



Spring City Cycling Club

Huntsville, Alabama - Founded 1892

SCCC 2009 Summer Races RACE BIBLE





Alabama State Championship Road Race (USAC)
&
Alabama State Championship Hill Climb (USAC)
July 18, 2009 - New Hope, AL

Mellow Mushroom Criterium (USAC)
&
ERC Kids Rocket Races Fun -  - Family event
July 19, 2009 - Huntsville, AL (Downtown)

Jerry Damson

 HONDA  ACURA



TRINITY COUNSELING CENTER, INC

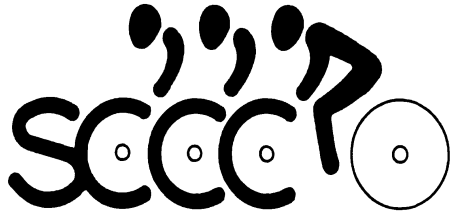


Alabama Bicycle Coalition



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SPRING CITY CYCLING CLUB

PO Box 2231 Huntsville AL 35804

www.springcity.org

July 15, 2009

As President of the Spring City Cycling Club, I would like to welcome you to our 2009 Summer Races! Both the Spring City Cycling Club and our generous sponsors greatly appreciate your participation. This year we return to an Omnium format for the summer races. On Saturday, we host the Alabama State Championship Road Race and Hill Climb Time Trial in New Hope. On Sunday, we'll return to our favorite Criterium Course in beautiful Downtown Huntsville.

Throughout its long history, Spring City Cycling Club has had a continued commitment to promote the sport of cycling, and the visibility of our sponsors, through excellence in competition, athlete development, and event promotion. This year promises to continue the tradition.

Please be sure to thank our volunteers, who are giving of their own time to make your race possible. Please also take a moment to visit our sponsors. Without our volunteers and sponsors, our races could not take place.

Thanks again for your support and ride safely!

Chris Reno
President
Spring City Cycling Club

LETTER FROM THE RACE DIRECTOR

BONJOUR, HOLA, GUTEN TAG,

And thank you for participating in this year's SCCC annual summer races. We return to scenic New Hope for a fast and furious course that has been carefully chosen for our State Championship races. We start out in downtown New Hope, head south on Main Drive and then get out to some of the most beautiful country road around North Alabama. Follow that up with a fun 4.1 mile Hill TT, that will prove to be challenging. Our classic criterium will be held on Sunday in downtown Huntsville. Alabike will be hosting the ERC Kids Rocket Races, so don't miss out. WOMEN RACERS---bring out your man, have him cheer you on from the sideline and then enter the kids in their age appropriate race. Should be a grand time.

As many of you know, SCCC has been bringing this race to you for over 15-20 years. And many of you have been faithful participants. Thank you. It is nice to see familiar faces come up to registration. Thank you for your continued support. Hopefully many new faces will be present this year. The 2009 SCCC races are unique this year. In an attempt to bring you many options, a special omnium has been developed. The omnium has been meticulously planned to offer more opportunities for more people to partake in prize money. Please enjoy. And on that note, I want to thank the committee. Truly, this is a team effort.

Mellow Mushroom is our large sponsor this year, so get out there and eat that pizza. ERC has returned for the children's races, and we thank them for that opportunity. Not sure who has more fun for the day, the adults or the kids. Please support all of our sponsors, volunteer and officials who sacrifice a lot of time pre race, race day and post race, to make all this possible. Our home owners on the course appreciate you not littering and I appreciate you not littering so I don't have to go out and pick it up. Above all, have a fun. Be courteous. Be safe. And when you get home after the race, do two things. Thank those family and friends that support you. And secondly, encourage ONE person, who may not even own a bike.....to just try it.

Jacqy Stone
SCCC Race Director
jacqybike@comcast.net
256-536-0222

REGISTRATION

Online registration is available at BikeReg
(<http://www.bikereg.com/events/register.asp?EventID=8953>).

Online registration closes Wednesday, July 15, 2009 at 11:45 PM ET.

Race day registration starts at 7:00 am each day and closes 30 minutes prior to each event.

You must have a valid USA Cycling license to race. Annual licenses may be purchased at registration. The cost is \$60. One-day licenses may be purchased at registration. The cost is \$10/per day.

