

# 14<sup>TH</sup> Annual Tour de Millersburg Stage Race

**August 1<sup>st</sup> & 2<sup>nd</sup> , 2020**

**PCA Men & Women's BAR Series Event**



02/11/2020

# **TECH MANUAL**

## **Table of Contents**

- Introduction
- General Rules and Race Information
- Parking
- Registration and Race Packet Pickup
- Stage Information
- Medical/First Aid
- Awards Presentation Schedule
- Sponsors

## Introduction

Welcome to the 14th Annual Tour de Millersburg Stage Race. Our goal is to offer amateur racers a professional experience and to promote the sport of cycling. We offer a race that has some of the very best scenery in the state. Millersburg is nestled along the Susquehanna River and is known for its "small town perfection". This race was created in 2007 to help celebrate the town's 200<sup>th</sup> birthday. We hope you will enjoy the fourteenth edition of our event as much as we did putting it together!

This edition continues our participation in the PA BAR. The addition of the women's categories in 2008 has worked exceedingly well and we are proud to continue to offer categories for both men and women.

We also want to promote the sport of cycling and the safety of our sport. In the past, we experienced an unfortunate injury accident due to disregard for traffic signage. **Please follow all posted traffic signs in between races , including but not limited to ONE –WAY and STOP signs.**

A huge "THANK YOU" must be given to all of the sponsors, volunteers and host families who put their money, time and energy into this great event. Without them we would not be able to bring this race to you. Please thank the volunteers and support our sponsors with your business throughout the race weekend.

In a time where races are disappearing from the calendar and rider numbers are declining, we are meeting the challenge by striving to make continuous improvements to the Tour. We want you to have the opportunity to attend a great race and we want you to come back next year. Please give us your input on how things went – let us know when we got it right as well as what we can do better. Enjoy your race!

Again this year, the Criterium Race has been named the "Cataldo Muggio Memorial Criterium Race". Mr. Muggio's life long efforts to promote cycling in our community are outlined in a brief bio below.

### **Cataldo "Tommy" Muggio**

Born in Corato, Italy near Naples May 13, 1896; he arrived at Ellis Island on August 27, 1911. He immigrated to Boston in 1912 with his late brother Michael. After moving around Massachusetts and Central Pennsylvania for a few years working in the building trades, he came to Millersburg in 1919 while on furlough from the army. Here he met his wife, the former Violet Dressler. They raised five boys and five girls; Joseph, Kathryn, Sabelle, Lois, Janet, Thomas, Ralph, Florence, Larry, and Harold. Cataldo died May 25 1979 at the age of 83.

Interested in cycling from his very early youth in Italy, Cataldo saw his greatest success in competitive cycling during the 20's and 30's. At one point he was recognized by the Amateur Bicycle League of America as the United States record holder at 20 miles, time (55:20) and at 25 miles, time (1:08:55).

He competed with the Century Road Club Association and later as an unattached rider winning the Harry E. Glock Memorial, a 50 mile event which was one of Baltimore's blue ribbon events. Cataldo captured the inaugural event in 1930 and successfully defended in 1931. He was recognized as the Maryland 100 Mile record holder with a time of (5:34:00).

The 1928 Olympics were held in Amsterdam with trials for the US team to be held in Los Angeles. Cataldo was working his way toward those events and finished second in the Maryland State Olympic trials to advance to the Eastern semi-finals. His Olympic dream ended with the Olympic Eastern semi-final bike trials, a 62.5 mile event along the hills and dales of Passaic and Bergen Counties in New York.

Following his competitive days of cycling his energy was directed toward various political activities and he worked tirelessly to promote bicycling, particularly bikeways. He believed fervently that cycling promoted strong bodies and good character especially among youth. His efforts were instrumental in the establishment of a bikeway along Shippen Dam Road. The bikeway was recommended by then Pennsylvania Governor Raymond Shafer and of course was promoted by Cataldo Muggio.

## General Rules and Race Information

USA Cycling rules will apply.

### **Scoring**

This stage race will be scored by points for all categories using the GC Points system: The rider with the lowest cumulative points will be the winner of the GC. The first place winner of each category will be awarded one point. Second place will receive two points. Third, three and so on. Racers will receive points for each stage. Add them up from stage to stage and the lowest score wins. Lapped riders pulled from the criterium will receive points according to the number of riders pulled before them and be allowed to compete in Sunday's road race. If there is a tie for GC points, the best place finish on the Road Race will determine the winner

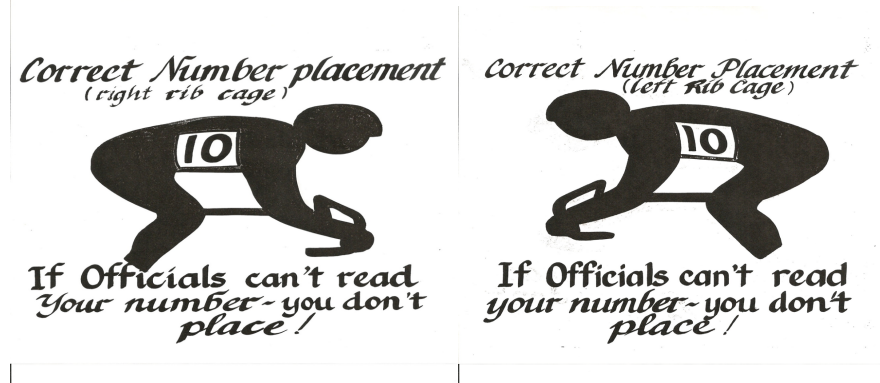
### **BAR**

This is a PA BAR race. BAR points will be awarded for each completed stage (TT, Criterium, and Road Race), but not for the GC.

