

Annual "Tour de Millersburg" Stage Race

August 5th & 6th, 2017

PCA Men & Women's BAR Series Event



4/4/2017

TECH MANUAL

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Introduction

Welcome to the 11th Annual Tour de Millersburg Stage Bicycle 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 200th birthday. We hope you will enjoy the tenth 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 2010 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.**

- 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.

Last, but certainly not least, a huge "THANK YOU" must be given to all of the sponsors and volunteers who put their money, time and energy into this great event. They are the folks who bring this race to you with the polished look that it has. Our goal has, and will always be, to deliver a race that exceeds all expectations. Anyone can put a race on the calendar but the attention given to the little things is what sets our race apart from the rest. We cannot thank our sponsors enough for providing us with that ability. If you get a chance please tell them thank you and support them with your business.

We want to wish all of the racers good luck. Have a safe race but most importantly have fun. That's what it is all about. When your legs are blown and your lungs are burning and you think there is no way that you can possibly go on, you just have to look inward to the little kid that still lives inside and realize that the little kid is having a blast! Now let's race!!!

Rules

United States Cycling Federation rules will apply.

All monetary prizes will be distributed at the awards ceremony following the road race on Sunday at the Gazebo in the town square.

This stage race will be scored by points for all categories.

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. Riders pulled from any stage will receive points according the number of riders pulled before them.

Riders will have 2 body numbers, place one on each side of your body. Numbers should be worn parallel to the body.. Do not wrinkle numbers!

Except for the Time Trial, all racers must sign in at the START/FINISH line 15 minutes before their event begins.

Time Trial start times will be given to you prior to the start. Arrive at the START/FINISH area 3-5 minutes before your scheduled start.

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

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

We had an issue last year with supporters spray painting the race course with their racer's 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.

The Millersburg Swimming Pool has agreed to allow the use of their shower facilities for the racers. Please respect this privilege like it is your own. We want to be able to use them again and again. You are responsible for your equipment and personal belongings etc...

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

The Road Race will be using a "rolling enclosure". Centerline rule will be strictly enforced on State Route 25. The Officials will brief all racers prior to the road race about the way it functions.

Race results will be posted on a bulletin board in the Gazebo in the town square and on Facebook as soon as they are available from the judges.

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When all else fails use common sense!

Registration

This year we are offering **two times to register**. Friday (8/4) registration at the **Millersburg Fire Company facility on Center Street** will be open from: 6 – 8 pm. Saturday (8/5) registration at small pavilion in **Seal Park** (across from the Millersburg Pool parking lot) opens at 6 am. Registration will be open throughout the Time Trial providing you are here before your start time which will be sent to you in advance.

Make sure you have your current racing license.

Cat 5 men and women will be able to purchase one day licenses for both days for the stage race or Saturday only for the "open" Time Trial. Annual licenses will also be available.

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

You will be given your race numbers and TT start time. Make sure numbers are not wrinkled and that they are displayed properly.

You will need to sign in 15 minutes prior to the Criterium and Road races for your individual category. Please do not wait until the last minute. Remember, when you are late everything is on time! Sign in will be at the START/FINISH line of each race.

This is a Stage Race so each stage will have a different START/FINISH line. Please become aware of the different locations. We will try to have directional signage in place for the different events. There will be a warm-up area for each race. They will be designated for each race.

Signage from parking areas will also be in place to guide you to the different areas.

General Classification*

Category	Field Limit	Distance	Fees	Prizes
Men Pro,1,2,3	100	157 Miles	\$85	\$829/8
Men 3	100	86 Miles	\$85	\$465/5
Men 4,5	75	83 Miles	\$85	\$465/5
Women 1,2,3	**100	86 Miles	\$85	\$829/8
Women 4,5	**50	62 Miles	\$85	\$465/5
Open - TT Only	60	9 Miles	\$25	Prizes

*** GC 1st, 2nd & 3rd place receive a trophy. ** Like categories add up to field limit**

Lorena F. Lemons Time Trial (8:00 am, Saturday, August 5th)

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

Women 4,5 will be the first to go @ 8:00 am. Followed by Women 1,2,3 - Men Pro,1,2,3 Men 3 and Men 4,5.

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

Staging area will be clearly marked and free of traffic.

Specific rules will be communicated prior to your start time.

There will be restrooms available.

Riders to leave every 30 seconds. Start times will be printed on your race number.