Registration Fees:

Make checks payable to SCCC and mail to Jacqy Stone, 1003 Randolph Ave., Huntsville, AL 35801. Online registration is available at www.BikeReg.com. Mailed payments and online registrations must be received by dates listed below to qualify for discounts.

	(Before 7/8)	(7/9-7/15)	(After 7/16)
Road Race	\$30	\$35	\$40
Time Trial	\$20	\$25	\$30
Criterium	\$30	\$35	\$40
Jr. Road Race	\$10	\$15	\$20
Jr. Time Trial	Free***	Free***	Free***
Jr. Criterium	\$10	\$15	\$20

* See the race bible for omnium eligibility and scoring details.

** Designates Alabama State Championship race.

*** Juniors may race the time trial for free if they are registered for the road race.

GENERAL RULES

- All 2009 USAC rules are in effect. Held under USA Cycling permit.
- Valid and current USAC license must be presented at registration.
- Promoter reserves the right to adjust start time/mileage, cancel/combine events, remove riders from events, and modify prize lists as necessary.
- Events will be held rain or shine.
- **Helmets must be worn while on the bike at all times.**
- No one can warm up on the course until you have registered and signed a USAC waiver.
- Field limit for Cat 5 racers is 50 riders; all other fields are 100 riders.
- Masters 35+ must be Category 4 or higher.
- All numbers supplied by the promoter must be used. No folding or cutting of numbers is allowed.
- Side numbers should be placed on the correct side of the jersey with the bottom edge of each number aligned with the jersey side seam.
- **The promoter is not responsible for scoring problems due to incorrect number placement.**
- **Number Placement**
 - **Road Race/Hill Climb Time Trial: RIGHT SIDE and BACK**
 - **Criterion: LEFT SIDE and BACK**
- After completing your races, do not congregate at the finish line.
- Please dispose of your trash properly. Littering on or off the bike, will not be tolerated. Our ability to hold this race in the future is dependent on everyone following this rule; racers and non-racers alike. During the road race, gel packs, water bottles, or other trash may be deposited by a racer only within the boundaries of the feed zone. **If you are observed throwing any trash outside of the designated feed zone, you can be disqualified.**
- **Payouts will be made after results are final.** You must present the paymaster your USAC license or race number to claim your prize money.
- Annual licenses available for \$60 (new Cat 5 men, Cat 4 women, or renewals).
- **To win Alabama State championship USAC medals, riders must be Alabama residents and possess an annual USAC license; not a one-day license.**
- Juniors must adhere to the gear restriction rules regardless of what event they are riding in (roll-out will be performed).

Criterion Rules:

- Free lap rule will be in effect.
- Wheel pit area will be provided – wheels in, wheels out. The SCCC promoters are not responsible for wheels and equipment left in the service areas.
- The course will be closed to traffic. The race promoters are not responsible for dogs, vehicles, and other hazards that may occur. **Race at your own risk!** The race promoters have taken precautions to ensure a safe and fair event.

Road Race Rules:

- The center line rule will be strictly enforced!
- There will be corner marshals and/or signs at all intersections on the courses. Ultimately, it is the rider's responsibility to know the course!
- The course will be open to traffic. The race promoters are not responsible for dogs, vehicles and other hazards that may occur. **Race at your own risk!** The race promoters have taken precautions to ensure a safe and fair event.

Hill Climb Time Trial Rules:

- Exact individual start times will be posted at the start/finish area of Saturday's road race, the staging area for the Time Trial.
- The course will be open to traffic. The race promoters are not responsible for dogs, vehicles, and other hazards that may occur. **Race at your own risk!** The race promoters have taken precautions to ensure a safe and fair event.
- Intentional drafting or taking pace behind other cyclists or motorists will result in penalties.
- Bike changes will not be allowed on the Hill-climb TT.

Masters 55 +	\$50	\$35	\$20																		\$105
Jr Men	\$50	\$35	\$20																		\$105
Jr Women	\$50	\$35	\$20																		\$105
Wom 3/4	\$85	\$65	\$55	\$40	\$30																\$275
Wom PRO/1/2/3	\$105	\$80	\$70	\$50	\$40																\$345

OMNIUM	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th	19th	20th	
All	\$200	\$140	\$135	\$130	\$125	\$120	\$115	\$110	\$105	\$100	\$95	\$90	\$85	\$80	\$75	\$70	\$65	\$60	\$55	\$45	\$2,000

OMNIUM RULES

An Omnium is a set of races in which riders compete for points in each event and final placings are determined by summing each racer's points collected in all events. Different numbers of points may be given in different events. The scoring scheme shall be specified in the official race announcement below.