BAR champions competing at the Tour de Millersburg must agree to wear their BAR champion's jersey for the Criterium and the Road Race. Concessions will be made if you wear a non-BAR skinsuit for the TT.

### **Race Numbers**

Riders will receive two race numbers. For each stage, place one number on each side of your body as shown below. Numbers may not be folded, trimmed, or otherwise defaced.



### **Time Trial Start Times**

Time Trial start times will be emailed to you on Thursday, July 30<sup>th</sup> and will also be written on your race number.

### **Racer Sign-In**

Racers are only required to sign in before the Road Race. See the Road Race section for details.

### **Protest Period**

Stage and GC results will be posted after the conclusion of each race at the Gazebo in the town square. Please check your results and bring any questions to the officials.

Protest period for the Time Trial and the Criterium will end and results will be considered final upon the start of the next stage.

Road Race and GC results will be posted at the Gazebo after the completion of the road race. After final results have been posted, racers will have a 15 minute protest period to resolve any discrepancies. It is the racer's responsibility to verify their result during this 15 minute protest period, including **Kom/Qom** results. After the 15 minute protest period, results will be final and will not be changed afterwards. Any further disputes must be addressed in writing via email to the rider's Local Association contact.

### **General**

All racers **MUST** wear their helmets at all times while in uniform and on their bicycles unless warming up on trainers or rollers.

Racers must finish each stage to be eligible to start the next race. The Chief Referee will have full discretion in enforcing this rule.

Public urination is grounds for immediate disqualification. There will be plenty of restrooms available around the registration area and START/FINISH lines.

Please do not spray paint the race course with a racer or team name. Although this is a common practice at large races, we received a formal complaint from local township officials who allow us to race on their roads. If this practice continues, it will jeopardize our ability to use the local roads.

Shower facilities at the Millersburg pool are available for racers on Saturday, 8/1 from 8:00 am – 8:00 pm and Sunday, 8/2 from 11:00 am – 8:00 pm. Racers will need to provide their own towels and personal use products such as soap, shampoo, etc. The Pool is open for swimming each day from 12:30 pm – 8:00 pm (weather permitting). Racers are welcome to use the pool facilities for free. Racers' guests and family are welcome to use the swimming pool for 50% off admission.

The first ten (10) racers to find the Race Director, Bob Latsha, during the event, from Friday night registration through Sunday's Road Race, and show him the Tech manual and this general rule will be awarded a coupon for one cone of ice cream at Williams French Fries in the Square. I am convinced that nobody has ever read the entire Tech Manual. LOL!

## PARKING

RV parking will be available at the Millersburg High School. Follow Center Street, turn left on Church Street, then right on North Street.

## Registration and Race Packet Pickup

Online registration only with BikeReg by 10pm Wednesday, 7/29/2020 – **THERE WILL BE NO DAY-OF REGISTRATION!**

**FAQ - I don't have a racing license. Can I still participate in the Tour de Millersburg if there is no day-of registration?** Yes! Novice men and women (old Cat 5) will be able to purchase one-day licenses online through USACycling for both days of the stage race or Saturday only for the Open Time Trial. Cost is \$10 per day. After you purchase your license(s) you can proceed with BikeReg registration.

Online T-Shirt orders through BikeReg will be available for early registrants through 7/5/2020. Sorry for the early cutoff date, but it is required in order to meet production schedules.

Registration for both Friday and Saturday is now located at the **New Life Center at 346 Center Street, 17061**. We offer two opportunities to sign your release form and pick up your race packets. Friday, 7/31 from: 6 – 8 pm and Saturday, 8/1 from 6:30 – 9 am.

You will be asked to present your current racing license and a photo ID at packet pickup.

Thank you for your patience while you are waiting. Our volunteers will be doing their best to help get you in and out as smoothly as possible.

This is a Stage Race and each stage will have a different START/FINISH line, which will be detailed in the description for each stage below.

### **General Classification\***

<b>Category</b>	<b>Field Limit</b>	<b>Distance</b>	<b>Fees</b>	<b>Prizes</b>
Men Pro,1,2,3	75	111 Miles	\$90	\$770/7
Men 3	75	82 Miles	\$90	\$400/5
Men 4,Novice	75	60 Miles	\$90	\$350/5
Men Master's 45+	75	82 Miles	\$90	\$400/5
Women 3,4,Novice	75	60 Miles	\$90	\$400/5
Open - TT Only	75	8.6 Miles	\$30	Prizes

\* GC 1<sup>st</sup>, 2nd & 3rd place receive a trophy from Indian Trail Pottery.

