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FROM THE ORGANIZERS:

Welcome to Show Low Ford's 12th Annual Bike the Bluff, presented by Summit Healthcare – 2019 State Championship Road Race and Sunday Criterium. We would like to take this opportunity to personally thank you for your participation in this year's event. Without YOU this would not be the great race that it is! It has certainly grown in numbers every year since the first event in 2008. The road race is regarded as a challenging and rewarding race for cyclists of all ages and abilities! That being said, it could not be done without the hard-working efforts of the volunteers of Mountain Christian School, the City of Show Low, Show Low Police Department, Navajo County and all of those not mentioned (you know who you are) behind the scenes of this great day of racing. All of the courses are conveniently located within a few miles of numerous restaurants and hotels. We will continue to fine tune and produce a quality event that gives back to our community and grows the sport of cycling.

A special thank you to all of our generous sponsors and vendors for providing us with the products and resources necessary to make this weekend possible. We are especially grateful to Show Low Ford for being our title sponsor as well as Summit Healthcare for all of their additional support.

A portion of event's proceeds go to the Mountain Christian School.

Thanks again for your support and we hope you have a great event! Oh yeah, don't forget to thank at least one volunteer and police officer throughout the weekend. Enjoy and Good Luck!

Your Bike the Bluff Event Crew

• **CONTACT INFORMATION**

Local Event Contact

Christy Church
928-242-3722
christy@bikethebluff.com

Local Bike Shop

Cycle Mania
100 N. White Mountain Rd.
Show Low, AZ 85901
(928) 537-8812

Host Hotel

Hampton Inn
1501 E. Woolford
Show Low, AZ 85901
(928) 532-4444

Host Hotel

Holiday Inn Express
151 W. Deuce of Clubs
Show Low, AZ 85901
(928) 5387-5115

Packet Pick-Up

Show Low Ford
1920 E. Deuce of Clubs
Show Low, AZ 85901
(928) 537-3673

Chief Referee

Don Melhado

Electronic Timing

RunFlagstaff
204 W Historic Rte. 66
Flagstaff, AZ 86001

Hospital

Summit Healthcare Regional Medical
2200 Show Low Lake Road
Show Low, AZ 85901
(928) 537-4375

Beneficiary

Mountain Christian School
3171 E. Show Low Lake Road
Show Low, AZ 85901
(928) 205-1031

Organizer Contact

BlueWolf Events, LLC
928-380-0633
canisbleu@gmail.com

• SUMMARY SCHEDULE OF EVENTS

Friday, June 14, 2019

3 PM – 7 PM

Packet pick up and late registration.

Show Low Ford, 1920 E. Deuce of Clubs, Show Low
(928) 537-3673

Saturday, June 15, 2019

6:00 AM – 6:40 AM

Road Race Packet pick up. No “day of” registration.

Sunday, June 16, 2019

Criterium Packet pick up. No “day of” registration.

USA Cycling Arizona State Championship Road Race Schedule:

Category	Distance	Start Time	Field Limit
Men Cat. 3	58 miles	6:45 AM	100
Men Cat. 4	58 miles	6:50 AM	100
Men Cat PRO/1/2	58 miles	7:00 AM	100
Men Cat. 5	58 miles	7:05 AM	75
Junior Boys 15-18	58 miles	7:10 AM	50
Masters Men 35/40/45/50+ (Cat. 1/2/3/4/5)*	58 miles	7:15 AM	100
Masters Men 55/60/65/70+ (Cat. 1/2/3/4/5)*	58 miles	7:20 AM	100
Women Cat PRO/1/2/3*	58 miles	7:25 AM	100
<i>CAT 3 Women scored separately PRO/1/2 Women scored as one category</i>			
<u>Women Cat. 4/ Women Cat 5*</u>	<u>58 miles</u>	<u>7:30 AM</u>	<u>75</u>
<u>Masters Women 35/40/50/55/60+*</u>	<u>58 miles</u>	<u>7:35 AM</u>	<u>75</u>
<u>Junior Girls 15-18</u>	<u>58 miles</u>	<u>7:40 AM</u>	<u>50</u>
Junior Boys and Girls 9-10*	22 miles	7:45 AM	50
Junior Boys and Girls 11-12*	22 miles	7:45 AM	50
Junior Boys and Girls 13-14*	22 miles	7:45 AM	50

*Categories race together but scored separately for AZ State Road Race Championship.



