

GARDEN STATE STAGE RACE
TECHNICAL GUIDE

April 20-21, 2024

VACCARO LAW

presents

the 2024
Garden State Stage Race
hosted by



RACE SPONSORS



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Race Staff

Ethan Bull	Race Director
Eric Yonda	Assistant Race Director, Volunteer Coordinator
Ian Lertola	Rutgers Cycling President
Tori Glascock	Rutgers Liaison
Charlie Stein	AUTOMATIC LonelyHearts Racing Team Manager
Ben Wucher	Social Media Manager
Benjamin Kramer	ECCC Liaison, Race Announcer

USA Cycling Race Officials

Mike Doupe	Chief Referee
Ixsa Gollihur	Chief Judge (TT and RR)
Deb Schiff	Chief Judge (criterium)
Kyle Chu	
Gonzalo Mendez	
Mike Fernandes	



Race Director Welcome

Welcome All!

I've dreamt of this race since at least 2019 when, as the president of Rutgers Cycling, I put in a bid to host the Eastern Collegiate Cycling Conference championships. A pandemic and a move to New York City have interrupted the dream, but five years later, it's finally becoming a reality. I am so excited to jump-start the road cycling scene in New Jersey, give back to the collegiate cycling scene that captivated me at Rutgers, and show off the beauty and splendor of the Garden State.

This project would never have been possible without the tireless effort of a small promotional team and our wonderful sponsors, including Unity Bank, SkyScape Drone Photography, Trek-Summit, and Agave. In particular, Vaccaro Law has gone above and beyond in supporting this race. Thank you.

With blue skies and the rubber-side down, let GSSR 2024 begin!

Ethan Bull

Title Sponsor Bio

Steve Vaccaro is the founder and principal of Vaccaro Law, and is admitted to the bars of the States of New York and New Jersey. In a profile of his personal injury practice, the New York Law Journal described Mr. Vaccaro as "perhaps New York City's best-known lawyer advocate for bicyclist and pedestrian rights."

A daily cyclist and committed cyclists' advocate, Mr. Vaccaro has served on the Transportation Alternatives Advisory Council since 2007 and was named TA's 2010 Volunteer of the Year for his work to bring protected bike lanes to First and Second Avenues on the Upper East Side and in East Harlem. Mr. Vaccaro is also a Board Member and regular ride leader of the New York Cycle Club. He comments in the press and to government officials regularly on bicycle and traffic law issues.

Mr. Vaccaro is a graduate of Wesleyan University (B.A. '86, Women's Studies & Government), and of the Rutgers School of Law-Newark (J.D. '96, summa cum laude, Moore Prize in Employment Law).

Race Overview

The Garden State Stage Race is a two-day, three-part stage race that brings a competitive and accessible multi-format race back to New Jersey.

- Stage 1: Saturday April 20th, 2024 — Merckx Time Trial
- Stage 2: Saturday April 20th, 2024 — Road Race @ Round Valley State Rec Area
- Stage 3: Sunday April 21st, 2024 — Criterium on Livingston Campus

Fields

GSSR 2024 will feature combined racing & separated scoring for comparable USAC (non-collegiate) and ECCC (collegiate) fields:

- Men — USAC 4/5 & ECCC C/D
- Women — USAC 4/5 & ECCC C/D
- Non-Binary — USAC Open & ECCC Open
- Men — USAC 3/4 & ECCC B/C
- Men — USAC 1/2/3 & ECCC A
- Women — USAC 1/2/3 & ECCC A/B

The promoter reserves the right to combine fields with fewer than 10 registrants.

ECCC racers should disregard information about GC, Sprint, and XOM competitions unless they are registered for the USAC Stage Race in addition to collegiate categories.

Rulebook

GSSR 2024 is governed by the rules found in the [USA Cycling Rulebook](#). Please review it.

NOTE: USAC 3B1 "centerline rule" is in effect and will be STRICTLY ENFORCED at all times during the Time Trial and Road Race, including all intermediate sprints, XOM sprints, and the race finish. Violations will result in relegation, DQ, or time penalty per the officials' discretion.

When there is no yellow line painted on the road, racers must still stay to the right of the centerline of the road.

