LONGSJO CLASSIC

JUNE 24-26, 2016

Technical Guide

Race Sponsors

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Section 1 - General Event Information

1.1 Rider Conduct

Unless specific exceptions are noted in this Technical Guide, this race is governed by the rules found in the 2016 USA Cycling Rulebook. See www.usacycling.org. The Chief Referee may increase/extend such fines or 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.

1.2 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.

1.3 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 are possible relegation of finishing place and loss of sprint points earned (if applicable) to that day of racing; at the discretion of the Chief Referee and Race Director.

1.4 Littering

Please respect our roads and our neighbors. Participants who discard bottles or wrappers in unapproved areas will be subject to a fine and/or disqualification from the race at the discretion of the Chief Referee and Race Director.

1.5 Bathrooms

Portable toilets will be made available for your use the day of the races. Please make use of these restrooms. Urinating and/or defecating on public property will not be tolerated and you will be subject to fines and/or disqualification from the race. Please see the race maps for each day's event for the approximate locations of bathrooms.

1.6 Staging

Staging will be no later than 10 minutes before your race. Please see the race maps for each day's event for the approximate locations of staging areas.

1.7 Results

Results will be posted near registration approximately 10 minutes after the finish of your race. The USAC 15 minute protest period will be in effect once results are posted. Please hang out after the finish of your race as this is your only chance to correct any mistakes in the results.

1.8 Podium Ceremonies

All races for all 3 events will have a podium ceremony. The top 3 in each race will be asked to present themselves in a ceremony to acknowledge their placing in the race. Announcements will be made via the race announcers as to time and place of the ceremonies. The Elite Women and Elite Men ceremonies for all 3 days will be immediately after the conclusion of their races. Failure to report to the podium ceremonies in a timely manner may result in forfeiture of prizes won in their field.

1.9 Neutral Support

There will be neutral support by SRAM for all 3 days of this year's event. Please remember to promptly return any equipment that is borrowed from SRAM immediately after you complete your event.

1.10 Racer Check-in

Racer check-in will be open no less than 90 minutes before the start of the event, and for each race will close promptly 20 minutes before the start of that race. Participants that do not show up to check-in on time will risk not being able to start the event. Please see the information for each day's event for the approximate location of racer check-in.

1.11 Lapped Riders

In all races, the USA Cycling Chief Referee will have the discretion to remove from the race riders that are deemed out-of-contention. If a rider is asked to withdraw, they are to do so immediately after crossing the finish line. The USA Cycling Chief Referee may also request the USA Cycling Motor Officials on course to ask riders to withdraw before the finish line; if a rider is asked to withdraw by a motor official they are to do so immediately so they do not interfere with the oncoming race behind them. Any riders that do not heed the request to withdraw from the race will be disqualified from the event.

1.12 Free Laps

In all races, a free lap is available for riders that have a recognized mishap as defined in USAC rule 3D5. The last 8km of the race will commence at the following times:

- Leominster: When the race leader sees **8** laps to go
- Worcester: When the race leader sees **7** laps to go
- Fitchburg: When the race leader sees **5** laps to go

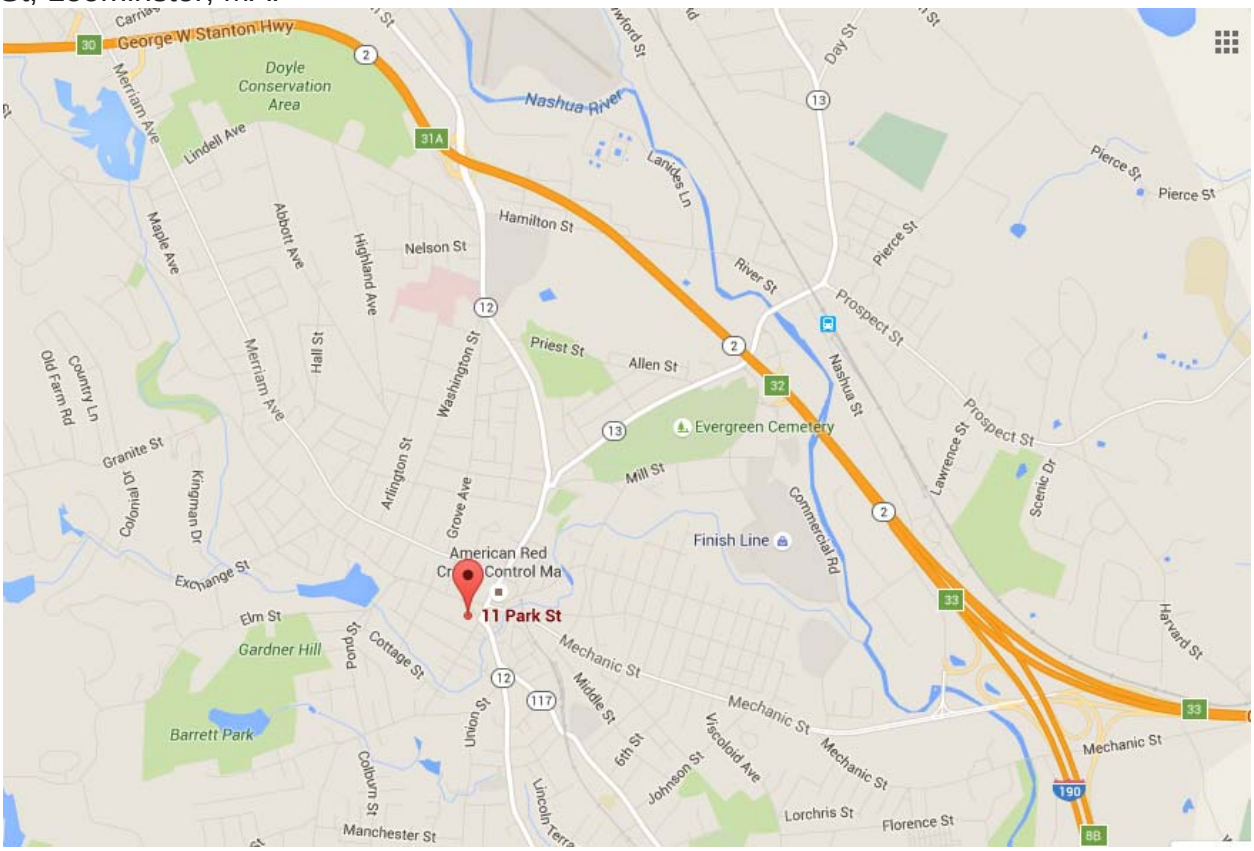
In all cases, riders that are in the service pit area must be out of the pit and back in the race at these times. Riders are allowed to cut the course to get to the service pit area, but must do so without riding backwards on the course (free lap will not be granted in that case).