- **EVENT GENERAL INFORMATION**

Event location: 1501 E. Thornton, Show Low (E. Thornton & N. 16th Street)

Directions:

From Hampton Inn

- Turn Right onto SR-73 (White Mountain Rd.)
- Turn Right onto US-60 (Deuce of Clubs)
- Turn Left onto E. Adams
- Follow E. Adams, which turns into N. 16th Street, and proceed to parking area

Host Hotels

- Hampton Inn -1501 East Woolford Road, Show Low, Arizona 85901 - (928) 532-4444
- Holiday Inn Express – 151 W. Deuce of Clubs, Show Low, Arizona 85901 – (928) 537-5115

Parking

Parking will be off of E. Adams Street/ N. 16th Street and Lumbermen's Loop. Please follow the event staff that will direct traffic.

• **USA CYCLING RULES PERMIT #2019-52**

For the entire event, **all USAC rules apply**. The scale of penalties in section 8 of the 2019 USAC rulebook apply.

A brief reminder of the few rules all riders should know (feel free to ask USAC referees any USAC rule question you may have before, during, or after the event):

1H7. Registration (a) In order to compete in USA Cycling races, riders must present a valid racing license from USA Cycling or an international license from another national federation that is affiliated with the UCI.

1N4. Rules and Course. It is the rider's responsibility to familiarize himself with the rules of the event and the race course before the start of the race. Riders may not take any other route or short cut [disqualification; 30 days suspension if apparently deliberate and the rider crosses the finish line].

3B4. The responsibility of keeping on the prescribed course rests with the rider. A rider may not leave the prescribed course unless ordered to do so by public authorities or a race official [disqualification].

3B1. Center Line. If a course is not closed to traffic, all competitors must keep to the right of the center line or enforcement line, but may pass on either side of another rider [warning for **accidental** crossing of the center line with no advance in position; relegation or disqualification for advancing position; 10 day suspension for a flagrantly dangerous attack].

1N12. Non-Competitor on Course. A rider may not be on the track or course during a race for which he or she has not entered and registered, or from which he or she has withdrawn or been directed to withdraw [relegation or disqualification if entered in another race in the event for which the results are not yet final; 10 days suspension if flagrant],

1N5. Withdrawal. Riders must immediately follow a referee's order to withdraw from the race [10 days suspension].

112. Riders are responsible for their selection of competition equipment and for taking reasonable precautions to insure that its condition is adequate and safe for use in competition.

(a) To maintain compliance with these regulations, the equipment and uniform of one or more riders may be examined at any time to discover the use of items which are not allowed or which are obviously improperly adjusted, insecurely fastened, or which may present a danger to the rider(s). The Chief Referee shall prohibit the use of any such items discovered during the examination. Such examinations are conducted at the discretion of the Chief Referee.

1N8. Dangerous Rider. Any rider who appears to present a danger to the other competitors may be disqualified by the Chief Referee, either before, during, or after a race.

1J1. Helmets. At all times when participating in an event held under a USA Cycling event permit, including club rides, any rider on a bicycle or motorcycle shall wear a protective, securely fastened helmet that satisfies the standards specified in USA Cycling Policies. (Policy I, Sections 1 and 2 – see appendices.) [Disqualification and a \$20 fine for failure to wear or for removing such a helmet during a race. The fine is also applicable if the rider is not racing, but is participating in the event as described below]. "Participating in an event" means riding a bicycle in the vicinity of a race at any time between the beginning of registration and the last awarding of prizes, but does not apply to riding rollers or stationary trainers in order to warm up.



• EVENT SPECIFIC RULES

Registration:

Pre-registration - Online registration is @ www.swsportsreg.com

USAC Release forms will be available at packet pick-up.

