



Longsjo Race Underwriter

**The Ronald M. Ansin
F o u n d a t i o n**

Technical Guide

**51st Annual
Fitchburg Longsjo Classic
July 2 - 5, 2010**

50 FITCHBURG 5 LONGSJO N CLASSIC



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International Cycling Competition – Committed to Excellence Celebrating 51 Years – July 2 - July 5, 2010

On behalf of the Fitchburg Cycling Club, the City of Fitchburg, the Towns of Hubbardston, Westminster, and Princeton, and our many partners, sponsors, and volunteers, welcome to the 51st Fitchburg Longsjo Classic. We view you as our guests for this long weekend of racing, a tradition that was started in 1960 to keep alive the ideals of Arthur M. Longsjo, Jr., the first American to compete in the Winter and Summer Olympics in the same year.

Thank you to all the racers who have chosen to participate in this great event!

As always, we ask for your continued support and cooperation in making our host City and towns proud of our racing tradition, by exhibiting both professional and personal behavior that reflect well on you and your sport. Swearing, rude behavior, failure to respond to race or local officials, or littering (outside designated areas) will result in suspension from this race – more importantly, such behavior risks the potential permanent loss of these world-class race courses for all racers. We have worked hard with each host community to make this a welcoming experience for all. Please be a courteous guest.

Number pick-up will take place from 5PM to 9PM at Race Headquarters, the Courtyard by Marriott, Fitchburg (formerly Best Western Royal Plaza Hotel, same location different name), on Thursday, July 1. There will be no opening ceremonies at the 2010 Longsjo. The hotel restaurant will be open however, and will be hosting a special meal in the restaurant. We will have a Help Desk open at 7AM the following morning at Race Headquarters (the Courtyard Hotel) to address any registration or number problems.

The order of stages this year is: Friday, Circuit Race; Saturday, Road Race; Sunday TT; Monday Criterium. The Time Trial parking will be at the Meetinghouse School in Westminster, about five miles (10-15 minutes by car) from Race HQ and about nine miles (20-25 minutes by car) from the FSC dorms – give yourself plenty of time to make your TT start time.

Please read this Technical Guide carefully as it provides complete information about each race. If you have any questions, please do not hesitate to ask one of our staff members or race officials for clarification. Road conditions on all of the race courses can be variable. Safety is our primary concern – please make it yours as well. Please do not warm up on any of the race courses on the day of the race. The downhill section of Mountain Road past the ski area will be closed to uphill traffic during the Road Race and MAY NOT BE USED FOR WARM-UP. No vehicles or racers may turn into the Ski Area's upper entrance; see page 11.

We do everything we can to ensure the accuracy of race results. You may ask for a review of results within 15 minutes of posting. Once the awards are made, the results are final and cannot be changed.

We hope you all have a safe and spirited race in the great tradition of past events!

Bill Chiarchiaro – President, Fitchburg Cycling Club / The Fitchburg Longsjo Classic



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Race Schedule

(B&W course maps and profiles are attached. Color versions on the website.)

- **Thursday, July 1st:** Number pickup (and mandatory USAC/UCI license check) at Courtyard Marriott Fitchburg, 5:00 to 9:00 PM. Number pick up will also be available at Fitchburg State College from 7AM to 10AM for number pick up.

•Friday July 2: Fitchburg State College Circuit Race

| | | | |
|----------|---------------|----------|---------|
| 8:15 AM | Juniors | 22 miles | 7 Laps |
| 8:17 AM | Men 4 | 25 miles | 8 Laps |
| 9:30 AM | Master 40+ | 28 miles | 9 Laps |
| 10:40 AM | Men 3 | 28 miles | 9 Laps |
| 12:00 PM | Men 2 | 50 miles | 16 Laps |
| 2:00 PM | Women Pro/1/2 | 34 miles | 11 Laps |
| 3:30 PM | Men Pro/1 | 74 miles | 24 Laps |

•Saturday July 3: Wachusett Mountain Road Race

| | | | |
|----------|-------------|----------|--------|
| 9:00 AM | Men 3 | 64 miles | 6 Laps |
| 9:05 AM | Masters 40+ | 64 miles | 6 Laps |
| 9:10 AM | Juniors | 41 miles | 4 Laps |
| 9:15 AM | Men 4 | 41 miles | 4 Laps |
| 12:30 PM | Men Pro/1 | 98 miles | 9 Laps |
| 12:35 PM | Men 2 | 75 miles | 7 Laps |
| 12 45 PM | Women P/1/2 | 64 miles | 6 Laps |

•Sunday July 4: Courtyard by Marriott Fitchburg / South St. Time Trial (Westminster, MA)

| | | | |
|----------|---------------|---------|-----------------------|
| 8:00 AM | Men 4 | 14.3 km | @ 30 second Intervals |
| 9:15 AM | Juniors | 14.3 km | @ 30 second Intervals |
| 10:05 AM | Masters 40+ | 14.3 km | @ 30 second Intervals |
| 11:05 AM | Women 3/4 | 14.3 km | @ 30 second Intervals |
| 12:45 PM | Women Pro/1/2 | 14.3 km | @ 30 second Intervals |
| 2:00 PM | Men Pro/1 | 14.3 km | @ 30 second Intervals |
| 3:30 PM | Men 2 | 14.3 km | @ 30 second Intervals |
| 4:45 PM | Men 3 | 14.3 km | @ 30 second Intervals |

•Monday, July 5: Workers' Credit Union Downtown Criterium

| | | | |
|----------|---------------|----------|---------|
| 8:00 AM | Junior Men | 15 miles | 17 Laps |
| 8:45 AM | Women 3 / 4 | 15 miles | 17 Laps |
| 9:35 AM | Masters 40+ | 17 miles | 19 Laps |
| 10:25 AM | Men 3 | 23 miles | 25 Laps |
| 11:30 AM | Men 2 | 30 miles | 33 Laps |
| 12:50 PM | Men 4 | 20 miles | 22 Laps |
| 2:30 PM | Women Pro/1/2 | 25 miles | 28 Laps |
| 3:50 PM | Men Pro/1 | 50 miles | 55 Laps |

Team Manager Meeting

There will be a mandatory meeting for managers and caravan drivers in the Category 2 Men, Men Pro/1 and Women Pro/1/2 categories on Friday, **July 2nd at 9:35 AM** at Fitchburg State College in Percival Hall, Room 103, just past the start line / SRAM pit area on the left. Teams not represented at the meeting remain responsible for any information given, risk being prohibited from having a vehicle in the race caravan, risk being assigned a position at the rear of the caravan for the mountain stage, and not being assigned a radio. Only teams with 4 or more riders will be permitted to have cars in the caravan. Drivers for the Pro/1 men and Pro/1/2 women must hold a USA Cycling license. All caravan vehicles will be required to display official decals from the Longsjo on the front and rear windows of their vehicle. All caravan vehicles must meet UCI Regulations. (See team manager meeting above.)

Team Size Limit

Per USAC NRC requirements, Men Pro/1 and Women Pro/1/2 teams are limited to a maximum of eight riders each.

