



**CENTURY ROAD CLUB ASSOCIATION**

May 13, 2017

# Bear Mountain Classic

**RACE TECHNICAL GUIDE**

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#bearmountainclassic

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*Special Thanks To:*

New York State Bicycle Racing Association (NYSBRA)

New York State Parks Department

Monticello District Office

Rockland County

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## IMPORTANT RACE NOTES

- **NO DAY OF REGISTRATION**

- **You must obey all traffic laws when warming up.**

- **Rider Conduct:**

Unless specific exceptions are noted in this Technical Guide, this race is governed by the rules found in the 2014 USA Cycling Rulebook. See [www.usacycling.org](http://www.usacycling.org). The Chief Referee may increase/extend any fines or impose other penalties according to the gravity of the offense. Relegations affect placings. Monetary fines issued to riders or teams are to be paid directly to USA Cycling per USAC rule 1K2d.

- **Centerline Rule:**

**This course is open to traffic and utilizes a rolling enclosure.** USAC 3B1 “centerline rule” is in effect for the entire race course except for the final 500M of the finish lap only, and will be STRICTLY ENFORCED. Deliberate riding on the left side of the centerline in order to advance position or repeated drifting to the left of the centerline without provocation will result in a penalty, including disqualification from the Race. Additionally, riders may also be relegated or disqualified at the discretion of the Chief Referee. The centerline rule is in effect for all Sprints and K/QOM sprints. Racers may use the entire roadway only for the final 500M of the race (finish lap only).

- **Helmets:**

Per USAC rule 1J1, riders are required to wear a securely fastened helmet at all times while mounted on a bicycle (does not apply to riding rollers/trainers during warm-up). This rule is in effect at all times for all competitors from the opening of registration through the final awarding of prizes.

- **Junior Rollout:**

Per USAC rule 1I4, ALL Juniors (no matter what category they are competing in) must report to rollout IMMEDIATELY after finishing. Rollout will take place just after the finish. Look for signs. Penalties for failing to report to rollout or if bike fails rollout: loss of any sprint or K/QOM placings and possible relegation of finishing place at the discretion of the Chief Referee and Race Director.

- **Littering:**

Please utilize garbage bags and garbage cans, or take your garbage with you. **Do not litter.** Participants who discard bottles or wrappers in unapproved areas will be subject to a \$30 fine per the USAC Discipline Table 8A4(a) or disqualification from the race at the discretion of the Chief Referee and Race Director. The only approved area for discarding litter on the race course is at the feed zone. Under New York State law, littering is subject to prosecution including a fine. **The fine is stiff!** Please be self-policing, and the race will have monitors.

- **Food:**

Food will be available for purchase from vendors at the Lake Welch Parking lot.

- **Bathrooms:**

Park facilities will be open for our use the day of the race. Please make use of these restrooms. Urinating and/or defecating on parks property will not be tolerated and you will be subject to New York State laws including a fine and disqualification from the race. Please see the Race Village Map for restroom location - Please use the Beach Side Restrooms.

- **Staging:**

Staging will be 15 minutes before your race. Please see the Race Village Map for staging locations. Signs will be posted.

- **IMPORTANT: Race Start**

The race starts on a steep descent into a 180 degree turn - officials will allow riders to descend at their own pace BUT will neutralize the field past the 180 degree turn until the entire field makes the turn - the racing will begin on Tiorati. Again - the priority on the descent is SAFETY. Proceed at your own, safe pace, and the field will be neutralized coming out of the turn until the entire field has exited the turn and then racing begins on Tiorati.

- **Results:**

Results will be posted near registration shortly after the finish of your race. After results have been posted, racers will have a 15 minute protest period. After the 15 minute protest period, results will be final.

It is the racers responsibility to verify their result during this 15 minute protest period. Results will not be changed afterwards.

- **Numbers:**

Racers will be provided with two numbers. Numbers must be pinned on the **RIGHT and BACK** of the riders jersey. **Incorrect placement of numbers may lead to incorrect results.**

- **Neutral support:**

Neutral support will be provided by SRAM.