Lorena F. Lemons Time Trial (8:00 am, Saturday, August 1<sup>st</sup>)

**Lorena was a supporter of community events and the Tour de Millersburg. We honor her legacy by naming the Time Trial stage for her.**

Start Line located at 300 Market St. Finish Line located approximately one mile North of town.

Staging area on Market St. will be clearly marked and closed to traffic.

No riders on the course for warm-up. Warm-up area will be clearly marked on Shippen Dam Road.

Women 3,4,Novice will be the first to go at 8:00 am. Followed by Men's Masters 45+, Men Pro,1,2,3, Men 3, Men 4,Novice and Open TT.

Please arrive at the staging area 3-5 minutes before your start time.

Specific rules will be communicated prior to your start time.

Riders depart at 30 second intervals. Time Trial start times will be emailed to you on Thursday, July 30<sup>th</sup> and will also be written on your race number.

There will be a holder at the Start. The holder will assist you and your bike onto the Tour de Millersburg elevated starting ramp. If you are not comfortable with using the start ramp, please say so and we will allow you to start beside the ramp.

The course will be open to traffic! Stay to the right of the centerline at all times.

All bicycle equipment allowed for time trials per the USA Cycling rulebook is approved for use in the Time Trial.

No drafting per USA Cycling rules – No rider shall take pace behind another rider closer than 25 meters (80 feet) ahead or 2 meters (7 feet) to the side. No two riders may ride abreast other than when attempting to pass and such attempts shall not be maintained beyond a distance of 500 meters. If the pass is not made cleanly within 500 meters, the caught rider must drop back to a distance 25 meters behind the rider who caught him.

Course distance is 8.6 miles. Out 4.8 miles with marked turnaround. Return is 3.8 miles from the turnaround to the finish line.

Course markers will denote 200m to the turnaround and to the finish.

The Time Trial finish line is located approximately 1 mile north of town (Look for the old caboose on the river side of the road). This eliminates the safety issues related to the DETOUR and the business traffic at the North edge of the Borough.

**After you finish, all racers will be directed to make a LEFT turn at OAK Street (HILL AT NORTH END OF CEMETERY) to either cool down on Shippen Dam Rd. or to return into the Borough.**

There will be no support for this event. Riders with legitimate mishaps will be awarded the time of the slowest rider in their field without a mishap plus one second, and will be allowed to continue with the next stage.

There will be no feed zone for this course.

There will be restrooms available on Center St, near the start line.

It will be helpful to have someone with you to take your belongings once you are ready to start. (Warm-up jacket, rollers, trainer, etc...) Race promoter is not responsible for your belongings.

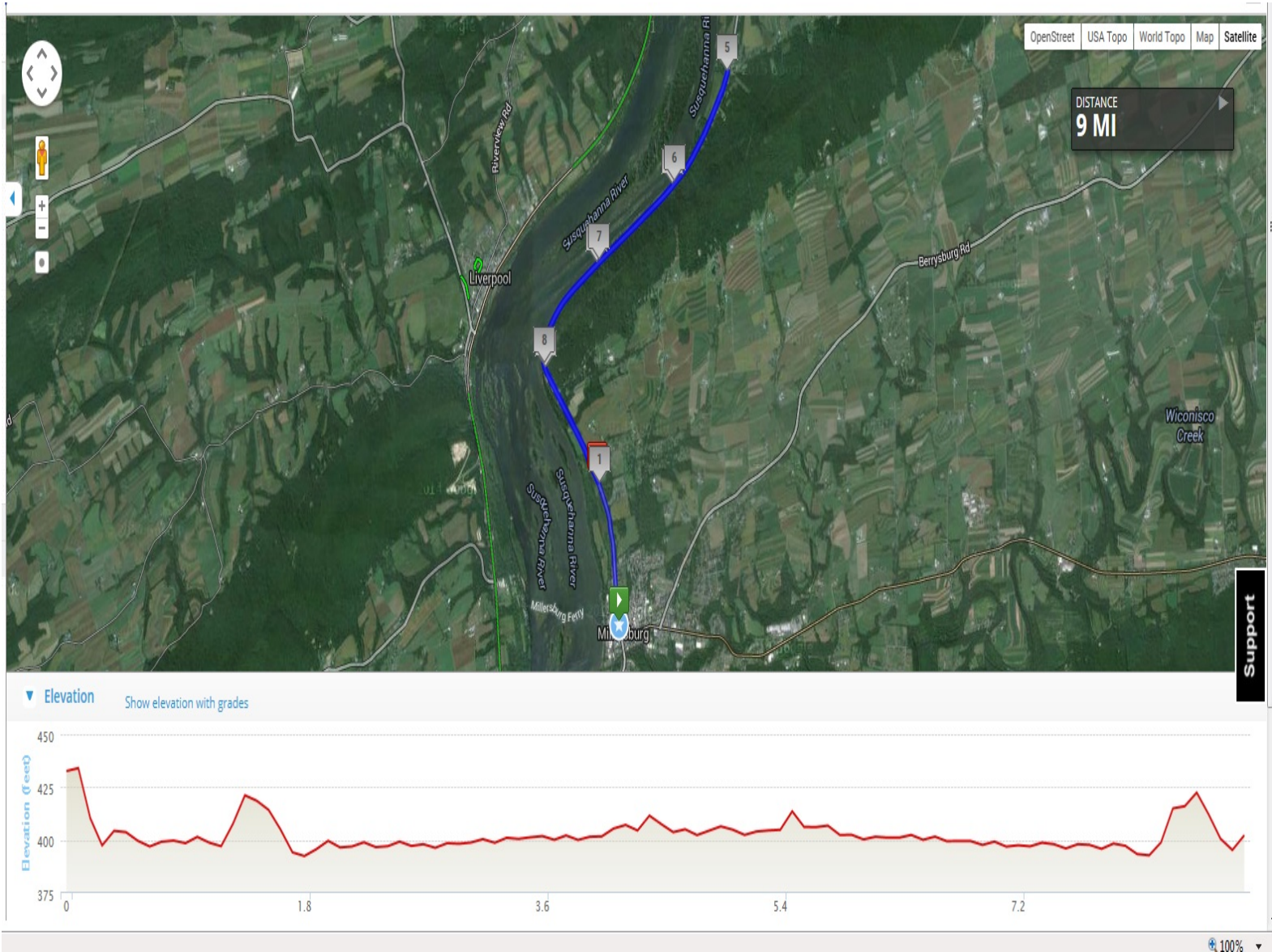
Take any trash you may have to appropriate areas. Littering could be grounds for disqualification.

