



June 13th & 14th 2009

Tech Guide

USCF Permit 2009-1053
6/10/09

Table of contents

Race Staff.....	2
Word from the Race Committee.....	5
General and Technical Information.....	6
Methow Cycle and Sport Time Trial.....	8
Falls Creek Hill Climb.....	9
Winthrop Mountain Sports Road Race.....	10
Points Tables and Results.....	11
Prize List and Services	12

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Methow Valley Tour

Presented by



Race Sponsors



A word from the race committee

Welcome to the Methow Valley! On behalf of the towns of Winthrop and Mazama, MVSTA and Lake Washington Velo, we are thrilled to host racers, their families and friends for the fourth annual Methow Valley Tour.

During your two days of racing here, you will have the opportunity to experience our area's awesome scenery along three challenging courses that span the length of the valley. New this year, stage two will take racers on a hill climb into the heart of the Okanogan National Forest. Like last year, the Methow Cycle and Sport Time Trial will be located in Mazama and the Winthrop Mountain Sports Road Race passes through downtown Winthrop on each lap on the Chewuch River loop.

Our community is enthused about building a tradition of hosting an annual USCF-sanctioned road race. Bringing you here was the result of many people's efforts, but it would not have happened without the support of the Winthrop Town Council, Okanogan National Forest, Okanogan County, valley businesses and local residents. For this reason, we ask that you acknowledge the contributions made by our community members by respecting their property and supporting area businesses during your stay.

As a non-profit organization, our aim with every event we sponsor is to put the full extent of our resources into assuring the best possible experience for you, the racer. To that end, any net proceeds from this event will be dedicated to continuing to support our work to build a recreational infrastructure and a year-round calendar of world class athletic events.

Finally, the Methow Valley Tour would not be possible without the generous support of our sponsors: Methow Cycle and Sport and Winthrop Mountain Sports. In addition to our major sponsors, we would also like to thank those businesses that graciously contributed to the prize donations: Hutchinson Tires, Anaerobic Zone, GinOptics, Sun Mountain Lodge, Mazama Ranch House, Rockinghorse Bakery, Boulder Creek Deli, East 20 Pizza, among others.

Again, thank you for coming to the Methow Valley Tour. We hope you enjoy the event, and look forward to welcoming you back again soon!

On behalf of the Methow Valley Tour Race Committee,

Jay Lucas
Executive Director
Methow Valley Sport Trail Association

General & Technical Information

Start Times

Start times contained in this bible are accurate and supersede all other start times.

Schedule & Race Distances

Category	Time Trial - 6/13	Hill Climb - 6/13	Road Race - 6/14	Field Limits
Women 4	9:00 AM, 10 MI	2:10 PM, 8 MI	8:45 AM, 41 MI	50
Men 4/5	9:20 AM, 10 MI	2:00 PM, 8 MI	8:30 AM, 54 MI	75
Masters (35+)	10:00 AM, 10 MI	3:30 PM, 8 MI	12:15 PM, 54 MI	75
Women 1/2/3	10:30 AM, 10 MI	3:40 PM, 8 MI	8:40 PM, 54 MI	100
Men 3	10:45 AM, 10 MI	5:10 PM, 8 MI	12:10 PM, 68 MI	100
Men 1/2	11:30 AM, 10 MI	5:00 PM, 8 MI	12:00 PM, 82 MI	100

Please note: The time trial start times are estimated for the first rider in each category. Start times for each rider will be posted at Rider Check-In and the TT Start. The first rider in each category may be off earlier than listed above.

Stages

Methow Cycle & Sport Time Trial, Mazama - 9.4 miles out and back, rolling and twisting course on Goat Creek Road along the Methow River.

Mass Start Hill Climb, Winthrop - 1.5 mile flat roll out to 6 mile climb featuring a varied grade from 4% to 10%. Climb flattens for a short bit at the 3 and 5.5 mile marks.

Winthrop Mountain Sports Road Race, Winthrop - 15 mile loop up and back down through canyon along the Chewuch River. Each lap comes through downtown Winthrop. Rolling terrain that will allow the racers to make the day's selection.