Section 2 – Individual Venue Information

2.1 Leominster Criterium

2.1.1 Start/Finish Location

The location of the start/finish line and rider check-in is at the Leominster Common, West St, Leominster, MA.



2.1.2 Directions to the venue:

From the west*:* Route 2 east to Exit 30; turn left on exit ramp onto Merriam Ave. Proceed south on Merriam to downtown Leominster and available legal parking.

From the east*:* Route 2 west to Exit 33; proceed straight onto Leominster Connector and Mechanic St. Proceed west on Mechanic to downtown Leominster and available legal parking.

From the north*:* Route 12 or Route 13 south to Leominster. South on Main St into the village and available legal parking.

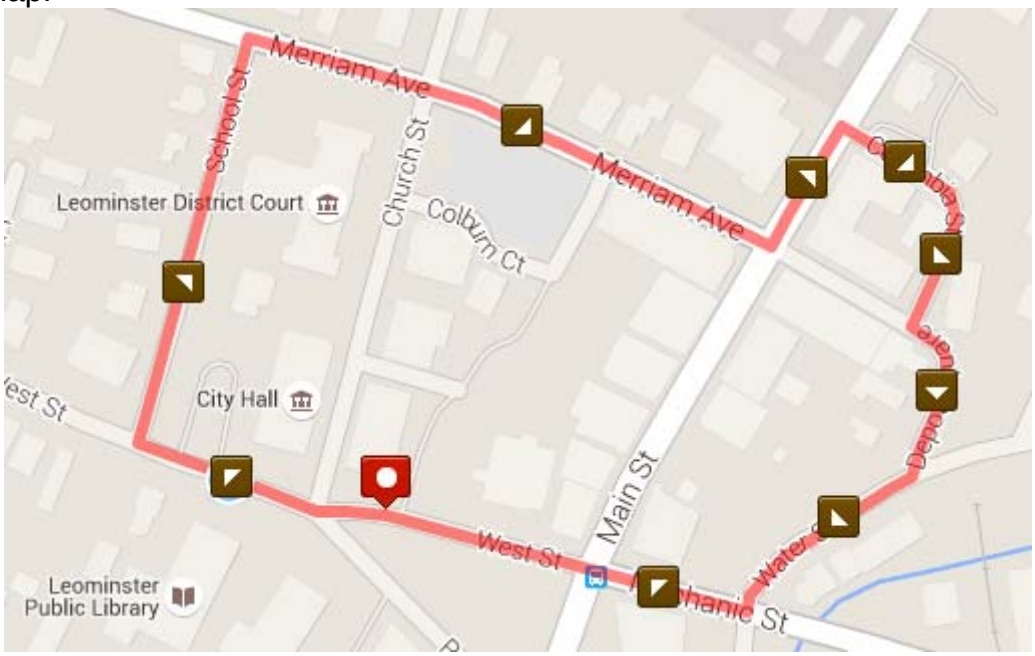
From the south: I-190 north to Exit 8B; follow signs for Mechanic St. Proceed west on Mechanic to downtown Leominster and available legal parking.

2.1.3 Parking

Parking is available at any legal parking lot or local street. Please make sure to follow instructional signs that restrict parking in certain areas, and please respect local businesses that are open.

2.1.4 Race Course

The race course is a .67 mile (just over 1km) criterium in the village of Leominster. The course goes through the heart of the village and is very technical in the 2nd half of the lap.



