



The Natchez Bicycle Club is proud to present the
**Louisiana – Mississippi District
 Road Race Championships**
 Natchez State Park, Natchez, MS
September 12th & 13th 2009



GENERAL INFORMATION The Louisiana/Mississippi District Road Race Championships is a two day event consisting of age and category graded road races. Each race is scored individually. LCCS points will be doubled and awarded to the rider’s appropriate category. Races are open to all USA Cycling licensed riders, but championship medals will be only awarded to Louisiana/Mississippi riders. All USA Cycling, LAMBRA (LCCS) rules apply. Groups with fewer than five entrants may be combined, but scored separately.

Saturday, September 12				
Senior 5 and Age Graded LAMBRA Championship Races				
Class/Category	Distance	Laps	Prizes	Start Time
Junior Men / Age 17-18	36.4 mi	7	3 medals	10:00 am
Junior Men / Age 15-16	26.0mi	5	3 medals	10:00 am
Junior Men / Age 13-14	15.6 mi.	3	3 medals	10:00 am
Junior Men / Age 10-12	5.2 mi.	1	3 medals	10:00 am
Junior Women / Age 15-16	15.6 mi.	3	3 medals	10:05 am
Junior Women / Age 13-14	10.4 mi.	2	3 medals	10:05 am
Junior Women / Age 10-12	5.2 mi.	1	3 medals	10:05 am
Men / Category 5	41.6 mi.	8	3 medals	12:00 pm
Masters Women / Age 35+, 45+ (Scored Separately)	36.4 mi.	7	3 medals	12:05 pm
Masters Men / Age 30+	57.2 mi.	11	3 medals	2:00 pm
Masters Men / Age 35+, 45+ (Scored Separately)	46.8 mi.	9	3 medals	2:05 pm
Masters Men / Age 55+, 60+ (Scored Separately)	36.4 mi.	7	3 medals	2:10 pm

Sunday, September 13				
LAMBRA District Championship Races				
Class/Category	Distance	Laps	Prizes	Start Time
Men / Category 1,2	72.8 mi.	14	3 medals	9:00 am
Men / Category 3	72.8 mi.	14	3 medals	9:05 am
Men / Category 4	57.2 mi.	11	3 medals	1:00 pm
Women	41.6 mi.	8	3 medals	1:05 pm

RACE CONTACTS Email natchezbike@gmail.com or call Allen Richard 601-597-5744 or Chris Trippe 601-807-5923

REGISTRATION Racers are encouraged to preregister via the BikeReg.com website. Online registration surcharges are included in the registration fee. See links below: <http://www.bikereg.com/events/register.asp?eventid=8881> Or <http://www.natchezbike.org> , LAMBRA events, and Bike Reg link.

RACE DAY REGISTRATION Annual USA Cycling licenses are required and must be presented at sign in for all District Road Race Championship Races. One day licenses WILL be sold at this event; these racers will not be eligible for points or medals. Registration will open at 8:30am for Saturday races and 8:00 am for Sunday races. Registration will close 30 minutes prior to the start of each race. Registration will be located at the registration table near the Start/Finish line.

REGISTRATION FEES Registration for Saturday Races are \$30.00 and \$35.00 for Sunday Races. Junior category racers and seniors over the age of 60 race free but will need to pre-register in order to avoid the \$10.00 late fee.
\$10.00 discount on entry fees for multiple races – \$10.00 late fee for registration after midnight September 10, 2009.

NUMBERS A total of one (1) number will be issued per rider per race. The jersey number is to be worn above the **RIGHT** rear pocket area, which allows the number to be visible from the side and is visible to the officials on the judging stand at the finish of each event.

HELMETS Per USA Cycling rule 1K1, 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).

WARM-UP/COOL DOWN While warming up and cooling down, or in transit to the designated area, riders are reminded that the roads are open to public traffic. Riders must obey all traffic laws of the State of Mississippi, including riding single file, obeying all traffic lights, posted signs and yielding to police and rescue vehicles. Warm-up may be conducted on any of the adjacent roadways such as State Park Rd, the Natchez Trace Parkway or Wickcliff Rd east of the park. Please respect traffic laws and wear a helmet at all times.

FEED ZONE Feeding shall occur only from designated feed zones. Riders are expected to dispose of feeding materials in the feed zone areas only. Rider support personnel in the feed zone will be responsible for maintaining the cleanliness of the area. Please help us keep the feed zones clean. Feeders should use care when crossing the road and moving within the feed zone area. The promoter will do their best to provide neutral feeds but riders are encouraged to have their own volunteers.