Rider Numbers

For all but the Time Trial, three numbers must be shown. The larger number must be worn on the **left** side of the body and should not be folded, trimmed, crumpled, or otherwise defaced. There will be a \$20 replacement fee for numbers that need to be reissued. Another number must be worn on the lower right rear of the jersey. The third number must be placed on the frame. For the Time Trial, only one number is required, on the the right side of the body. The best way to place it is with the bottom of the number on the side seam of your jersey. If you lose a number, replacements will be available at the sign-in area, for a fee. Long hair can not cover numbers. This applies to men and women. **SEE PAGE 17 FOR ILLUSTRATIONS REGARDING NUMBER PLACEMENT.**

Packet Pick Up

Packet pick-up will take place from 5-9PM on Thursday July 1st at the Courtyard by Marriott. Number pick up will also be available at Fitchburg State College from 7AM to 10AM for number pick up. If picking up other riders' packets, you **MUST** present their original, ink-signed USAC waiver forms along with their licenses.

Rider Sign-In Required for Each Race Day

All riders must sign in before each stage. Sign-in will be located and visible at each venue, and will close 10 minutes before the start of each race. You can find it at the following locations:

- **Fitchburg State College Circuit Race:** Rider sign-in location will be near the start line outside of Pearl St. and Highland Ave. Riders must park and enter from the North Street FSC parking areas and proceed directly to Highland Ave. Riders must not enter the course from other parking areas
- **Wachusett Mountain Road Race:** At the Wachusett Mountain Ski Area base lodge.
- **Courtyard by Marriott Time Trial:** The rider's start will serve as sign in for the TT. For those Women 3/4 riders picking up their packets on July 4th, prior to the TT, you will still need to sign a standard USAC Rider Release prior to your start. PAccket pick-up for those riders will be in front of Westminster Town Hall, near the start ramp. **TT start order will be run in reverse GC. Start times will be posted after stage 2. There will be a clock near the lobby of the Courtyard and near the TT start ramp**
- **Workers Credit Union Downtown Criterium:** To the side of the announcer's stage.

Rider Staging

Report to the staging area at least **twenty (20) minutes** prior to the start of your race. Last minute announcements will be made at staging.

Rollout (Juniors Only)

ALL juniors, regardless of race category, will be required to have restricted gears of 7.93 meters (26 feet) to be determined by a roll-out of their bicycles. (1M6). A roll-out will be set up near the start line each day as a pre-race courtesy. After the race finishes, **ALL** juniors are required to report to roll-out immediately after finishing. The official rollout will be near the finish for the RR and Crit; near the start for the TT and CR. Juniors who are racing in the Cat.1, Cat. 2, Cat 3, or Cat. 4 races are required to report to roll-out immediately after finishing each stage.

Neutral Support—All support will be provided on the right side of the road.

Neutral support will be provided at each stage by SRAM Race Services. Any equipment left behind can be claimed the following day at the SRAM Racing Services Tent or support pit at the Criterium. Be sure to label your equipment. Longsjo race staff and support personnel will not be responsible for any equipment in neutral support vehicles or pit areas.

Wachusett Mountain Road Race Team Support

For all races except Men Pro/1, Men 2, and Women Pro/1/2, neutral support alone will be used. For **Men Pro/1, Men 2, and Women Pro/1/2 races**, team representatives must attend the Manager's Meeting at 9:35 AM, Friday July 2nd at Fitchburg State College in Percival Hall, Room 103, just past the start line / SRAM pit area on the left to be included in the race caravan. Only teams with **4 or more** riders in a given field may have a vehicle in the caravan. Trucks, vans, minivans, and SUVs are **not** allowed in the race caravan. Radio distribution for team vehicles will take place from 11:15 to 11:45 in the vehicle staging area, near the start line. Only one radio per team.

All team vehicles must be parked in the staging area **by 11:15 AM**. Caravan vehicles may pass another vehicle or advance position within the caravan only with the permission of the Chief Referee, and only in designated areas. Support will be performed on the right side of the road (3C4h).

After 8:30 AM, access to Wachusett Mountain Ski Area should be from Rte. 2, exit 25.

- South onto Rt. 140
- Right onto Worcester Road.
- First left onto West Princeton Road.
- Left onto Bolton Road to back entrance of ski area parking lot

Mountain Road and Mile Hill Road between the State Reservation entrance and Bolton Road are closed to uphill traffic.

Feeding

Feeding will be allowed at the *Fitchburg State College Circuit Race and the Wachusett Mountain Road Race*. Feeding from vehicles will be allowed in the Pro/1 Men and Pro 1/2 Women's fields only, and at the discretion of the race officials.

Feed Zones:

- **Fitchburg State College Circuit Race:** Highland Ave., near the start line. No support personnel may go out into the road more than four feet to support their riders.
- **Wachusett Mountain Road Race:** Mountain Road, after the turn on the steep ascent past the finish in Princeton center. No support personnel may go out into the road more than four feet from the curb to support their riders. **Disposal of trash or empty water bottles will be strictly controlled, and will be limited to the following areas:** To the side at the feed zone or within 0.5 miles of the end of the feed zone. Spectators and team personnel will not be allowed to park on the left side of Feed Zone.
- Team representatives in the feed zones must wear a piece of team apparel that will identify them as associated with the team. There is no running in the feed zones. Riders are expected to move to the right side of the road in the feed zones to take the feed from the feeder. The feeder is not permitted to move into the peloton to deliver a feed **nor throw or toss any object to feed.**

Points Classification

Each category will have a Points Leader classification. To be eligible for these prizes riders must finish all stages. Points are assigned as follows:

- 1st: 25 points
- 2nd: 15 points
- 3rd: 5 points

Wachusett Mountain Road Race: Points awarded on every lap, in addition to finish, at the finish line in Princeton Center.

Fitchburg State College Race: Points awarded at the Finish line

- Men Pro/1 At 20-15-10-8-6-4-2 to go
- Women Pro/1/2 At 8-6-4-2 to go
- Men 2 At 15-10-8-6-4 to go
- Men 3 At 8-6-4-2 to go
- Men 4 At 5-3 to go
- Masters 35+ At 8-6-4-2 to go
- Juniors At 6-4-2 to go

Workers Credit Union Downtown Criterium: Points awarded at the Start/Finish line

- Men Pro/1 At 40-30-25-20-15-10-7-5-3 to go
- Women Pro/1/2 At 25-20-15-10-7-5-3 to go
- Men 2 At 25-20-15-10-7-5-3 to go
- Men 3 At 20-15-10-7-5-3 to go
- Men 4 At 15-10-7-5-3 to go
- Women 3/4 At 15-10-7-5-3 to go
- Masters 35+ At 15-10-7-5-3 to go
- Juniors At 15-10-7-5-3 to go

Timing

Riders finishing in a group will be credited with the same time. A time split is established when there is a difference of one second or more between the back of the back wheel of one rider and the front of the front wheel of the next rider (based on UCI rule 1.2.107)

Time Bonuses

In the event of a tie in the general individual classification by points the following criteria shall be applied in order until the riders are separated: 1. Number of stage wins 2. Number of wins in intermediate sprints counting for the general classification on points 3. General individual classification by time. Time bonuses will be awarded to the top three finishers in all stages **except** the Courtyard by Marriott / South Street Time Trial and are as follows:

- 1st: 10 seconds
- 2nd: 5 seconds
- 3rd: 3 seconds

Time Cut

A 20% time cut will be in effect for all categories in all stages, including the Time Trial. Riders not finishing within 20% of the winner's time will not be allowed to start the following stages.