GENERAL AND TECHNICAL INFORMATION

Directions to Race/Parking

Day 1:

Sauerland Outdoor Center ([1124 Stanton Lebanon Rd, Lebanon, NJ 08833](#)) has a small, gravel driveway that is easy to miss if you are going fast. When approaching the destination, please go slow. Please approach from the north (US-22, I-78) so as to minimize interference with races.

Spectators are encouraged to park at Round Valley Recreation Area, [1220 Stanton Lebanon Rd, Lebanon, NJ 08833](#). It is a much shorter and easier walk to the feed zone and finish line from there than from Sauerland Outdoor Center.

Day 2:

[Lot 103 \(Rutgers University\), 1 Postal Plaza, Piscataway, NJ 08854](#). By car, approach Lot 103 from the north.

Registration/Number/Chip Pickup

Day-of registration and number/chip pickup will begin at 7am on both Saturday and Sunday. Because we are using chip timing for this race, please make sure you arrive with a little extra time. You have to pick up and attach both your numbers and your timing chip. If you have a chip from CRCA or other local racing, especially events timed by Mainsport Timing, you will be able to use that chip.

Your chip must be fastened to the fork of your bicycle. Zip ties will be available at registration. All chips must be returned at the end of your last event of the weekend. Lost/stolen chips can result in disqualification and/or a fine. Please do not leave the weekend with a chip.

Warmup

Please be aware of ongoing racing while navigating the race area. Warm up away from the active racecourse to ensure an uninhibited experience for all racers!

EMS and Local Hospitals

EMS will be on-site at all races. On Saturday, the nearest hospital is Hunterdon Medical Center, 2100 Wescott Dr, Flemington, NJ 08822. On Sunday, the nearest hospital is Robert Wood Johnson University Hospital, 1 Robert Wood Johnson Pl, New Brunswick, NJ 08901.

Scoring & Timing

Timing

We will be using chip timing to ensure fast and accurate results processing. Chips and zip-ties will be distributed at registration. This process requires some time – please plan to arrive early to ensure you have enough time to pick up & pin numbers plus get your chip registered and mounted on your bike. There may be lines if lots of racers try to register simultaneously.

Numbers will be pinned on the right side and the back. Numbers should not be folded or crumpled, as doing so makes them less visible to officials & time-keepers.

Chips must be attached to the fork (not the stem, saddle, or any other part of the bike). Chips must also be returned after your last race of the weekend. Failure to do so will result in a monetary penalty and/or disqualification from future events hosted by this promoter.

Results

Results are tabulated primarily using chips to ensure fast and accurate timing. Results should be posted within 15 minutes of the finish of a field at my.raceresult.com.

Results will also be emailed to racers once available.

Protests

There will be a 15-minute protest period following the announcement of results for each field. Following the closure of this period, all results are final. To ensure timely communication to all racers, results will be emailed to all participants as soon as they are available.

Podiums

Podium ceremonies will be held immediately after the closure of the protest period for all races. The top three finishers for each stage/category and the General Classification Leader, Sprint Leader, and Mountains (XOM) Leader, please plan to attend a brief podium presentation. Riders must appear at the podium ceremony in order to collect prizes, with exceptions for those racers who are volunteering as marshals for race support.

General Classification Scoring

The Garden State Stage Race General Classification will be scored on time. Racers who miss or DNF a stage will be disqualified from the General Classification, Sprint Classification, and XOM Classification. However, they may start the next stage.

- Time Trial — No bonus seconds.
- Road Race — No bonus seconds.
- Criterium — Schedule of bonus seconds is detailed in [Criterium section](#)

Mountains & Sprint Classifications

The Mountains and Sprint classifications will be scored by points, awarded five deep (10-6-4-2-1) as follows:

Mountains (XOM) classification:

- Time Trial — Points will be on offer based on rider's time up the short climb approaching the turnaround, roughly from mile 2.83 to 3.15. The start and finish point will be marked on the road. It is the rider's responsibility to identify this location if they wish to pursue the points.
- Road Race — Points on offer at the finish of Laps 1, 3, and 5 (if applicable).
- Criterium — No XOM points.
- XOM points go five deep at all locations: 10-6-4-2-1 points

Sprint classification:

- Time Trial — No Sprint points.
- Road Race — First across the line at designated intermediate sprint location just before the intersection with Dogwood Drive on Dreahook Road on Lap 2 and Lap 4 (if applicable).
 - **NOTE: centerline rule IS in effect during intermediate sprints.** Egress from legal racing boundaries will result in relegation, points penalty, and/or DQ, depending on severity.
 - There will be signage 500m and 200m from the sprint line.
 - Riders interested in contesting the intermediate sprints should identify the location on lap 1.
- Criterium — Points schedule is detailed in [Criterium section](#)
- Sprint points go five deep at all locations: 10-6-4-2-1 points

Stage 1 — Round Valley Time Trial p/b Agave

Registration/Number/Chip Pickup

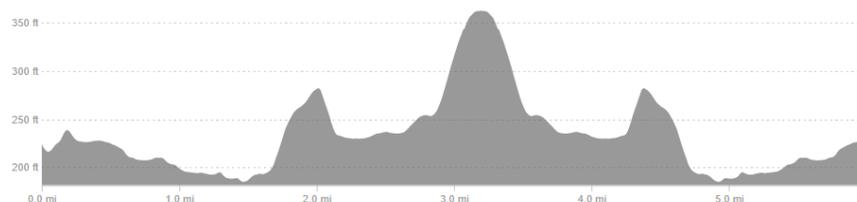
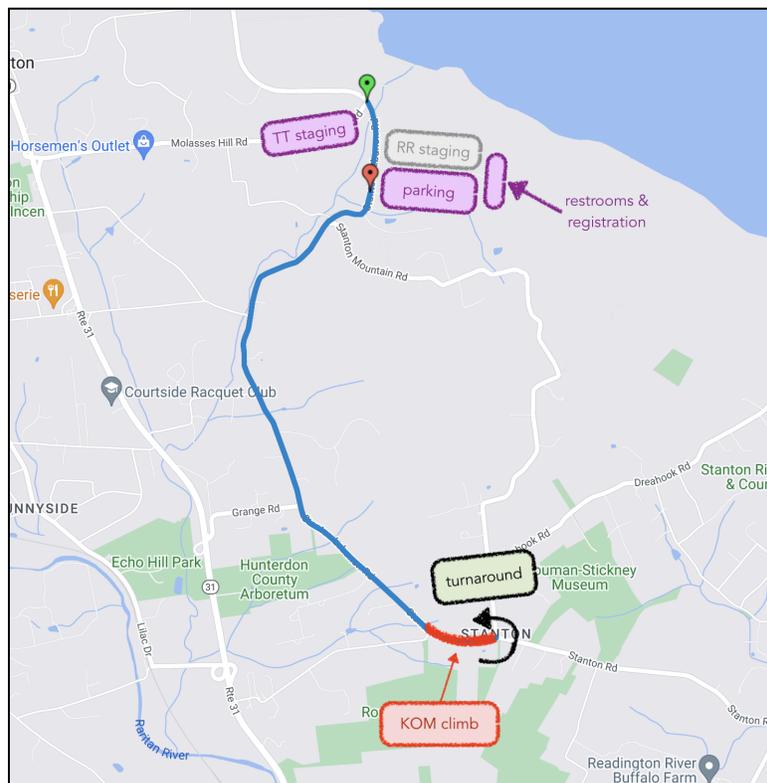
Registration and number/chip pickup will open at 7am and close at 8:30am.

Course Description

A 6-mile out & back course with two short, punchy climbs. At the turnaround point, racers will make a left turn off of Stanton-Lebanon Rd (CR 629), U-turn on Stanton Mtn Rd, and make a right turn back onto Stanton-Lebanon Rd (CR629). Riders must be sure to make a U-turn around the cone on Stanton Mtn Rd. Find the course map here: [GSSR 2024 TT route](#)

Caution — Each racer/team is on open roads and must stay to the right in the travel lane. There will be police at the turnaround to control car traffic.

Course Map



Scheduling

Individual start times will be emailed to riders on Friday night (4/19). Racers must start at their assigned times.

- Registration / chip pick-up: 7 AM to 8:30 AM.
- ECCC team waves: 8:00 AM, 1 minute intervals
- USAC waves will begin at 8:30 AM, with racers registered for Wave 1 of the Road Race starting first.

Collegiate riders will be entered in team format. Time will be taken at the second rider across the line.

Staging

Staging will occur on Molasses Hill Rd. Ride north out of Sauerland Outdoor Center and make the left turn onto Molasses Hill Rd. Report for staging at least five minutes before your assigned start time. Remember that all roads are open during the TTs, so when staging, stay to the right edge of the road.