Online registration will close Friday, June 14, 2019 at 7 PM.

Incremental Price increases will take place on June 4th at 12:01 AM, and June 10th at 7 PM.

Walk-in Registration - Walk-in registration will be available on Friday, June 14th, 2019 at an increased rate. Location: Show Low Ford, 1920 E. Deuce of Clubs, Show Low.

There is no registration on RACE DAY, Saturday (before the race).

No change of category will be allowed after Wednesday, June 12th, 2019.

No rider substitutions or replacements are allowed.

Entry fees

		Early fee	Regular fee	Late fee
<i>Deadline:</i>		<i>Online, before June 4th</i>	<i>Online, June 5th-June 13th</i>	<i>June 14th</i>
Road Race:	Seniors/Masters	\$50	\$65	\$75
	Juniors	\$20	\$35	\$45

Masters must be USAC category 1-5.

Refund policy: No refunds, transfers or roll-overs of registration fees.

T-Shirts

T-shirt sizes or availability will not be guaranteed for registrations processed after June 1. We will do our best to accommodate everyone, but we can't guarantee it.

Packet Pick up and Sign in procedure

License: All USAC race participants must present their license (or proof of license) and sign a waiver form at packet pick-up.

- One-day licenses (\$10) can be purchased online or on site to enter Men 5, Women 5, Masters and Juniors races only.
- Participants are only eligible for Championship medals if they hold an Annual USAC license
- Annual Licenses will be for sale on-site: Adult = \$70, Junior = \$35
-

Packet pick-up

Friday, June 14th: 3:00 PM - 7:00 PM. at Show Low Ford, 1920 E. Deuce of Clubs, Show Low, (928) 537-3673. Walk in and late online registration available for an increased rate. See Late Fee column above. Saturday, June 15th: 6:00 AM - 6:40 AM at Race Venue (see maps below).

NO RACE DAY REGISTRATION – NO EXCEPTIONS

Timing Chip: Timing Chips location TBA – may be helmet, or on your bike.

Race Numbers

Each registered participant will receive a race number. Race numbers must be worn for all races. Please do not cut, fold, wrinkle or alter numbers (USAC rule **1N7**. **(b)** *Riders shall place their numbers as prescribed by the officials and in such a way that they are visible when the rider is in a racing position ... Hip numbers shall be attached securely at least at the four corners with pins and no accessory or hair may obstruct a clear view of the number (riders with misplaced, obscured or unreadable numbers will not be placed). Numbers may not be folded, trimmed, crumpled, or otherwise defaced. [Replacement of the numbers at riders' expense if noted before the start, otherwise warning or relegation.]*).

Number placement (as shown at right):

- Road race: **left side**



Neutral Start

Enjoy the safest grand tour style start in Arizona – Bike the Bluff will begin with a neutral ride through Show Low on Deuce of Clubs. Enjoy the parade through town and settle into the pack as the Show Low Police lead us through town. Once you have completed the right turn onto Highway 260 neutralization ends and the race begins!

Before the race each category will line up behind its lead vehicle (if they have one) at the start line. When the race begins, all of the categories will start at each given time, each following its own lead vehicle.

Junior Gear Restriction

All Juniors have gear restrictions (USAC rule 1M6): maximum development of 26 feet (7.93 m). All juniors must participate in the roll out procedure (if offered) before and after every race. If you miss the rollout, you will be disqualified.

Wheel Support

All wheel support vehicles will be wheels in/wheels out, (if you put one in, you get one out unless wheel support goes neutral). Neutral wheel support will happen if there is a surplus of wheels. **IT IS YOUR RESPONSIBILITY TO CHECK WITH YOUR FOLLOW VEHICLE BEFORE YOUR EVENT.** If you received a spare during the race please be considerate and return it immediately following the race. **CAMPAGNOLO REAR WHEELS AND OTHER SPECIAL REQUIREMENTS – Please bring your own wheels!**

Wheel drop off: Take spare wheels with wheel tag to your wheel support vehicle at least 30 minutes before your race.