2.1.5 Race Schedule

Category	Start Time	Race Duration
Men 40+ (cat 1-4)	4:00 PM	40 min
Men 3/4	4:45 PM	40 min
Women Pro/1/2/3	6:00 PM	50 min
Men Pro/1/2	7:00 PM	60 min

2.1.6 Prize Schedule

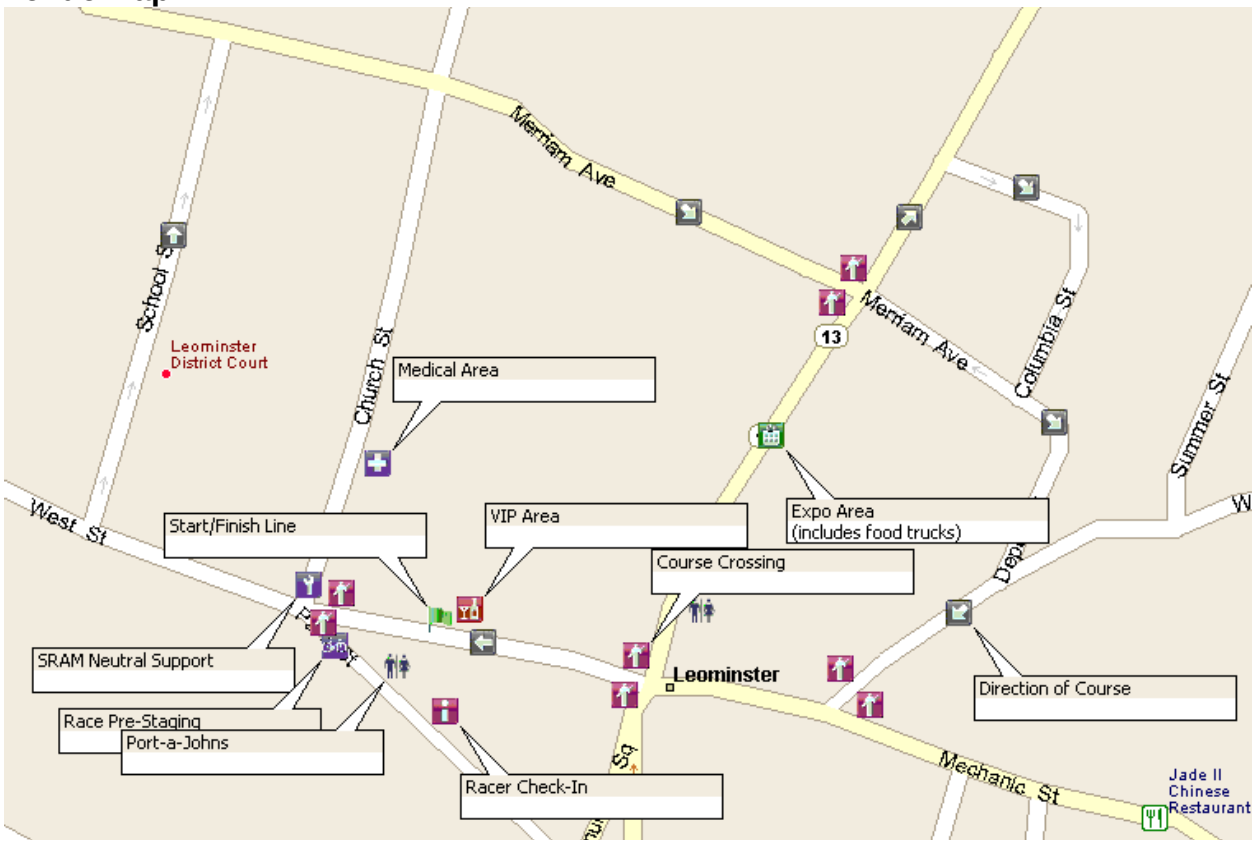
	Prizelist		Places									
Category	Finish	Places	1	2	3	4	5	6	7	8	9	10
Men 40+ (cat 1-4)	$400	5	$145	$90	$65	$55	$45					
Men 3/4	$400	5	$145	$90	$65	$55	$45					
Women Pro/1/2/3	$1,500	10	$550	$250	$150	$115	$95	$85	$75	$65	$60	$55
Men Pro/1/2	$1,500	10	$550	$250	$150	$115	$95	$85	$75	$65	$60	$55

2.1.7 Bib Number Placement

The large bib number with the race sponsor logos will go on the left side. Please make sure that the bottom of the number is on the mid-seam of the jersey, or at least halfway over the side panel of your jersey. The smaller generic bib number will go over the left back pocket. Please refer to the following graphic for reference:

Numbers that are placed incorrectly could result in a rider not receiving a place for the race.

