



# KILLINGTON STAGE RACE

## Technical Guide

Memorial Day Weekend 2010  
May 29 - 31



and the

Woodstock Bicycle Club

*Present the*

***2010 Killington  
Stage Race***

# RACE SPONSORS

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See Page 25 for Special Offers from  
Local Merchants

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## **Welcome from the Race Organizers**

Welcome to the 2010 Killington Stage Race!

The Town of Killington, the Killington Chamber of Commerce, App Gap Promotions, the Green Mountain Bicycle Club, Killington-Pico Cycling Club, the Mad River Riders and the Woodstock Bicycling Club are happy to welcome racers and their families and friends to the 2010 Killington Stage Race, in its 15<sup>th</sup> year - after a short 10 year hiatus. Velonews highlighted the reincarnated KSR in the 2010 Race and Ride Guide welcoming the event back and suggested it would be a great early season stage race.

The KSR would not be possible without the generous help of our sponsors, who recognize the value of supporting this great event. We want to thank our primary sponsor the Town of Killington Economic Development and Tourism Commission and its former Executive Director, Carl Spangler, for providing the impetus for bringing the KSR back to life. Carl recently passed away and it seems fitting to dedicate this year's event to his memory. Our other great sponsors include Long Trail Brewing, The Mountain Times Newspaper, the Lookout Restaurant and Champion System. All the lodging properties listed on our lodging page are doing their part to support the event as well, so please thank them for supporting the KSR. To help ensure the event takes place next year be sure to let the Killington merchants know that you are here for the race. Look for a link to an on-line event survey in the wrap-up e-mail and please take a few minutes to provide us with your thoughts. It will help us improve the KSR for 2011.

Once again, we welcome you to the 2010 KSR. Whether it is your first or you are a KSR veteran who has waited patiently for 10 years for its return we wish you a very safe and fun weekend of competition.

For the KSR Organizers,



Gary Kessler, Race Director



On behalf of the Town of Killington, welcome to the 2010 Killington Stage Race!

Killington has a rich tradition of cycling. For 14 years, from 1987 to 2000, the Killington Stage Race was regarded as one of the most prestigious road cycling events in the eastern United States and the Office of Economic Development and Tourism is proud to be working with App Gap Promotions to bring this legendary race back.

We hope you enjoy your stay and remember when not on your bike, take some time to dine in one of our many restaurants, visit our retailers and take the opportunity to stop by the Chamber of Commerce to learn more about the area. If you are looking for some last minute parts or accessories, one of our bike shops or outdoor outfitters will be happy to accommodate you.

We wish you the best of luck in the race and invite you to come back to Killington to bike, ski, hike or attend one of our many events and festivals. Please visit [www.discoverkillington.com](http://www.discoverkillington.com) to sign up for our newsletter or friend Discover Killington on Facebook so you can keep current on our exciting activities and events.

Best,

Seth Webb  
Director  
Town of Killington Economic Development and Tourism

## Race Staff

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Gary Kessler ..... Race Director  
Peter Oliver.....Assistant Race Director, Caravan Coordinator  
Melanie Simon .....Volunteer Coordinator  
Kevin Bessett .....Registrar Extraordinaire!  
Sean McVeigh .....Course Czar  
Dan Mason, Mat Katz,  
Meg Laferriere Horrocks.....Deputy Course Czars  
Nicole Kesselring.....Assistant Caravan Coordinator

## USA Cycling Race Officials

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Cindi Hines ..... Chief Referee  
Sandy Rovelli ..... Chief Judge

Referees:

Julianne Belcher, Lodrina Cherne, Chris Constantino, Chris McBurnie, Gil Newbury, Patty Passeto, Kinnin Payson, Lincoln Phillips, Dave Rovelli, James Smith, Gary Toth, Nancy Brennan (Race Secretariat)

Motor Referees: John Balaban & Rob Belcher

# General and Technical Information

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## **START TIMES**

The start times contained in this technical guide may change due to unexpected circumstances. Any changes in start times will be posted in the daily communiqué. Please consult it at the race headquarters or on-line.

## **ANNOUNCING**

Alan Atwood

## **RACE RESULTS and PHOTO FINISH**

John Frey, Velocity Results

## **RACE HEADQUARTERS**

Killington Grand Resort Hotel, Killington Access Road (Please do not call for race results).

## **LOCAL HOSPITALS**

Rutland Medical Center (Rutland) 802-775-7111

Gifford Medical Center (Randolph) 802-728-7000

Central Vermont Medical Center (Berlin) 802-371-4283

Fletcher Allen Health Care (Burlington) 802-847-0000

Porter Hospital (Middlebury) 802-388-4701

Dartmouth-Hitchcock (Hanover, NH) 603-650-5000

## **REGISTRATION PACKET PICKUP**

Friday, May 28<sup>th</sup>

6:30 to 8:30PM at The Grand Resort Hotel (race headquarters), Killington Access Road

Saturday, May 29<sup>th</sup>

7:00AM to 1:30PM The Grand Resort Hotel, Killington Access Road (4 miles from the start at Skyship)

**From 7:00 AM – 7:30 AM ONLY Citizens 4/5 Racers may pick-up their numbers.**

Sunday May 30<sup>th</sup>

Citizens 4/5 Racers Only:

7:45-8:30AM Long Trail Brewery under the tent in the parking lot

## **LICENSES**

A valid USAC or UCI license ***MUST BE PRESENTED*** at registration to receive your race packet. One day (for Citizens 4/5) and annual licenses are available at all the packet pick-ups.

## **RACE CONDUCT**

Races will be conducted under 2010 USA Cycling rules see:

<http://www.usacycling.org/news/user/story.php?id=4220>

## **SUPPORT**

**SRAM** and volunteer neutral support will be provided. No team or individual support will be allowed.

Under no circumstances may team cars or individual support cars follow the race (USAC rule 3C4(a)). GC time deductions, monetary fines or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for non-compliance.

See the Support Matrix below for the details. **SRAM and neutral wheels will be supporting only the fields to which they are assigned and will not stop to support racers in other fields.** Where SRAM does not provide support, volunteer neutral support will be provided. For fields that will be serviced by volunteer support, 10 sets of wheels will be required for the service vehicle to maintain neutral support. If there are fewer than 10 sets of wheels, wheels-in, wheels-out rules will apply. Wheels will be left at the start of the Circuit Race and Road Race (at Skyship) by the first aid & rental shop awnings. **Please claim your wheels immediately after you finish.** Race organizers are **not responsible** for unclaimed or stolen wheels. Please, if the loss of your wheel will be too much to bear do not put it in the wheel van as wheels have been reported missing in the past.

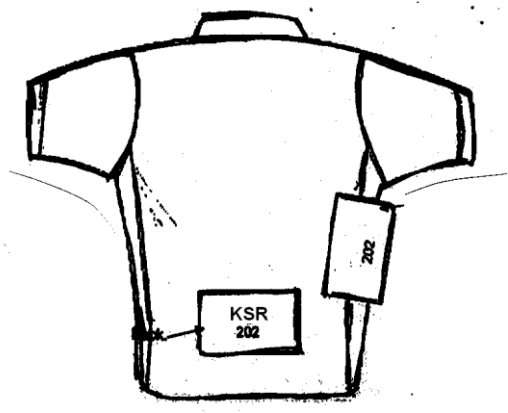
Under no circumstances may team cars or individual support cars follow the race. Non-compliance will result in a \$75.00 fine per USAC Stage Race Rule 4H3.

NOTE: All service is to be done from the right hand side of the road. You must be stopped to receive service.

<b>Wheel Support Matrix</b>			
<b>Category</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Monday</b>
Men P/1/2	SRAM	SRAM	SRAM
Men 3	SRAM	SRAM	NEUTRAL
Men 4	SRAM	SRAM	NEUTRAL
Men 40+	Neutral	SRAM	NEUTRAL
Men 50+	Neutral	SRAM	NEUTRAL
Jrs	Neutral	SRAM	NEUTRAL
W P/1/2	SRAM	SRAM	SRAM
W 3/4	Neutral	SRAM	NEUTRAL
Citizens 4/5	Neutral	SRAM	N/A

## **NUMBERS**

For all fields except Citizens 4/5, a total of three (3) numbers will be issued to each rider: two (2) jersey numbers and one (1) frame number. **All three numbers must be worn each day.** Citizen 4/5 racers will not be issued a frame number.