Location & Directions

To Winthrop

From north Seattle, take I-5 North to HWY 20, head East to Winthrop. Allow 3 1/2 - 4 hrs. From South Seattle, take I-90 East to HWY 970 North to Wenatchee. HWY 970 becomes HWY 97 North. HWY 97 merges with HWY 2 to Wenatchee, stay right on HWY 2/97. Before Wenatchee take HWY 97 North from HWY 2. Take HWY 153 North before Pateros to Winthrop. HWY 153 becomes HWY 20 on the way to Winthrop. Allow 4 - 4 1/2 hours.

To Methow Cycle & Sport Time Trial

From Winthrop, head west on HWY 20. Turn right at Mazama junction, approximately 13 miles. Travel north, at intersection proceed straight and take a right into the Corral Trailhead parking area. (Restrooms available)

To Mass Start Hill Climb

From Winthrop, head north on the West Chewuch Road approximately 8 miles. At intersection, head north on Forest Service Rad 51 (Eight Mile Road). After two miles take a right into the Eightmile Creek Ranch parking area. (Restrooms available)

To Winthrop Mountain Sports Road Race

Race starts at the Winthrop Barn, (aka Mac Lloyd Park) at the edge of downtown Winthrop as you leave town heading west on HWY 20. Parking and restrooms available.

General & Technical Information

Registration & Rider Check-In

Online registration at www.mvsta.com. Race entry fee \$60.00. Pre-registration only, field limits 75 for Cat 4/5 men, 100 for Cat 1,2 men and 80 for all categories. Pre-registration closes June 11th at 5:30 PM. USCF Rider License required all domestic riders. One-Day Licenses available at registration. Canadian riders must provide proof of medical insurance

Waivers will be signed and race packets will be picked up at Methow Cycle & Sport from 6:00 - 9:00 pm on June 12th. Shop is located at 29 Hwy 20, across from the ball field in the west end of Winthrop. 509-996-3645. Packets will also be available for pick up from 8:00 - 9:30 am at the Mazama Community Center before the start of the time trial. **WSBA numbers will be used for this event.**

USAC & Race Regulations

- Race run under USAC regulations for Category D event.
- Race will be run under Stage Race Rules and scored on points (see page 11). Riders must start and finish all stages to continue in the race and be scored in the overall standings.
- USAC scale of penalties will apply and where applicable.
- There is no maximum or minimum number of riders per team.
- Time trial starts are randomly assigned.
- There is no team, points or king of mountains competitions.

Time Cuts

In order to continue to the next stage and be scored in the final overall standings riders must finish within the following percentages of the winning times: Time Trial - 130%, Hill Climb - 150%, Road Race - 125%.

Numbers

WSBA numbers will be used. Please wear two hip numbers. WSBA frame numbers required as well. Rental numbers will be available for non-WSBA members. WA riders must pay a \$10 deposit and will receive \$5 back when the number is returned. Outside of state riders will pay a full refundable \$5 deposit.

Feed Zone for Road Race - On the last hill before the finish on West Chewuck Road north of Northcott Road. Park on the shoulder on the east side of West Chewuck Road. Please do not block any driveways or private drives. Feeders should drive the course backwards on West Chewuck Road to the feed zone (1.6 Miles from Winthrop Barn). There will be no neutral feed provided. Feeding will be allowed on all but the last lap (exception to USAC Stage Race Rules).

Rider Conduct - Courses are not closed to traffic, rider must stay to the right of the center line or enforcement line. If you are dropped behind the follow cars you must follow all traffic laws. The Winthrop Marshal will be patrolling and ready to issue fines upwards of \$121 for not obeying stop signs.