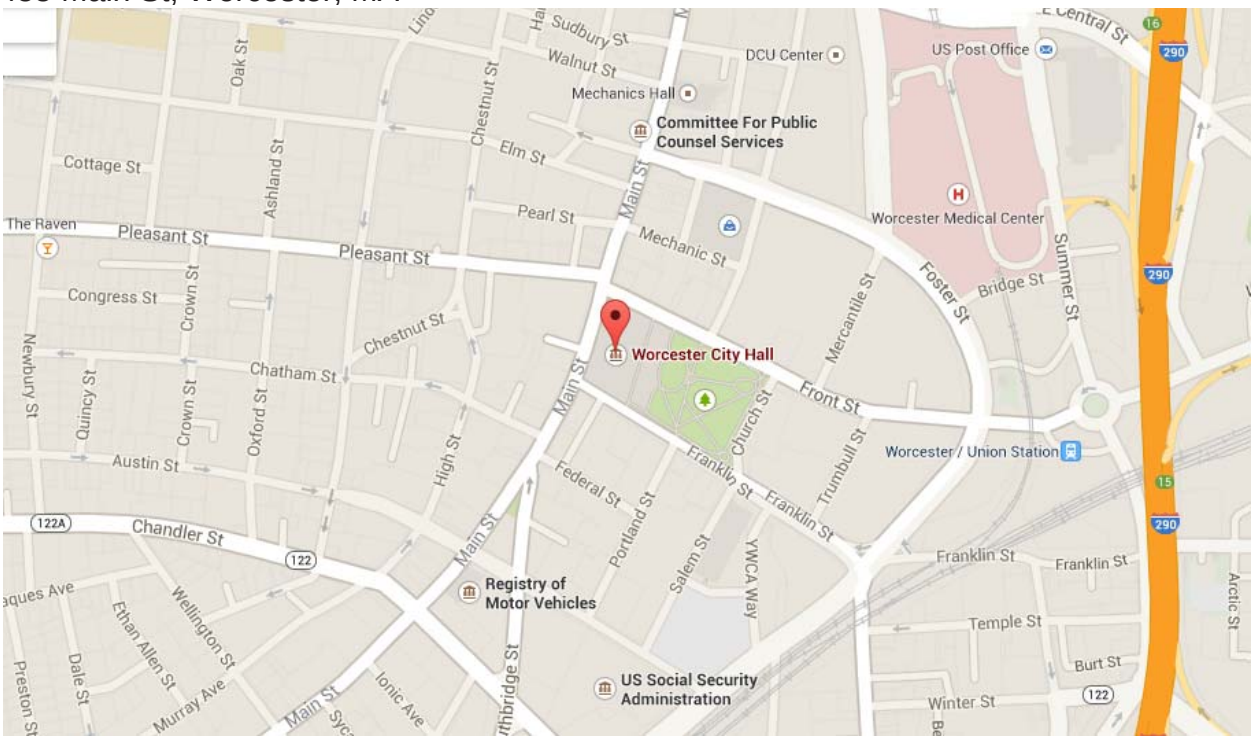
2.1.8 Venue Map



2.2 Worcester Criterium

2.2.1 Start/Finish Location

The location of the start/finish line and rider check-in is in front of the Worcester City Hall, 455 Main St, Worcester, MA



2.2.2 Directions to the venue:

***From the west**:* Route 9 east to Worcester; turn right onto Main St. heading south to race course and available parking. By foot, head east on Foster St or Mechanic St. and take a right onto Commercial St heading south. The finish line is at the end of Commercial St.

***From the east**:* I-290 west to Exit 16 in Worcester. Bear right onto Central St westbound and take a left onto Main St south to race course and available parking. By foot, head east on Foster St or Mechanic St. and take a right onto Commercial St heading south. The finish line is at the end of Commercial St.

***From the north**:* I-190 south to I-290 west to Exit 16 in Worcester. Bear right onto Central St westbound and take a left onto Main St south to race course and available parking. By foot, head east on Foster St or Mechanic St. and take a right onto Commercial St heading south. The finish line is at the end of Commercial St.

From the south: I-290 east to Exit 16 in Worcester. Turn left onto Central St westbound and take a left onto Main St south to race course and available parking. By foot, head east on Foster St or Mechanic St. and take a right onto Commercial St heading south. The finish line is at the end of Commercial St.

2.2.3 Parking

Parking is available at any legal parking lot or local street. Please make sure to follow instructional signs that restrict parking in certain areas, and please respect local businesses that are open.

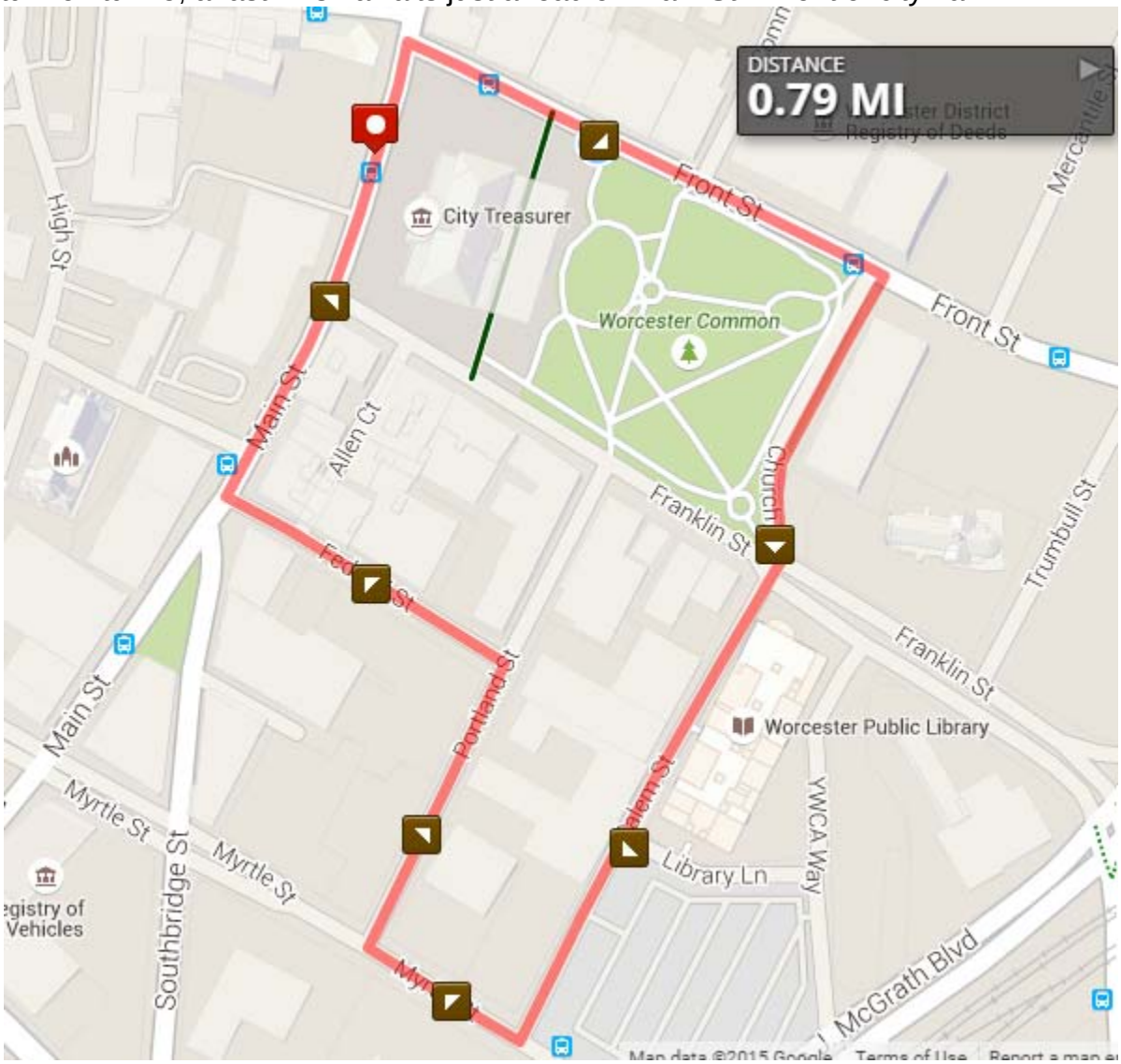
A parking lot located in front of the Worcester Public Library is available for race participant parking. Access to this lot will be from YWCA Way, accessed by Francis J. McGrath Blvd (southbound only). This lot is outside of the course, so participants may freely enter and leave at their own time frame.