Equipment

The Garden State Stage Race Time Trial will be limited to mass-start legal equipment as defined by the USAC rulebook. This decision is made with three objectives in mind: safety on a busy course, simpler race-day & travel logistics, and relatively even competitive playing field.

- Drop bars only — no tri bars or handlebar extensions
- Max wheel depth 90mm (no discs, three- or five-spokes, disc covers, etc.)
- Aero clothing is allowed, as are all USAC mass-start-approved helmets
- Puppy paws / invisible aero bar position is banned, as is the supertuck. Please ride safely and adhere to all USAC guidelines.
- All CPSC-approved (road-legal) helmets will be allowed.

Mechanical support will be provided by Trek Summit at the parking area for stage 1.

Stage 2 —Round Valley Road Race p/b SkyScape Drone Photography

Registration/Number/Chip Pickup

Registration and number/chip pickup for individuals who did not race the TT will open at 9am and temporarily close at 10:20am. It will reopen at 12:30pm and close at 1:40pm.

Staging

Staging will occur on Galloping Hill Road near the start/finish line. The road is low traffic but residents may need to pass, so please be mindful and do not block the entire road.

Report to the staging area 15 minutes before the start of your race. **Athletes, please note that this is 1.5 uphill miles from the parking area, so plan accordingly!**

Course Description

Hilly, scenic, 15-mile loop around the Round Valley Reservoir.

There are some danger areas to be aware of (pinch points, railroad tracks, bridges, high-speed corners, blind corners), so a course pre-ride is recommended. [GSSR 2024 RR route](#)

Turn-by-turn & Hazards

1. Mile 0: Neutral rollout from Galloping Hill Rd to CR 629.
2. Mile 0: Left turn onto CR 629. Neutral rollout ends; race begins.
3. Mile 1: Right turn to continue on CR 629. Take the road, not the gravel path that cuts the corner.
4. Mile 2.3: High-speed right turn onto Old Mountain Rd. Use caution.
5. Mile 3.9: High-speed, twisty descent ending with a chicane and railroad tracks to stay on Old Mountain Rd/Railroad Ave. Use extreme caution.
6. Mile 4.8: Right turn onto Mountain Rd and a narrow one-lane bridge. Use caution.
7. Mile 6.25: Right turn onto Main St (CR 523). Patrolled by police, no marshals.
8. Mile 7: Right turn onto Dreahook Rd. Patrolled by police, no marshals.
9. Mile 9: Intermediate Sprint (Laps 2 & 4).
10. Mile 10.5: Right turn onto Stanton Mountain Rd.
11. Mile 11.25: Begin technical descent of Stanton Mountain Rd. Use extreme caution. Cars may be ascending Stanton Mountain Rd. The road is narrow. There are blind turns. The centerline rule remains in effect.
12. Mile 13.5: Right turn onto Stanton-Lebanon Rd (CR 629). Patrolled by police, no marshals.
13. Mile 15: Finish line.

Race Times & Distances

road race field schedule				mountains (XOM) & sprint classification points				
field	wave	lap ct	dist.	lap 1	lap 2	lap 3	lap 4	lap 5
men 45 / CD	1	3	45mi	XOM	sprint	XOM	.	.
non-binary open	1	3	45mi	XOM	sprint	XOM	.	.
women 45 / CD	1	2	30mi	XOM	sprint	.	.	.
men 123 / A	2	5	75mi	XOM	sprint	XOM	sprint	.
men 34 / BC	2	4	60mi	XOM	sprint	XOM	sprint	XOM
women 123 / AB	2	4	60mi	XOM	sprint	XOM	sprint	XOM

Support (Wheels, Mechanical, & Feed)

There will be a rolling enclosure made up of a lead and follow car for each field on course. The follow car for each field will also serve as a wheels-in / wheels-out support vehicle (space will be limited, so this is first come, first served). There will be no neutral wheels available, so to get support from the car you must put wheels in the vehicle before the start of your race.

Mechanical support will be provided by Trek Summit, with one car per wave (morning or afternoon).

There will be a feed zone located near the top of the climb on Stanton-Lebanon Rd (CR 629). Receiving external support outside this zone is prohibited. Please retrieve any discarded bottles immediately after the race. Do not litter — keep any food wrappers, etc. in your jersey pockets. Feeding will be allowed on all laps except the last.