Technical Support

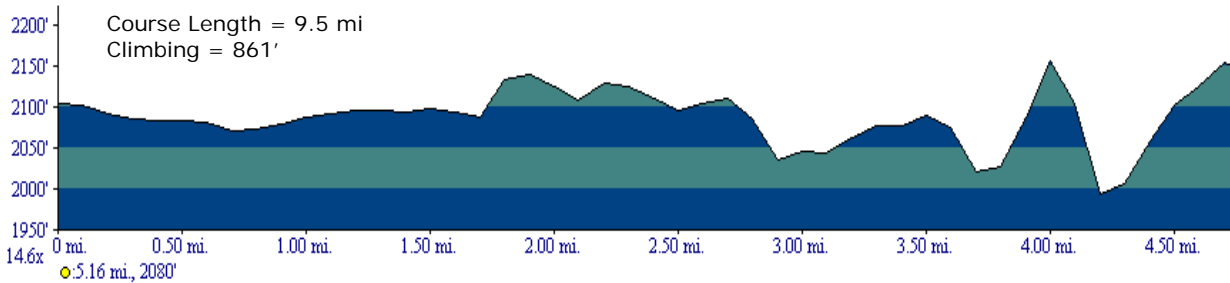
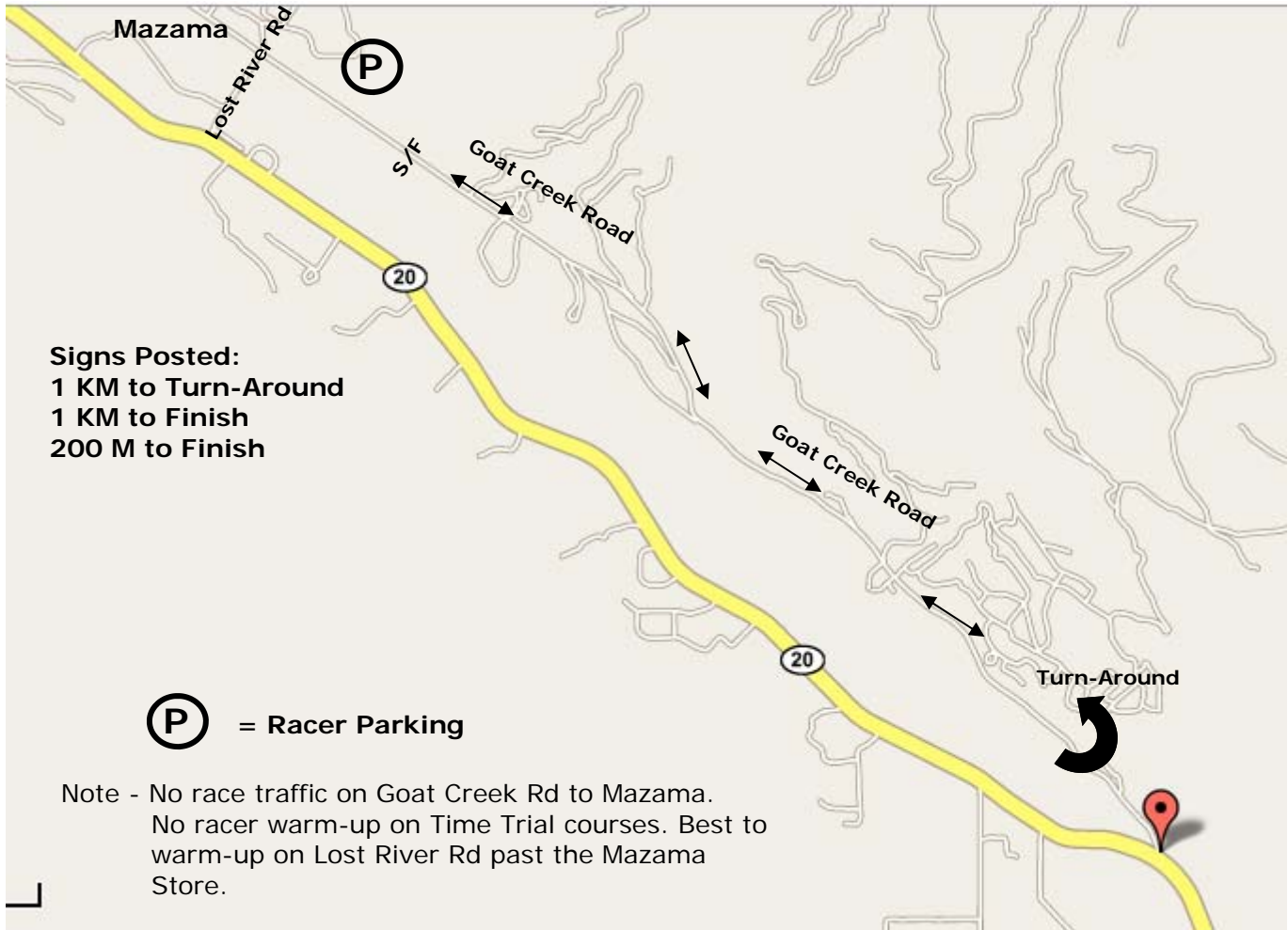
Time Trial—Neutral support will be provided by Methow Cycle and Sport at the start of time trail. A wheel pit will be placed at the turn-around and entrance to Edelweiss, miles 3.25 & 6.5.