Lapped Riders

All riders will finish on the same lap as the leaders. The Chief Judge will calculate times for lapped riders in accordance with USAC rules and these will be the times recorded in the stage results.

- At the discretion of the race officials, lapped riders or riders in danger of being lapped may be asked to withdraw from the race. A time will be calculated as indicated in USAC rules. If the calculated time is greater than 120% of the winner's time, the rider will not be allowed to continue to the next stage/s.
- The *Wachusett Mountain Road Race* is raced under road race rules. Riders on different laps may not assist each other and must remain separated.
- The *Fitchburg State College Circuit Race* and *Workers' Credit Union Downtown Criterium* are raced under criterium rules. Riders on different laps are allowed to assist each other and need not remain separated. However, riders who have been lapped are not eligible for primes.

Final Results

The final results will be based upon Individual General Classification, in accordance with USA Cycling rules.

Stage Race Penalties

Violations of any USAC rules or regulations shall result in warning, relegation, time penalty, fine, or disqualification. Where no fine or penalty description exists in the UCI regulations, USA Cycling regulations shall be the default. The UCI Scale of Penalties will be applied to the P/1 Men and P/1/2 Women.

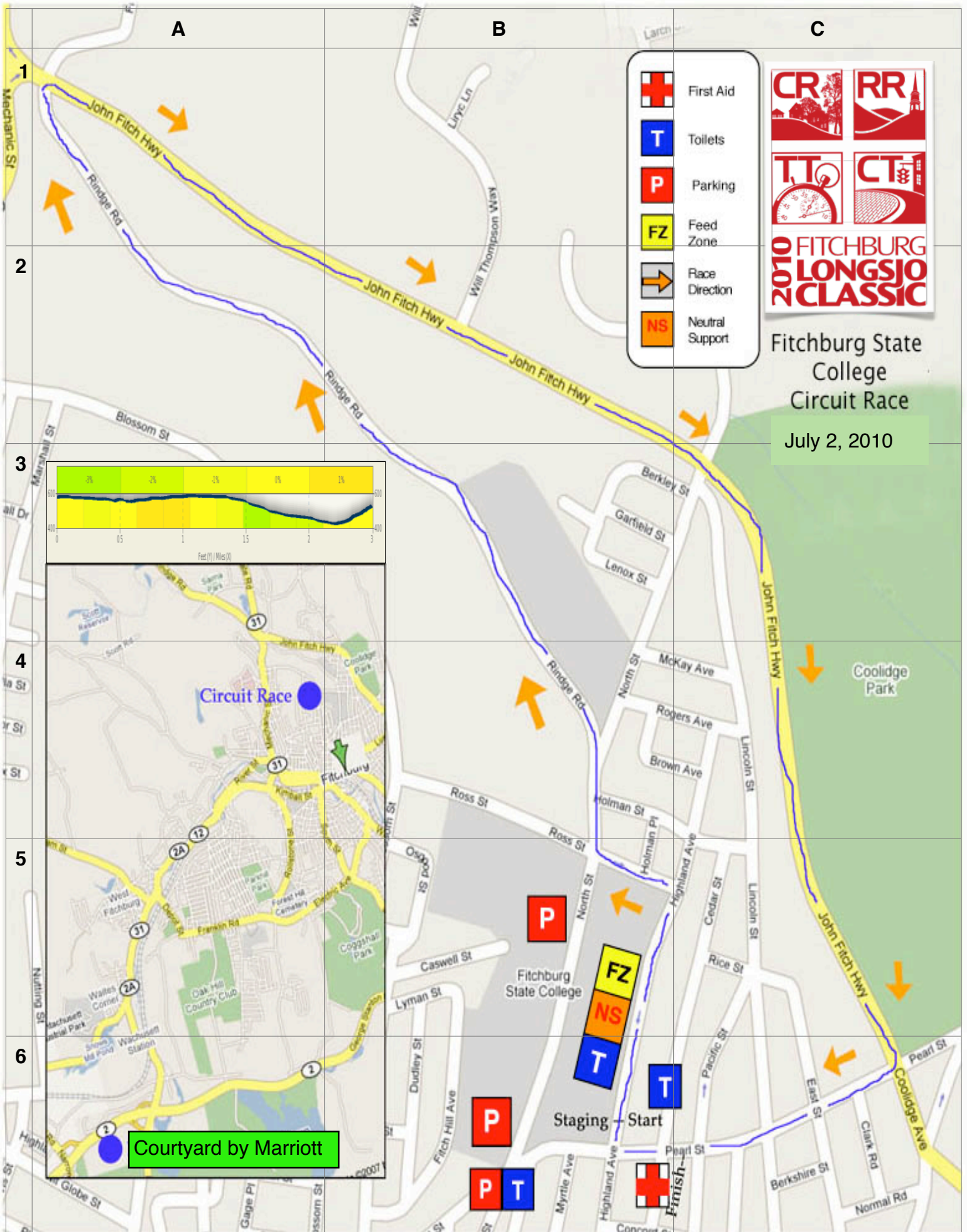
Results

- Results, communiqués and official race announcements will be posted at the race venue and at the Courtyard by Marriott Fitchburg once available.
- Results may be appealed until the start of the next day's stage, or until 15 minutes after results for the final stage are posted at the race venue.
- Results will also be available online at <http://www.longsjo.com> at the close of each day.

Award Ceremonies and Prizes

The top 3 finishers for each stage and the top 3 on GC, as well as the top Points leader, are required to report to the finish area immediately after the stage finish for media interviews and the Award Ceremony. Leader and Points Leader jerseys will be awarded and must be worn during the next stage. There will be no Award Ceremony for the Time Trial, however the stage winner must pick up a Leader's jersey from the announcer or the announcer's designee at the sign-in for the Circuit Race.

Final GC awards will follow the stage awards for the Workers' Credit Union Downtown Criterium. Final Awards **will** be distributed after results are official. Monetary prizes will be available from the Treasurer outside Fitchburg city hall as soon as possible after the Final GC awards for each category. Primes should be picked up from the announcer's table immediately following each stage. Although the Race Committee will make every effort to distribute all prizes; failure by any rider to pick up prizes as designated may result in forfeiture. The prize list will be posted at the Courtyard by Marriott. It is also available online at <http://www.longsjo.com>, and in this technical guide. **Riders who do not attend the Awards Ceremony or Media Interviews after their races will not be eligible to receive prizes.**



Fitchburg State College Circuit Race

Lap Distance:

3.1 Miles / 5.0 Kilometers

Race Course:

START: on Highland Ave just around the corner from the top of Pearl Street

0.3 miles down Highland, left onto Ross St.