Mishaps & Penalties

If you suffer a mishap and withdraw from the race, please notify a marshal or an official.

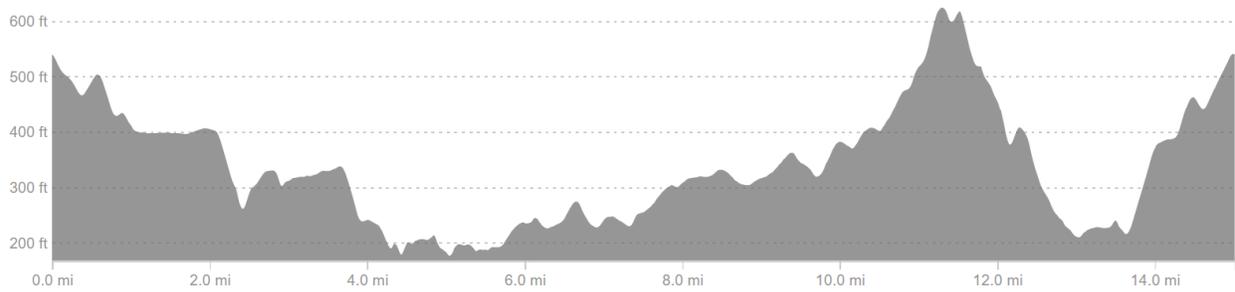
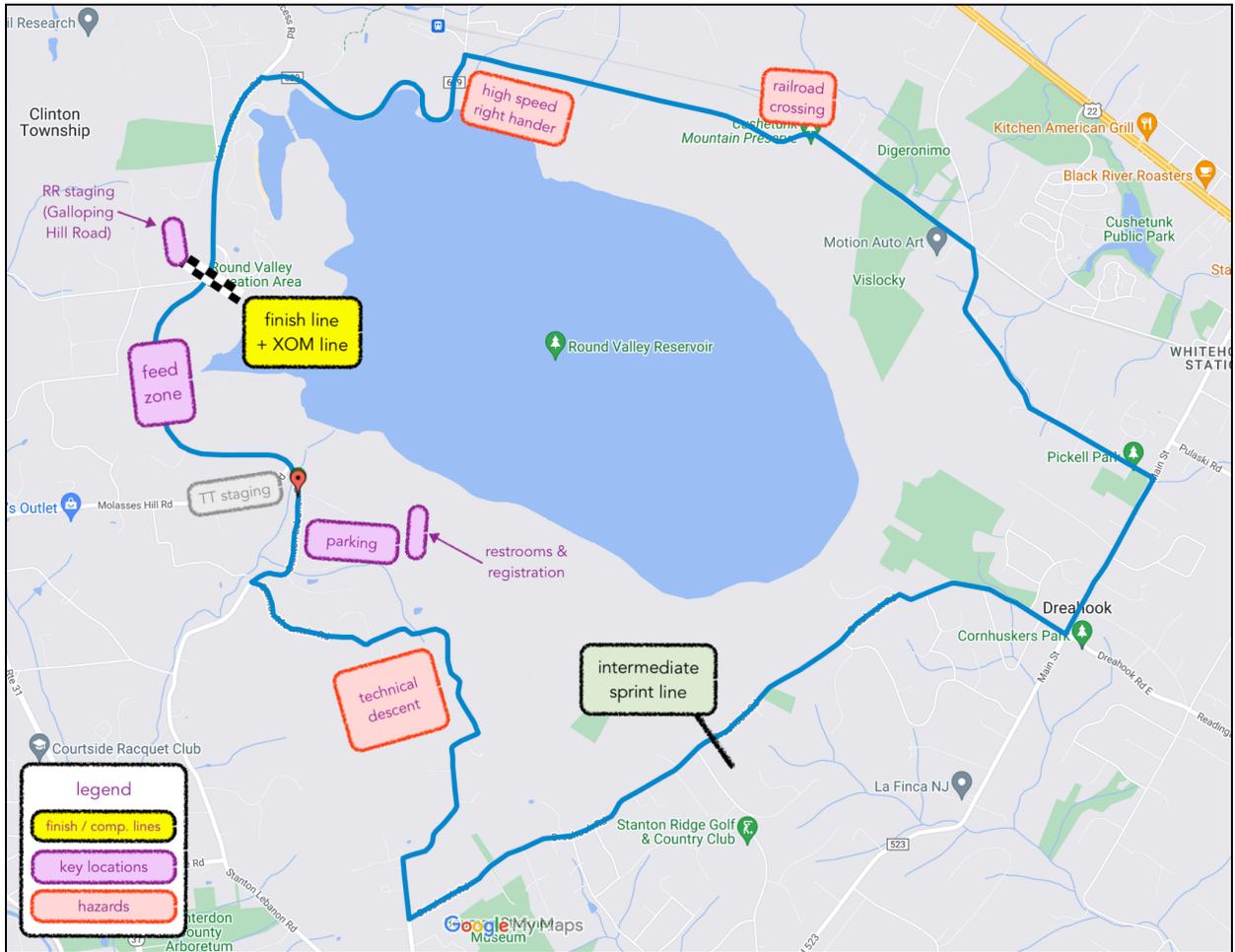
Violations of racer conduct as outlined in the USAC rulebook are subject to relegation, DQ, and penalties towards general classification as well as the sprint and XOM competitions. Penalties will be commensurate with the severity of the violation and will be determined by at the discretion of the officials and race promoter.