Please fill out both wheel tags and attached one to each wheel and give to your specific category wheel support driver at wheel drop off. Wheel tags will be available at packet pick-up on Friday and Saturday morning.

Post race wheel pick-up: Wheels will be returned to the start area. Please pick your wheels up immediately following your race. Do not expect them to find you! The race promoters, sponsors, officials and volunteers are not responsible for any equipment left at the race.

Centerline Rule

All roads are open to traffic. Obey and respect all police officers, officials and staff requests. If you cross the center line you are subject to sanctions. If no painted centerline marking exists, riders must keep to the right side of the road at all times.

Combined Categories

- Men Masters 35/40/45/50/55/60/65/70+ race together, but are scored separately for USAC.
- Women Masters 35/40/45/50/55/60+ race together, but are scored separately for USAC.

The organizer reserves the right to combine fields and adjust prize lists in case of low participation.

Drafting:

There is no drafting of support vehicles permitted at any time.

Electronic Timing

Electronic timing will be provided by Run Flagstaff.

Results

Results will be posted in a timely manner on a display by the registration booths. Final results will be posted online at www.bikethebluff.com, and reported to USA Cycling www.usacycling.org within three weeks of event completion. All results are final by Saturday, June 15, 4:00 PM.

Protests

DO NOT LEAVE UNTIL YOU HAVE REVIEWED THE FINAL POSTED RESULTS!

State Championship Road Race: Protest for the road race must be made prior to the start of the Awards ceremony.

Awards

Award ceremony will take place on Saturday immediately following the event. The top three (3) in each category must attend to receive their prizes. Riders not attending the ceremony will forfeit their prize.

Littering/Toilets

No Littering: Pack it in/Pack it out. A fine of \$25 for each offense will be in effect. If witnessed by a police officer, you may receive a citation.

No public Urination: Portable toilets will be provided. A penalty of 15 points for 1st offense and 30 points for 2nd offense will be in effect. If witnessed by a police officer, you may receive a citation.

- PRIZE LIST BREAKDOWN**

Category	Distance	Prizes
Men Cat PRO/1/2	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal
Men Cat 3	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal
Men Cat 4	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal
Men Cat 5	58	1st Place = Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal
Men Masters 35/45/50/55/60/65/70/75*	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal
Junior Boys 15-18	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal
Women Cat PRO/1/2	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal,
Women Cat 3	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal,
Women Cat 4/5	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal,
Women Masters 35/40/45/50/55/60+*	58	1st Place= Jersey Voucher, Medal 2 nd Place = Medal 3 rd Place = Medal
Junior Girls 15-18	58	1st Place= Jersey Voucher Medal 2 nd Place = Medal 3 rd Place = Medal
Junior Boys and Girls 9-10*	22	1st Place= Jersey Voucher Medal 2 nd Place = Medal 3 rd Place = Medal
Junior Boys and Girls 11-12*	22	1st Place= Jersey Voucher Medal 2 nd Place = Medal 3 rd Place = Medal
Junior Boys and Girls 13-14*	22	1st Place= Jersey Voucher Medal 2 nd Place = Medal 3 rd Place = Medal

*Race together but scored separately for RR State Championship.





STAGING AREA MAP & DETAILS

SHOW LOW FORDS

12th Annual Bike The Bluff Omnium

USAC Sanctioned Races / Criterium Race

2019 USAC Permit #: 2019-52

"Staging Area"

Staging area will be located on
E. Thornton, just east of 16th Street

"Pancake Breakfast/Awards"