0.4 - Right turn onto North St.

0.6 - Bear left onto Rindge Rd.

1.4 - Right turn onto John Fitch Highway

2.4 - Pass Wallace Civic Center

2.8 - Right turn onto Pearl St. and up hill

3.1 - Through Finish Area back to starting point

Directions to the FSC Circuit Race Course

◆Exit Courtyard by Marriott Access Road

◆Turn Left on Route 31 North

◆Follow Route 31 North into downtown Fitchburg

◆Proceed northeast on Boulder Drive in Fitchburg

◆When Boulder Drive and Main St. merge (MBTA parking garage on right), make a left turn at the light onto North Street.

◆Parking lots are 1/2 mile ahead on either side of the road.

Parking Area on North Street Only (FSC Campus):

Please use the FSC parking lots along North Street near the Recreation Center.

Team tents may be set up in the Condite Science parking lot on North St.

Rest Rooms:

Portable toilets in parking areas, across from the Finish Line., and near the staging area. **Riders who are seen by staff or officials urinating in public, anywhere outside of the designated facilities, will be immediately disqualified from the Fitchburg Longsjo Classic.**

Camera Location:

Left side of roadway

Schedule:

8:15 AM: JUNIOR MEN 7 laps/ 22 miles

8:17 AM: MEN 4 8 laps/ 25 miles

9:30 AM: MASTER 40+ 9 laps/ 28 miles

10:40 AM MEN 3: 9 laps/ 28 miles

12:00 PM: MEN 2 16 laps/ 50 miles

2:00 PM: WOMEN PRO/1/2 11 laps/ 34 miles

3:30 PM: MEN Pro/1: 24 laps/ 74 miles

NOTES

There is no free lap on this course

Race venue is subject to Criterium Rules (riders on different laps may work together; Lapped riders are not eligible for sprint points or primes)

No race caravan except for Referees and Neutral Technical Support

No warming up on the race course. The roads inside the enclosed circuit can be used for warming up. This puts you inside the "Venue Loop" for warming up and for accessing sign-in.

Do not cross over the Finish line traveling in either direction at any time except while racing.

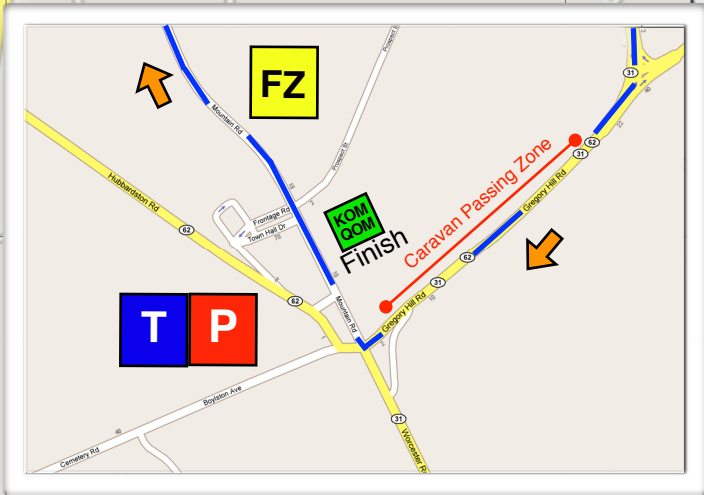
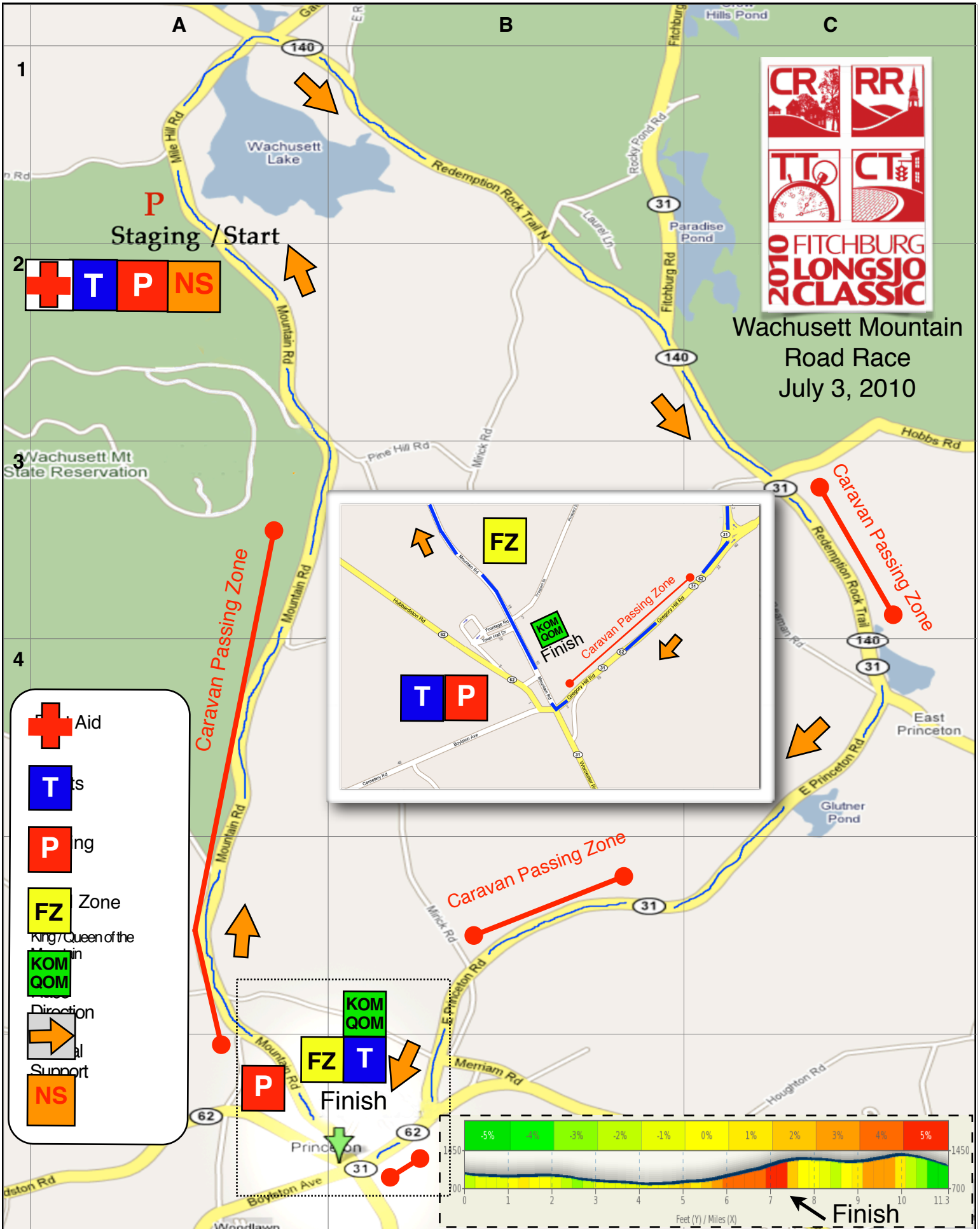
SIGN-IN: Sidewalk on Pearl St, across from Campus Pizza on Highland Ave, near the start

FEED ZONE: On Highland Ave in the Start Area.