One jersey number is to be worn on the pocket area, which allows the number to be visible from behind. The other number is to be worn on the side of the jersey, so the number is visible to the officials and finish camera on the judging stand at the finish of each event.

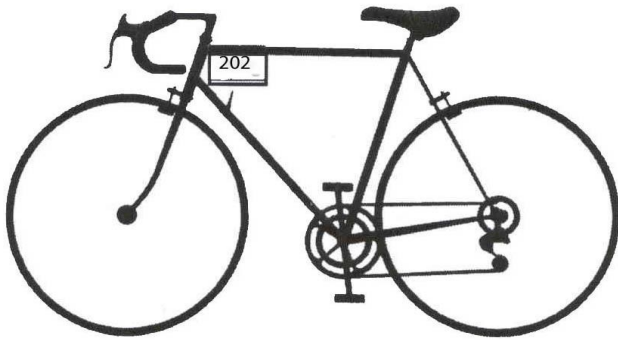
Position of jersey numbers:

**Stage 1:** Right side and back pocket

**Stage 2:** Right side and back pocket

**Stage 3:** Right side and back pocket

Frame Number



The frame number is to be placed inside of the top tube and the down tube. The frame number may also be placed under the seat on small or compact frames. **NOTE:** Improperly worn/placed numbers may result in the rider not being placed in an event. Penalties for misplacing, mutilating or reducing the size of frame or rider numbers: 1<sup>st</sup> offense=warning. 2<sup>nd</sup> offense=30 second penalty, subsequent offenses=1 minute penalty. There will be a \$20 replacement fee for numbers that need to be reissued. Please do not lose your number.

### **GENERAL CLASSIFICATION (GC) SCALE OF PENALTIES**

The Chief Referee will have full discretion in levying penalties for violations of USAC racing rules and regulations posted in this technical guide.

Relegations affect stage placings but all other disciplinary measures and time penalties affect only the general classification (GC).

General classification time penalties are listed below. However, the Chief Referee reserves the right to assess monetary fines or additional GC time penalties based on the degree of the offense committed.

### **FINES**

Monetary fines issued to riders or teams must be paid directly to USA Cycling per USAC rule 1B5 (d).

### **RESTROOM FACILITIES**

There will be restroom facilities provided at the start of each venue. There is also a port-o-let near the finish of each day.

**Public urination is subject to the following penalties:** First Offense – \$25  
Second Offense – disqualification

### **HELMETS**

Per USAC general racing rule 1N1, 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 KSR competitors from the opening of registration through the final awarding of prizes after Stage 3. Failure to follow this rule will result in a \$20.00 fine/occurrence. Immediate disqualification and \$20.00 fine for removing helmet during race.

### **WARM-UP/COOL DOWN**

Each stage has specific warm-up and cool down instructions. 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 Vermont; riding so not to impede traffic, obeying all traffic lights, posted signs and yielding to police and rescue vehicles and school buses. Per USAC stage racing rule 4H3, a monetary fine of \$35 will be assessed for reported infractions. Disqualification from the stage race for any infractions reported to the Chief Referee or Organizer by police or rescue personnel.

Riders **MUST YIELD** to emergency vehicles. Failure to do so will result in immediate disqualification as well as a monetary penalty and possible arrest and prosecution under Vermont Law. Please do not risk these consequences and do not put the event in danger of being canceled by not yielding!

Refer to the individual stage sections of this guide for specific information concerning warm-up/cool down areas for a particular stage.



## **SIGN-IN**

Riders must personally sign-in for stages 1 & 3 at least 15 minutes before the announced time of their start. Sign-in closes 10 minutes before the announced starting time except for the Time Trial where sign in is not required. Sign-in penalties: First offense – Warning; Second offense - 30 second GC time penalty.

## **STAGING**

Riders must report to the staging area (for all stages except Time Trial) no less than 10 minutes before the published start time. Riders who are late to the staging area may be assessed a GC time penalty by the Chief Referee.

The GC top five as well as the Sprint and K/QOM leaders for each category will be called to the front row prior to the start of Monday's stage.

## **CENTERLINE**

**The centerline rule 3B1 is in effect for all races and 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 GC time penalty.

First offense: 30 seconds; 2<sup>nd</sup> offense: 1 minute; 3<sup>rd</sup> offense: Disqualification from the Stage Race. Additionally, riders may also be relegated or disqualified at the discretion of the Chief Referee.

**The centerline rule is in effect for all Hot Sport sprints, K/QOM sprints, and the finishes on Sunday and Monday. In addition to the GC penalties listed above, riders will be relegated or disqualified for sprinting over the centerline.**

**NOTE:** The Race Officials with each category, may, at their discretion, ask riders to immediately withdraw from the race for centerline violations. Once asked to leave, riders are to remove themselves from the field and hand in their race numbers. Riders that have been asked to withdraw will be disqualified from the stage and are ineligible to compete in subsequent stages.

## **TAKING PACE/OUTSIDE ASSISTANCE**

Per USAC road 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.

Taking pace from riders in a different race or from a motor vehicle over a distance of at most 100 meters, will result in a 20 second GC time penalty and either relegation or disqualification at the discretion of the Chief Referee.

Taking pace from a motor vehicle for more than 100 meters will result in relegation and a GC time penalty of 2 minutes. The 2<sup>nd</sup> offense results in disqualification.

## **RIDING OUTSIDE PROTECTED AREA**

Riders who are outside of the protected area (behind the follow vehicles) are required to obey all traffic laws of the State of Vermont, including riding so not to impede the flow of traffic and obeying all traffic lights and posted signs.

## **Emergency Vehicles**

Riders **MUST YIELD** to emergency vehicles (Ambulance/Fire Trucks/Police). Failure to do so will result in immediate disqualification as well as a monetary penalty and possible arrest and prosecution under

Vermont Law. Please do not risk this series of consequences and do not put the event in danger of being canceled by not yielding!

### **JUNIOR ROLLOUT**

**ALL** juniors, (no matter which category they are competing in) must report to rollout **IMMEDIATELY** after finishing each stage. Per USAC Rule 1M6, the maximum chain gear ratio allowed is 7.93 meters (rollout 26’). Rollout will take place at the finish. Look for signs each day.

Penalties for failing to report to rollout: 1st offense: relegation (stage), loss of any sprint or K/QOM placings and a GC time penalty of 1 minute; 2nd offense: disqualification from the stage race.

Penalties for a rider whose bike fails rollout: 1st offense: relegation (stage), loss of any sprint or K/QOM placings and a GC time penalty of 1 minute. 2nd offense: disqualification from the stage race.

### **FEEDING**

Feeding shall occur only from designated feed zones. Riders are expected to dispose of feeding materials in the feed zone areas only. Penalties for feeding outside designated feed zones: 1<sup>st</sup> offense - warning; 2<sup>nd</sup> offense - 30 second time penalty; subsequent offenses - 1 minute time penalty.

Rider support personnel in the feed zone are responsible for maintaining the cleanliness of the area. Riders who have support personnel that leave waste materials at feed zones will be subject to fines per USAC stage racing rule 4H14e. We ask that feeders please help us keep the feed zones clean.

Feeders should use care when crossing the road and moving within the feed zone area.

On Monday May 31<sup>st</sup> (Champion System Road Race) feed zone vehicles must depart for the feed zone prior to the stage start. They may not follow or pass any race caravans on the way to the feed zone. Feed zone vehicles must follow the course in reverse to return to the Finish area. They may not follow or pass any race caravans. Feed zone vehicles passing race caravans will have their riders disqualified.

### **NO LITTERING**

Please respect our roads and our neighbors. Participants who discard bottles or wrappers in unapproved areas will be subject to a \$20.00-\$80.00 fine per the USAC Stage Race Scale of Penalties 4H14e or disqualification from the race at the discretion of the Chief Referee and Race Director. Additionally, under Vermont law, littering is subject to prosecution including a penalty

24 V.S.A. § 2201. Throwing, depositing, burning, and dumping refuse; penalty; summons and complaint

Approved areas for discarding litter: Feed zone areas marshaled by volunteers.

### **FINISHING**

All riders must complete a stage in order to be eligible to start the next stage.