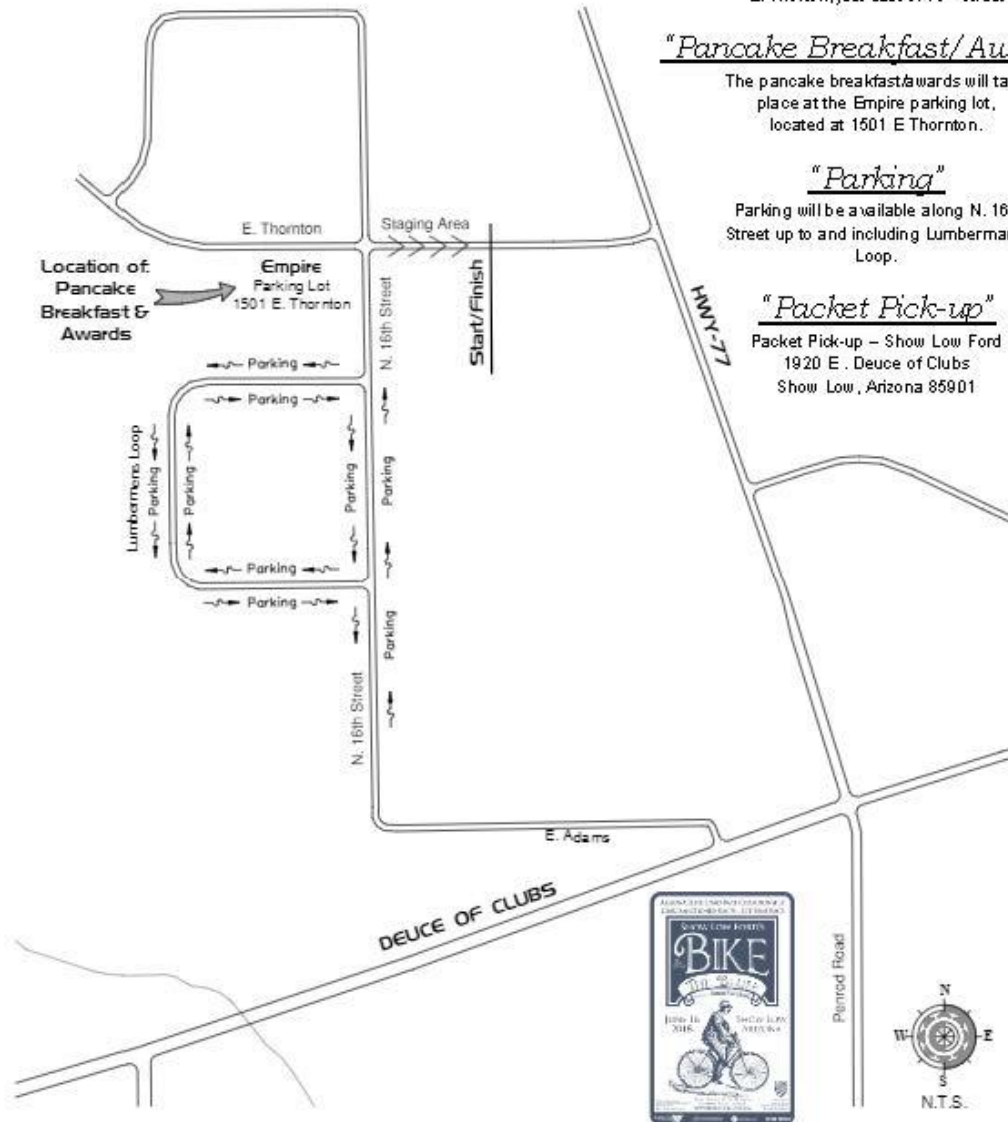
The pancake breakfast/awards will take
place at the Empire parking lot,
located at 1501 E Thornton.

"Parking"

Parking will be available along N. 16th
Street up to and including Lumberman's
Loop.

"Packet Pick-up"

Packet Pick-up – Show Low Ford
1920 E. Deuce of Clubs
Show Low, Arizona 85901



58-MILE ROAD RACE COURSE Information

Saturday, June 15, 2019

	<u>Distance:</u>	<u>Start Time:</u>
Men Cat. 3	58 miles	6:45 AM
Men Cat. 4	58 miles	6:50 AM
Men Cat PRO 1/2	58 miles	7:00 AM
Men Cat. 5	58 miles	7:05 AM
Junior Boys 15-18	58 miles	7:10 AM
Masters Men 35/40/45/50+ (Cat. 1/2/3/4/5)*	58 miles	7:15 AM
Masters Men 55/60/65/70+ (Cat. 1/2/3/4/5)*	58 miles	7:20 AM
Women Cat PRO 1/2/3	58 miles	7:25 AM
Women Cat. 4*	58 miles	7:30 AM
Women Cat. 5*	58 miles	7:30 AM
Masters Women 35/40/45/50/55/60+*	58 miles	7:35 AM
Junior Girls 15-18	58 miles	7:10 AM
Junior Boys and Girls 9-10*	22 miles	7:45 AM
Junior Boys and Girls 11-12*	22 miles	7:45 AM
Junior Boys and Girls 13-14*	22 miles	7:45 AM

*Race together but scored separately.