Omnium Qualification

In order to qualify for the Omnium, a rider must register once in each discipline (RR, TT, Crit) in one category to be eligible for Omnium consideration. **Any points earned in races from any and all additional event categories count toward the Omnium placings as long as the rider meets the eligibility requirement.**

Example One: A 40 year old Category 4 racer who registers for the Cat4 RR, Cat4 TT, and Cat4 Crit is eligible for the Omnium. If the same racer were to register for the Cat 4 RR, Cat4 TT, and Masters Crit s/he would not be eligible unless s/he also registered for the Cat4 Crit.

Example Two: The same 40 year old Category 4 racer could alternately register for the Masters RR, Masters TT, and Masters Crit and there by be eligible for the Omnium. S/he could also collect Omnium points by registering and placing in any and all of the Category 4 events (except the RR which is concurrent with the Masters RR,) e.g. Cat 4 TT, Cat $\frac{3}{4}$ TT, Cat 4 Crit, Cat $\frac{3}{4}$ Crit.

A rider may enter any race in the event for which s/he is qualified under USAC rules. A rider may not ride in concurrent mass start events.

A rider who is qualified to race in multiple categories may ride the TT one time to satisfy participation for each qualified category provided s/he is registered for each of those categories prior to the ride.

Example Three: A 40 year old category 4 racer who registers for the cat 4 RR, TT, and crit and also registers for the Masters TT can collect omnium points for each of these two TT competitions with a single TT ride if s/he places well enough in each of those respective TT standings

As per the USAC Rulebook:

1K2. Women may enter any *men's* race for which they are eligible by age, category, and any performance requirements. They may also enter categorized races for men that are up to one category lower than their women's category. *For road, track, and cyclocross events*, category 1 women may enter men's races up to two categories lower. In addition, category 4 and 3 women who are 35 or older may compete in Masters races for all riders up to 20 years greater than their racing age, subject to other eligibility requirements.

In case of a **tie on total points**, the tie will be broken in favor of the rider who has:

- (a) The most first place finishes or, if still tied, the most second place finishes, etc., or if still tied;
- (b.) The faster TT time.

Placing	Road Race Omnium Points						Time Trial Omnium Points						Criterium Omnium Points					
	m35+	Sr4	Sr3/4	Wmn 1/2/3	P/1/2/3	Wmn3/4	m35+	Sr4	Sr3/4	Wmn 1/2/3	P/1/2/3	Wmn3/4	m35+	Sr4	Sr3/4	Wmn 1/2/3	P/1/2/3	Wmn3/4
1 st	30	30	30	30	30	30	20	30	30	20	30	30	20	30	30	20	30	30
2 nd	29	29	29	29	29	29	19	29	29	19	29	29	19	29	29	19	29	29
3 rd	28	28	28	28	28	28	18	28	28	18	28	28	18	28	28	18	28	28
4 th	27	27	27	27	27	27	17	27	27	17	27	27	17	27	27	17	27	27
5 th	26	26	26	26	26	26	16	26	26	16	26	26	16	26	26	16	26	26
6 th	25	25	25	25	25	25	15	25	25	15	25	25	15	25	25	15	25	25
7 th	24	24	24	24	24	24	14	24	24	14	24	24	14	24	24	14	24	24
8 th	23	23	23	23	23	23	13	23	23	13	23	23	13	23	23	13	23	23
9 th	22	22	22	22	22	22	12	22	22	12	22	22	12	22	22	12	22	22
10 th	21	21	21	21	21	21	11	21	21	11	21	21	11	21	21	11	21	21
11 th	20	20	20	20	20	20	10	20	20	10	20	20	10	20	20	10	20	20
12 th	19	19	19	19	19	19	9	19	19	9	19	19	9	19	19	9	19	19
13 th	18	18	18	18	18	18	8	18	18	8	18	18	8	18	18	8	18	18
14 th	17	17	17	17	17	17	7	17	17	7	17	17	7	17	17	7	17	17
15 th	16	16	16	16	16	16	6	16	16	6	16	16	6	16	16	6	16	16
16 th	15	15	15	15	15	15	5	15	15	5	15	15	5	15	15	5	15	15
17 th	14	14	14	14	14	14	4	14	14	4	14	14	4	14	14	4	14	14
18 th	13	13	13	13	13	13	3	13	13	3	13	13	3	13	13	3	13	13
19 th	12	12	12	12	12	12	2	12	12	2	12	12	2	12	12	2	12	12
20 th	11	11	11	11	11	11	1	11	11	1	11	11	1	11	11	1	11	11
21 st	10	10	10	10	10	10		10	10		10	10		10	10		10	10
22 nd	9	9	9	9	9	9		9	9		9	9		9	9		9	9
23 rd	8	8	8	8	8	8		8	8		8	8		8	8		8	8
24 th	7	7	7	7	7	7		7	7		7	7		7	7		7	7
25 th	6	6	6	6	6	6		6	6		6	6		6	6		6	6
26 th	5	5	5	5	5	5		5	5		5	5		5	5		5	5
27 th	4	4	4	4	4	4		4	4		4	4		4	4		4	4
28 th	3	3	3	3	3	3		3	3		3	3		3	3		3	3
29 th	2	2	2	2	2	2		2	2		2	2		2	2		2	2
30 th	1	1	1	1	1	1		1	1		1	1		1	1		1	1