For vehicles without car racks, there are several parking garages in the area that are off the course and free to enter and leave at their own time frame.

There is no race participant parking inside of the race course; this is restricted to Longsjo Race Staff and VIP's.

2.2.4 Race Course

The race course is a .75 mile, 1.2 kilometer clockwise criterium in the city hall area of downtown Worcester. The course goes around the Worcester Common area and passes next to the Major Taylor statue by the Worcester library. After the 45 degree turn on turn 5, a fast finish awaits just ahead on Main St in front of city hall.



2.2.5 Race Schedule

Category	Start Time	Race Duration
Men 40+ (cat 1-4)	3:30 PM	40 min
Men 3/4	4:15 PM	40 min
Women Pro/1/2/3	5:00 PM	55 min
Men Pro/1/2	6:45 PM	70 min

2.2.6 Prize Schedule

	Prizelist		Places									
Category	Finish	Places	1	2	3	4	5	6	7	8	9	10
Men 40+ (cat 1-4)	$400	5	$145	$90	$65	$55	$45					
Men 3/4	$400	5	$145	$90	$65	$55	$45					
Women Pro/1/2/3	$1,500	10	$550	$250	$150	$115	$95	$85	$75	$65	$60	$55
Men Pro/1/2	$1,500	10	$550	$250	$150	$115	$95	$85	$75	$65	$60	$55

2.2.7 Bib Number Placement

The large bib number with the race sponsor logos will go on the right side. Please make sure that the bottom of the number is on the mid-seam of the jersey, or at least halfway over the side panel of your jersey. The smaller generic bib number will go over the left back pocket. Please refer to the following graphic for reference:

Numbers that are placed incorrectly could result in a rider not receiving a place for the race.