- **FINISH LINE:**

The finish will be moved 50-100 yards+/- up the hill from last year's finish.

## LOCATION, DIRECTIONS, PARKING

- **Location:**

The race is located at Lake Welch Beach in Harriman State park.

- **Directions:**

Please note that there is only ONE road that enters Harriman state park that does not interrupt the race course. Most roads into the park will either put you on the race.

**From North and East:** Palisades Parkway to Exit 15 -> Gate Hill Road

**From South:** Palisades Parkway to Exit 14 -> Willow Grove Road -> Gate Hill Road

**From West:** I-87 S -> Exit 15A to RT 17 to NY-59 E -> US-202 E -> Laddentown Rd -> Call Hollow Rd -> Willow Grove Rd -> Gate Hill Rd

Please only approach the park from the South East via Gate Hill Road.

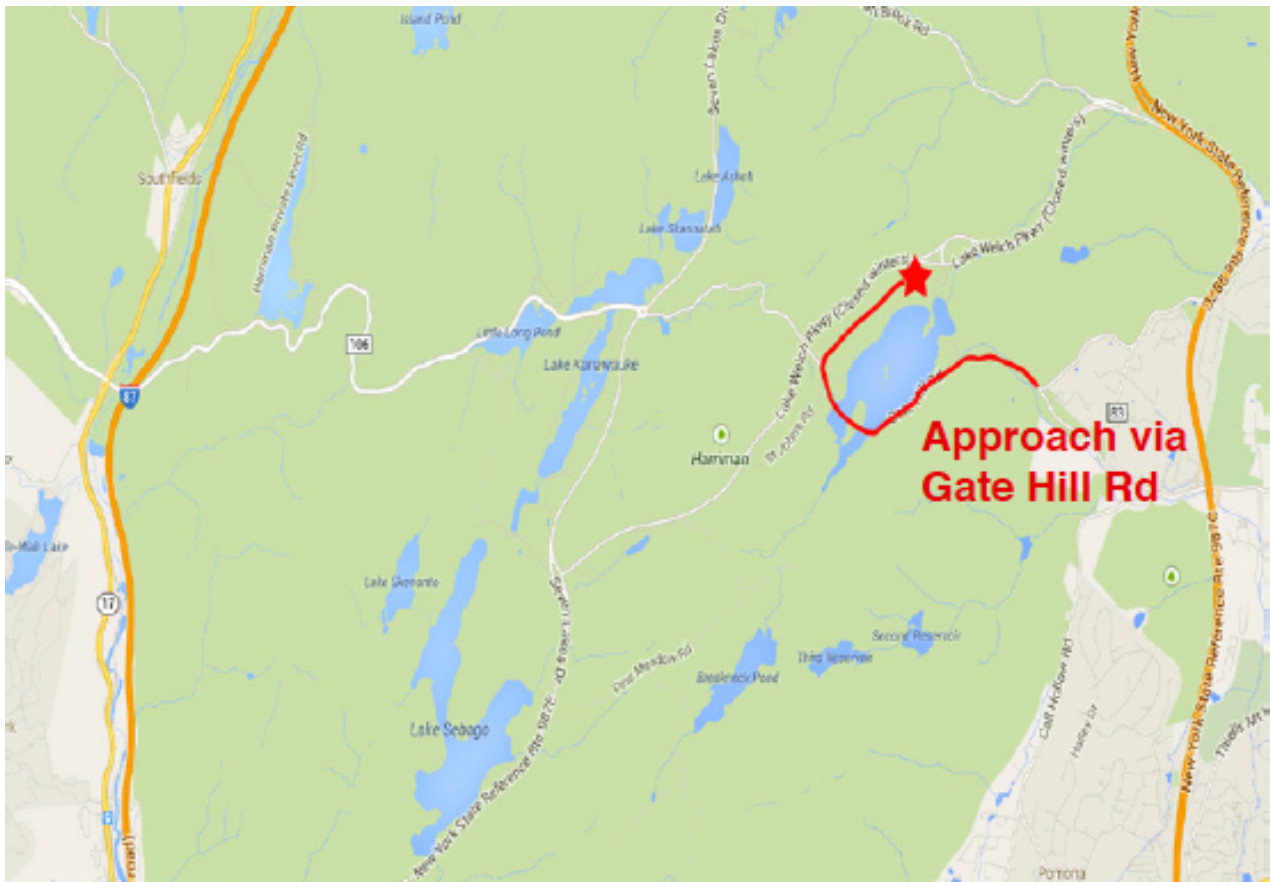
The following roads will put you on the race course, avoid them if possible: Seven Lakes Drive, Lake Welch Parkway, RT 106.