ROAD RACE INFORMATION

Alabama State Road Race Championship

Men Pro/1**/2**/3	\$680/10	80 miles	8:00 AM
Masters 35+**	\$500/7	60 miles	8:05 AM
	w/ \$80/3 (45-54) & \$80/3 (55+) bonuses		
Men Cat 3**/4	\$590/10	60 miles	8:10 AM
Men Cat 4**	\$445/10	60 miles	8:15 AM
Women Pro/1**/2**/3	\$265/5	60 miles	8:20 AM
Men Cat 5	Medals/3	40 miles	11:30 AM
Women 3**/4**	\$210/5	40 miles	11:35 AM
Jr. Men**	\$80/3	20 miles	11:40 AM
Jr. Women**	\$80/3	20 miles	11:40 AM

The Road Race Course is a 20.3-mile loop with good pavement. It is mostly flat on the first half with some rolling hills false flat climbs on the second half. There is a short, sharp hill and descent 3.5 miles from the finish.

- The start/finish is on Main Drive. Parking is at the New Hope High School.
- The race runs counter-clockwise. (This is opposite the direction of the 2007 race.)
- Be aware of the potential for dogs and gravel on the course.
- **Neutral Zone:**
 - There will be a 1.1-mile Neutral Zone at the start of each race.
- **Feed Zone:**
 - 3.2 miles past start at the corner of Paint Rock Road and Walling Road. (Marked with yellow paint.) Park on Walling Road. We have the permission of the land-owner to use the shade of his yard and roadside, but **DO NOT CROSS OR WALK IN DITCH BETWEEN YARD AND PAINT ROCK ROAD.**
- **Directions:**
 - Start on Main Drive
 - 0.1 mi. – Left on on Johnson Avenue
 - 0.5 mi.- Right at T onto Paint Rock Road
 - 5.3 mi. – Follow road left. Becomes Nebo Road
 - 1.0 mi. – Right onto Oran Whitaker Road
 - 1.6 mi. – Right onto New Hope Road
 - 2.3 mi. – Left onto Cherry Tree Road
 - 3.6 mi. – Left onto Old Gurley Pike
 - 5.7 mi. – Left onto Main Drive (Dot's Dairy Den)
 - 0.3 mi. – Finish

New Hope Restaurants include:

- Old Vienna Bakery on Main Drive - Breakfast, Pastries, Coffee, Sandwiches.
- Kountry Kettle Kafe' on Main Drive - Traditional Breakfast, Burgers and Sandwiches.
- The Rock Café on US 431 - Country restaurant

Directions to Road Race:

From US 72 (Chattanooga/Knoxville)

- Left onto Jackson CR 5 (2.8 mi. west of County Road 63 (Woodville))
- CR 5 becomes New Hope Road
- Stay left on New Hope Road at Bob's Grocery at Nebo Road.
- 9.1 miles – Right onto College Avenue
- 0.1 mi. – Straight onto Main Drive at Stop Sign. (Start/Finish/Registration – Left onto Main Drive at Town Hall on right.)
- 0.6 mi. – Continue to New Hope High School (5216 Main Drive, New Hope, AL) . Parking on Left.