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

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

Riders may not take pace from another rider. Don't draft and don't block. Riding behind a rider closer than 80 feet (25 meters) is drafting. If you are going to pass, then move

approximately 7 feet (2 meters) to one side of the slower rider. If you fail to pass then move back to 80 feet. If you are the overtaken rider move to the right side of the road and allow the faster rider to pass.

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.

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.

There will be no feed zone for this course.

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.

There will be a holder at the START and an optional elevated starting ramp.

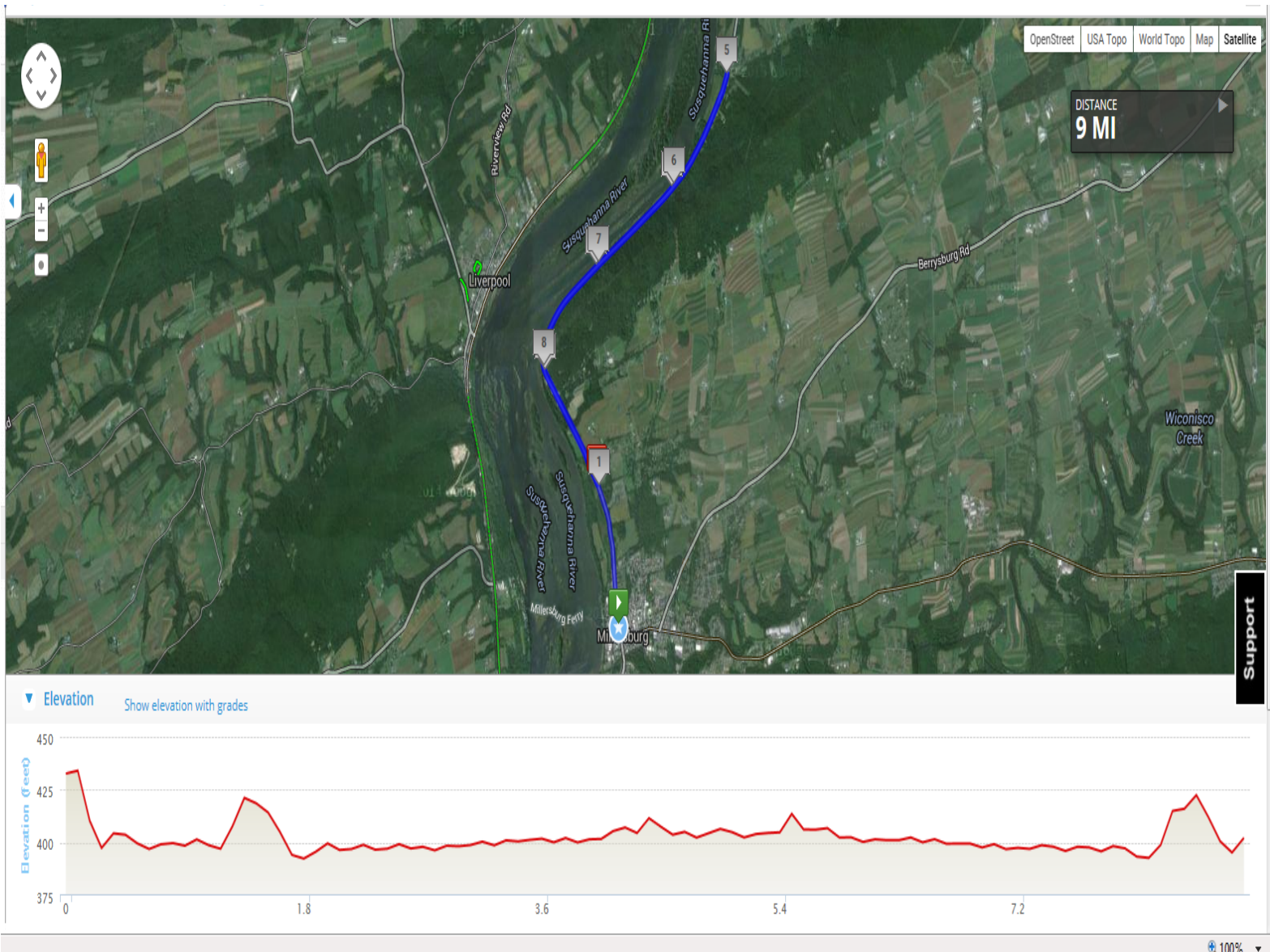
The "Open" category is for any eligible racer. USA one day licenses are required and will be available at registration. Prizes will be awarded to the fastest man and woman. Racers in the open category may use any bike that qualifies under USA Cycling rules.