The "Open" category is for any eligible racer. USA Cycling licenses are required for all categories. See Registration and Race Packet Pickup section for details on purchasing one-day licenses.



# PLEASE BE PROMPT AT START LINE!

Time and Tide and the TdM wait for no man - Chaucer



Here's a Strava Route - <https://www.strava.com/routes/22266562>

## RACE ORDER

Category	Start Times	Distance	Prizes
Women 3,4,Novice	8:00 am	8.6 Miles	\$250/5
Men's Masters 45+	after Women 3,4,Novice	8.6 Miles	\$250/5
Men Pro,1,2,3	after Men's Masters 45+	8.6 Miles	\$390/7
Men 3	after Men Pro,1,2,3	8.6 Miles	\$250/5
Men 4,Novice	after Men 3	8.6 Miles	\$200/5
Open	after Men 4,Novice	8.6 Miles	Prizes

## RACE PAYOUT

Place	1	2	3	4	5	6	7
Women 3,4,Novice	\$60	\$55	\$50	\$45	\$40		
Men's Masters 45+	\$60	\$55	\$50	\$45	\$40		
Men Pro,1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Men 3	\$60	\$55	\$50	\$45	\$40		
Men 4, Novice	\$50	\$45	\$40	\$35	\$30		

See the Awards Presentation Schedule on page 20 for payout times.

Note - Prizes for Open TT fastest Man and Woman will be awarded prior to the 12:30pm start of the Criterium. Please report to Criterium Start/Finish line at the intersection of Moore and Church streets.

## **9th Annual Cataldo "Tommy" Muggio Memorial Criterium 12:30 pm, Saturday, August 1<sup>st</sup>**

Start/Finish line located at the intersection of Moore and Church streets.

Women 3,4,Novice will be the first to go at 12:30 pm, followed by Men's Masters 45+, Men Pro,1,2,3, Men 3, and concluding with Men 4,Novice.

The course will be available to all racers from 11:00 am – 12:00 noon so that they may familiarize themselves with the race course.

From 12:00 to 12:15 pm, the course will be limited to Women 3,4,Novice racers only for warmup.

No riders on the course after 12:15 pm. Warm-up area will be clearly marked on Shippen Dam Road.

Specific rules will be communicated prior to your event.

Free lap rule in effect.