There is a 1.5 mile dirt road section in the Champion System road race course (Prosper Road in Woodstock). This section may have loose gravel or be rough in places. You should consider using **sturdy tires and wheels** and be sure your bottle cages hold your bottles securely. **Be prepared to fix a flat tire as the service vehicles will go with any break. SRAM will only be supporting the Men P/1/2, and W P/1/2 fields, they will not stop to assist riders not in those fields.**

It is your responsibility to be able to repair your bicycle in the event the support vehicle is ahead of you or is unable to help you.

**For all stages** once you have crossed the finish line **DO NOT** turn around and ride back across the finish line. Every stage is designed for racers to continue riding in the direction of the race. If a racer

wishes to go to the finish they must walk their bike on the grass by the shoulder. Per USAC stage racing rule 4H3, a monetary fine of \$20 will be assessed for reported infractions.

Others are finishing behind you and the determination of results is greatly slowed. Proceed straight ahead through the finish area before making any changes in your line of travel.

### **MISHAPS**

Per USAC stage race rule 4E3(b), any rider suffering a mishap within the last 3 kilometers of Stage 1 or the last 2 kilometers of Stage 3 will be given the time they would have attained had the mishap not occurred, provided the rider, if able, reports the crash to finish line officials immediately following the race. The rider will be given his/her actual place across the finish line (or last place in the stage if unable to cross the finish line). The rider will be allowed to start the next stage.

Riders suffering a mishap during the Stage 2 (Time Trial) will receive the time of the slowest rider in their category and permitted to start the next stage provided they report to the finish line officials immediately following the time trial.

If you are involved in a mishap please report it to an official or the race organizer so that the proper paper work can be completed. This is for your protection and will allow you to file a claim if needed under the USAC insurance in place for the event.

### **TIME CUT**

Per USAC rule 4E3d, riders must finish each stage within a time limit equal to the winner in his/her field plus 20%. Riders who do not finish within the time cut will be eliminated from the stage race and not be permitted to start the next stage. Stage 1 has a single lane bridge. If you are dropped from the field you may be held up at this bridge. If you were held up at the bridge and as a result miss the 20% time cut please report this to officials who will provide due consideration of the circumstances.

### **RESULTS**

Results, official race announcements and notices, once available, will be posted at Race Headquarters (The Grand Resort Hotel) as soon as they are completed. They will also be available on [www.velocityresults.net/results](http://www.velocityresults.net/results) as well as the race website, [www.KillingtonStageRace.com](http://www.KillingtonStageRace.com), each evening. The Monday Stage 3 results as well as overall GC results will be posted at The Grand Summit as soon as they are completed.

### **GROUP FINISH RULE (Stages 1 & 3):**

For stages 1 & 3, all riders of a group reaching the finish together shall receive the same finishing time as the leader of that group. A new time is assigned when there is a difference of one second or more between the back of the rear wheel of the last rider in a group and the front wheel of the first rider of the following group. Note: The Chief Referee and Chief Judge reserve the right to determine which riders comprise a finish group.

### **INDIVIDUAL GENERAL CLASSIFICATION (GC)**

Per USAC stage race rule 4C3, each rider's GC shall be calculated by summing the rider's time in all individual stages, taking into account any time bonuses and penalties. In case two or more riders are tied in their final GC, their order shall be determined by adding the fractions of a second from the individual time trial back into the total time. If this does not resolve the tie, the next method is adding their places obtained in each stage. If this does not break the tie, their places in the final stage shall decide the order.

## **PROTESTS**

Per USAC rule 4F7, riders who have a protest regarding race conduct must present their protest in writing no later than 1 hour after their finish. **Riders who have a protest about finish order** have until 30 minutes before the start of the next day's stage. **Protests regarding final general classification placement must be lodged no later than 15 minutes** after the official posting on Monday May 31<sup>st</sup>. Protests made beyond the listed time periods will not be considered and results will not be changed if a protest is not lodged.

## **AWARD CEREMONIES**

Prizes for individual stages will be available after the completion of each stage. Prizes for overall general classification will be available after the final results for each category become official on Monday.

The top three finishers as well each day as well K/QoM and Sprint leaders are **required to attend** a brief podium presentation where both the Leaders' Jerseys and prizes will be awarded. Failure to attend the presentation may result in the forfeiture of that day's prize money in the discretion of the Race Director. **PLEASE ATTEND!**

**Stage 1 Awards** will be presented at the Sunrise Base Area located at the finish line for the stage. The top three finishers in each category should promptly report to the podium approximately 10 minutes after your category finishes. Our race announcer Al Atwood will be calling you to the podium. If possible we will also present the K/QoM and Sprint Jerseys at this time so if you think you are in the lead in these competitions please be available to have your jersey presented. If the weather is very inclement the awards ceremony will take place at the Grand Summit Hotel beginning at 5:30 PM in the Oscar Wilde Ballroom. Listen for an announcement during the start instructions or by Al at the finish.

**Stage 2 Awards** will be presented beginning at 4:00 at poolside at the Grand Summit Hotel. If the weather is very inclement we will move inside to the Oscar Wilde Ballroom.

**Stage 3 Awards** will be presented to the top three on the stage near the finish line at the K1 base area. The top three finishers in each category should promptly report to the podium. Please listen for Al Atwood to call you up. If the weather is very inclement the stage awards will take place at 2:00 PM in the Oscar Wilde Ballroom.

**Final GC, Sprint & K/QoM Awards** will be presented at 2:00 PM at the Grand Summit Hotel. The awards will be presented poolside. If the weather is inclement we will move inside to the Oscar Wilde Ballroom. Please bring identification as it will be necessary to pick-up your prizes. If you are not on the final podium or a winner of the Sprint or K/QoM jersey you are not required to pick-up your prize money at this time. All unclaimed prize money will be paid following the event.

All podium presentations prior to the determination of the official final results are unofficial and subject to latter modification based on the determination of any protests and/or imposition of any penalties.

## **LEADERS' JERSEYS**

A GC Leader's Jersey, K/QoM Leader's Jersey (Saturday and Monday) and a Sprint Leader's Jersey (Saturday and Monday) will be awarded at the end of each day (or prior to the start of racing the following day) in each race category. The leader in each of these competitions is required to wear the Leader's Jersey each day he/she remains in the lead of that competition. If a rider is the leader in the GC competition as well as an additional competition that rider shall wear the GC Leader's Jersey. A new jersey will only be awarded when there is a lead change. If a rider regains the lead that rider will not be awarded a new Leader's Jersey, but shall use the previously awarded Leader's Jersey. Riders in a leader's jersey may wear a skinsuit in Sunday's ITT instead of a leader's jersey if they so choose.

## **ROAD CONDITIONS**

This year we have worked closely with the Vermont Agency of Transportation (VTrans). VTrans has filled in many cracks and potholes, as well as swept the race courses. Despite their very significant (and greatly appreciated) efforts the roads are not debris, crack or pothole-free. As a racer you must pay attention to the road conditions and use caution to avoid damage to your equipment and yourself. Please read each course description carefully as it contains details about road conditions.

# ***Mountain Times Circuit Race***

**Saturday, May 29<sup>th</sup> 2010**

**Stage 1**

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## **DISTANCE**

18 miles/29km per lap (1 mile/1.5 km from the start to the course for the first lap)

## **START TIMES**

<b><u>Morning Wave</u></b>	<b><u>Category</u></b>	<b><u>Distance</u></b>
8:00am	Citizens 4/5	2 laps/37 miles – 60 km
9:15am	Men 4	3 laps/53 miles – 88.5 km
9:25am	Men 50+	3 laps/53 miles – 88.5 km
9:35am	Women P/1/2	3 laps/53 miles – 88.5 km
9:40am	Women 3/4	2 laps/37 miles – 60 km

<b><u>Afternoon Wave</u></b>	<b><u>Category</u></b>	<b><u>Distance</u></b>
1:10 pm	Men P/1/2	4 laps/72 miles – 116 km
1:15 pm	Juniors	2 laps/37 miles – 60 km
1:25pm	Men 3	4 laps/72 miles – 116 km
1:35pm	Masters 40+	3 laps/53 miles – 88.5 km

## **INTERMEDIATE SPRINTS**

Intermediate sprints will be at the *FINISH LINE*. The **centerline rule will be in effect for all intermediate sprints.**

- Men Pro/1/2 and Men 3 – 3 sprints
- Women 3/4 & Jr – 1 sprint
- All other fields – 2 sprints

Intermediate Sprint Points will be awarded 5 deep: 6-4-3-2-1

## **K/QOM COMPETITION**

Located just after the turn off Rt. 100A onto Messer Hill Road. Points will be scored each time up the climb.