PLEASE NOTE

In previous years, the FINISH line was at North Street on Market Street. This year, like last year, the Time Trial Finish line will be located approximately 1 mile North of town (LOOK FOR THE OLD CABOOSE ON THE RIVER SIDE OF THE ROAD). This will eliminate the safety issues related to the DETOUR and the business traffic as the racers returned into the Borough.

All racers will be directed to make a LEFT turn at OAK Street (HILL AT NORTH END OF CEMETERY) to return into the Borough.

**PLEASE BE PROMPT
AT START LINE**



RACE ORDER

Category	Start Times	Distance	Prizes
Women 4,5	8:00 am	8.6 Miles	\$305/5
Women 1,2,3	after Women 4,5	8.6 Miles	\$390/7
Men Pro,1,2,3	after Women 1,2,3	8.6 Miles	\$390/7
Men 3	after Men Pro,1,2,3	8.6 Miles	\$305/5
Men 4,5	after Men 3	8.6 Miles	\$305/5
Open	after Men 4,5	8.6 Miles	Prizes

RACE PAYOUT

Place	1	2	3	4	5	6	7
Women 4,5	\$75	\$65	\$60	\$55	\$50		
Women 1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Men Pro,1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Men 3	\$75	\$65	\$60	\$55	\$50		
Men 4, 5	\$75	\$65	\$60	\$55	\$50		

Payouts will be awarded in the town square following the Road Race.

Prizes for Open TT fastest Man and Woman will be awarded prior to the 12:30pm start of the Criterium.

7th Annual Cataldo "Tommy" Muggio Memorial Criterium 12:30 pm, Saturday, August 5, 2017

Women 4,5 will be the first to go @ 12:30 pm. Followed by Women 1,2,3 - Men Pro,1,2,3 Men 3 concluding with Men 4,5

Riders must sign in 15 minutes before the crit. race at the START/FINISH line.

We anticipate closing the course at 11:00 am in order that racers may familiarize themselves with the race course. The course will be closed to all racers at 12:00 pm in preparation for the first race.

Specific rules will be communicated prior to your event.

There will be a "pit" area located on Race Street, between North and Moore Streets.

Repairs and inspection of equipment must be done in the pit area and the mechanical must be deemed valid due to a: crash, flat tire, or breakage of an essential part of the bicycle.

Free lap rule will be in effect for the Criterium event.

There are no free laps in the last 8k (5 miles) of the race.

There will be a referee in the pit area to determine the validity of the mishap.

Riders are entitled to a free lap for every mishap until the end of the free lap period.

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 4,5	12:30 pm	30 Minutes	\$305/5
Women 1,2,3	1:15 pm	40 Minutes	\$390/7
Men Pro,1,2,3	2:10 pm	60 Minutes	\$390/7
Men 3	3:25pm	40 Minutes	\$305/5
Men 4,5	4:20 pm	35 Minutes	\$305/5

RACE PAYOUT

Place	1	2	3	4	5	6	7
Women 4,5	\$75	\$65	\$60	\$55	\$50		
Women 1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Men Pro,1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Men 3	\$75	\$65	\$60	\$55	\$50		
Men 4, 5	\$75	\$65	\$60	\$55	\$50		

Payouts will be awarded in the town square following the Road Race

Road Race (8:00 am, Sunday August 6, 2017)

Men Pro 1,2,3, and Men 3, will be the first of two "rolling enclosures" to go out separated with a 5 minute time gap at 8:00 am. Men 4,5 and Women 1,2,3 will be the next two "rolling enclosures", again separated with a 5 minute time gap, at 11:30 am. (Women 4,5 at 11:36 am.)

You must register 15 minutes prior to your event category.

Warm-up area will be open to traffic. Stay off race course. Use Wiconisco St. Access from 147S. From the town's square follow 147s and bear left at BG's supermarket to STOP sign and turn left at the sign. This is an out and back warm-up area. When you get to the STOP sign at the intersection with Rt. 147, turn around. Do not use Route 209.

We will be using a "rolling enclosure". Centerline rule strictly enforced on State Route 25.

Specific rules will be communicated prior to your event.