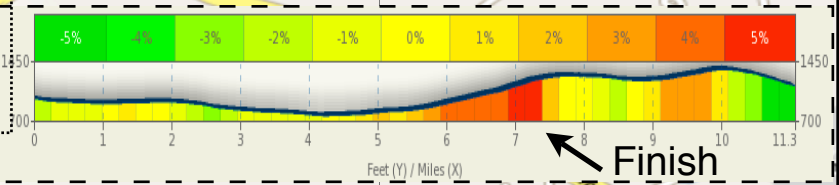
Miscellaneous Prime Laps (all categories) will be offered. Primes will be awarded in conjunction with Sprint Points.



Wachusett Mountain Road Race July 3, 2010



- Aid
- Timing
- Passing
- Zone
- King/Queen of the Mountain
- Direction
- Support



Wachusett Mountain Road Race

Distance:

11.4 miles/18.3 kilometers per lap

Race Course:

Start - Wachusett Mtn Ski Area Parking Lot Entrance, proceeding north on Mile Hill Road
0.9 - Right turn onto Route 140
6.8 - Junction of Route 140 and Route 31, bear right onto Route 31 South
7.2 - Center of Princeton (Feed Zone)
10.5 - Wachusett Mtn State Reservation entrance
11.4 - Wachusett Mountain Ski Area (Start Line)
Final Lap - For 2010, the Finish, as well as the points line will be in Princeton center, 100M past the turn from Gregory Hill Rd., onto Mountain Rd. In consideration of this fact, the last lap of all races will be 7.25 miles in length.

Directions to Race Parking

After 8:30 AM, access to Wachusett Mountain Ski Area should be from Rte. 2, exit 25.

- South onto Rt. 140
- Right onto Worcester Road.
- First left onto West Princeton Road.
- Left onto Bolton Road to back entrance of ski area parking lot.

Parking:

Racers should park at Wachusett Mountain Ski Area (enter at Bolton Road)

Spectators and team personnel will not be allowed to park on the left side of Feed Zone.

Rest Rooms:

Wachusett Mountain Ski Area Base Lodge
Porta Johns near base lodge, Princeton center and in feed zone.
Riders who are seen by staff or officials urinating in public, anywhere outside of the designated facilities, will be immediately disqualified from the Fitchburg Longsjö Classic.

Camera Location:

Left side of roadway

Schedule:

| | |
|--------------------------------|-------------------|
| 9:00 AM: MEN 3 | 6 laps / 64 miles |
| 9:05 AM: MASTER 40+ | 6 laps / 64 miles |
| 9:10 AM: JUNIORS | 4 laps / 41 miles |
| 9:15 AM: MEN 4 | 4 laps / 41 miles |
| 12:30 PM: MEN Pro/1 | 9 laps / 98 miles |
| 12:35 PM: MEN 2 | 7 laps / 75 miles |
| 12:45 PM: WOMEN Pro/1/2 | 6 laps / 64 miles |

WARNINGS:

The descent between the State Reservation entrance and the Ski Area is very fast. Leave plenty of room between racers and take care of those around you. Spectators will be present, be alert.

NO VEHICLES OR RACERS should turn left off of the descent into the upper entrance to the ski area (staging area) at any time whether racing or not. All vehicles and racers should continue on to the lower entrance at Bolton Rd.

WARNINGS (continued)

Caravan vehicles must descend without passing riders or other vehicles; Passing will not be permitted until designated areas on Rte 140, 31, and 62 and Mountain Road (see map). No vehicles are permitted to enter the ski area parking lot from the descent.

The yellow-line rule is in effect for all fields **EXCEPT** Men Pro/1 and Women Pro/1/2. For those two fields only, there are full rolling enclosures and no yellow-line rule. Still, this is no guarantee that moving, oncoming vehicles will not intrude onto the course. All racers **AND** drivers must remain alert for their own safety. **FOR ALL FIELDS**, if you are outside the protection of the peloton, stay to the right and allow vehicles to pass. You are required to obey traffic laws if you are no longer in the main group.

At the right turn onto Rt. 140 after the downhill, stay to the right. There will be oncoming traffic.

NOTES:

RIDER SIGN-IN: Wachusett Mtn Ski Area Lodge.

FEED ZONE: Mountain Road, just beyond the center of Princeton. Only one vehicle per team is allowed in the feed zone. No vehicles allowed on the left hand side of the road in the feed zone. **DISCARD ALL BOTTLES WITHIN 0.5 MILES OF THE FEED ZONE PUT LITTER BACK IN YOUR JERSEY. RIDERS WILL BE FINED \$150 BY the race organization. FOR EACH BOTTLE DISCARDED OUTSIDE DESIGNATED AREAS. PRINCETON AND WESTMINSTER TAKE THIS ISSUE VERY SERIOUSLY!**

POINTS will be awarded every lap throughout each race at the finish line.

Lapped riders will finish on the same lap as the leaders and a finish time will be calculated for them. Road racing rules will apply (Riders on different laps may not work together). Riders in different categories may not work together. Riders whose time is more than 120% of the winner's time will not be allowed to continue the next day.

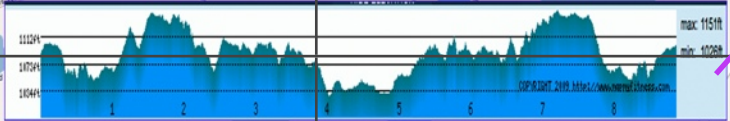
There will be First Aid, water, and shelter in Princeton Center and the base lodge of Wachusett Mountain. *Please use it*, and don't leave the finish area while feeling weak or dehydrated. Riders returning to the base lodge after finishing must wear helmets.

MEN Pro/1, MEN 2, and WOMEN Pro/1/2 - If your team desires a vehicle in the race caravan, your team representative must attend the Team Manager Meeting at 9:35 AM Friday July 2nd, at Fitchburg State College in Percival Hall on Highland Ave.

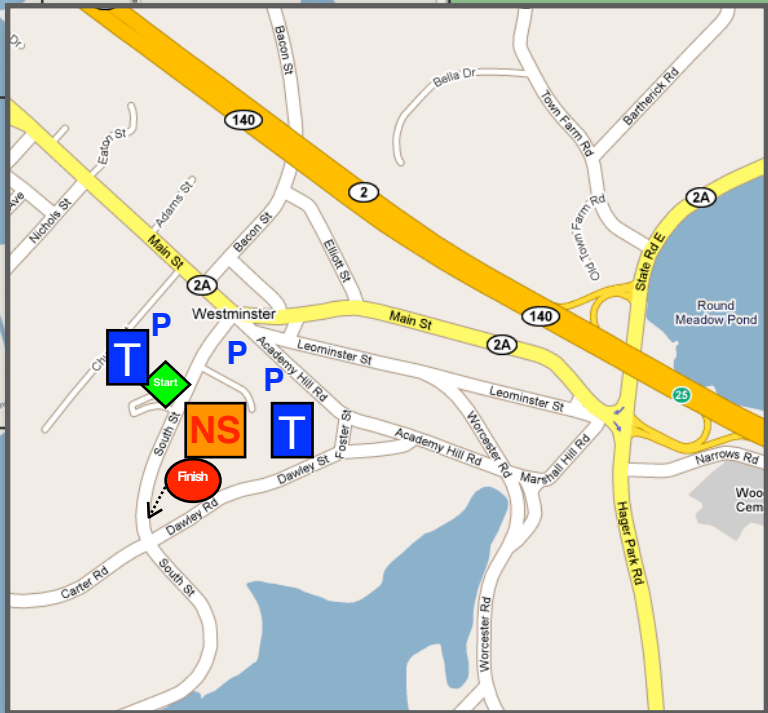
Caravan vehicles may pass another vehicle or advance position within the caravan only with the permission of the Chief Referee.

