

ILLINOIS STATE CHAMPIONSHIP ROAD RACE



www.TowerRacing.net

Technical Guide

Welcome to the second annual Illinois State Championship Road Race sponsored by Tower Racing. On behalf of the Village of Willow Springs, the Illinois Cycling Association, Tower Racing and all of our sponsors, I would like to welcome to you to a new and exciting course for 2009! Thank you for your participation and I think you will find this new course a cyclist's dream. Roughly 95+% of the course is fresh blacktop without any potholes or imperfections. The course is 10 miles long, with only 3 turns and closed roads. As well, it is surrounded by beautiful forest preserves, which are not only scenic for the lakes and forests, but it also provides shelter from the wind and sun as most of the course is also shaded. There are a few climbs with 8% grades and the finish is a long straightaway, uphill at a 5% grade. We have done our very best to provide you a great day for racing; thank you again for your support and participation! Good luck!

Jim Hamman
Race Director
Tower Racing
www.towerracing.net

1. Saturday September 12th – Willow Springs, Illinois

The 2009 Illinois State Championship Road Race is a one-day event with categories for all racing levels. The official website is www.TowerRacing.net/StRR. These events will be run according to USAC regulations. A current USAC racing license is required to enter these events.

Category	Field Limit	Start Time	Distance	Laps	Places	Prizes	Entry Fee
Cat 5 Beg A	50	8:00 AM	20	2	3	Medals	\$35
Cat 5 Beg B	50	8:08 AM	20	2	3	Medals	\$35*
Masters Women 35+/ 45+	50	8:10 AM	20	2	3 each	\$200	\$35
Masters 30+ Cat 4/5	75	9:30 AM	40	4	7 each	\$200	\$35
Masters 40+ Cat 4/5	75	9:38 AM	40	4	7 each	\$200	\$35
Masters 50+/60+	75	9:45 AM	40	4	5+50 / 3+60	\$240	\$35
Cat 5 Beg C	50	11:30 AM	20	2	3	Medals	\$35
Juniors 15-18 (M/W)	50	11:32 AM	20	2	3	Medals	\$25
Juniors 10-14 (M/W)	50	11:34 AM	20	2	3	Medals	\$25
Cat 4 Beg Women	50	11:36 AM	20	2	3	Medals	\$35
Masters 30+ / 40+ Cat 1,2,3	75	1:00 PM	50	5	7 each	\$500	\$35
Elite Cat 3	100	1:08 PM	50	5	10	\$500	\$35
Elite Cat 4	100	1:10 PM	40	4	7	\$300	\$35
Elite Pro Men ½	125	3:30 PM	60	6	15	\$2,400	\$35
Elite Pro Women 1/2/3	75	3:35 PM	50	5	10	\$500	\$35

2. Registration

- Online registration will be handled by BikeReg.com (<https://www.BikeReg.com>). Save money and time by pre-registering online. Online Registration opens August 25, 2009 and closes September 10, 2009 at 12:00 pm CST, or when the category is filled.
- All racers must have a valid 2009 USAC license that must also be presented at registration. Cat 5 racers may purchase one day licenses the day of the event. Racers in Cat 4 and above may also purchase annual licenses the day of the event. However, to facilitate quick and efficient registration, please try and have your licenses ready before race day.
- Racers must compete within their USAC designated category. Cat 3s will not be allowed to take part in the Cat 4/5 race, just as Cat 4s will not be allowed to race in the Cat 1/2/3 race.
- On-site registration opens at 6:30am at the Willowbrook Ballroom (see below for directions and parking information).
Riders who register on race day are subject to a \$10 late fee for their first race.
- Pre-registration refunds (less transaction fee) will only be granted for medical emergencies or if the rider notifies the race director in writing before the event.
- The race will be run rain or shine.
- We promise a quick and easy registration process.

3. Where does your Entry Fee Go?

Your Race Entry Fee is \$35. While many people complain about the high entry fees for a road race, we thought it would be helpful to itemize all expenses so you can see where your entry fees go. In summary, we have a shortfall of \$8.88 per racer due to high fixed expenses of the race. Without sponsors, races (like this) would not happen. We hope that you kindly consider their services in the future.

Prize money (\$5,060)	\$12.65
World Bike Relief Donation (WBR)	\$1.00 - \$5.00
Police	\$4.50
Official / Sanctioning fees	\$4.45
Insurance for racer	\$3.00
Service fee for registration	\$2.80
Road Signage for detours	\$2.50
Participation numbers	\$1.25
EMT	\$0.63
Logistics – Porta Johns, Water for Volunteers, Venue, Announcement system, etc.	\$7.10

Event Cost Per Racer (assumes 400 racers, 2008 had 391 racers) \$43.88

4. Race Age and Eligibility

A competitor's racing age for road events is determined by the year in which the current season ends (2009). A racer's category is determined by their 2009 USAC license. In the event of a dispute, the head official will make the final decision on which event a rider is allowed to compete in.