- Men Pro/1/2 and Men 3 – 4 sprints
- Women 3/4 & Jr – 2 sprints
- All other fields – 3 sprints

Points will be awarded 3 deep= 5-3-1

## **THE FINISH**

Racers may use the entire roadway from 500 meters from the finish but use caution and be alert for any cars in the finishing zone.

Finishing Sprint is 5 deep for both points and GC time bonus:

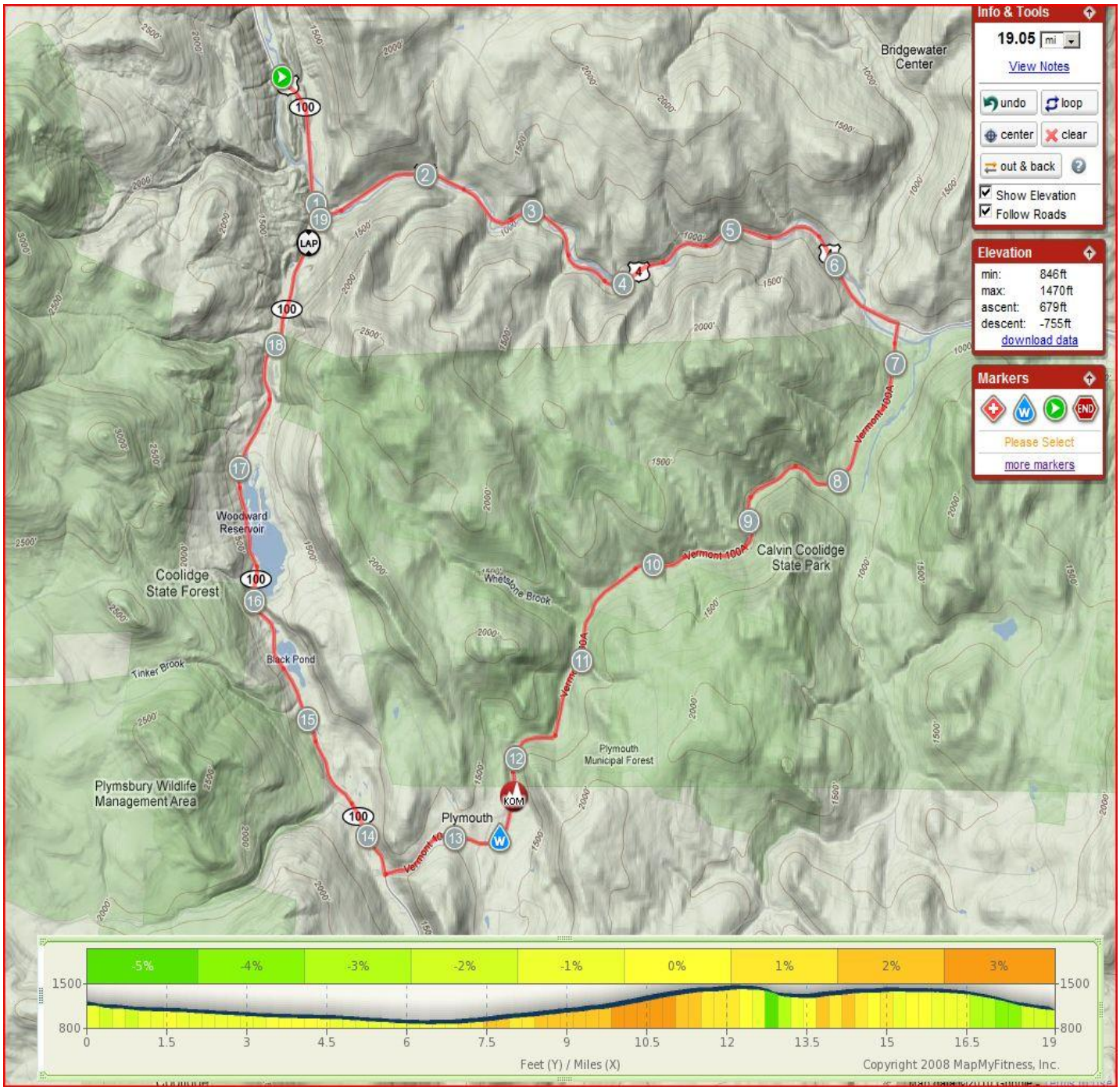
Points= 12-8-6-4-2

GC time bonus = 12-8-6-4-2 (seconds)

## **COURSE DESCRIPTION**

An 18 mile circuit which starts at the Skyship Base Area and travels east on Rt. 4 with a fast opening 6.6 miles to West Bridgewater and a right turn onto Rt. 100A. There will be a controlled start for the first mile until past the Rt. 100 south intersection. The pavement on Rt. 4 is in good condition with a wide shoulder. Please be aware that the shoulder narrows at bridges. After the turn onto Rt. 100A there is a bridge under repair. **NOTE:** There is a single lane bridge in place and there will be police officers controlling traffic. They will work to move the fields safely across this bridge. If you are dropped from the field please be aware that you might have to stop at this location if traffic is present. Racing is neutralized each lap from the corner of Rt. 4 and Rt. 100A until after the field is across the bridge. Once across the bridge there is a very gradual climb of 5.7 miles to Plymouth Notch and the K/QoM and feed zone. The course will take racers through the village of Plymouth Notch which was the birth place of Calvin Coolidge, the 30<sup>th</sup> President of the United States and where he was sworn into office and is buried. The historic village has been preserved in nearly identical condition to how it appeared during Coolidge's life. After passing through Plymouth Notch and turning right back onto Rt. 100A there is a short climb and then a fast steep .6 mile/1K downhill with a sharp right hand turn at the bottom onto Rt. 100 heading north. There are cracks in the road on this section so please use caution. *The race will not be won on this downhill but it certainly could be lost if you fail to negotiate the turn.* There will be several police officers present to control traffic, but please be alert for any vehicles. Once back onto Rt. 100 it is 5.3 miles to the finish. In this stretch the course rolls along passing several lakes and ponds. Be alert to storm grates on the right hand shoulder. The final mile into the finishing straight is downhill and fast. This makes for a fast sprint. The road to the finish is slightly bumpy especially on the right hand shoulder so use caution.

<b><u>Distance</u></b>		<b><u>Description</u></b>
<b>Miles</b>	<b>KM</b>	
0	0	<b>Start at Skyship Base Area</b>
1.1	1.77	<b>Rt. 100 S &amp; Rt. 4 E intersection Racing Begins</b>
6.7	10.7	<b>Right Turn onto Rt. 100A race is neutralized for single lane bridge</b>
6.8	10.9	<b>Cross bridge racing resumes</b>
12.3	19.8	<b>Right Turn onto Messer Hill Road</b>
12.4	20	<b>K/QoM &amp; Feed Zone</b>
12.5	20.2	<b>Entering Historic Plymouth District</b>
12.7	20.4	<b>Right Turn onto Rt. 100A</b>
13.1	21	<b>Steep Down Hill - Use Caution Rough Pavement!</b>
13.6	21.9	<b>Sharp Right Turn at bottom of hill onto Rt. 100 - CAUTION!!!</b>
18.8	30.2	<b>Finish &amp; Sprint Hot Spot (Sunrise Base Area)</b>
19	30.6	<b>Right Turn to Lap - Left back to Skyship</b>



**PARKING**

Skyship Base Area – Rt. 4 Killington.

**DIRECTIONS TO START**

- From the north: VT Rt. 100 south. For I-89 go south to exit 1 (VT Rt. 4 – Woodstock Exit). Take Rt. 4 west through Woodstock to Skyship.
- From the east: Take VT Rt. 4 west to Skyship.
- From the west: Take VT Rt. 4 east to Skyship.
- From the south: VT Rt. 100 north. For I-89 or I-91 North to exit 1 (VT Rt. 4 – Woodstock Exit). Take Rt. 4 west through Woodstock to Skyship.