DO NOT take Exit 16 from the Palisades Parkway - This will put you directly on the race course!

- **Parking:**

The Lake Welch Beach parking is available for parking. There is a separate road to the parking lot, please make use of this. Do not drive on Lake Welch Parkway. The lot is large and has ample space for everyone.

**DO NOT PARK ON THE SIDE OF THE ROAD ANYWHERE IN PARK**



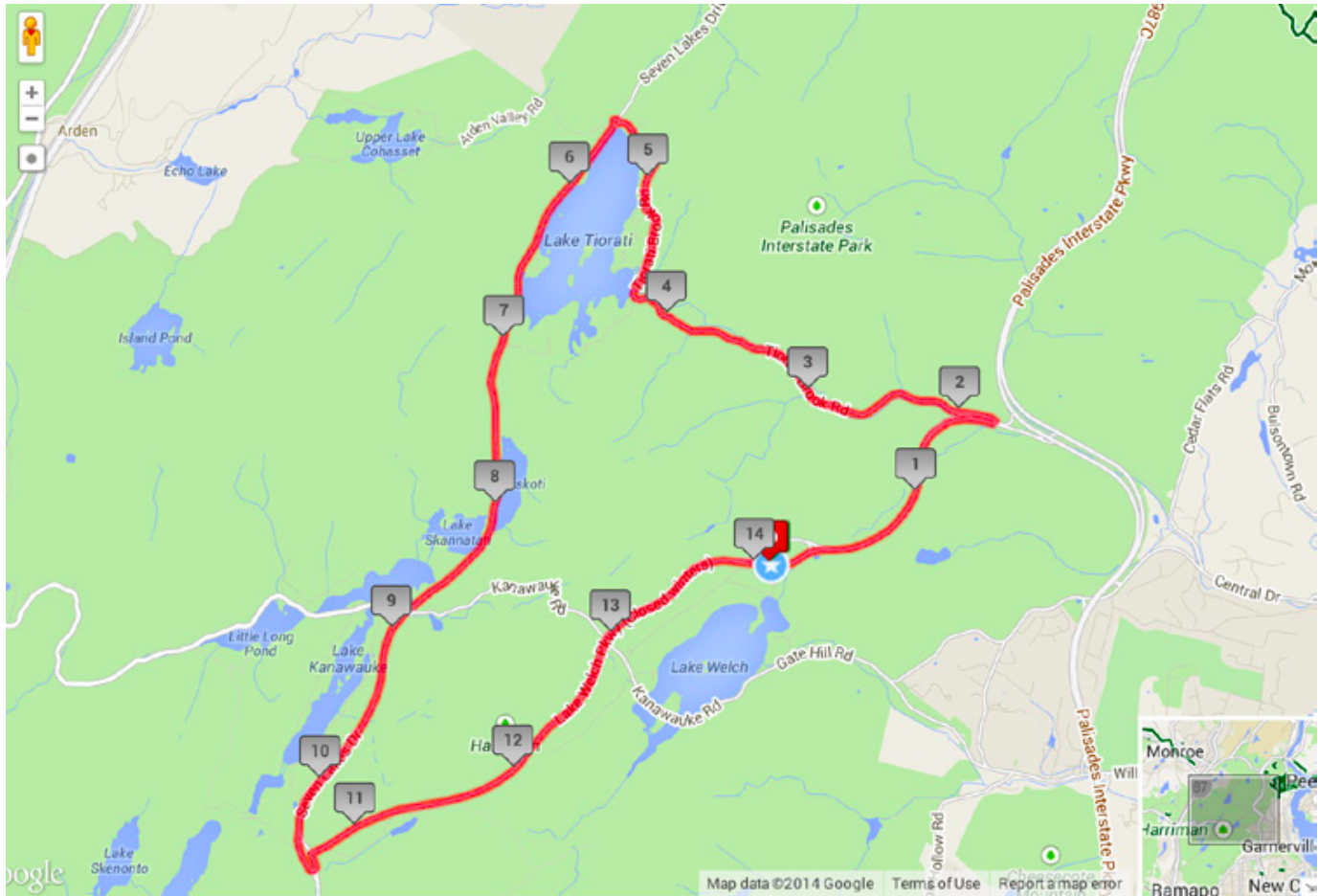
## RACE COURSE

The race course is a 14 mile loop featuring a fast downhill after the start/finish followed by a sharp 180 degree turn into the main climb.

KOM: Just after mile 4

Sprint: Start/Finish

<http://www.mapmyride.com/routes/fullscreen/408731654/>





RACE VILLAGE MAP



## FEED ZONE MAP



### Feed Zone Laps

- Elite Men - Lap 3-6
- Men 2 - Lap 3-5
- Elite Women - Lap 3-4
- Men 3 - Lap 3
- Men 4, Field A - Lap 3
- Masters 35+/45+/55+/65+ - Lap 3

\*No neutral water bottles. Racers must place their own bottles or have teammates do so.

### Directions:

Drive out of Lake Welch Parking lot.

Turn Right onto Kanawauke Rd (caution - crossing race course )

Turn Right onto NY 17N

Turn Right onto Arden Valley Rd