5. Prize Lists and USAC Points

Payouts: At time of writing, we expect approximately a \$5,000 cash purse.

Race Category	Cash Purse	1st	2nd	3rd	4th	5 th	6 th	7 th	8th	9th	10th	11th	12th	13th-20th
Juniors 15-18	0													
Juniors 15-18	0													
Juniors 10-14	0													
Juniors 10-14	0													
Women Cat 4 beg	0													
Men Cat 5	0													
Masters Women 30+	100	50	25	25	0	0	0							
Masters Women 45+	100	50	25	25	0	0	0	0						
Men 50+	140	50	35	20	20	15								
Men 60+	100	50	25	25			0	0	0	0	0			
Men Cat 4	300	75	60	50	40	30	25	20	0	0	0			
Masters 30+ Cat 1,2,3	250	65	50	40	30	25	20	20	0	0	0			
Masters 40+ Cat 1,2,3	250	65	50	40	30	25	20	20	0	0	0			
Men Cat 3	500	100	80	75	60	50	40	30	25	20	20			
Masters 30+ 4/5	200	50	40	30	30	25	20	15	0	0	0			
Masters 40+ 4/5	200	50	40	30	30	25	20	15	0	0	0			
Women Cat P/1/2/3	500	100	80	75	60	50	40	30	25	20	20			
Pro ½	2,400	400	350	250	175	150	150	125	100	75	55	50	50	40
TOTALS	5,040	1,105	810	635	455	395	335	275	150	115	95	50	50	

USA Cycling Points:

Points awarded for Road Races

Placing	Number of Starters			
	5-10	11-20	21-50	50+
1	3	7	8	10
2	2	5	6	8
3	1	4	5	7
4		3	4	6
5		2	3	5
6		1	2	4
7			1	3
8				2
9				1

ILLINOIS CUP POINTS:

Points are awarded to all eligible racers. This is a double points event, so the breakdown will look like the table on the right.

	Road Race
1st	60
2nd	50
3rd	42
4th	36
5th	32
6th	28
7th	24
8th	20
9th	16
10th	12
11th	10
12th	8
13th	6
14th	4
15th	2

6. Race Numbers

This is a road race and thus there will be up to 3 races on the course at one time. As such, to alleviate possible confusion on the course, all categories will be issued a race number which identifies the category entered.

An important note: Separate fields are prohibited from working together.

The jersey number is to be placed on the **right** side of the body. The bottom edge of the number should be aligned with the middle of the jersey's side panel. See photo below.



Misplaced or misapplied numbers may cause the rider to not be scored for the race. ***Please make sure to properly place the number according to the above guidelines.*** Please feel free to consult race staff or the head official if you have questions on number placement.

7. Course Description

The course is a loop and approximately 10 miles in length with only 3 turns. The entire course is bordered by Cook County Forest Preserve and much of the course is shaded by trees – keeping temps cooler and blocking much of the wind. The Forest Preserve surroundings implies limited intersections/driveways and thus uninterrupted racing, making for a safe course.

The course features a significant 3-stairstep climb which begins at the corner of Archer Rd. and Flavin Rd. The first part of the climb contains 5 to 8 percent grades. The final .3 miles is a straightaway with both lanes open to racers and a 5

percent grade to the finish. Since the majority of the climbs are completely closed to motor vehicle traffic (Archer to 95th street), we expect that this part of the course will feature some exciting racing.