One free lap may be granted for each mishap subject to the following rules –

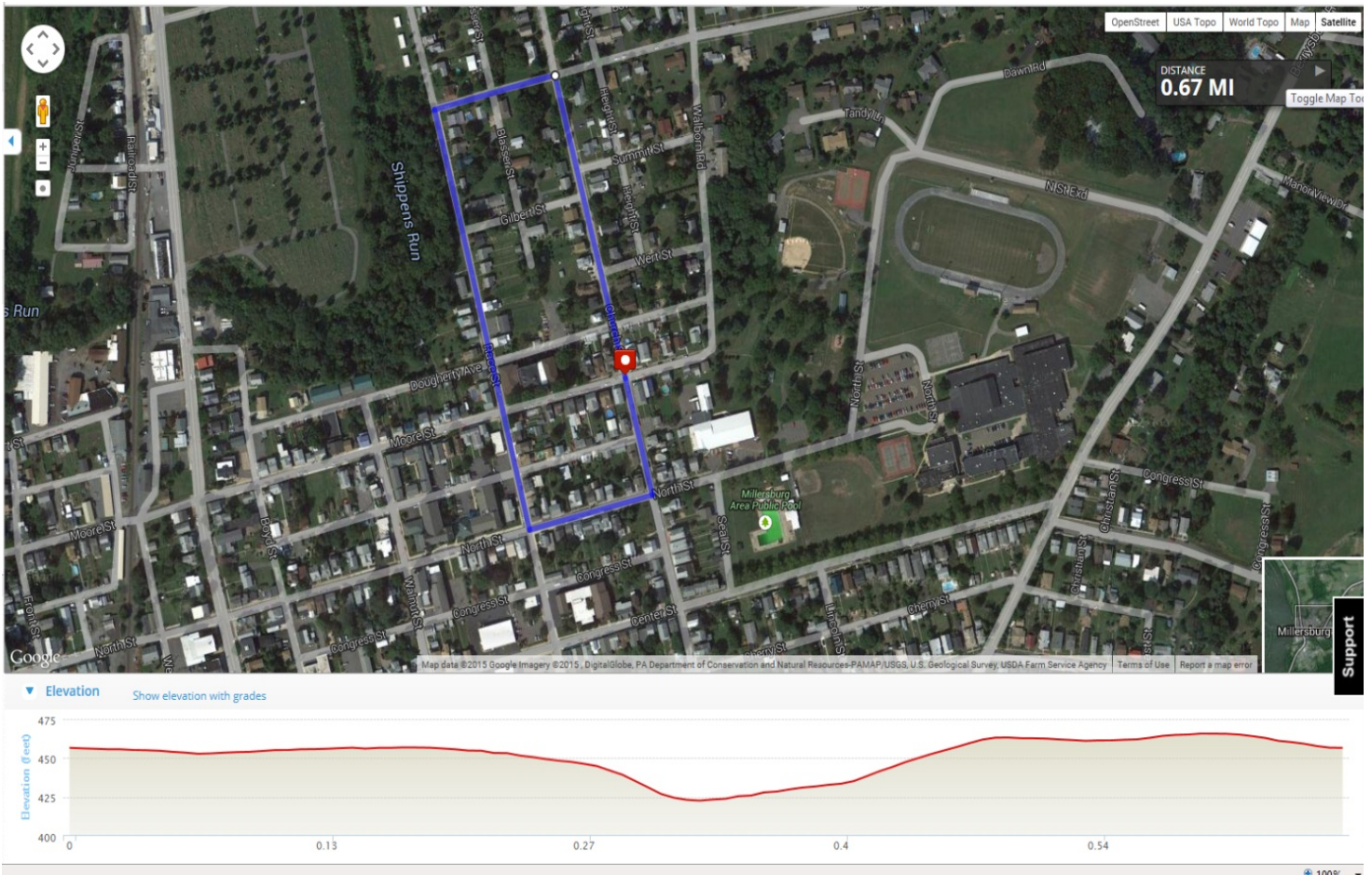
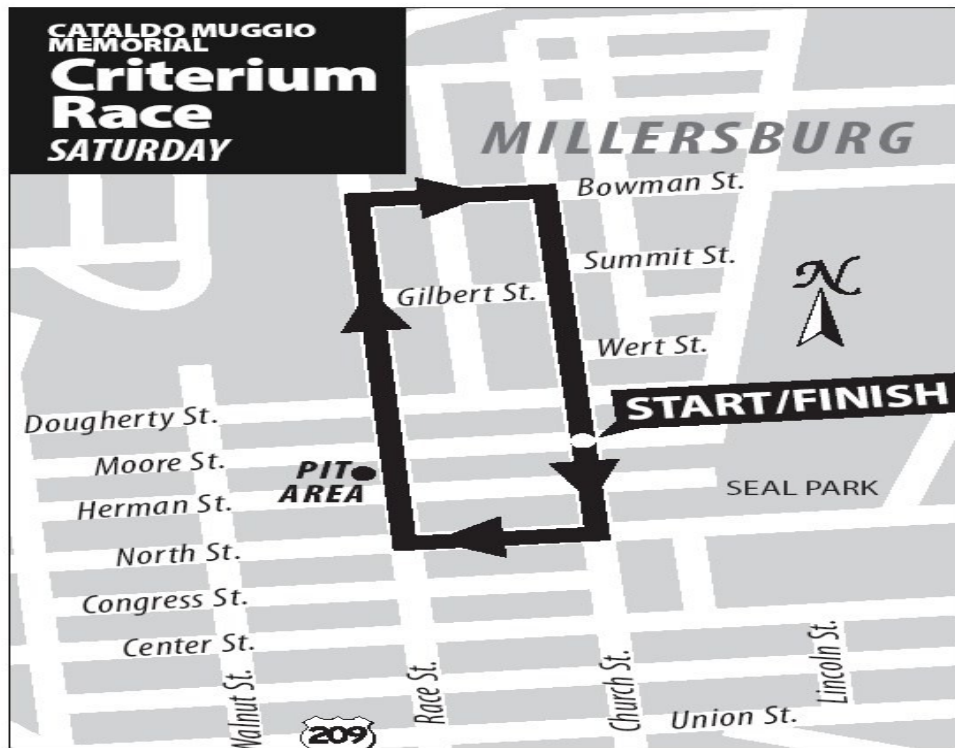
- Bicycle inspection and repairs must be made in the official repair pit, located on Race Street between North and Moore Streets.
- There will be a referee stationed in the repair pit to determine if the mishap was a legitimate one and if the rider is entitled to a free lap.
- **No free laps in the final 8km (5 miles) of the race.**