From US 431 (Huntsville)

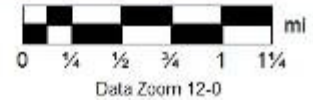
- From US 231-Memorial Parkway, Turn East onto Governors Drive/US 431
- 17.1 miles – Left at signal onto Main Drive/CR 28 (Look for Hardees/Piggly Wiggly before turn)
- 1.3 mi. – Right at New Hope High School (5216 Main Drive, New Hope, AL). Park at High School.



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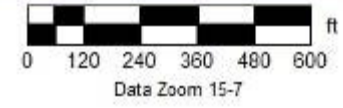
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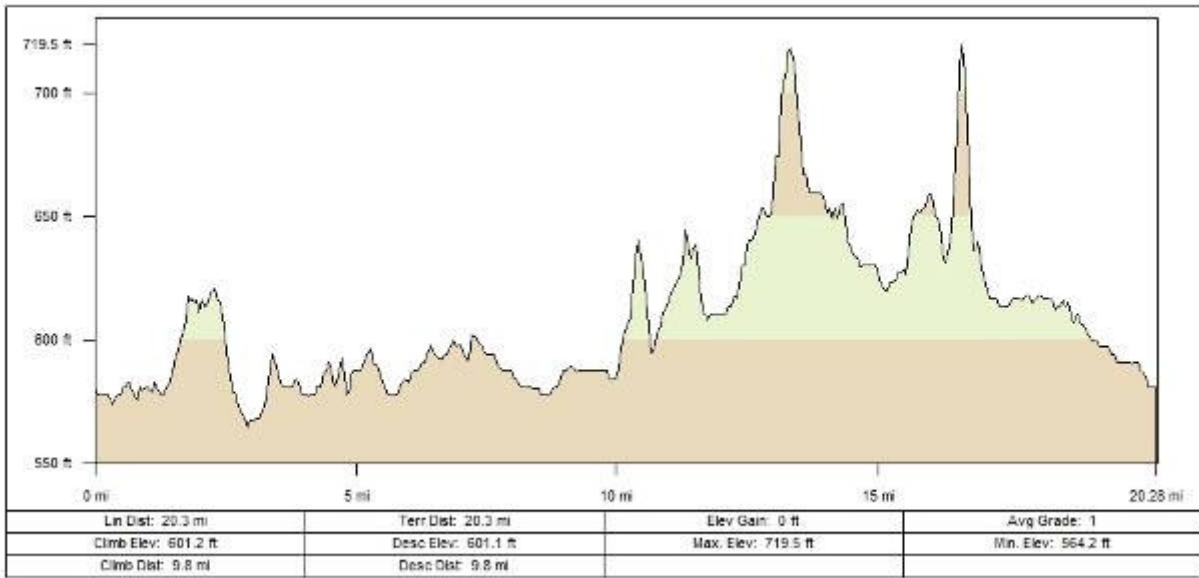