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

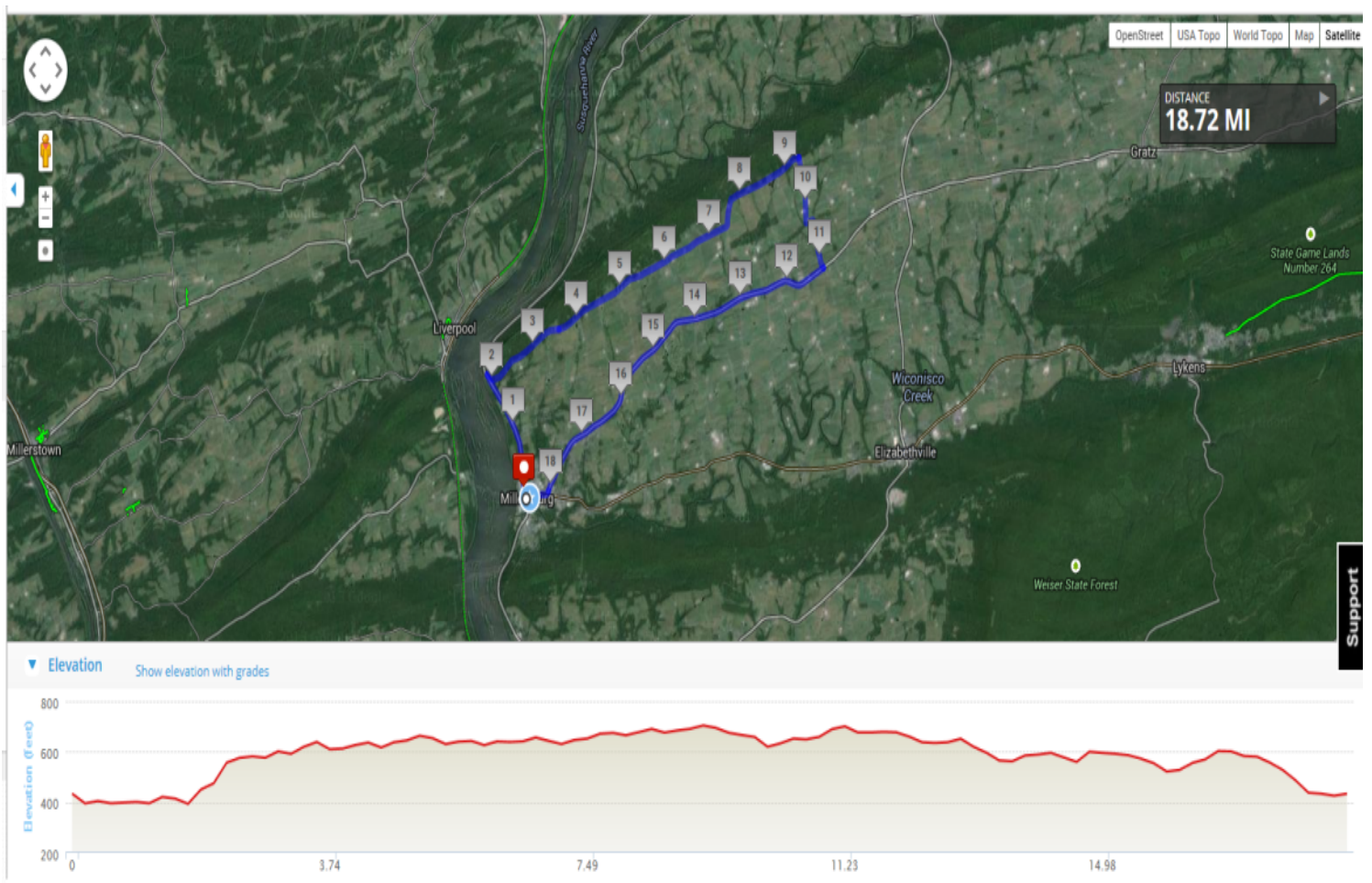
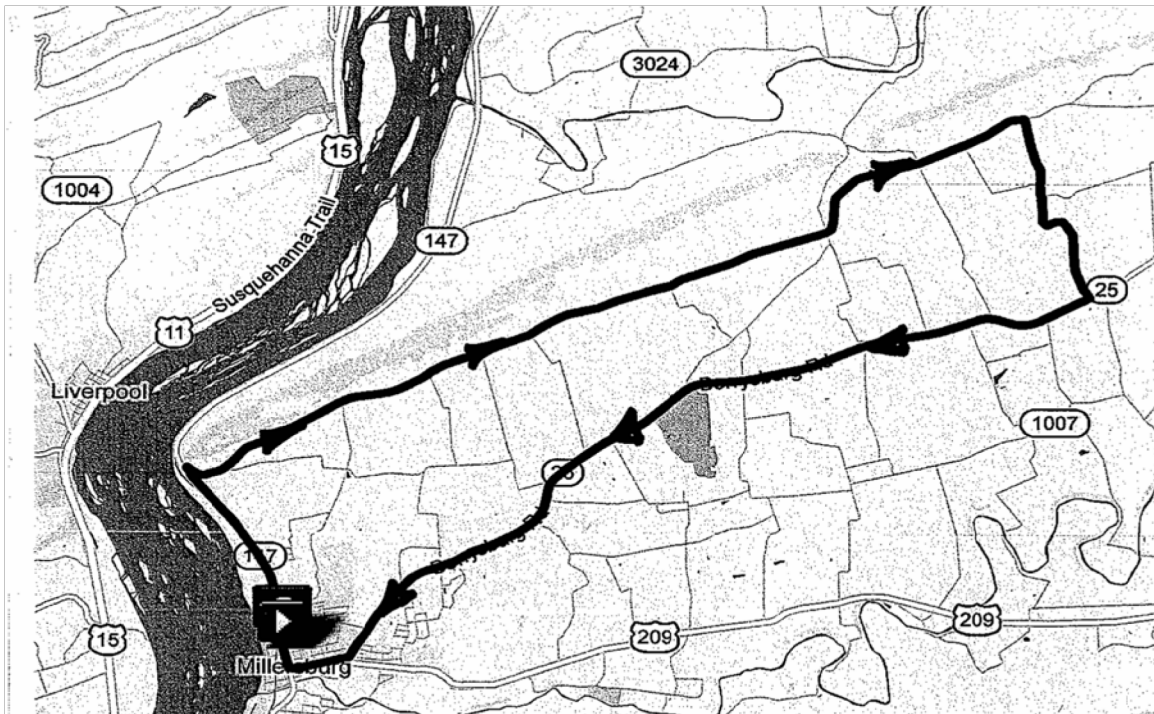
Feed zone to open up for the Men Pro,1,2,3 race after 2nd lap, Men 3 and 4,5 after 2nd lap, Women 1,2,3 after 2nd lap. Women 4,5 after 1st lap.