Hill Climb— Neutral wheel pits will be provided at miles 3, 4.5 & 6.

Road Race—Each caravan will have one neutral support vehicle. The officials follow car will also have spare wheels.

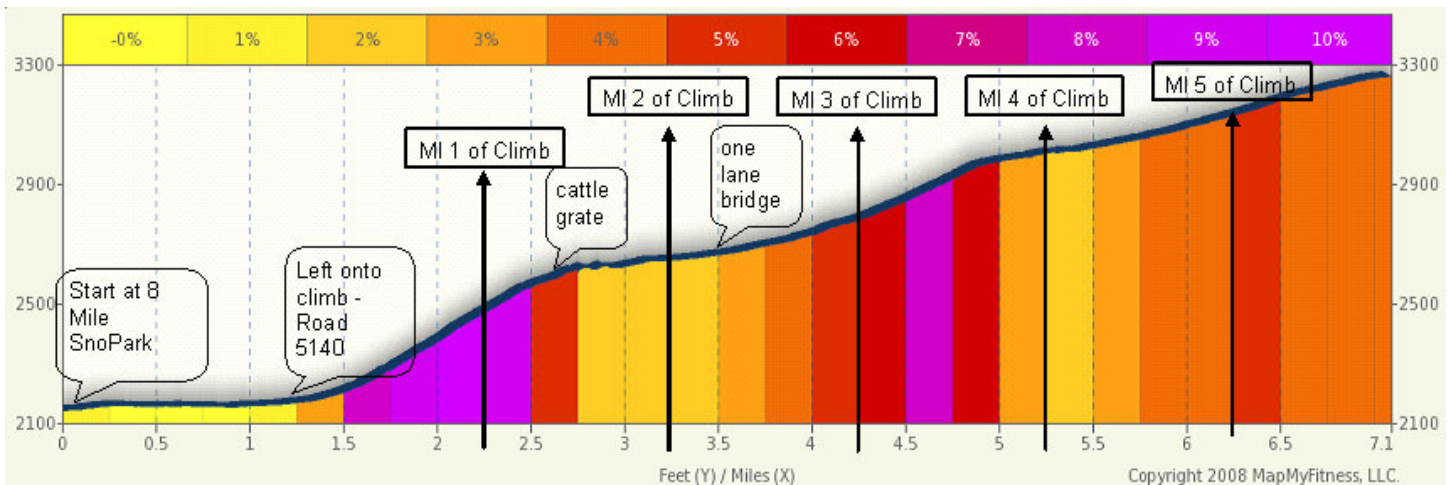


Time Trial, Mazama



Profile created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)

Mass Start Hill Climb



Start—Forest Service Road 51 (Eight Mile Road) in front of Eight Mile Creek Ranch.

Finish—Just after mile marker six of Forest Service Road 5140.

Directions & Parking—Eight Mile Creek Ranch. From Winthrop, head north on the West Chewuch Road approximately 8 miles. At intersection, head north on Forest Service Road 51 (Eight Mile Road). After two miles take a right into the Eightmile Creek Ranch parking area. (Restrooms available)

Course Length and Elevation —1.25 mile flat roll out to 6 mile climb featuring a varied grade from 4% to 10%. Total climbing = 1600'

Clothing & Food at Finish—Riders will be provided bags to have food and clothing ferried to the top of the climb for the finish. Riders will not be released to descend the climb until judged safe to do so by the officials.

Prizes—The winner in each category will receive a Gift Certificate from East 20 Pizza. The top male over 170 lbs and the top female over 140 lbs in each category will also receive a Gift Certificate from East 20 Pizza.

Signs Posted - 1 KM to Finish, 200 M to Finish.