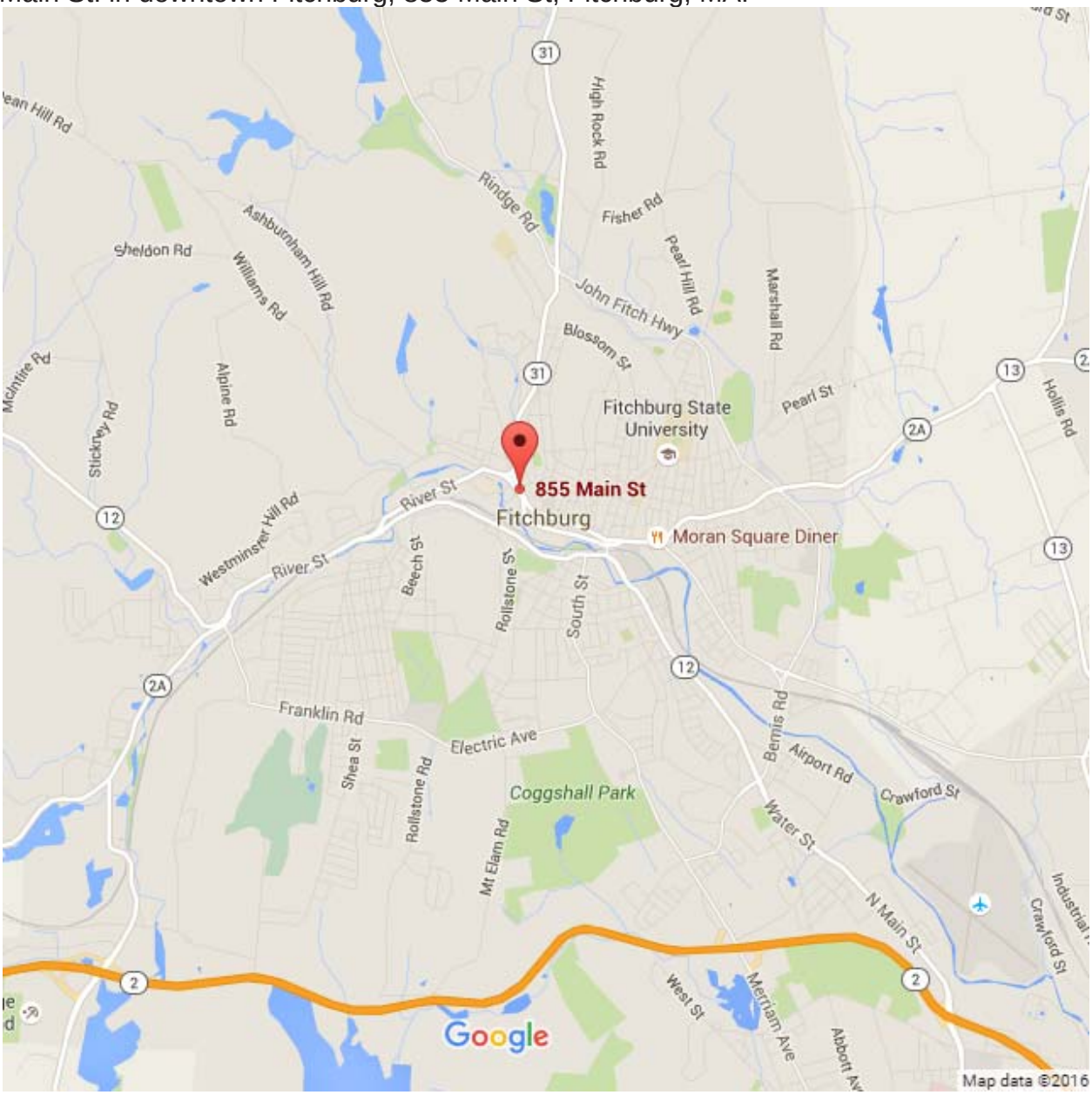
2.2.8 Venue Map

- Start/Finish Line
- Medical Locations
- Participant Check-in
- VIP Area
- Exposition Area
- Neutral Service (SRAM)
- Participant Pre-Staging Area
- Direction of race course
- Pedestrian Course Crossing
- Port-a-Johns Location

2.3 Fitchburg Downtown Criterium

2.3.1 Start/Finish Location

The location of the start/finish line and rider check-in is front of the Federal building on Main St. in downtown Fitchburg; 855 Main St, Fitchburg, MA.



2.3.2 Directions to the venue:

***From the west**:* Route 2 east to Exit 30; bear right off exit ramp onto South St. Proceed north on South to Laurel St and turn right. At traffic light turn left onto Water St going across the bridge. At the next light, take a left onto Main St. Follow detours onto Prichard St for available legal parking. On foot, make your way to Main St. and walk west. The Federal Building is on the corner of Main and Academy St.

***From the east**:* Route 2 west to Exit 31A; bear right onto Route 12 North. Take a right onto Water St going across the bridge. At the next light, take a left onto Main St. Follow detours onto Prichard St for available legal parking. On foot, make your way to

Main St. and walk west. The Federal Building is on the corner of Main and Academy St.

***From the north**:* Route 12 or Route 13 south to downtown Fitchburg and available legal parking. On foot, make your way to Main St. and walk east. The Federal Building is on the corner of Main and Academy St.

From the south: I-190 north to Route 2 west to Exit 31A; bear right onto Route 12 North. Take a right onto Water St going across the bridge. At the next light, take a left onto Main St. Follow detours onto Prichard St for available legal parking. On foot, make your way to Main St. and walk west. The Federal Building is on the corner of Main and Academy St.

