	\$5	\$5	\$5

ADDITIONAL AWARDS:

Prizes and Medals 3 deep in GC and Stages Every Category

\$50 Primes in Most Criterium Categories

We will give podium Cred to the following at the Crit:

The top Cat 5 in the Men's Cat 4/5 race; The top Cat 4 in the Men's Cat 3/4 race; The top Cat 3 in the Men's 1/2/3 race;

The top Master 65+ in the Masters 55+ race; The top Women 3 in the Women's 1/2/3 race;

The top Women Cat 4 in the Women's 3/4 race, along with the top Women's Master 45 & 55+ in the Master Women's race;

And the top 45+ in the Master Men's 35B race.