Lapped riders pulled from the Criterium will receive points according to the number of riders pulled before them and be allowed to compete in Sunday's Road Race.

Bicycle handling skills are crucial in this event. Hold your line through the turns, no rider wants to be taken out by someone who rides erratically.

Take any trash you may have to appropriate areas. Littering could be grounds for disqualification.





## RACE ORDER

Category	Start Times	Time	Prizes
Women 3,4,Novice	12:30 pm	35 Minutes	\$250/5
Men's Masters 45+	1:20 pm	40 Minutes	\$250/5
Men Pro,1,2,3	2:15 pm	60 Minutes	\$390/7
Men 3	3:30pm	40 Minutes	\$250/5
Men 4,Novice	4:25 pm	35 Minutes	\$200/5

## RACE PAYOUT

Place	1	2	3	4	5	6	7
Women 3,4,Novice	\$60	\$55	\$50	\$45	\$40		
Men's Masters 45+	\$60	\$55	\$50	\$45	\$40		
Men Pro,1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Men 3	\$60	\$55	\$50	\$45	\$40		
Men 4, Novice	\$50	\$45	\$40	\$35	\$30		

See the Awards Presentation Schedule on page 20 for payout times.

## **Bolig's Propane Road Race**

### **8:00 am, Sunday August 2<sup>nd</sup>**

Start/Finish line located at 400 Market St.

Men Pro 1,2,3, Men's Masters 45+ and Men 3 will be the first three "rolling enclosures" to go out separated by a 10 minute time gap at 8:00 am. Men 4, Novice and Women 3,4, Novice will be the next two "rolling enclosures", again separated by a 10 minute time gap at 11:30 am.

All racers must sign in at the START/FINISH line at least 15 minutes before the announced time of the start.

No riders on the course for warm-up. Warm-up area will be clearly marked on Shippen Dam Road.

We will be using a "rolling enclosure". Use of the whole road allowed on Tarry Hall, Shippen Dam, and Kessler Roads. Centerline rule strictly enforced on State Route 25 and State Route 147 north of town.

Specific rules will be communicated prior to your event.

**Dropped racers will not be pulled from the Road Race.** If you get dropped then you must stay to the right of the road and obey the centerline rule and ALL traffic rules and signs.

There will be a neutral water feed zone on Market St. just before the START/FINISH line. There will be a small downhill shortly after the feed zone. Receive your items safely!

The feed zone will be open up for all races at the completion of the 1<sup>st</sup> lap.

Please do not throw trash or water bottles on the road outside the feed zone. Course littering will be grounds for disqualification. We will have volunteers to aid in trash pickup at the feed zone.

There will be a wheel truck within the rolling enclosure. Prior to your event make sure you have placed wheels in the truck *for your category*. Don't forget your wheels after the race!