All team vehicles must be parked in the staging area near the start line by 11:15 AM. Teams not represented at the Thursday morning meeting, or not in the staging area by 11:15AM, risk not being permitted in the caravan or having a race radio assigned.

Radio distribution will take place from 11:15 to 11:45 in the staging area.



- Start
- Finish
- Parking
- Restroom
- Neutral Support
- Turn Around
- Race Course
- Detour



Courtyard by Marriott / South Street Time Trial

(Note - Riders MAY NOT warm up on the Course on race day.)

Distance:

- 14.3 km (Out and Back)

Directions to the TT parking area

- ◆Exit Best Western Royal Plaza Access Road
- ◆Turn Left on Route 31 North
- ◆Follow Route 31 across Route 2
- ◆Turn left onto Route 2 West
- ◆Continue for two exits on Route 2 West
- ◆Leave Route 2 following exit 25 (2A and 140)
- ◆Make a right on Route 2A and 140.
- ◆After crossing Route 2, make a right on Route 2A (Main St.) and continue up hill.
- ◆At the top of the hill, make a hard left onto Academy Hill Rd. Watch for Police.
- ◆Parking is ahead on right.

Race Course: (Race Course is Open to Local Traffic!)

- Start – South Street, just beyond Westminster Town Offices, parallel to town basketball court.
- Proceed South on South St..
- Continue into the outskirts of Hubbardston
- Turn around - Mare Meadow Lane

Parking:

- Meetinghouse School Lot, Academy Hill Rd. in Westminster. St. Edward's Parish on Church St. in Westminster. **Vehicles parked at the church must be removed by 3:30PM.**

Rest Rooms:

- Porta Johns at Meetinghouse School, start line and Finish. **Riders who are seen by staff or officials urinating in public, anywhere outside of the designated facilities, will be immediately disqualified from the Fitchburg Longso Classic.**

Start Ramp

- A Time Trial start ramp will be used for all categories

Camera Location:

- Right side of roadway

Schedule:

- 8:00 AM: **MEN 4** (30 second intervals)
- 9:15 AM: **JUNIORS** (30 second intervals)
- 10:05 AM: **MASTERS** (30 second intervals)
- 11:05 AM: **WOMEN 3/4** (30 second intervals)
- 12:45 PM: **WOMEN Pro/1/2** (30 second intervals)
- 2:00 PM: **MEN Pro/1** (30 second intervals)
- 3:30 PM: **MEN 2** (30 second intervals)
- 4:45 PM: **MEN 3** (30 second intervals)

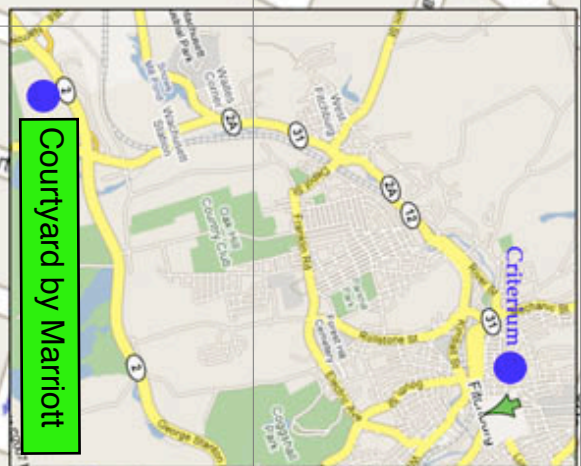
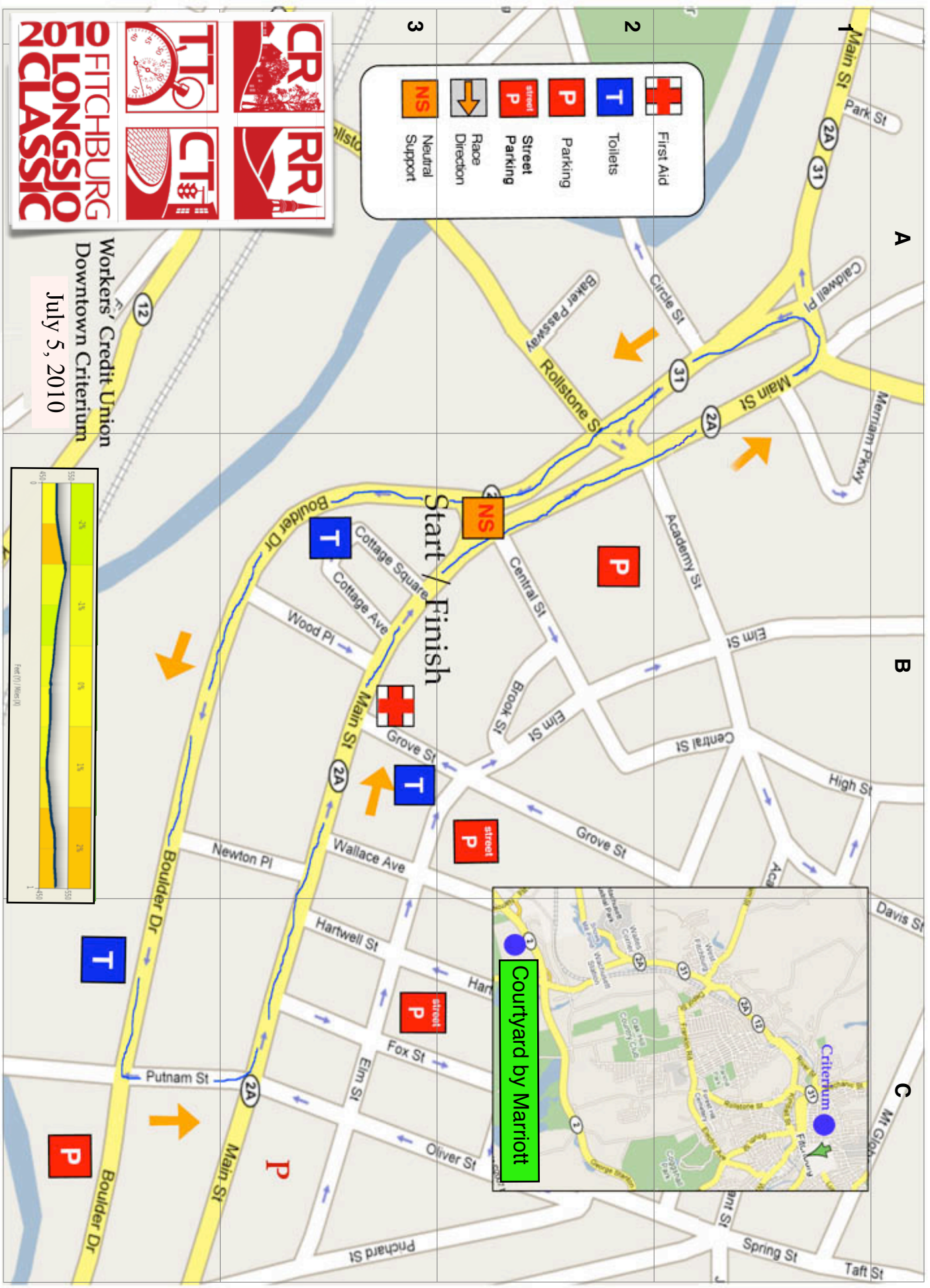
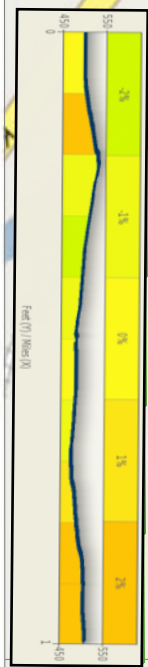
Notes:

- The official starting order will be posted in the Courtyard by Marriott lobby, and at the Meetinghouse School. Approximate start times will be posted in advance on www.longso.com, as a convenience.
- If a rider is not prepared for, or misses his/her appointed start, a start will only be allowed if it does not interfere with the starting of other competitors. In the case of a late start, the racer's assigned start time will be used in computing the results.
- No restarts will be allowed.
- **Riders MAY NOT warm up on the time trial course while racing is in progress (from 8:00 AM until the last rider finishes).** Riders riding to the Start from other locations, or warming up on area roadways, must also avoid South Street. Suggested warm up area is on Leominster St. near Academy Hill Rd.
- Race number pick-up will be considered as rider sign-in for the TT. No additional sign-in will be required.
- Service and space are available at the finish line. Racers and spectators wishing to see the finish line take Academy Hill Rd. and make a right on Dawley Rd. Do not ride on the course in either direction, to or from the finish line.
- Pro/1 men and Pro/1/2 women should allow plenty of time to have their bikes measured with the bike jig prior to their start.

| | |
|--|-----------------|
| | First Aid |
| | Toilets |
| | Parking |
| | Street Parking |
| | Race Direction |
| | Neutral Support |

| | |
|--|--|
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| | |
| FITCHBURG LONGSIC CLASSIC | |

Workers' Credit Union
Downtown Criterium
July 5, 2010



Workers Credit Union Downtown Criterium

Race Course: 0.9 mile, flat 3-corner criterium

- Start/Finish - Fitchburg City Hall, west on Main Street.
- At the boulder, left around sweeping hairpin turn
- East on Boulder Dr.
- Sharp left at traffic light onto Putnam Street.
- Sharp left onto Main St.

Parking FSC Rec Center on North St, MBTA Station Garage, Local lots and city streets

Rest Rooms Senior Center (corner of Grove and Elm), Center and portable toilets behind Fitchburg City Hall.

Pit Location: Approximately 50 yards past the Start/Finish

Schedule:

- 8:00: **JUNIOR MEN** 17 laps / 15 miles
- 8:45: **WOMEN 3/4** 17 laps / 15 miles
- 9:35: **MASTERS 40+** 19 laps / 17 miles
- 10:25: **MEN 3** 25 laps / 23 miles

At the end of the MEN 3 race, there will be a short break in the official racing for two community events – the Boys & Girls Club Junior Champions Ride(2 laps) at approximately 11:15AM, followed by the Community Heroes (citizens / Cat V) Race (5 laps) at 11:30.

- 11:30: **MEN 2** 33 laps / 30 miles
- 12:50 **MEN 4** 22 laps / 20 miles
- 2:30 **WOMEN Pro/1/2** 28 laps / 25 miles
- 3:50 **MEN Pro/1** 55 laps / 50 miles

Notes:

- Shower facilities will be available for all riders at the rear entrance to the **Fitchburg Fire Department** (on North Street, ½ mile east down Main Street from the crit course)
- For reasons of safety and fairness, at the discretion of the race officials, if you are in danger of being lapped by the main pack, you will be asked to withdraw from the criterium. If lapped riders remain in the race, they will finish on the same lap as the leaders, and receive a calculated time. Riders must complete half the distance to qualify for a calculated time.
- All races will have a "free lap" rule for any rider who punctures, crashes, or suffers a legitimate mishap. The rider must report to the pit area and exit on the same side as s/he entered. No free laps will be allowed beginning with 8 laps to go.
- Sprint Leader points will be offered. Sprint laps will be signaled by the ringing of a bell and by the race announcer.
- Miscellaneous Prime Laps (all categories) will be offered on the Sprint Leader points laps.
- Rider Sign-In required. Sign-In will be located near the announcer's stage.

Team Parking

Pro Team Parking

Men Pro/1 and Women Pro 1/2 teams that qualify to have a vehicle in the Road Race caravan are also allowed to have special access to our pro team parking area at the criterium. Teams will be allowed to have three parking spaces in the Rollstone Bank and Trust parking lot adjacent to the course. One vehicle is allowed in these spaces. There is room in the lower bank lot for additional vehicles. Spaces will be assigned on a first come first serve basis.

Access to the lot is from Rollstone St., off of Route 12 also known as Kimball St. This parking is intended as a convenience, and will allow spectators to get a better understanding of what teams do to prepare for the criterium. Parking here is not mandatory.

Prize Distribution:

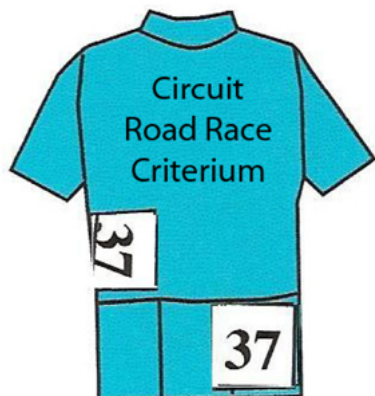
The top three stage finishers, the top three riders on GC, and Sprint Points Winner, must report to the finish area immediately after the finish of their race for the awards presentation. All stage and GC prizes will be given out as soon as results are official. **Monetary prize distribution will be available as soon as possible following race finish inside outside Fitchburg City HI.**