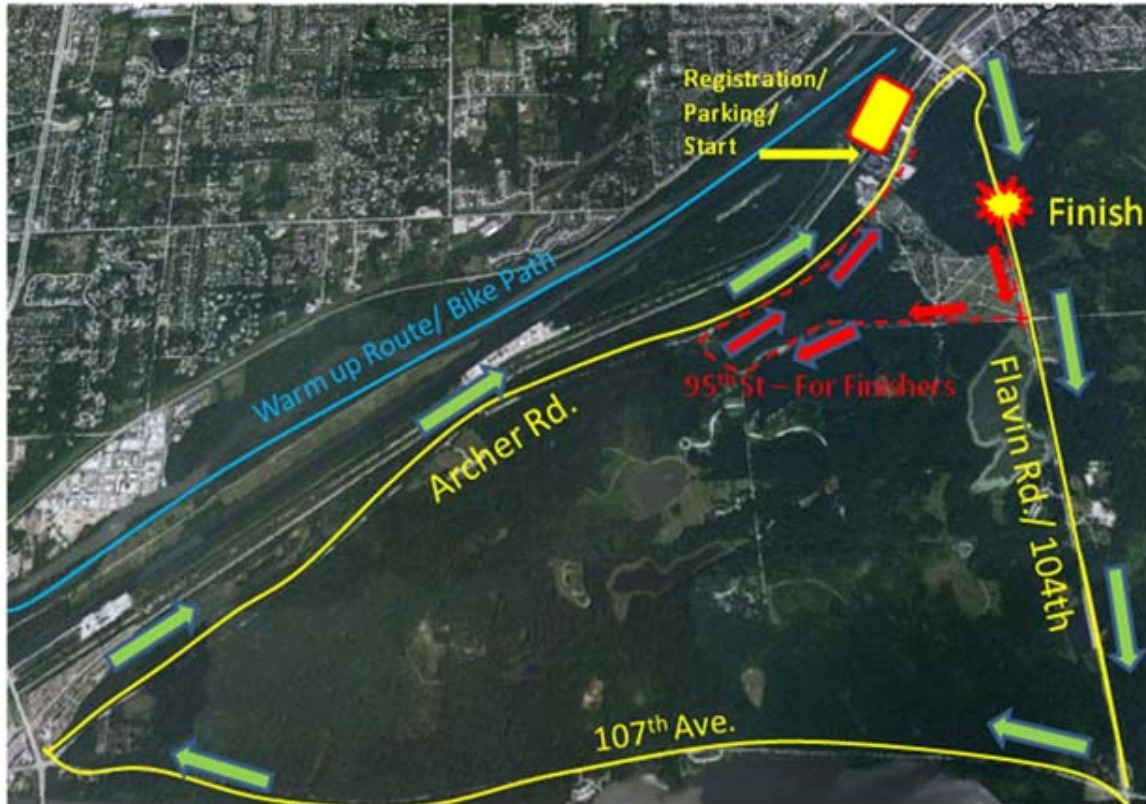
The course then descends to 107th Ave. with one lane open for racers and motor vehicle traffic using the northbound lane. For safety reasons, the centerline rule will be strictly enforced -- no rider may cross the center yellow line. The right turn from Flavin onto 107th Ave. is downhill, and thus racers must use caution for this turn.

107th Ave. also has one lane closed for racers only with motor vehicle traffic using the eastbound lane. 107th Ave. is flat and takes the racers past a scenic lake on their left with a forest preserve on their right. For safety reasons, no rider may cross the center yellow line.

The right turn from 107th to Archer is slightly uphill. Moreover, riders will have two lanes to safely make this turn. Archer also has one lane closed for racers and motor vehicle traffic will be flowing westbound on Archer so no rider may cross the center yellow line. If the prevailing summer winds are southwest, the stretch of Archer could be fast.

After finishing the race, riders will turn right at 95th St. (200 meters after the finish) and follow the road back to Archer and the Willowbrook Ballroom parking lot. 95th St. will be completely open to motor vehicle traffic so please ride cautiously. It is also possible that other races may be in progress so use caution when riding on Archer to the parking lot after finishing.

The most notable aspect of this course is that 98%+ of the course is fresh blacktop pavement, so there are virtually no potholes/imperfections to worry about. There are a few small manhole covers to watch for, but nothing of significance. As such, we expect a very smooth ride and GREAT racing conditions.



8. Neutralized

Despite our best planning efforts, there is a chance that a breakaway from a category started later (let's say group B) encroaches on the peleton of an earlier started group (let's say group A). If this occurs, the pace car of Group A will slow the peleton down to allow the passing group (group B) to safely go by. Once the official in the pacecar makes this motion, the entire peleton of riders in (group A) are neutralized and not allowed to join the passing group. Please watch the officials in the pace cars and make sure that you are riding with the group that you started.

9. Directions to the Course

Parking and registration for the race are located at the Willowbrook Ballroom, 8900 South Archer Rd., Willow Springs, IL 60480. Volunteers in the parking lot will direct you where to park.

I-294 (From North)

Take I-294 South and take the 75 St. Exit toward Willow Springs Rd. Turn right onto 75th St. Turn left onto Willow Springs Rd. Turn right onto Archer Rd./Il-171. The Willowbrook Ballroom is on the right side.

I-294 (From South)

Take I-294 North and take the Archer/Il-171 West Exit. Proceed approximately 2 miles on Archer Rd./Il-171. The Willowbrook Ballroom is on the right.

General:

Remember that Archer Rd. will be closed to eastbound traffic. To reach the Willowbrook Ballroom parking lot, you must proceed westbound on Archer Rd.