### **SIGN-IN AREA**

By the base lodge. If the weather is inclement it will be under cover on the second floor outside of the lodge building. **Reminder: Number Packet Pick-Up is at Grand Summit Hotel 4.5 miles away, not at the start so please plan accordingly!**

### **GEAR RECOMMENDATIONS**

55x11 if you are a sprinter going for the win

### **FEED ZONE**

Located on Messer Hill Road and Coolidge Farm Road just past the K/QoM. Support personnel should park in the visitor center parking lot which is a right just south of the Messer Hill Road turn off Rt. 100A. There is a walking path to the feed zone. **Do not** feed or park at the Post Office located in town. Please also respect this historic location and clean-up after yourselves.

### **Wheel Support**

SRAM will support the following fields: M - P/1/2, 3, 4 & W – P/1/2.

Neutral support will be provided for all other fields. In these fields there must be 10 sets of wheels or the support will be wheels-in/out only!

### **WARM-UP AREA**

You may warm-up on Mission Farm Road just across from the start as well as on E. Mountain Road. ***There is to be no warm-up on route 4***; violators will be subject to fines and/or GC point penalties or disqualification at the discretion of the Chief Referee and Race Organizer.

### **CAUTIONS**

1. Rt. 4 has a wide shoulder, but the road narrows at bridges.
2. Route 100A has potholes and cracks on the climb. All of these are marked with the worst being filled, but please be aware.
3. There is a fast downhill for .6 miles on Rt. 100A. There are cracks in the direction of travel. Also there is a right hand turn at the bottom where care should be taken.
4. In the finishing straight the pavement is bumpy in places. Please use caution.

### **EMERGENCY MEDICAL SERVICES**

At the finish area at the Sunrise Base Lodge.



# *Long Trail Brewery Individual Time Trial*

Sunday, May 30<sup>th</sup> 2010

Stage 2

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## **DISTANCE**

10.6 miles/ 17 km

## **START TIMES**

<b><u>Category</u></b>	<b><u>Start time</u></b>
Citizens	8:30
M 4	9:00
W 3/4	10:00
Jr	10:30
M 50+	11:00
W 1/2	11:40
M 3	1:00
M P/1/2	1:45
M 40+	2:45

## **Finish Bonus**

No finish bonus

## **K/QOM & SPRINT**

None

## **NO SIGN-IN FOR THIS STAGE**

## **FEEDING**

None

## **SUPPORT**

SRAM support will be at the start area and will have a wheel pit at the intersection of Rts 4 & 100 at Blackies Store.

Under no circumstances may team cars or individual support cars follow racers during the ITT (USAC rule 3C4(a)). GC time deductions, monetary fines or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for non-compliance.

## **COURSE DESCRIPTION**

The race starts just west of the Long Trail Brewery on Rt. 4 in West Bridgewater. Racers will start at 30 second intervals and travel west on Rt. 4 towards Killington. There is a very wide shoulder and racers must race within that shoulder and not ride out on Rt. 4 except where the shoulder narrows at bridges and if passing. Officials will be present on the course to monitor compliance. Approaching the Skyship on Rt. 4 there is a slight rise. Just prior to the right turn onto River road there is a second rise. The sightlines on this section of Rt. 4 are very long so you will have a good view of the racers ahead of you. The turn off Rt. 4 is a hard right onto River Road. Once on River Road the course twists with a very short rise to the finish in front of the Killington Town Offices. Be aware that shortly after the finish the road turns to gravel. There will be water in the Town Offices parking lot.

**NOTE:** Riders suffering a mishap during the Stage 2 Time Trial will receive the time of the slowest rider in their category and be permitted to start the next stage provided they report to the finish line officials immediately following the time trial.

<b><u>Distance</u></b>		<b><u>Description</u></b>
<b>Miles</b>	<b>KM</b>	
0	0	<b>Start @ Rt. 4 Pull Off .4M/.65KM west of Long Trail Brewery</b>
5	8	<b>Rt. 100 S Intersection</b>
6.1	10.2	<b>Skyeship Base Area just after first rise</b>
9.4	15.1	<b>Right onto River Road</b>
10.6	17	<b>Finish @ Killington Town Offices</b>

### **NOTES OF CAUTION**

1. **NO PARKING ON RIVER ROAD!** Doing so will result in a **\$20 Fine as well as a 30 second GC time penalty.** This will be monitored and numbers noted. There is plenty of parking at the town offices, Recreation Area and Library. Please use these spaces if you plan to spectate at the finish.
2. **Once racing begins at 8:30AM racers may not pre-ride the course on their bikes or in their vehicles.** Please be considerate to your fellow racers!
3. To return to your car once you have finished please ride single file on River Road and use the bike-lane provided. Please be considerate of your fellow racers who will still be racing. Please use caution at the River Road and Rt. 4 intersection.

### **RACE PARKING**

Racers may park at Long Trail Brewery. There is parking set out for racers, please use that parking and not the reserved parking for the Brew Pub. **DO NOT PARK on Rt. 4!**

There is also parking in the following areas:

- Skyeship Base Area - 6 miles from the start of stage 1.
- Sunrise Base Area – 5 miles from the start which was the finish area of stage 1.

### **DIRECTIONS TO START**

- From the north: VT Rt. 100 south to Rt. 4 east to Bridgewater Corners. For I-89 go south to exit 1 (VT Rt. 4 – Woodstock Exit). Take Rt. 4 west through Woodstock to Bridgewater Corners.
- From the east: Take VT Rt. 4 west to Bridgewater Corners.
- From the west: Take VT Rt. 4 east to Bridgewater Corners.
- From the south: VT Rt. 100 north to Rt. 4 east to Bridgewater Corners. For I-89 or I-91 North to exit 1 (VT Rt. 4 – Woodstock Exit). Take Rt. 4 west through Woodstock to Bridgewater Corners.

### **WARM-UP AREA**

- We will have 20 trainers set-up under a tent in the start area. These are for the use of riders within the final 15 minutes prior to their start time.
- Rt. 100A which was part of the circuit race course is good for a warm-up area.
- Parking at Skyeship and riding to the start is another warm-up option.

### **RESTROOM FACILITIES**

There will be portolets at Long Trail Brewery. There will also be portolets in the start area.

# ***Champion System Road Race***

Monday, May 31<sup>st</sup>, 2010

Stage 3

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## **DISTANCE**

61 miles/99 km

## **START TIMES**

8:30am – Men Pro 1/2

8:40am – Men 3

8:50am – Men 40+

9:00am – Men 4

9:10am – Men 50+

9:20am – Women 1/2

9:30am – Juniors

9:35am – Women 3/4

## **FINISH BONUS & COMPETITIONS**

There is no finish bonus. There is both a sprint and K/QOM competitions.

## **SPRINT COMPETITION**

The single sprint in this race will be in Bethel .4 miles east of the Rt. 107 & Rt. 12 intersection. The centerline rule will be in effect for the Hot Sport Sprint:

Points = 6-4-3

## **K/QOM COMPETITION**

There are three K/QoM sprints.

On the North Road 5 deep:

Points = 12-9-7-4-2

On the East Mountain Road points will be awarded 5 deep:

Points= 12-9-7-4-2

At the K1 Base Area (race finish) points will be awarded 5 deep:

Points= 8-6-4-3-2

## **PARKING AT START**

Skyship Base Area - Killington. Racers can also park at the finish at K1 and ride mostly downhill to the start with your vehicle waiting for you at the finish.