Neutral Start Line Instructions: PLEASE READ

All races leave from the start area for a neutral start through town at their given race start above.

*In an effort to keep traffic congestion down, not all start times/categories will have lead and wheel support. Please know your racecourse! The following 58-Mile categories will **NOT** have a lead vehicle: Mixed Tandem Categories, Jr. Men 15-18, All Men's Masters 35-70+, Women 1,2,3,4, and all Women's Masters 35-60+. Depending on group size there will be wheel support for SOME START TIMES referenced above.

There will be a sweep vehicle following the last rider.

Course Description – 58 miles

The course is OPEN TO TRAFFIC.

The terrain on SR-260 has rollers and you can expect longer rollers on Saw Mill Road. The terrain flattens out on Paper Mill Road and through the town of Taylor. There are some rollers on your way back to the finish line.

Elevation

Approximately 2399 feet of climbing.

USAC Feed Zones: Confirm exact locations of Feed Zones at packet pick up.

zone in a graded dirt lot. Riders are responsible for bringing their own feed products and feeding is only allowed in the designated area. Feeders must stay on the shoulder and feed only from the right (East) side of the road. Please make sure you leave nothing behind. Feeding will be over once the sag

Feed Zone: On Paper Mill Road approximately 40 miles from the start. The feed zone is located on the East side of the road only. Riders are responsible for bringing their own feed products and feeding is only allowed in the designated area. Feeders must stay on the shoulder and feed only from the right

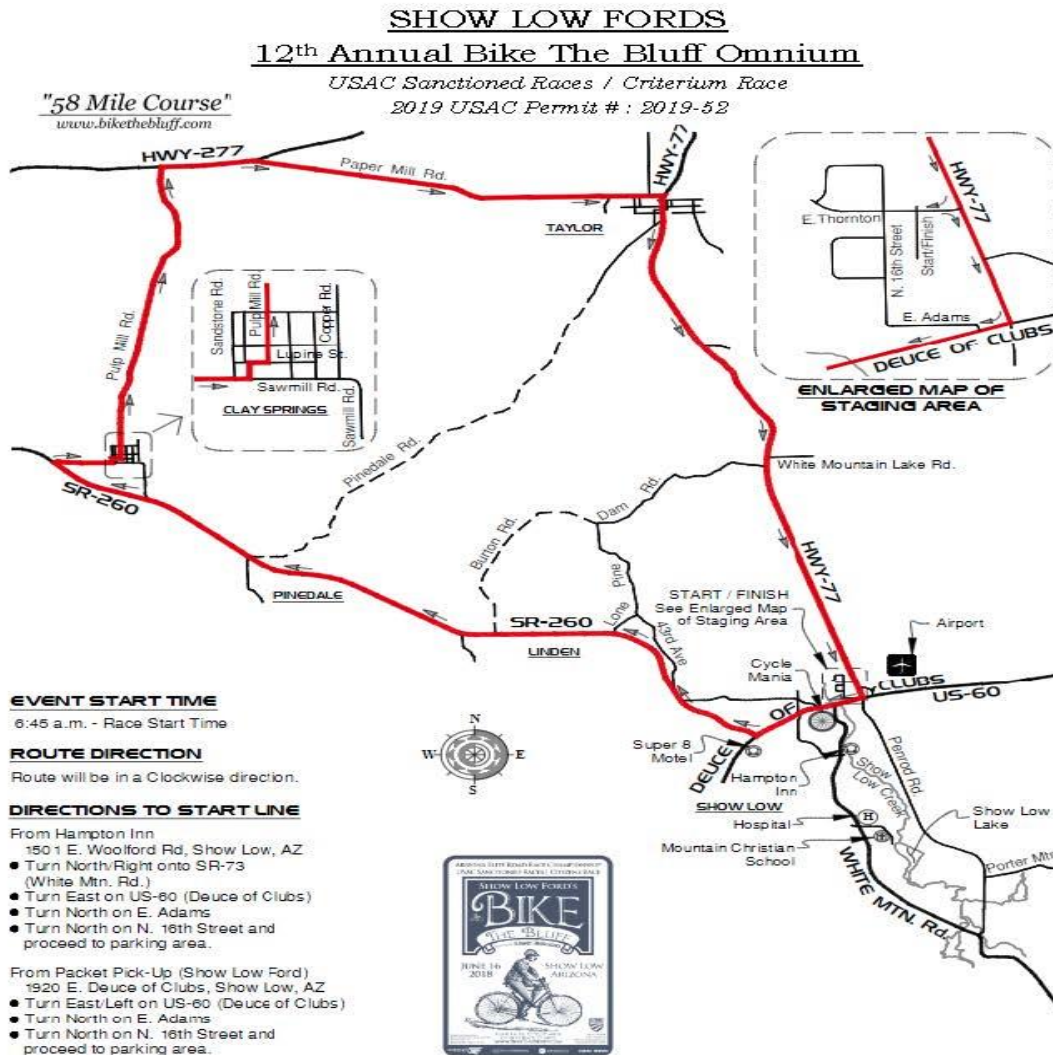
(East) side of the road. Please make sure you leave nothing behind. Feeding will be over once the sag vehicle has past. Once feeding is over, please drive back the way you came (South on Clay Springs Road) to the start. Do not follow riders or race vehicles in your car back to the finish.