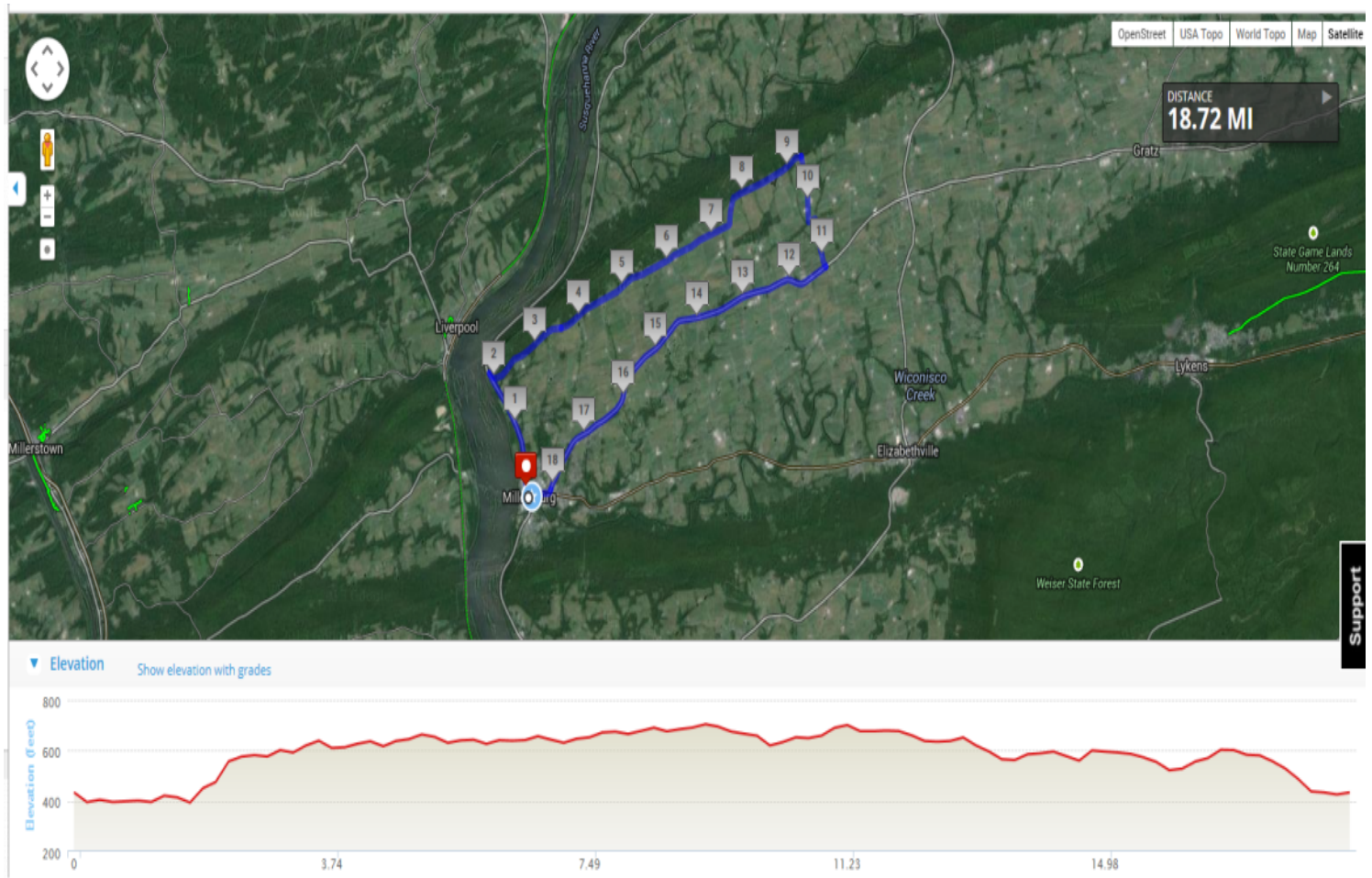
There will be a sweep/sag vehicle following the race for riders who cannot finish.

There will be signage indicating 10k, 5k, 3k, 2k, 1k, 500m, 200m to the finish.

## Road Race Description

<u>Leg Dist.</u>	<u>Road/Landmark</u>
0.0	S/F State Route 147 at the intersection of North Street Head North on State Route 147
1.8	RIGHT TURN onto TARRY HALL ROAD
2.1	KOM / QOM (see below) Head East on Tarry Hall Road
3.6	Continue East at intersection with SHIPPEN DAM ROAD Continue East on Shippen Dam Road
7.72	Bear LEFT at intersection with PHILLIPS ROAD Continue East on Shippen Dam Road
9.62	RIGHT TURN onto KESSLER ROAD Continue South on Kessler Road
13.57	RIGHT TURN onto STATE ROUTE 25 Continue West towards Millersburg
18.55	TURN RIGHT onto UNION STREET Continue West on Union Street TURN RIGHT at MARKET SQUARE onto STATE ROUTE 147 Continue North on State Route 147 to North Street (2 blocks).

Here's a Strava Route -





## **Lisi Shell King of Mountain / Queen of Mountain**

KOM/QOM points will be awarded **at the top of Tarry Hall Road (2.1 mile)** starting with the second lap and continuing for the remaining laps for each category.

The first 3 riders will score points as follows:

First place – 5 points, Second place – 3 points, Third place – 1 point. In the case of a tie,

the rider scoring points on the final lap will be the winner.

Awards will be given to first place in each of the categories – Men Pro 1,2,3, Men 3, Men 4, Novice, Men's Masters 45+ and Women 3,4, Novice.

## **Feed Zone**

Feed Zone will be located on Market St.

Feed Zone starts at the 300 Market St. and goes until 400 Market St.

Specific instructions to be given prior to each race category.

Riders to receive on the right hand side of the road.

This will be a neutral water feed zone. Volunteers will be lined up on the road with complimentary neutral water to hand safely to racers.

Racers are also allowed to have their own support person present in the feed zone to hand out water.

Racers should attempt to discard any trash to the right side of the road as far as possible as to not create any unsafe conditions for any following racers.

Feed Zone area ends at Moore St. before heading down over the hill towards Tarry Hall Road.