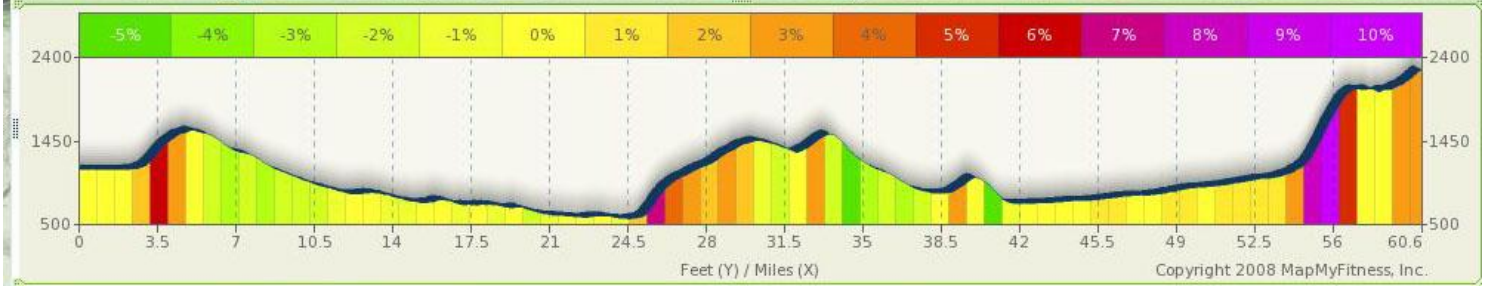
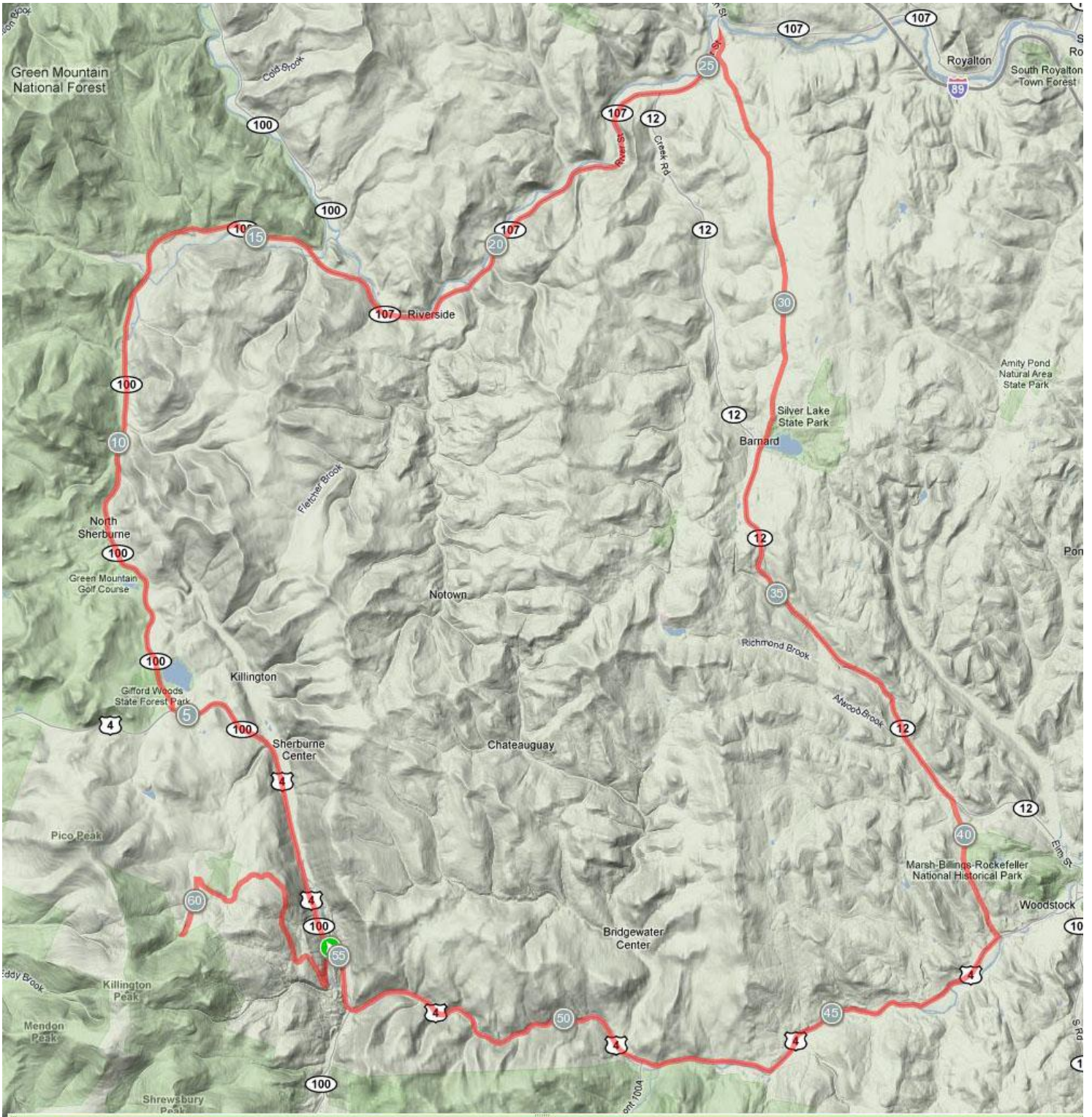
## **DIRECTIONS TO PARKING – SEE: STAGE 1 DIRECTIONS TO START**

## **SIGN-IN AREA**

By the base lodge. If the weather is inclement it will be under cover on the second floor outside of the lodge building.

## **GEAR RECOMMENDATIONS**

34x23/25 or 39x 25/27



## **COURSE DESCRIPTION**

The race starts at the Skyeship Base Area and heads west on Rt. 4. It is flat for the first 3 miles then climbs past River Road for 2 miles to the intersection of Rt. 100 where racers turn right and head north. Please use caution at this intersection. For the next nearly 20 miles the course trends steadily downhill. Please use caution on Rt. 100 as the pavement has cracks and is rough in places. Racers will pass through the towns of Pittsfield and then Stockbridge where they will merge onto Rt. 107. The Sprint Hot Spot is located just prior to the road starting to climb once again. Once in Bethel racers will take a hard right onto the North Road. The North Road climb hits hardest at the bottom with several steep pitches. While the pitch relents at 5K to go to the K/QoM the road still goes up. Once past the K/QoM the road continues to climb and roll for several more miles. There are great views to the right so have a glance between deep breaths. There is a short, fast descent into the town of Barnard. At the bottom racers will be making a left turn. There is some curbing near this area so please be sure to stay on the proper side of the yellow line and use caution when making the turn. Once on Rt. 12 racers will climb for 2 miles out of down town Barnard. Near the top of this climb they will pass through the day's feed zone. Once through the feed zone racers will have a long fast downhill towards Woodstock, where the course turns right on the Prosper Road. This road is paved to start but turns to hard packed gravel and climbs steadily. The road is mostly very smooth but there are some pot holes to be aware of especially on the downhill. Also be aware that the road narrows after the peak and stay right! Keep an eye out for the outside sculpture garden on your right. As racers approach the Rt. 4 intersection the road turns back to pavement. There is a narrow bridge here so please use caution. Once on Rt. 4 racers travel 14 miles and pass through the outskirts of Woodstock and into Bridgewater. Please use caution in Bridgewater. Racers will return to the start at Skyeship, but this is not the end of the race as the course turns left onto East Mountain Road. While not a "gap climb" make no mistake this is a long hard climb. The K/QoM is 3 miles in, but the road climbs further up past the race headquarters. Please use caution here as there are several islands to be aware of before the left turn onto the Killington Road. This is the final climb of the day as racers push to the top of the road which ends just past the finish at the K1 base area. Expect a chalked roadway and lots of cheering spectators to encourage racers over the finish line.

<b><u>Distance</u></b>		<b><u>Description</u></b>
<b>Miles</b>	<b>KM</b>	
<b>0</b>	<b>0</b>	<b>Start @ Skyeship Base Area</b>
<b>5.2</b>	<b>8.3</b>	<b>Turn Right Rt. 100 North - Caution Intersection</b>
<b>12.7</b>	<b>20.4</b>	<b>Entering Town of Pittsfield - Caution @ Gas Station</b>
<b>15.9</b>	<b>25.6</b>	<b>Stay Right onto Rt. 107 East</b>
<b>24.1</b>	<b>38.8</b>	<b>Caution Rt. 12 Intersection</b>
<b>24.5</b>	<b>39.4</b>	<b>Sprint Hot Spot</b>
<b>25.5</b>	<b>41</b>	<b>Right Turn onto North Road - Use Caution</b>
<b>29.9</b>	<b>48</b>	<b>K/QoM Hot Spot (Ferndale Drive)</b>
<b>31.9</b>	<b>51.3</b>	<b>CAUTION FAST DOWN HILL</b>
<b>32.4</b>	<b>52</b>	<b>Left Turn onto Rt. 12 South Barnard - Use Caution</b>
<b>34.5</b>	<b>55.5</b>	<b>Start of Feed Zone North Just South of Gulf Road</b>
<b>35</b>	<b>56</b>	<b>End Feed Zone (second pull off)</b>
<b>39.4</b>	<b>63.4</b>	<b>Right Turn onto Prosper Road (Dirt Road)</b>
<b>40.5</b>	<b>65.2</b>	<b>Caution Road Narrows Stay Right! Fast Down Hill</b>

- 41.7 67.1 Right Turn onto Rt. 4 West - Use Caution @ intersection
- 46.2 74.3 Entering Bridgewater
- 55.1 88.7 Left Turn onto East Mountain Road (back at Skyeship)
- 57 91.7 K/QoM Hot Spot (Ledge End Road)
- 59.4 95.6 CAUTION - Raised Islands Dividing Roadway
- 59.5 95.8 Left Turn onto Killington Road
- 60.6 97.5 Finish

**WHEEL SUPPORT**

SRAM will support the following fields: Men P/1/2 and Wm 1/2.