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 van within the rolling enclosure. Prior to your event make sure you have placed wheels in van.

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).

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 4,5 Women 1,2,3, and Women 4,5

RACE ORDER

Category	Start Times	Laps	Distance	Prizes
Men Pro,1,2,3	8:00 AM	4	75 Miles	\$390/7
Men 3	8:05 AM	3	56 Miles	\$305/5
Men 4, 5	11:30 AM	3	56 Miles	\$305/5
Women 1,2,3	11:35 AM	3	56 Miles	\$390/7
Women 4,5	11:36 AM	2	37 Miles	\$305/5

RACE PAYOUT

Place	1	2	3	4	5	6	7
Men Pro 1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Men 3	\$75	\$65	\$60	\$55	\$50		
Men 4,5	\$75	\$65	\$60	\$55	\$50		
Women 1,2,3	\$75	\$65	\$60	\$55	\$50	\$45	\$40
Women 4,5	\$75	\$65	\$60	\$55	\$50		

Payouts will be awarded in the town square following the Road Race.

General Classification Payout Schedule

Place	1	2	3	4	5	6	7	8
Men 1,2,3	\$125	\$120	\$115	\$110	\$105	\$100	\$95	\$59
Men 3	\$125	\$120	\$115	\$55	\$50			
Men 4,5	\$125	\$120	\$115	\$55	\$50			
Women 1,2,3	\$125	\$120	\$115	\$110	\$105	\$100	\$95	\$59
Women 4,5	\$125	\$120	\$115	\$55	\$50			

STAGE POINTS – 1st-1pt, 2nd-2pt, 3rd-3pt, 4th-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. If there are less than 15 registered racers for any one category, the purse will be reduced to 50% of registration for that category

There will be Trophies awarded to First place in each category of the General Classification.

There will be Awards for the 2nd and 3rd place finishers in each category of the General Classification.

Feed Zone

Feed Zone will be located on Market St.

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

This will be a neutral water feed zone. All riders can receive complimentary food/drinks.

Specific instructions to be given prior to each race category.

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

Trash must be discarded by racers and picked up by event staff in a timely fashion and before the next lap.

Volunteers will be lined up on the road with goods to hand safely to racers.

Any supported rider can also be present to hand out to his/her racer.

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 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.

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

All award presentations for each category will be held at the gazebo located in Market Square Park following each category's Road Race on Sunday and validation of the General Classification results by the timing officials.

There will be a grace period of 15 minutes minimum for any protests for final classification and up to the discretion of the head official and timing crew. They will have the results as soon as possible. Please let them do their jobs while computing the results.

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.