New Hope Road Race Start/Finish



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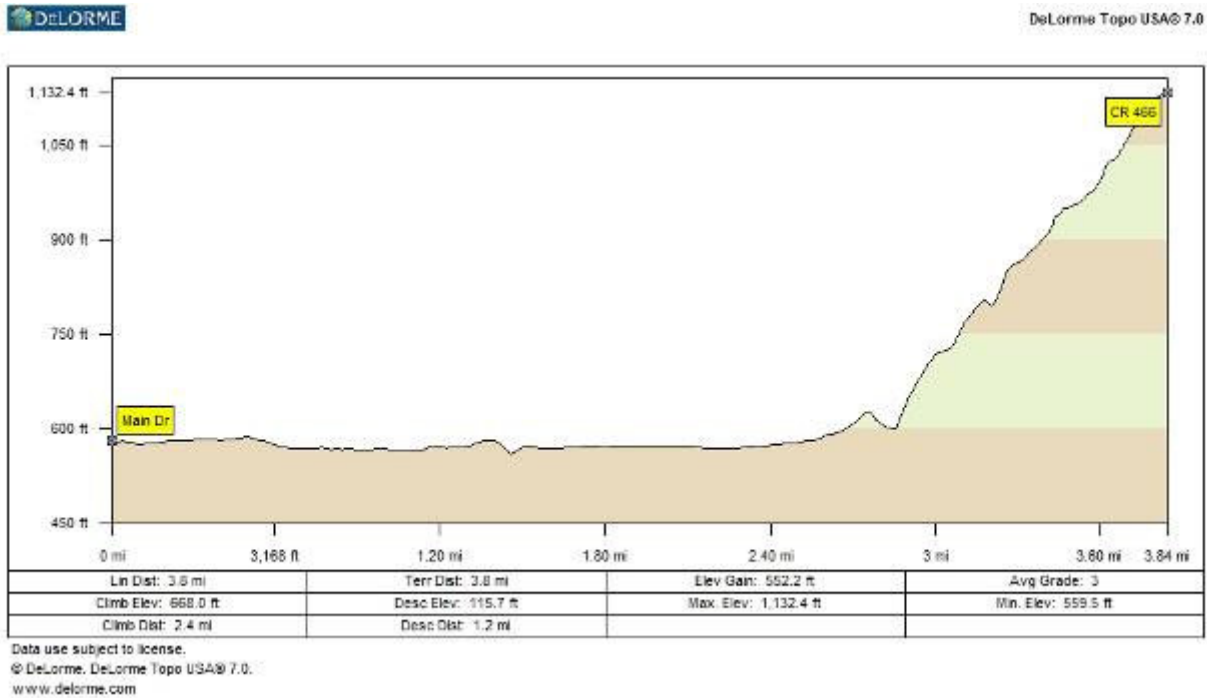
HILL CLIMB TIME TRIAL INFORMATION

Alabama State Hill Climb Championship

Men Pro/1**/2**/3	\$395/5	3.8 miles 4:30 PM
Masters 35+ **	\$275/5	
	w/ \$45/3 (45-54) & \$45/3 (55+) bonuses	
Men Cat 3**/4	\$345/5	
Men Cat 4**	\$260/5	
Women Pro/1**/2**/3	\$145/5	
Men Cat 5	Medals/3	
Women 3**/4**	\$115/5	
Jr. Men**	\$45/3	
Jr. Women**	\$45/3	

The Time Trial is 4.1 miles with a 1.1-mile 10.0 percent average grade to the finish.

- Start on Main Drive
- 3.0 mi. – Sharp left onto Simpson Point Road
- Begin climb
- 1.1 mi – Finish on Simpson Point Road



CRITERIUM INFORMATION

Mellow Mushroom Criterium

Masters 35+	\$625/10 w/ \$105/3 (45-54) & \$105/3 (55+) bonuses	0:45	8:00 AM
Women 3/4	\$275/5	0:40	9:00 AM
Men Cat 5	Medals/3	0:30	10:00 AM
Men Cat 4	\$730/15	0:45	10:50 AM
Men Cat 3/4	\$745/10	1:00	12:05 PM
Jr. Men	\$105/3	0:30	1:35 PM
Jr. Women	\$105/3	0:30	1:35 PM
Women Pro/1/2/3	\$345/5	1:00	2:20 PM
Men Pro/1/2/3	\$775/7	1:20	3:40 PM