Neutral support will be provided for all other fields. In these fields there must be 10 sets of wheels or the support will be wheels-in/out only!

There is a 1.8-mile dirt road section in the course (Prosper Road). You should consider using **sturdy tires and wheels** and be sure your bottle cages hold your bottles securely. **Be prepared to fix a flat tire as the service vehicles will go with any break and support for other fields will not provide service for racers not in the race they are supporting. SRAM will only be supporting the Men P/1/2, and Wm 1/2. They will not stop to assist riders not in those fields.**

It is your responsibility to be able to repair your bicycle in the event the support vehicle is unable to help you. A final sweep van will take riders back to the start. It will be the last vehicle so racers may have to wait for it to arrive.

**EMERGENCY MEDICAL SERVICES**

Barnard on Rt. 12 and the finish area at K1.

**FEED ZONE**

The feed zone is located on Rt. 12 both north and south of the Gulf Road in Barnard. The start and end of the feed zone will be marked with signs. Please do not feed outside this zone. Also please pick-up all trash and bottles. Not doing so could result in loss of this course or no feeding in the future.

All feed zone vehicles should depart soon after the start of the race and go backwards on the course to get to Gulf Road. Drive the speed limit when in Bridgewater as it is heavily patrolled. **DO NOT** park on Rt. 12 unless you do so in a pull off and are completely off the road. You may park on the shoulder of Gulf Road but do not block the road. You should park at the southern entrance not the northern entrance. Feed zone vehicles must follow the course in reverse back but stay on Rt. 12 south (**do not turn onto North Road! It is longer and you will encounter racers**) take a left on Rt. 107 west to Rt. 100 north and go up the Killington Access Road to get to the finish. This will be shorter than following the race and will get you to the finish much more quickly. Please use care while on the race course on Rt. 12.

**WARM-UP AREA**

Racers may warm-up on the East Mountain Road as well as on Rt. 4 heading east and the Mission Road across from the start. **DO NOT warm-up on the course.**

## **NOTES OF CAUTION**

1. The intersection of Rt. 4 and Rt. 100 north is confusing. Please use caution and follow the directions of police.
2. Rt. 100 north has cracked and rough pavement. Please leave space during the fastest downhill sections (just after the turn onto Rt. 100 north) for 3 miles so that pavement imperfections can be seen.
3. The Hot Spot Sprint has good sightlines but caution should be used to stay on the right of the yellow line for this sprint.
4. The turn from Rt. 107 to North Road is sharp. Please stay in the proper lane as you make this turn.
5. The downhill into Barnard is moderately fast. There is curbing near the junction with Rt. 12. Please use caution as you come through this area and make the LEFT turn.
6. After the feed zone there is a fast downhill. The pavement has some rough areas so please be alert.
7. Prosper Road is gravel and has some pot holes. Be on the lookout for them. Also just past the top of the climb the road narrows. **STAY TO THE RIGHT!**
8. At the junction of Prosper Road and Rt. 4 there is a narrow concrete bridge. Use caution approaching it and as you turn onto Rt. 4
9. Once in Bridgewater use caution as many houses are close to the road. Be alert to vehicles pulling \$out onto the road in this area.
10. Near the intersection of East Mountain Road and the Killington Road be alert as there are several islands with curbing.

## **COOL-DOWN/FINISH AREA**

Riders may remain at the finish area at the top of the Killington Access Road to watch the race. If a rider remains at the finish, he or she must move completely out of the travel portion of the roadway and follow the directions of race personnel, police and officials. Riders who do not move out of the roadway will be assessed time penalties or maybe disqualified. There will be a limited supply of water at the finish. To return to the start please ride to the far right going down the Killington Access Road. Please respect other racers as you go down East Mountain Road by staying to the far right. Once at the bottom you will be back to Skyeship. You may wish to have a car at the finish as there is plenty of parking.

## **SPECTATING AT THE FINISH**

Spectators are welcome and encouraged to be at the finish. There is plenty of parking at the K1 base area. If you arrive after racers are on the finishing climb please take the road to the right just after the Snowshed Base Area onto the service road which parallels the finishing climb and park in the lots near the K1 Base Lodge. Please stay off the finish climb! If you arrive early (prior to the racers) we will have chalk for you to chalk the road with. **Please- NO PAINT!** This is a privately owned road and we would like to use it in the future.

# Prize Value Breakdown

Place	Men Pro/1/2		W 1/2 & Men 3		Masters 40+		Masters 50+ Men 4		W 3/4 JR	
	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	G.C.
1	\$150	\$400	\$100	\$320	\$50	\$260	\$50	\$220	\$50	\$180
2	\$100	\$310	\$60	\$230	\$30	\$180	\$30	\$150	\$30	\$140
3	\$70	\$220	\$40	\$170	\$20	\$140	\$20	\$120	\$20	\$115
4		\$175		\$130		\$110		\$100		\$95
5		\$150		\$100		\$100		\$90		\$70
6		\$130		\$85		\$80		\$70		
7		\$110		\$75		\$70		\$60		
8		\$100		\$60		\$60		\$50		
9		\$90		\$50		\$55		\$40		
10		\$80		\$40		\$45				
11		\$70		\$35						
12		\$60		\$30						
13		\$50		\$25						
14		\$40								
15		\$30								
16		\$25								
17										
18										
19										
20										
<b>Daily Prize</b>	\$320		\$200		\$100		\$100		\$100	
<b>Daily Totals</b>	\$960		\$600		\$300		\$300		\$300	
<b>Primes Totals</b>										
<b>Sprint</b>	\$150		\$75		\$50		\$50		\$50	
<b>K/QOM</b>	\$150		\$75		\$50		\$50		\$50	
<b>Totals</b>	\$1,260	\$2,040	\$750	\$1,350	\$400	\$1,100	\$400	\$900	\$400	\$600
<b>Grand Totals</b>	\$3,300		\$2,100		\$1,500		\$1,300		\$1,000	

In the event of a tie on GC, tie will be resolved per USAC rule 4C3(a)  
 Racers must present photo identification and sign when collecting prize money.  
 Sprint and K/QOM prize money is 1 deep (winner takes all).  
 All uncollected prizes will be sent to racers.



## **SPRINT & K/QoM COMPETITIONS:**

**Sprint Competition:** All categories will have a Sprint Leader competition. There will be sprints during the circuit race and road race (see the details of each stage for when points and/or GC time bonuses will be available) where the top riders will earn points at a Hot Sport Sprint. A Sprint Leader's Jersey will be awarded each day of the competition to the leader of the sprint competition (Saturday & Monday). A cash prize (1 deep - winner takes all) will be awarded to the rider with the most points after the road race as well as some fine product from our friends at Long Trail (only to those of legal drinking age). **To be eligible to win the sprint competition a rider must complete all stages and receive a final GC time.** Leaders of the Sprint competition will be required to wear the Sprint Leaders Jersey in Stage 3 (unless also in the GC lead in which case the Leader's Jersey shall be worn). A legal skinsuit may be worn in lieu of the Sprint Leader's Jersey for the ITT.

If two or more riders have an equal number of Hot Sport Sprint points by the end of the last stage, the order will be determined by the number of sprints in which each rider finished first, second and so forth until the greater number of places awarded determines the final finish order.

**K/QoM:** All categories will have a K/QoM competition during the circuit race and road race (see the details of each stage for when points will be available) where riders can earn points by placing in the top 3 or 5 at the K/QoM Hot Spot. A K/QoM Jersey will be awarded after the circuit race and road race. A cash prize (1 deep - winner takes all) will be awarded to the rider with the most K/QoM points as well as some fine product from our sponsor Long Trail (only to racers of legal drinking age).