Awards

An awards ceremony will take place shortly after the finish of the race and timing has been calculated. The top three (3) in each category must attend to receive their prizes-medals. Riders not attending the ceremony will forfeit their prizes.



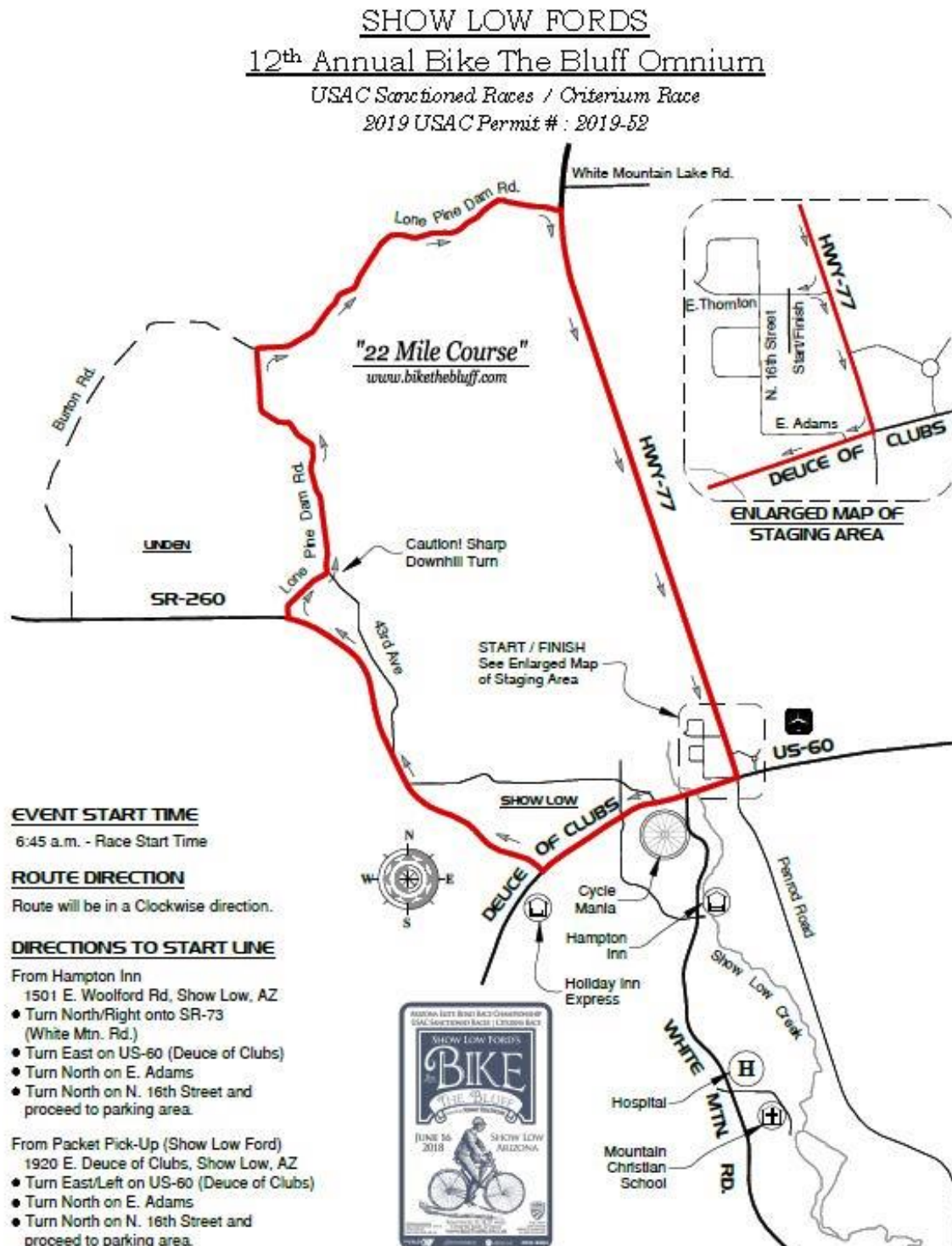
58-MILE RR COURSE MAP & DETAILS



Profile



22-MILE RR COURSE MAP & DETAILS



Sunday Criterium (NOT the AZ State Championship event) COURSE MAP



Sunday Criterium Schedule

	<u>Time</u>	<u>Duration</u>	<u>Field Limit</u>	<u>Prizes</u>	<u>Entry Fees</u>
Men Cat 3	8:00 a.m.	40 mins.	100	Medals	\$30/\$45/\$55
Men Cat 4	8:50 a.m.	40 mins.	100	Medals	\$30/\$45/\$55
Men Cat PRO/1/2	9:45 a.m.	60 mins.	100	Medals	\$30/\$45/\$55
Men Cat 5	11:00 a.m.	30 mins.	100	Medals	\$30/\$45/\$55
Junior Boys 15-18*	11:40 a.m.	30 mins.	100	Medals	\$30/\$45/\$55
Junior Girls 15-18*	11:40 a.m.	30 mins.	100	Medals	\$30/\$45/\$55
Master Men 35+/45+	12:20 p.m.	30 mins	50	Medals	\$30/\$45/\$55
Master Men 55+/65+	12:20 p.m.	30 mins	50	Medals	\$30/\$45/\$55
Women Cat PRO1/2/3	1:00 p.m.	60 mins	100	Medals	\$30/\$45/\$55
Women Cat 4/5	2:10 p.m.	30 mins.	100	Medals	\$30/\$45/\$55
Master Women 35+/45+*	2:50 p.m.	30 mins	100	Medals	\$30/\$45/\$55
Master Women 55+/65+*	2:50 p.m.	30 mins	100	Medals	\$30/\$45/\$55
Junior Boys 11-12/13-14*	3:30 p.m.	20 mins.	50	Medals	\$20/\$35/\$45
Junior Girls 11-12/13-14*	3:30 p.m.	20 mins.	50	Medals	\$20/\$35/\$45

* Categories racing together but scored separately.

Sunday Criterium Awards

Criterium awards ceremony will take place shortly after the finish of the race and scoring has been calculated. The top three (3) in each category must attend to receive their prizes-medals. Riders not attending the ceremony will forfeit their prizes.



**All Proceeds Benefit
Mountain Christian**