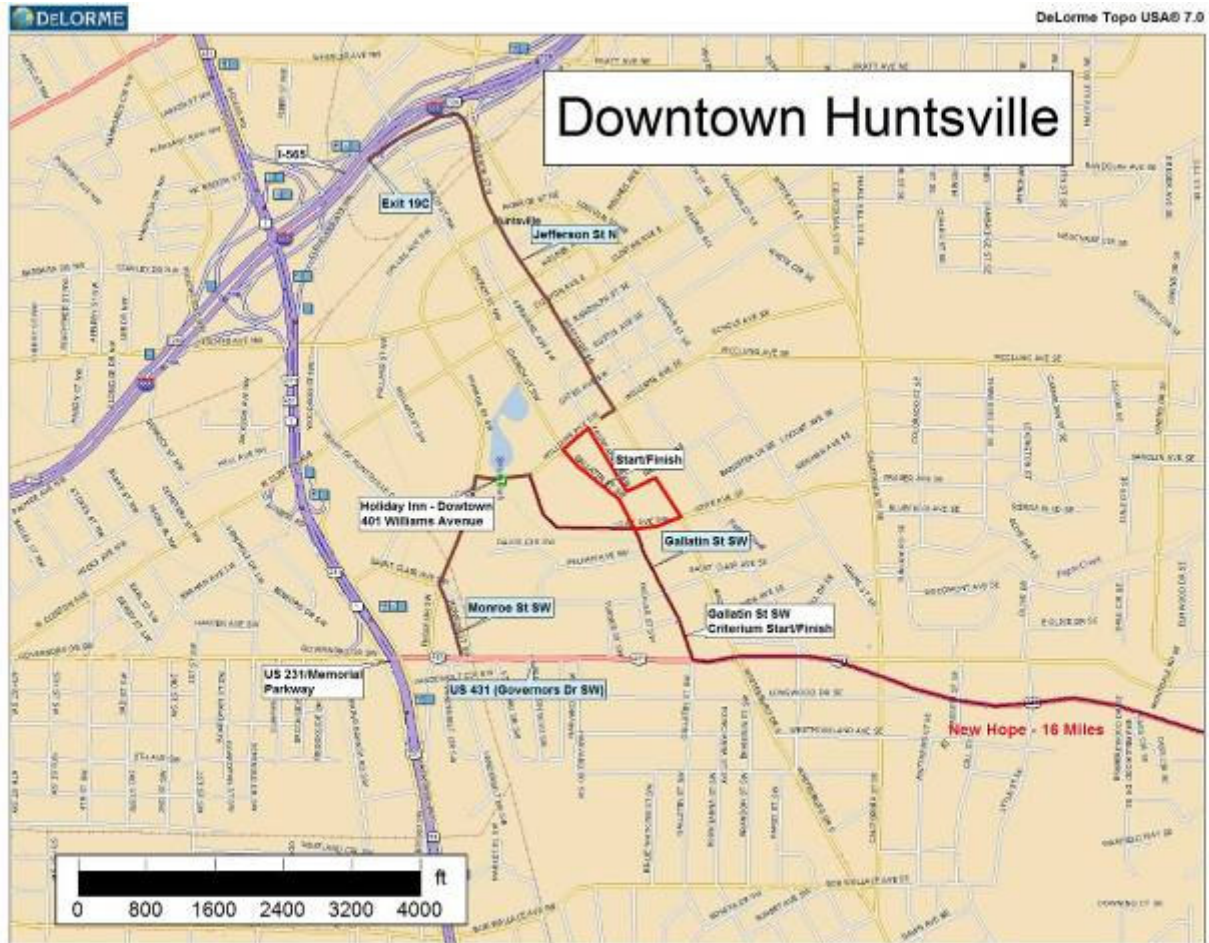
The Criterium is a 0.7-mile loop in scenic downtown Huntsville with one small hill and six corners (5 right, one left).

Directions to Criterium:

From I-565 (Huntsville)