Parking lot is on the right about 5 miles on Arden Valley Rd, before traffic circle.

Route takes about 30 minutes (15 miles).

## SCHEDULE

<b>Wave 1</b>	Masters 40+ (4/5)	7:30AM
	Men 5	7:35AM
	Womens 3/W Masters 35+ (1-4)	7:36AM
	Women 4, Jr W 15-16,17-18	7:45AM
<b>Wave 2</b>	Men 3	10:00AM
	Men 4	10:05AM
	Jr M 15-16, 17-18	10:10AM
	Jrs M&W 9-10, 11-12, 13-14	10:20AM
<b>Wave 3</b>	Men P/1/2,U23	1:00PM
	Men 2	1:05PM
	M Masters 40+ (1-3)	1:10PM
	Women P/1/2, U23	1:11PM

## Sprint

	Laps	Sprint Laps
M 40+ Cat 1-3	4	1, 2
M 40+ Cat 4/5	3	1, 2
M Cat 5	2	N/A
W Cat 4	2	N/A
M Cat 3	4	1, 2, 3
M Cat 4	4	1, 2
W Cat 3/4	3	1, 2
Juniors	1	N/A
Elite Men	7	3, 4, 5, 6
M Cat 2/3	6	3, 4, 5
Elite Women	4	3, 4

## Sprint Scoring

Place	Points
1	6
2	4
3	3
4	2

Ties are decided by:  
 # of 1st Place Sprints  
 # of 2nd Place Sprints  
 Finish Place

## KOM

	Laps	KOM Laps
M 40+ Cat 1-3	4	1, 2,
M 40+ Cat 4/5	3	1, 2,
M Cat 5	2	N/A
W Cat 4	2	N/A
M Cat 3	4	1, 2, 3
M Cat 4	4	1, 2
W Cat 3/4	3	1, 2
Juniors	1	N/A
Elite Men	7	3, 4, 5, 6
M Cat 2	6	3, 4, 5
Elite Women	4	3, 4,

## KOM Scoring

Place	Points
1	10
2	7
3	5
4	3
5	1

Ties are decided by:  
 # of 1st Place KOMs  
 # of 2nd Place KOMs  
 Finish