NO LITTERING Please respect the Park Service and our neighbors. Participants who discard bottles or wrappers in unapproved areas will be subject disqualification from the race.

WHEEL SUPPORT Volunteer support will be provided. For fields that will be serviced by volunteer support, 15 sets of wheels will be required for the service vehicle to maintain neutral support. If there are fewer than 15 sets of wheels, wheels-in, wheels-out rules will apply. Wheels will be left near the start /finish line. Please claim your wheels immediately after you finish. Race organizers are not responsible for unclaimed or stolen wheels.

RESULTS Race results will be posted as early as possible after each race at or near the Official's table. Awards will be handed out to the top three qualified finishers of each race after all times have been finalized. Final results will also be available for viewing at: <http://www.lambra.org/>

PROTESTS Riders who have a protest regarding race conduct must present their protest no later than 1 hour after their finish. Protests regarding final placement must be made no later than 15 minutes after the official posting.

RACE CONDUCT Races will be conducted under 2009 USA Cycling guidelines. The centerline rule is in effect for all races, on the entire race course except for the stretch from the back gate to the beginning of the dam. This stretch is the parking, start/finish, feed zone area. If there is a yellow line (dash or solid), the centerline rule will be STRICTLY ENFORCED. Deliberate riding on the left side of the center line in order to advance position or repeated drifting to the left of the center line without provocation will result in a time penalty and either relegation or disqualification at the discretion of the Chief Referee. Per USA Cycling rule 3B5, taking pace or assistance from any outside means is forbidden, including holding onto a motor vehicle or taking pace from riders in a different race occurring concurrently on the same course will result in a time penalty, relegation or disqualification at the discretion of the Chief Referee. Riders who are outside of the protected area (behind the follow vehicles) are required to obey all traffic laws of the State of Mississippi, including riding single file and obeying all traffic lights and posted signs. Race marshals and the police are on site for your safety. Please follow their instructions and OBEY LAW ENFORCEMENT OFFICIALS.

JUNIOR ROLLOUT Per USA Cycling Rule 1M6, “the authorized maximum chain gear ratio allowed in any road event is 7.93 meters (rollout 26’)”. All juniors must report to rollout immediately after each race. Penalties for failing to report to rollout: relegation and deduction of time. Penalties for a rider whose bike fails rollout: disqualification. The rider is responsible for having a bicycle that passes the rollout test, not simply the correct number of teeth on the chain ring and cog. Blocked gears will be allowed. Any athlete with a bike on which illegal gears are functional is liable to be disqualified, regardless of cable tension or limit screw settings.
http://www.usacycling.org/forms/RdTrkCx_rulebook.pdf

RESTROOM FACILITIES There will be restroom facilities provided near the parking area and throughout the park. Public urination is subject to disqualification. Also, please exercise discretion while changing clothes.

PARKING You will be directed once you enter the park off of Wickcliff Rd. Look for parking signage and race volunteers. The primary parking location will be decided upon by race day weather conditions. The Natchez State Park charges an entrance fee to the park of \$3.00 per vehicle. Parking at the start/finish line and registration area will be reserved for Officials, race personnel and emergency vehicles. Map on page 4.

SPECTATING We encourage everyone to watch the races. There will be plenty of room for spectators and riders. Spectators should use caution while crossing the course and stay behind the barricades at the finish line. Vehicles should be placed far enough off the course as not to impede or cause danger to the riders.

RACE LOCATION The race location will be at the Natchez State Park, 230-B Wickcliff Road Natchez, MS 39120. The Natchez State Park is located 10 miles north of Natchez just off US 61. The park offers numerous amenities including camping, boating, fishing, picnic and playground areas. Please visit their website at <http://home.mdwfp.com/parks.aspx> Map on page 4.

COURSE DESCRIPTION The course is a 5.2 mile (8.4 km) loop through the park. The race starts below the dam, immediately leading into a hairpin that will take riders on a long flat stretch along the lake. Riders will snake through short rolling hills, including a few steep ones. Leaving the park on to Wickcliff Rd, the course includes a few more rollers and then settles into a long smooth descent back to the staging area. Map on page 4.

Surface conditions are good to excellent throughout the course except for one aggregate patch just inside the back gate near the end of a loop. The full road may be used in this area, but the **centerline rule will be enforced** throughout the rest of the park and on Wickcliff Rd.

The course will be run in a clockwise direction, in the right lane of the loop. Vehicle traffic will flow in the same direction using the left or outside lane. Course marshals and/or deputies will be posted at every intersection, but please be heads up and aware. The course includes a public park, and roads; vehicle, wildlife, and pedestrian traffic may be present.

MAPS