If you have been dropped from the rolling enclosure, you must obey all laws (e.g. traffic signals) unless otherwise directed by law enforcement personnel.

Spectating

Roads are open & public, but please be conscientious of racing lines when choosing where to spectate. Do not interfere with the racing and please remember that there is a designated feed zone — external support to racers will result in penalties.

Course Map



[1124 Stanton Lebanon Rd, Lebanon, NJ 08833](https://www.google.com/maps/place/1124+Stanton+Lebanon+Rd,+Lebanon,+NJ+08833)

Stage 3 — Sunday, April 21th — Livingston Campus Criterium

Registration/Number/Chip Pickup

Registration and number/chip pickup will open at 7am. Racers must check in at least 15 minutes before the start of their race or they will not be permitted to start.

Staging

Staging for each race will occur 5 minutes before its scheduled start time. See map for staging location.

Course Description

Three-corner crit course with an acute but wide corner 150-200m from the finish line. First rider to the last corner won't quite be the winning move with a long acceleration to the finish. [GSSR 2024 criterium course](#)

Race Schedule

The crit will be based on a fixed number of laps for each field, *not a duration goal*. Please see the schedule below.

criterium field schedule			sprint classification points & GC time bonuses (by laps remaining)							
field	laps	start time	35	30	25	20	15	10	5	FINISH
men BC	25	8:30 AM	.	.	»»»»	.	GC	PTS	.	PTS+GC
intro clinic ... clinic		8:30 AM
... race	12	9:25 AM	»»»»	.	.	.
men CD + ECCC NB	20	10:00 AM	.	.	.	»»»»	GC	PTS	.	PTS+GC
men 34	25	10:45 AM	.	.	»»»»	.	GC	PTS	.	PTS+GC
women 45 / CD	20	12:00 PM	.	.	.	»»»»	GC	PTS	.	PTS+GC
women 123 / AB	30	12:45 PM	.	»»»»	PTS	.	GC	PTS	.	PTS+GC
men 123 / A	35	1:50 PM	»»»»	.	PTS	.	GC	PTS	.	PTS+GC
men 45 + USAC NB	20	2:55 PM	.	.	.	»»»»	GC	PTS	.	PTS+GC

GC = general classification bonus seconds, 5 deep: 10-6-4-2-1

PTS = points classification points, 5 deep: 10-6-4-2-1

Sprint Points, and GC Bonuses

Sprint Classification Points and GC time bonuses will be on offer during the criterium according to the schedule above. A bell will be rung at the start of a points/bonus lap, and a colored flag will indicate whether the lap is for points or GC — these will be pointed out to riders before the start of the race.