Volunteers should pick up as much trash and water bottles as possible and move it to the right side of the road in a swift and safe manner.

No racer shall position himself between the sidewalk and a volunteer.

All volunteers shall not venture into the path of the racers. Let them come to you.

The racers are skilled with their bicycles, let them steer to you. Stay stationary and deliver hand-ups with caution and fluidity.



Estimate the speed the racers are moving and move with them in a parallel fashion. DO NOT CROSS INTO THEIR PATH!

We cannot guarantee that there will not be any accidents, but if you adhere to these general principles we should be able to manage with safety and not slow the race too much.

## RACE ORDER

Category	Start Times	Laps	Distance	Prizes
Men Pro,1,2,3	8:00 AM	4	75 Miles	\$390/7
Men's Masters 45+	8:10 AM	3	56 Miles	\$250/5
Men 3	8:20 AM	3	56 Miles	\$250/5
Men 4,Novice	11:30 AM	2	37 Miles	\$200/5
Women 3,4,Novice	11:40 AM	2	37 Miles	\$250/5
Kids 4-6	11:45 AM			
Kids 7-9	11:50 AM			

## RACE PAYOUT

Place	1	2	3	4	5	6	7
Men Pro 1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Men's Masters 45+	\$60	\$55	\$50	\$45	\$40		
Men 3	\$60	\$55	\$50	\$45	\$40		
Men 4,Novice	\$50	\$45	\$40	\$35	\$30		
Women 3,4,Novice	\$60	\$55	\$50	\$45	\$40		

See the Awards Presentation Schedule on page 20 for payout times.

## Millersburg Velo Club Kids Race

### 11:45 am, Sunday August 2<sup>nd</sup>

To encourage the next generation of bike racers, we are offering the Millersburg Velo Club Kids Race for ages 4-6 and 7-9. Races will be conducted on the Road Race finishing straight at 11:40am Sunday, August 4<sup>th</sup>, immediately following the Women's 3/4/Novice road race start.

1. This non-competitive fun ride focuses on getting kids on bikes.
2. All participants must wear a helmet.
3. There is no entry fee, but parents must pre-register their children using BikeReg and sign a waiver at registration.
4. Ages 4-6 will start at the square and ride to the road race finish line.
5. Ages 7-9 will start at the finish line, ride south to the square, then back to the finish line.
6. Each age group is limited to 30 riders.

## General Classification Payout Schedule

Place	1	2	3	4	5	6	7
Men 1,2,3	\$125	\$120	\$115	\$110	\$105	\$100	\$95
Men 3	\$100	\$90	\$80	\$70	\$60		
Men 4,Novice	\$90	\$80	\$70	\$60	\$50		
Men's Masters 45+	\$100	\$90	\$80	\$70	\$60		
Women 3,4,Novice	\$100	\$90	\$80	\$70	\$60		

**STAGE POINTS – 1<sup>st</sup>-1pt, 2<sup>nd</sup>-2pt, 3<sup>rd</sup>-3pt, 4<sup>th</sup>-4pt, 1 pt more for each consecutive position thereafter. The rider with the lowest cumulative points will be the winner of the GC. If there is a tie for the GC points, the best place finish on the Road Race will determine the winner. You must complete each stage to be eligible for the next. BAR Points will be awarded for each completed stage, not for the GC.**

There will be Trophies awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place finishers in each category of the General Classification.

## Medical/First Aid

First-Aid and medical treatment will be available at the START/ FINISH area through a resident EMT. A local physician will also be on site for the Criterium Race. Ambulance transfers will be handled by either the Millersburg Area Ambulance Association or Medic 6. All transfers will go to the Harrisburg Hospital, 111 South Front Street, Harrisburg, PA (717-782-3131) unless otherwise directed by the Dauphin County Dispatch Center. Direction to the Harrisburg Hospital will be available at registration.

## Awards Presentation Schedule

Open TT prizes for fastest man and woman will be awarded prior to the 12:30pm Criterium start. Please report to the criterium start/finish line to receive your prize.

All award presentations for each category (time trial, criterium, road race and GC) will be held at the gazebo located in Market Square Park as follows -

Men Pro,1,2,3, Men's Masters 45+ and Men 3 awards are scheduled for approximately 12:30 pm Sunday.

Men 4,Novice, and Women 3,4,Novice awards are scheduled for approximately 2:30 pm Sunday.

Sunday award times may vary pending validation of the General Classification results by the USA Cycling officials. We understand that you are eager to get on the road, but the results computation, the 15 minute protest period and the preparation of the payout checks takes time. Thank you for your patience.

There will be a photo session for each category's winners.

All racers are expected to be in their race uniforms for the awards presentation.

## Sponsors

Please thank our sponsors and support them with your business. They are the people behind the scenes allowing us to bring this great event to you!

## Support the Community

When you provide stimulus to the local economy, you offset the impact to the community and help us to continue to offer you the opportunity to participate in the Tour de Millersburg Stage Race.