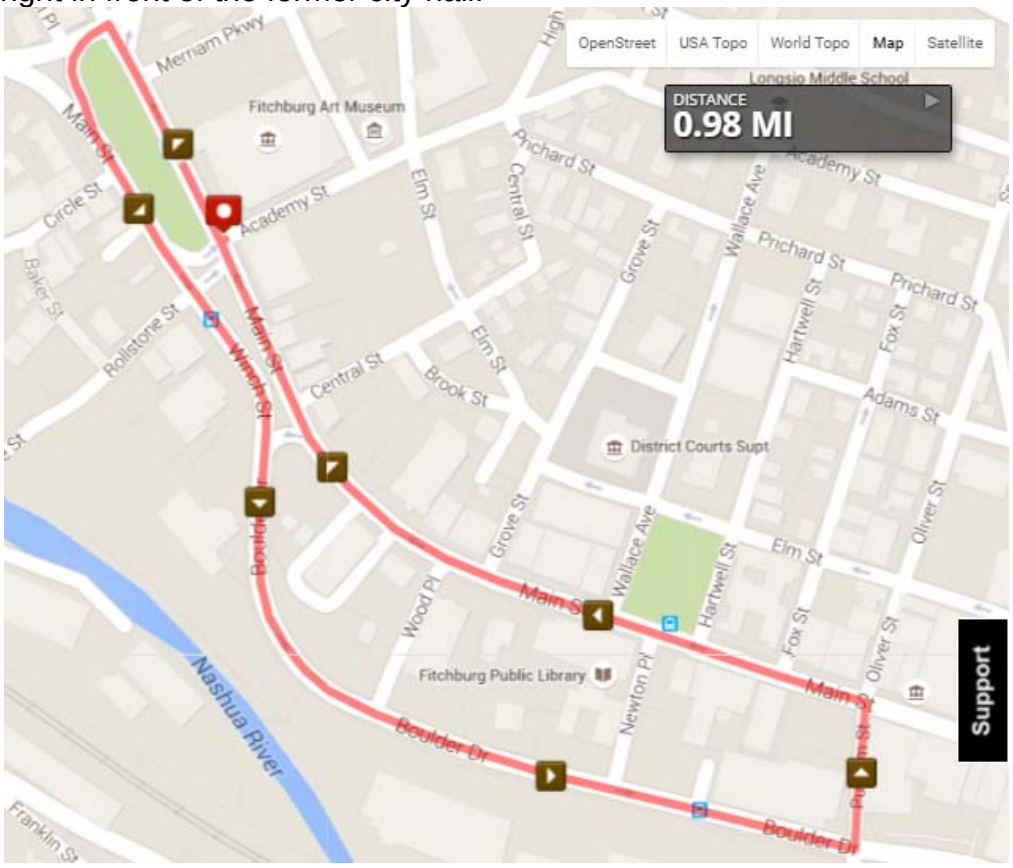
2.3.3 Parking

Parking is available at any legal parking lot or local street. Please make sure to follow instructional signs that restrict parking in certain areas, and please respect local businesses that are open.

There is no race participant parking inside of the race course; this is restricted to Longsjo Race Staff and VIP's.

2.3.4 Race Course

The race course is a 1 mile, 1.6 kilometer counter-clockwise criterium in the city hall area of downtown Fitchburg. The course climbs up and around the Upper Common area and then decents south towards the railroad station. After turn 4 there is a very long, very wide city boulevard to sprint towards the finish, which is in the apex of a curve right in front of the former city hall.



2.3.5 Race Schedule

Category	Start Time	Race Duration
Men 4/5	9:00 AM	40 min
Women 3/4	9:45 AM	40 min
Men 50+ (cat 1-4)	10:30 AM	40 min
Men 40+ (cat 1-4)	11:30 AM	45 min
Men 3/4	12:20 PM	45 min
Women Pro/1/2/3	1:45 PM	25 miles
Men Pro/1/2	3:00 PM	50 miles

2.3.6 Prize Schedule

	Prizelist		Places											
Category	Finish	Places	1	2	3	4	5	6	7	8	9	10	11	12
Men 4/5	$200	4	$65	$50	$45	$40								
Women 3/4	$200	4	$65	$50	$45	$40								
Men 50+ (cat 1-4)	$400	5	$145	$90	$65	$55	$45							
Men 40+ (cat 1-4)	$400	5	$145	$90	$65	$55	$45							
Men 3/4	$400	5	$145	$90	$65	$55	$45							
Women Pro/1/2/3	$1,950	10	$600	$315	$200	$150	$125	$110	$95	$85	$75	$70	$65	$60
Men Pro/1/2	$1,950	10	$600	$315	$200	$150	$125	$110	$95	$85	$75	$70	$65	$60

2.3.7 Bib Number Placement

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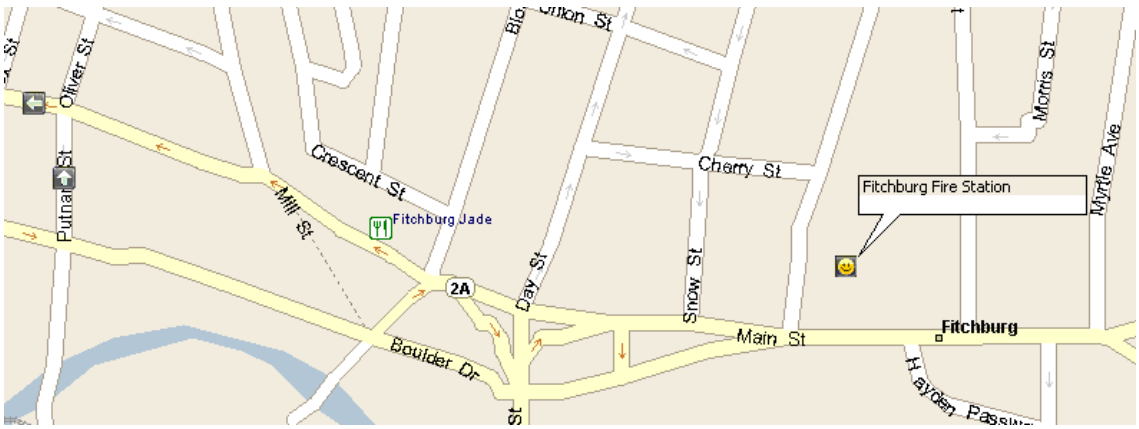
Numbers that are placed incorrectly could result in a rider not receiving a place for the race.

2.3.8 Venue Map

In addition, the Fitchburg Fire Department (a long-time supporter of the event) will be opening up their new digs to all racers who need some water or who would like to take a shower. You can ride there from the course and leave your bike there while you shower. The fire house is located off of Main St behind the Dunkin' Donuts across the street from the Fitchburg train station.