10. General Rules

- All pets must be leashed or confined at all times.
- Please be respectful to local neighbors and neighborhoods who are graciously supporting this race.
- All trash must be disposed of in containers provided. This means banana peels, gel wrappers, bar wrappers, etc. If you brought it in and don't want to take it home, please throw your trash away in the provided receptacles.
- Event organizers reserve right to eject from or deny access to the premises any person or persons at their discretion.
- The Willowbrook Ballroom is private property. Please respect the grounds and facilities as we are guests.
- Parking is in the lot at the Willowbrook Ballroom.
- Please do not park in the neighborhoods and businesses along the course or in the forest preserves.
- Registration will be under the canopy at the Willowbrook Ballroom.

11. Warm-Up/Pre-Riding

- Absolutely NO pre-riding the course while another race is in progress. Riders disobeying requests to clear the course will not be allowed to race. The head USAC official will determine if further action is necessary.
- Please bring a stationary trainer for use in the parking lot. Riders may also warm-up on the I&M Canal trail which is located just north of Archer Rd (see map). Riders can access this trail by carefully riding east on the shoulder of Archer Rd. from the parking lot for a short distance, then left on Willow St., right on Colonel, then left over the railroad tracks to the trail. Please be mindful of non-racers who might be using the trail.

12. Wheel Pit Area

A wheel pit area will be designated for your own personal wheels will be available in pit-row near the Finish line. Per the norm, wheels in/wheels out. Since this is a road race, there are no free laps.

13. Lapped Riders

Rule 3C3. A lapped rider or one who has fallen too far behind and is considered to be out of contention may be called off the course by the Chief Referee. Riders on different laps may not give aid or receive pace from one another. A lapped rider must not interfere in any prime sprint or finishing sprint and must ride sufficient laps at the end so as to cover the entire distance in order to qualify for a prize.

14. First Aid

- 2 EMTs will be on-site throughout the day and first aid will be available. One will be stationed at the Start/Finish, near registration. The second will be stationed at the second turn (corner of Flavin and 107th). A firehouse and ambulance service are also very close by.
- Emergencies should be reported to EMTs, course marshals, and/or Race Officials (all of whom should have race radios).

15. Awards

Awards and prizes will be distributed as soon as possible after the finish of each race and contesting period. State Champion Jerseys and medals will be awarded in addition to cash prize list. Category 5 riders are not eligible for State Championship jerseys or State medals.

State Championship Eligibility

- You must hold an annual license
- You must be a resident of Illinois and your USA Cycling license must show an Illinois address
- You must be a citizen or permanent resident of the U.S.

16. Restrooms

- Temporary restrooms will be provided near registration and the finish. Public urination and littering is not appropriate and will result in disqualification from the event and/or a fine.
- Please respect the grounds and facilities as we are guests of Willow Springs and the Willowbrook Ballroom.

17. Volunteering

Calling all volunteers! Tower Racing needs volunteers to assist with course marshalling, registration, course set up and tear down. Volunteers will receive food/ water and a t-shirt. Our greatest need for volunteers is for course marshalling. Please contact Bob Fielder at fielder21@comcast.net for more information. We'd love your help.

Also, if you see a volunteer or a sponsor, please thank them for their time and help. Without their help and participation, this day would not be possible.

18. Outreach

One of the driving principles behind Tower Racing is to be a positive force in the community. Recognizing that we are citizens of the world first and cyclists second, the members of Tower Racing are asked each season to give something back to the community by donating any winnings from each member back to charities.

Continuing the tradition of working with nationally and internationally recognized organizations who are working to affect positive change in the world, Tower Racing is excited to have the opportunity to work with PADS and to support its local efforts in providing temporary housing (and bikes) for the homeless.

Part of each racer's entry fee will be donated to World Bicycle Relief. For more information about this organization, please visit www.worldbicyclerelief.org.

19. Event Staff

Race Director / Tower Racing President -- Jim Hamman
Sponsorships – Pat Dillon, Terry O'Grady
Race Logistics -- Tom McNulty, John Case, Kevin McCann, Ed Ekstrom, Don Hanke
Registration – Andy Schoneman, Tony Kassel
Volunteers – Bob Fielder
Public Relations – Tony Cacchillo
Race Consultant – Steve Hansen (ICA)

20. Officials

TBA

21. Contact information

For further questions/inquiries, please contact race director (Jim Hamman) at ILRRDirector@gmail.com or cell phone: 312.933.5319.

22. Sponsors

Thank you to the following sponsors of this race:

Tower Racing
Village of Willow Springs
Willowbrook Ballroom
McHugh Construction
Vee Pak, Inc.