Final 200 Meters - Riders will have the full road in the final 200 M for the finish.



Points Table & Results

Race Results and Overall Scoring

The Methow Valley Tour will be a stage race scored on a points system for 2009. The points will be awarded as follows:

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Points	50	48	46	44	43	42	41	40	39	38	37	36	35	34	33
Place	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Points	32	31	30	29	28	27	26	25	24	23	22	21	20	19	18
Place	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
Points	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3
Place	46	47	48	49	50										
Points	2	1	1	1	1										

Ties will be broken by lowest total of placing for the three stages. If still tied the placing in the road race will be used to break the tie.

Result Posting

Time Trial - Posted at Mazama Community Center following the stage, at Methow Cycle & Sport following the conclusion of all categories and at the Hill Climb start.

Hill Climb - Posted at the finish of the Hill Climb, at Methow Cycle & Sport following the conclusion of all categories and at the Road Race start.

Road Race - Posted at Methow Cycle & Sport following the conclusion of each category.

Overall – Posted Saturday at the end of the Hill Climb at Methow Cycle & Sport, Sunday morning before the road race at the stage start/finish. After the road race on Sunday at Methow Cycle & Sport.

The promoter takes responsibility to post the results in a timely manner.

Protests - All protests must be file in regulation with Rule 4F7 of the USAC Rulebook.

Results will be posted at www.mvsta.com the week following the event.

Awards

Time trial awards will be done at the call up for the hill climb for each category.

Hill climb awards will be done 15 minutes after posting official results at the announcing stand. Any rider not present for awards will forfeit their prize.

Road race and overall awards will be presented at Methow Cycle & Sport following the road races for each category 15 minutes after posting official results.

Past Winners

2006 Ian Tubbs, Broadmark Capital / Hagens Berman; Mindy Zifferen-Hall, GroupHealth

2007 Ian Tubbs, Hagens Berman; Suzanne Weldon, Wines of Washington

2008 Ian Tubbs, Carter VW, SAAB, Subaru; Robin Secrist, First Rate Mortgage

Prize List & Services

Prize List

	Men 1/2	Men 3	Men 4	Women 1/2/3	Women 4	Master
Total	\$1475 (14)	\$630 (10)	\$270 (8)	\$630 (8)	\$270 (8)	\$270 (8)
1st	225	125	60	120	60	60
2nd	210	100	40	110	40	40
3rd	180	80	35	95	35	35
4th	140	70	30	75	30	30
5th	120	55	30	65	30	30
6th	105	50	25	60	25	25
7th	90	45	25	55	25	25
8th	80	40	25	50	25	25
9th	70	35				
10th	65	30				
11th	50					
12th	50					
13th	45					
14th	45					

Merchandise prizes award three deep for the Time Trial and Hill Climb.

Climate & Clothing

Late spring weather in the Methow Valley can vary from cool to warm. Expect early morning temperatures to range anywhere from the low-40's to the mid-50's. Afternoon temperatures may range from the low 50's to the 80's. The typical climate is pretty dry and calm, but rain showers and/or wind this time of the year are not uncommon. Bring your leg and arm-warmers, full-finger gloves and a rain-jacket just in case you need them.

Bathrooms

Portable restroom facilities are available at each race venue. Racers opting to ignore provided facilities in lieu of public urination will be subject to disqualification. Don't get caught with your pants down, or risk the consequences.

Lodging

For a complete list of lodging facilities in the Methow Valley, visit the lodging link on Methownet's website, www.methownet.com, or Central Reservations at <http://www.centralreservations.net/>

Post Race Showers

Coin-op showers at Sunflower Laundry on HWY 20 in Twisp

Race Headquarters

Methow Cycle & Sport, 29 Hwy 20, Winthrop, WA. Open Friday from 6:00 PM - 9:00 PM and Sunday following the conclusion of the first road race until results are final for the final road race and overall standings. On Saturday any issues that arise can be addressed by contacting Terry Buchanan, Race Director or Tom Voss, Chief Referee (contact info on page 2).

Local Clinics and Hospitals

Methow Valley Family Practice, 509-997-2011
 The Country Clinic, 509-996-8180
 Mid Valley Hospital, 509-826-1600
 Brewster Hospital, 509-689-2517