Bonuses are awarded as follows:

- GC time bonuses go five deep for intermediate sprints & on the finish: 10-6-4-2-1 seconds
- Sprint points go five deep for intermediate sprints & on the finish: 10-6-4-2-1 points

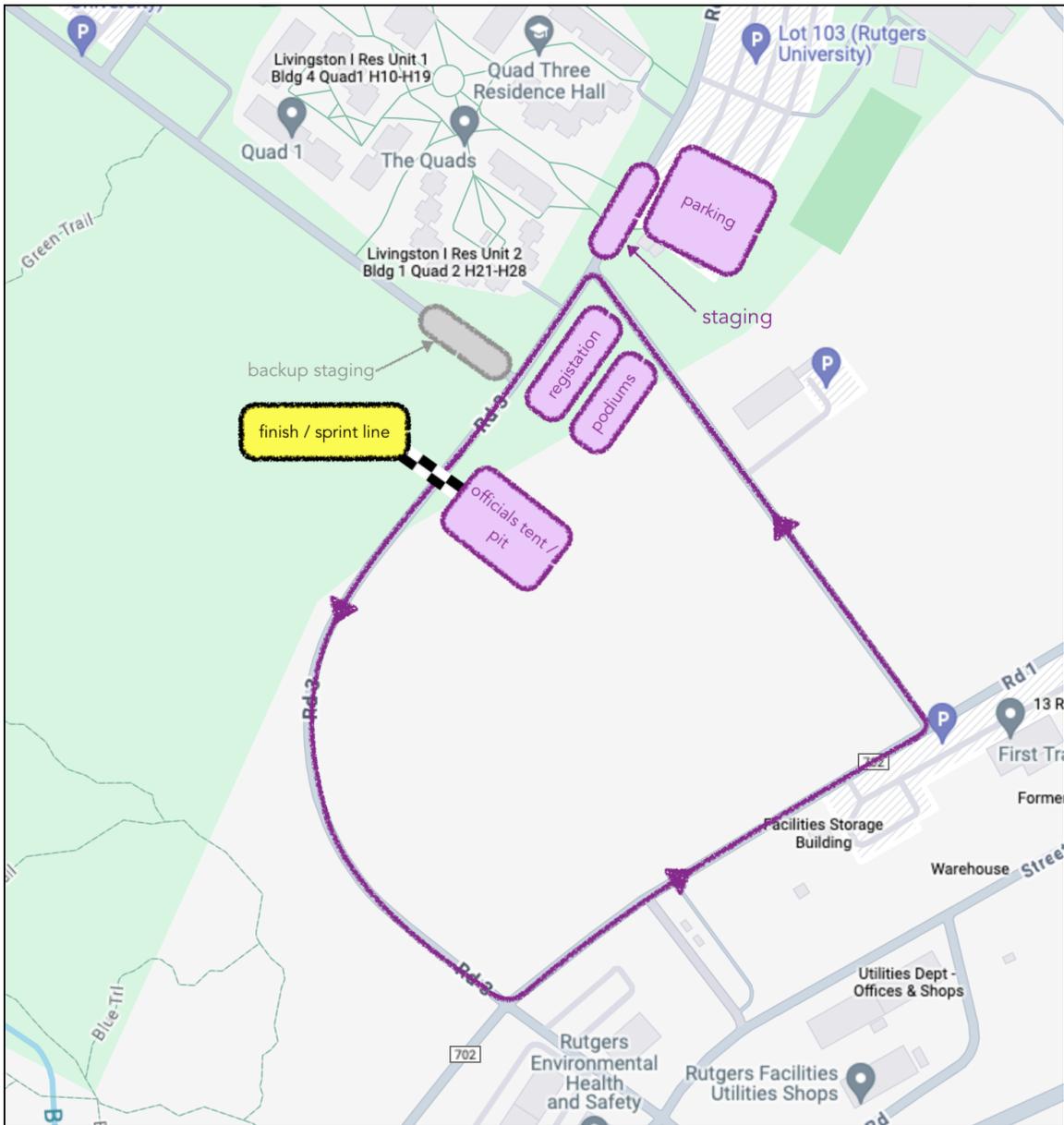
Pit & Free Laps

Free laps will be awarded per USAC Rule 3D5. A wheels in / wheels out pit will be available — please ensure your wheels are checked into the pit and labeled during the race directly prior to yours. Please DO NOT leave wheels in the pit all day, as this will lead to congestion in the pit.

Dropped Riders

Due to the technical nature of the course, officials will be pulling riders who've fallen off the back of the bunch, except in cases where free laps are awarded for mechanical failures or crashes. If an official signals for you to leave the course, do so at the earliest safe opportunity.

Course Map



[Lot 103 \(Rutgers University\), 1 Postal Plaza, Piscataway, NJ 08854](https://www.rutgers.edu/lot-103)