**To be eligible to win the K/QoM competition a rider must complete all stages and receive a final GC time.** Leaders of the competition will be required to wear the K/QoM Leaders Jersey in Stage 3 (unless also in the GC lead in which case the Leader's Jersey shall be worn). A legal skinsuit may be worn in lieu of the K/QoM Leader's Jersey for the ITT.

If two or more riders have an equal number of K/QoM points by the end of the last stage, the order will be determined by the number of K/QoM sprints in which each rider finished first, second and so forth until the greater number of places awarded determines the finish order.

## **Special Offers from Our Sponsors**

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**Long Trail Brewing Company**, - a sponsor of the 2010 Killington Stage race, located on Rt 4 in Bridgewater Corners, VT will be a spot to visit during the 2nd stage of the race on May 30th. A large tent will be set up and they will be selling hamburgers, hotdogs and their award winning Double Bag chili. Long Trail will also be pouring their 'family of fine ales' all day long in the tent from 10am - 7pm. Parking for racers will be available in designated areas on Long Trail's property. Also stop by to visit their brew pub for lunch or dinner while you are in Killington.

**The Lookout Restaurant** located on the Killington Road is offering racers and officials a 20% discount on food. Just show your race number or license to get the discount.

Sunday May 30th @ 6pm **Outback Pizza is hosting The Time Trial Pizza Party**

(located at the top of the Killington road 422-9885)

**ALL RACERS WILL ENJOY \$5.00 OFF PER LARGE PIZZA**

Everyone who attends the party will have a chance to win lots of great prizes. This is a fun time for racers, family, friends and volunteers. Long Trail will be on special. Enjoy Live Entertainment starting at 7:30 pm.

**Outback** is also offering \$5.00 off each large take-out pizza they deliver and will supply you with plates, napkins and utensils. They also have drinks and salads. Their menu is on line at [outbackpizza.com](http://outbackpizza.com).

**For Volunteer & Race Staff:** 20% off breakfast and lunch at Wally's American Grill open 7:30am-3pm (located right next to the Outback). 20% off dinner at Casey's Caboose open at 3pm for happy hour and dinner.

### **Killington Area Information**

Killington Chamber of Commerce  
2046 Route 4, Killington  
(802)774-4181  
(800)-337-1928

Visitor information, maps & things to do in the Killington Region

Killington Stage Race Hours:

Friday 28- 10am-4:30pm - Saturday 29- 9am-1pm -Sunday 30- Closed - Monday 31- 9am-1pm

### **“Open For Business” Killington Stage Race/Memorial Day Weekend 2010**

Not all businesses are open 7 days a week. Please call for hours.

### **Restaurants**

All restaurants are located within 5 miles of the entrance to the Killington Road. For points east, turn right out of the Killington Rd. For points west, turn left.

Casey's Caboose, Killington Road (802) 422-3795 (Open for dinner at 5 PM)  
Steak, seafood and a great kids menu

Choices, Killington Road (802) 422-4030 (Open at 5 PM)  
Tradition and fusion cuisine; European rôtisserie

Heli's Restaurant, Route 4 West, Mendon (802) 773-4311  
Cozy dining and a moderately priced menu

Hemingway's, Route 4 East, Killington (802) 422-3886 (Open Sat & Sun, Closed Monday)  
Fine food and wine, fresh Vermont Ingredients

Inn at Long Trail, Route 4 West, Killington (802) 775-7181 (Open at noon)  
Traditional favorites at McGrath's Irish Pub

Jax Food & Games, Killington Road (802) 422-3886  
Tasty, casual food and family fun

Killington Deli, Route 4 West, Killington (802) 775-1599  
Great food and sandwiches for 'on the go'

Killington Market, Killington Road (802) 422-7736  
Groceries, prepared foods and sandwiches to go

Lookout Bar & Grill, Killington Road (802) 422-LOOK (Open at Noon for Lunch and Dinner)  
Great food in a fun, casual atmosphere

Noel's, Route 4 West, Mendon (802) 282-4455 (Open for dinner)  
Steaks, seafood, BBQ, pasta and grilled pizza in the pub or dining room

Outback Pizza, Killington Road (802) 422-9885 (Open at 5 PM)  
Wood fired brick oven pizza

Pasta Pot, Route 4 East, Killington (802) 422-3304  
Homemade Italian comforts the family will enjoy

The Phat Italian, Killington Road (802) 422-PHAT  
Italian specialties and gourmet sandwiches to go

The Red Clover, Route 4 West, Mendon (802) 775-2290  
Fresh, local ingredients artistically prepared & served in an intimate setting

Sun Up Bakery, Killington Road (802) 433-3865  
Wholesome breakfast and lunch, plus delicious pastries & coffee

Wally's, Killington Road (802) 422-3177 (Open for Breakfast and Lunch, 7:30 – 3)  
Famous for breakfast & fresh squeezed OJ. Great lunch, too!

The Garlic, Killington Road (802) 422-5055 (Open for Dinner)  
Authentic Italian food and tapas

The Grist Mill, Killington Road (802) 422-3970 (Lunch and Dinner)  
American classics with a new twist

The Vermont Inn, Route 4 West, Mendon (802) 775-0708  
Continental cuisine made with fresh, quality products

Long Trail Brewing Co., Route 4 East, Bridgewater (802) 672-5011  
Tasty pub food and fresh-brewed beer

Shop	Description	Phone
The Greenbrier	Gifts shop	775-1575
The Basin/True Wheels	Outdoor & bike shop	422-3234
Base Camp Outfitters	Outdoor shop	775-0166
First Stop Bike Shop	Outdoor & bike shop	422-9050
The Phat Italian	Convenience shop, wine & beer	422-PHAT
Killington Market/Video	Groceries, wine & beer	422-7736
Cordially Yours	State Liquor Outlet, convenience goods	747-4407
Glaze's Wine Cellar	Wine	422-8777
Darkside Snowboards	Snow & skate board	422-8600
Mountain Travelers	Outdoor store (Rutland)	775-0814

### **Memorial Day Weekend Regional Events & Activities**

May 29, Memorial Day Parade in Woodstock

10:30 AM line-up at the Woodstock Elementary School. Parade around the Green and to the Legion Memorial

May 29, Green Mountain Club Hike

Explore the Ethan Allen Cave in Salisbury where the Green Mountain Boys are purported to have hidden out, meet at 9 AM in Rutland Main Street Park near the fire station, all ages, free, 802-774-5144.

May 29-30, **Cows & Camembert Weekend at Billings Farm & Museum**

Kick off to National Dairy Month in June! Billings Farm & Museum 5302 River Road Saturday & Sunday, 10:00 a.m. - 5:00 p.m. 802-457-2355 [www.billingsfarm.org](http://www.billingsfarm.org) [info@billingsfarm.org](mailto:info@billingsfarm.org)

### **May 29 & 30, Vermont Open Studio Weekend**

Vermont's natural scenic beauty is enhanced each spring when the work of Vermont artists and craftspeople can be seen firsthand during Vermont's annual Open Studio Weekend. Open Studio Weekend is a statewide celebration of the visual arts and the creative process in which Vermont artists and craftspeople invite the public to visit them in their studios during Memorial Day Weekend. More than 260 sites will be open during this event, with more than 285 artists and artisans participating.

Through May 31, "Springtime Peepers" Art Exhibit

Killington Arts Guild. Children and Fantasy Media featuring artist Muffy Kashkin Grollier of Orwell, VT. The gallery is located at Cabin Fever Gifts, above Base Camp Outfitters. on Rt. 4.

**Coolidge Historic Site** Opening Weekend – On the circuit race course! Will be hosting Open Studio Weekend during the race.

**Quechee Gorge** - The focal point of the park is Vermont's deepest gorge, formed by glacial activity approximately 13,000 years ago. Visitors can look down at the Ottauquechee River, flowing 165 feet below viewing points along Route 4.

**Vermont Institute of Natural Science** 6565 Woodstock Road, Rte. 4, Quechee, VT 05059  
(802) 359-5000 <http://www.vinsweb.org/index.php/home>

**Marsh-Billings-Rockefeller National Historic Park** – Woodstock, VT  
<http://www.nps.gov/mabi/index.htm>

### **NOTES**