2010 Fitchburg Longsjo Classic Prize Distribution

| Place / Stage | Juniors | Masters 35 / 45 | Women 3/4 | Men 4 | Men 3 | Men 2 | Women Pro 1/2 | Men Pro / 1 | Place / Stage |
|---------------------|-------------------|-------------------|-----------------|-------------------|-------------------|-------------------|--------------------|--------------------|---------------------|
| Time Trial | | | | | | | | | Time Trial |
| 1 | \$55.00 | \$75.00 | \$55.00 | \$75.00 | \$85.00 | \$125.00 | \$250.00 | \$500.00 | 1 |
| 2 | \$30.00 | \$35.00 | \$30.00 | \$35.00 | \$75.00 | \$90.00 | \$190.00 | \$400.00 | 2 |
| 3 | \$25.00 | \$25.00 | \$25.00 | \$25.00 | \$50.00 | \$65.00 | \$140.00 | \$200.00 | 3 |
| 4 | | | | | | | | \$125.00 | 4 |
| 5 | | | | | | | | \$75.00 | 5 |
| Road Race | | | | | | | | | Road Race |
| 1 | \$55.00 | \$75.00 | NA | \$75.00 | \$85.00 | \$125.00 | \$250.00 | \$500.00 | 1 |
| 2 | \$30.00 | \$35.00 | NA | \$35.00 | \$75.00 | \$90.00 | \$190.00 | \$400.00 | 2 |
| 3 | \$25.00 | \$25.00 | NA | \$25.00 | \$50.00 | \$65.00 | \$140.00 | \$200.00 | 3 |
| 4 | | | | | | | | \$125.00 | 4 |
| 5 | | | | | | | | \$75.00 | 5 |
| Circuit Race | | | | | | | | | Circuit Race |
| 1 | \$55.00 | \$75.00 | NA | \$75.00 | \$85.00 | \$125.00 | \$250.00 | \$500.00 | 1 |
| 2 | \$30.00 | \$35.00 | NA | \$35.00 | \$75.00 | \$90.00 | \$190.00 | \$400.00 | 2 |
| 3 | \$25.00 | \$25.00 | NA | \$25.00 | \$50.00 | \$65.00 | \$140.00 | \$200.00 | 3 |
| 4 | | | | | | | | \$125.00 | 4 |
| 5 | | | | | | | | \$75.00 | 5 |
| Criterion | | | | | | | | | Criterion |
| 1 | \$55.00 | \$75.00 | \$55.00 | \$75.00 | \$85.00 | \$125.00 | \$250.00 | \$500.00 | 1 |
| 2 | \$30.00 | \$35.00 | \$30.00 | \$35.00 | \$75.00 | \$90.00 | \$190.00 | \$400.00 | 2 |
| 3 | \$25.00 | \$25.00 | \$25.00 | \$25.00 | \$50.00 | \$65.00 | \$140.00 | \$200.00 | 3 |
| 4 | | | | | | | | \$125.00 | 4 |
| 5 | | | | | | | | \$75.00 | 5 |
| Points | | | | | | | | | Points |
| 1 | \$65.00 | \$75.00 | \$45.00 | \$75.00 | \$85.00 | \$125.00 | \$450.00 | \$700.00 | 1 |
| 2 | \$40.00 | \$50.00 | \$30.00 | \$50.00 | \$75.00 | \$90.00 | \$300.00 | \$500.00 | 2 |
| 3 | \$30.00 | \$40.00 | \$20.00 | \$40.00 | \$50.00 | \$65.00 | \$200.00 | \$350.00 | 3 |
| GC | | | | | | | | | GC |
| 1 | \$130.00 | \$200.00 | \$120.00 | \$200.00 | \$260.00 | \$700.00 | \$1,800 | \$3,300.00 | 1 |
| 2 | \$110.00 | \$150.00 | \$100.00 | \$150.00 | \$225.00 | \$415.00 | \$1,400 | \$2,800.00 | 2 |
| 3 | \$90.00 | \$125.00 | \$75.00 | \$125.00 | \$200.00 | \$340.00 | \$1,170 | \$2,100.00 | 3 |
| 4 | \$60.00 | \$100.00 | \$55.00 | \$100.00 | \$150.00 | \$310.00 | \$1,050 | \$1,700.00 | 4 |
| 5 | \$35.00 | \$85.00 | \$35.00 | \$85.00 | \$140.00 | \$250.00 | \$950 | \$1,350.00 | 5 |
| 6 | | \$75.00 | | \$75.00 | \$100.00 | \$220.00 | \$540 | \$1,000.00 | 6 |
| 7 | | \$60.00 | | \$60.00 | \$95.00 | \$185.00 | \$500 | \$850.00 | 7 |
| 8 | | | | | \$90.00 | \$155.00 | \$350 | \$750.00 | 8 |
| 9 | | | | | \$85.00 | \$125.00 | \$285 | \$650.00 | 9 |
| 10 | | | | | \$80.00 | \$110.00 | \$245 | \$600.00 | 10 |
| 11 | | | | | \$75.00 | \$105.00 | \$230 | \$550.00 | 11 |
| 12 | | | | | \$70.00 | \$100.00 | \$205 | \$500.00 | 12 |
| 13 | | | | | \$65.00 | \$95.00 | \$170 | \$400.00 | 13 |
| 14 | | | | | \$60.00 | \$90.00 | \$150 | \$350.00 | 14 |
| 15 | | | | | \$55.00 | \$85.00 | \$140 | \$300.00 | 15 |
| 16 | | | | | \$50.00 | \$75.00 | \$125 | \$250.00 | 16 |
| 17 | | | | | \$45.00 | \$70.00 | \$115 | \$225.00 | 17 |
| 18 | | | | | \$40.00 | \$65.00 | \$105 | \$220.00 | 18 |
| 19 | | | | | \$35.00 | \$55.00 | \$100 | \$190.00 | 19 |
| 20 | | | | | \$30.00 | \$50.00 | \$100 | \$165.00 | 20 |
| Total 2008 | \$1,000.00 | \$1,500.00 | \$700.00 | \$1,500.00 | \$3,000.00 | \$5,000.00 | \$13,000.00 | \$25,000.00 | \$50,700.00 |

2010 Fitchburg Longsjø Classic

Number Placement Guidelines



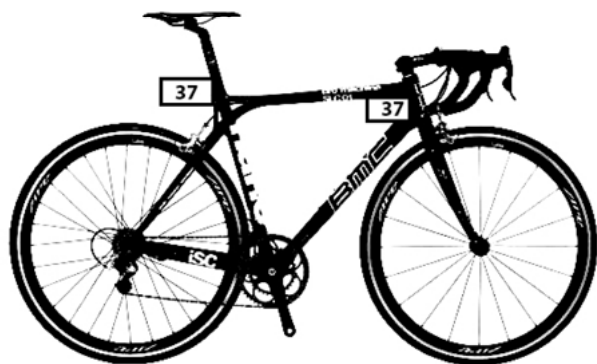
For the Circuit, Road Race and Criterium, numbers should be placed as shown in the top illustration. Line the bottom of the race number with the left side seam on your jersey.

The cameras for these races are on the left.



For the Time Trial, numbers should be placed as shown in the bottom illustration. Line the bottom of the race number with the right side seam on your jersey.

Only one number is needed for the Time Trial
The cameras for this race are on the right.



Frame numbers should be placed behind the head tube between the top tube and down tube. For frames with smaller geometry, the numbers may be attached to the seatpost.