Section 3 – Omnium

3.1 Definition

A omnium competition will be offered to 4 fields during the course of the 3-day event:

- Elite Men
- Elite Women
- Men 40+ (1-4)
- Men 3/4

The competition will add up points earned on intermediate and final sprints of all 3 days of racing to declare a winner.

3.2 Scoring

The laps for the intermediate sprints will be as follows:

- Elite Men
  - Leominster – halfway (~30 min elapsed), 10 laps to go, 5 laps to go
  - Worcester – halfway (~35 min elapsed), 10 laps to go, 5 laps to go
  - Fitchburg – 35 laps to go, 25 laps to go, 15 laps to go, 10 laps to go, 5 laps to go
- Elite Women
  - Leominster – halfway (~25 min elapsed), 5 laps to go
  - Worcester – halfway (~30 min elapsed), 5 laps to go
  - Fitchburg – 20 laps to go, 10 laps to go, 5 laps to go
- Men 40+ & Men 3/4
  - Leominster – halfway (~20 min elapsed), 5 laps to go
  - Worcester – halfway (~20 min elapsed), 5 laps to go
  - Fitchburg – halfway (~25 min elapsed), 5 laps to go

The scoring of each sprint will be as follows:

Place	Intermediate	Finish
1st	5	20
2nd	3	15
3rd	2	12
4th		10
5th		8
6th		6
7th		4
8th		3
9th		2
10th		1

3.3 Competition Rules

3.3.1 A rider that is relegated from an intermediate or final sprint due to a rule infraction will lose their points for the sprint in question, but remains eligible for the omnium. A rider

that is disqualified from a race loses all points earned in the race in question, but remains eligible for the omnium. A rider that is disqualified twice in the course of the 3-day event will become ineligible for the omnium.

3.3.2 Ties will be broken based on the following criteria:

1. Number of 1st places in finishing sprints
2. Number of 2nd places in finishing sprints
3. Number of 1st places in all intermediate sprints
4. Number of 2nd places in all intermediate sprints
5. Tiebreakers at the end of each day's event will be broken by the finishing place of that day's race.
6. The overall tiebreaker will be finishing place in the Fitchburg Criterium.

3.3.3 The leader of the competition after each day's races will be awarded a leader's jersey, to be presented during the awards ceremony for that field. The jersey must be worn during the next day's races, with the exception of riders who are national or world champions in their class or category, who will be given preference to wear their championship jersey. The preference of a skinsuit in lieu of the leader's jersey is not an acceptable reason to not wear the leader's jersey. Any rider who is in the lead of their points competition and does not wear the leader's jersey may be subject to forfeiture of points and/or eligibility in the points competition to be determined by the race organizers.

3.3.4 The prize money for the omnium will be as follows:

Elite Men:

- 1st Place - $200
- 2nd Place - $125
- 3rd Place - $75

Elite Women:

- 1st Place - $200
- 2nd Place - $125
- 3rd Place - $75

Men 3/4 and Masters 40+

- 1st Place - $100
- 2nd Place - Verge merchandise
- 3rd Place - Verge merchandise

Section 4 – Race Staff & Contacts

Event Management Staff

Alan Cote……Race Director
alan@icote.com

Donn Ingemie……..…..Marketing Director
donn@longsjo.com

Sam Squailla……Community Outreach Coordinator & Kids Race Director
samsquaila@gmail.com

Jason Longsjo ……President, Longsjo Foundation
jason@longsjo.com

Alan Atwood, Atwood Racing Services ……Technical Director
fastalracing@gmail.com

Robert Olson……..Webmaster

Race Day Staff

Brad Durrin.....……Volunteer Coordinator

J.D. Bilodeau, Pioneer Event Productions.....…….Course Manager

Meesha Crowther ……Head Registrar

Chris Constantino.....……..….USA Cycling Chief Referee

Lincoln Phillips…….....…….USA Cycling Chief Judge

Sara Jane Griffin, Bill Dolan, Brian Iwatake, Helen Prates……..……USA Cycling Assistant Judges

Julie Renquin, Kinnin Payson…….....……..……USA Cycling Assistant Referees

Pamela Schmuhl, Elizabeth Campbell, Patrick Bradley.....……USA Cycling Motor Referee(s)

Richard Fries, Dick Ring……Race Announcers

John Frey, Velocity Results……Results Technician

International Cycling……..…..Truss & Fencing Crew

Section 5 – Acknowledgements

The Longsjo Classic would like to acknowledge and thank the following organizations for helping to make the 2016 Longsjo Classic possible:

- City of Leominster, Massachusetts
  - Dean Mazzarella, Mayor
  - Richard Kinney, Police Deptartment
  - Robert Sideleau, Fire Chief
  - Raymond Racine, Director, Department of Public Works

- City of Worcester, Massachusetts
  - Joseph Petty, Mayor
  - Che Anderson, Executive Office of the City Manager
  - Sgt. Rick Cipro, Worcester Police
  - Richard Fiske, Deputy Director, Emergency Communications & Emergency Management
  - Tom Fitzmaurice, President/CEO, Worcester Regional Chamber of Commerce/Destination Worcester

- City of Fitchburg, Massachusetts
  - Stephen DiNatale, Mayor
  - Earnest Martineau, Fitchburg Police
  - Kevin Roy, Fire Chief
  - Lenny Laakso, Commissioner, Department of Public Works
  - Gary Withington, Superintendent of Streets

- Patrick Wyman, Wyman's Liquors and Fine Wines

- Rick Ruberti, Rick Ruberti Auto Sales