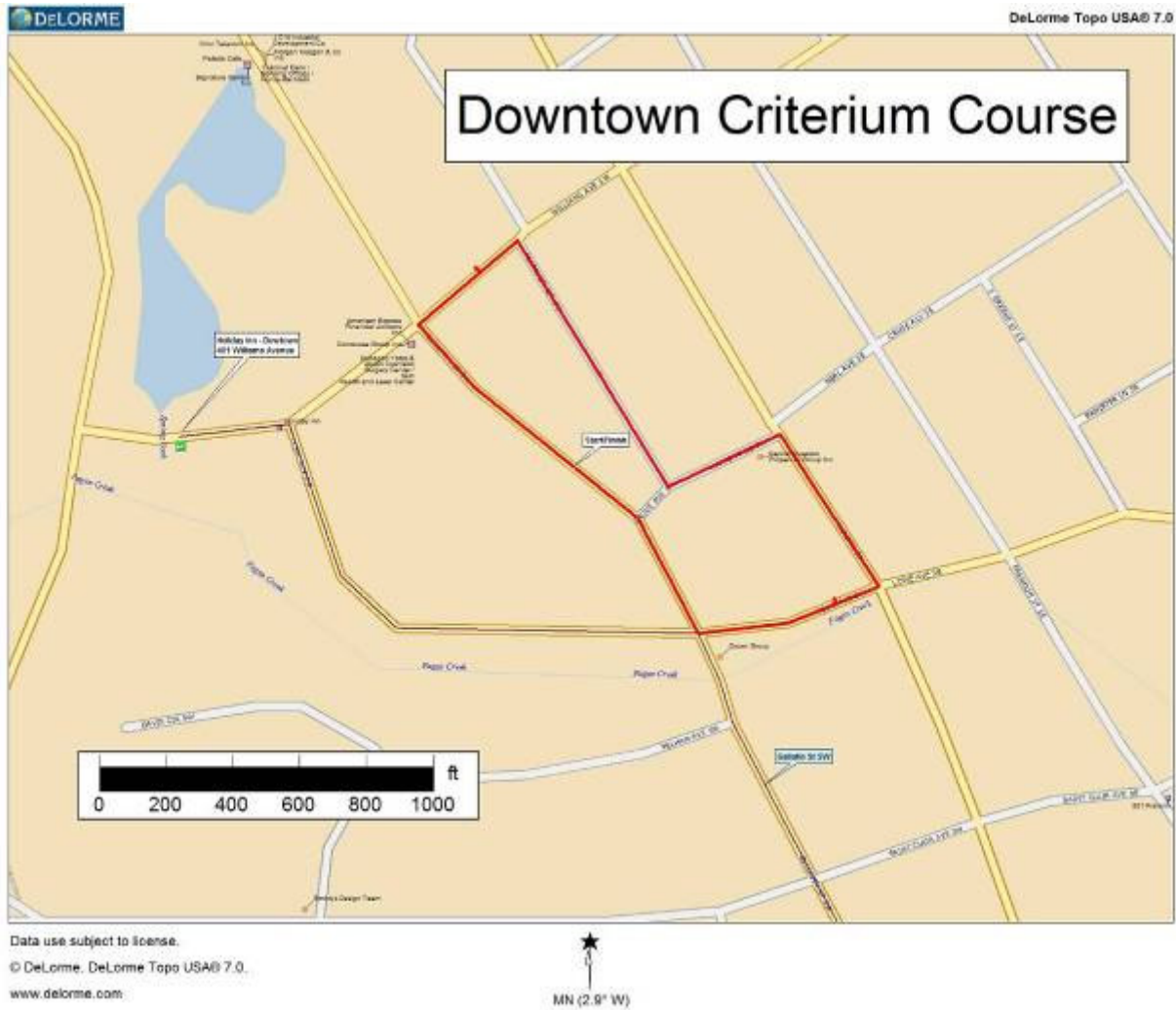
- Take the Jefferson Street/Downtown Exit 19.
- Head south on Jefferson Street/Madison Street.
- Turn left on Williams Avenue.
- There is plenty of parking in the office complexes around the course.
- GPS Device - The criterium's start/finish will be close to Progress Bank, 201 Williams Avenue, Huntsville, AL 35801.

Map to the Huntsville Downtown Criterion



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Map of the Criterium course





ERC Kids Rocket Races

July 19, 2009

- **11:30 a.m.** - Ages 5 and under (Trikes, Training Wheels) - 60 yds.
- **11:40 a.m.** - Ages 4-6 (2-Wheel Bikes) - 100 yds.
- **11:50 p.m.** - Ages 7-8 - 1 lap
- **1:05 p.m.** - Ages 9-10 - 1 lap
- **1:15 p.m.** - Ages 11-12 - 2 laps
- **1:45 p.m.** - Kids Podium

What:

The ERC Kids Rocket Races are bicycle races for children ages 12 and under who do not have a USA Cycling race license. The races will be held on the Criterium Race Course in downtown Huntsville Alabama during the official USA Cycling SCCC Summer Races. Race distance will vary by age group. Children must be accompanied by an adult and register at least 15 minutes before their race.

Cost:

FREE!!! All children, however, must register their attendance in order to race the course.

Safety First:

All riders must wear a helmet. In the event of poor weather, the kids races will not be held.

Directions:

From I-565, take the Jefferson Street/Downtown Exit 19. Head south on Jefferson Street/Madison Street. Turn left on Williams Avenue. Parking is available on the left at Progress Bank and the office park across from Big Spring Park.

For more information, please contact Jamie Miernik, 536-7190 or jamorgan10@comcast.net.

