

Welcome to the Hellyer Park Velodrome and the 2008 USA Cycling Masters Track Cycling National Championships!

The Race Directors, Rick Adams and Warren Geissert, and our crew of volunteers are doing our best to ensure that you have a great time on and off the track during your visit. Most of our volunteers will be wearing dark green polo shirts and the Race Directors will be wearing blue polo shirts, so if you have a question or concern just find us and let us know.

The Welcome Party Barbeque will be held at the velodrome in the infield on Monday at 5 pm. We invite all riders, their families, officials, staff, and volunteers to attend. The Barbeque menu includes hamburgers, veggie burgers, chicken, gourmet sausages, fresh fruit, potato salad, cookies, and beverages. During the Saturday evening race session there will be a Beer Garden with beer on tap, and snacks. Everything is complimentary from the race organizers.

Souvenir t-shirts for this National Championship event will be available for \$15 each on Labor Day and during the evening race sessions until they are sold out.

The [Hellyer County Park](#) will open its gates at 7:45 am each morning. Racing will begin each day at either 9:30am or 10am (see the Schedule of Racing). The park will only remain open for 20 minutes after the conclusion of the evening race session so please move to your vehicles and exit the park in a timely manner so the park can close.

The Santa Clara County Parks parking fee is \$6 per car, per day. You will be able to buy multi-day passes for any number of consecutive days beginning August 31, and if you have a pass valid for that day you will be able to enter the park via the left lane and bypass the line of people on the right who are waiting to buy a pass. Make sure the pass is visible on your dashboard in the parking areas because the park rangers make regular visits and they do write tickets for cars without a valid pass on the dashboard.

There are port-potties in the track infield and a regular bathroom 100 feet southeast of the velodrome. The outer parking areas are unlit so please use common sense for personal safety when going to your car after dark.

The picnic areas adjacent to the velodrome are available for your use and we have reserved the entire area for Tuesday-Sunday. The shady grass is a nice place for an afternoon nap between racing sessions. On the south side of the Velodrome is a connector to the 13-mile-long, off-street bike trail that continues south past the park's lake and other park areas, and 4 miles south to the hotels.

Wal-Mart (see map) sells the "EZ-UP Canopy" for \$94. It's the best tent we've found for under \$130. They also have a mesh chair for \$12. It will be good to use plastic tent stakes to hold at least two legs of your tent to the ground in case it gets breezy. **The sprinklers will come on Tuesday night**, so anything left out on the grass will get wet, and portions of the concrete will get wet too.

Be sure to put your name on your chairs, wheels, pump, and trainers/rollers. There will be lots of canvas chairs and bike equipment around the infield and after awhile it all starts to look alike.

Gatorade is providing ice-cold Gatorade drink and it will be available near the USA Cycling tent behind the judges' stand. The race organizers are providing ice-cold bottled water and it will be in the Gatorade ice chests. The air here has relatively low humidity and it is easier to become dehydrated than in many other areas of the country, so please take advantage of the free drinks we have available. If you bring your own beverages, please remember that absolutely no glass containers are allowed in the infield.

Track Etiquette at Hellyer Park Velodrome

If we all comply with the rules of Hellyer Park Velodrome track etiquette we can guarantee that every participant will have a much more enjoyable National Championships.

Access to and from the infield will be through the backstretch gate only. We will have a volunteer at the backstretch rail gate so that riders can cross safely *between* races. The track will be open during the day between racing sessions and we strongly encourage riders to utilize this opportunity for un-crowded training on the track.

All riders need to be aware that they may not get on the track for a safe and effective warm-up immediately before the race sessions because there will be 100-180 riders riding in most racing sessions. It will usually be best to plan to do your warm-up off the track, on your rollers/ turbo trainers (there will be plenty to borrow), and/or if you have a road bike you can ride straight out the park entrance and continue over the freeway overpass. Beyond the overpass you will find some quiet roads and optional hills that will help you to get a good warm-up.

We ask that you follow these simple rules of the track. For everyone's safety, if we find riders who are not following these rules of etiquette they will not be allowed to warm-up on the track.

- **Counter-clockwise direction** - we always ride on the track, in the warm-up circle and on the apron around the track in a counter-clockwise direction. This is especially important for that little stretch between the judges stand and the warm-up circle, i.e. do not ride behind the judges' stand to get to the warm-up circle. When you are riding on the apron *please* stay to the far left and ride single file. The apron is *only* used to get from your chair to the warm-up circle or on/off the track's backstretch. It is not a place to ride around for a few laps.
- **Back straight** – During warm-up and training sessions at this track we enter and exit the track on the back straight only. This is where you will have a clear view of when it is safe to get onto the track, and if it is not safe you can take another lap on the apron.
- **Speed** – during warm-up periods NO ONE should be riding slower than 15mph. Warm-up sessions on the track are not the time for socializing and rolling around at 15mph. The track infield is a great place to be social, so please keep your speed up or get off the track.
 - For example, you are warmed up from your turbo trainer, you want to do three 200m jumps so you go up on the track, circle for no more than 2 laps, do one effort, come off, circle in the warm-up area or get some water and stay there until you are ready for effort number two. Repeat as often as you like, but the difference here is that you are NOT on the track the whole time. Your consideration for everyone else will be appreciated.
- **Awareness** – we have the same lines as most tracks around the world.
 - **Sprinters lane** – if you are in the lane you ought to be doing an effort. We'll use 25mph as a minimum and if you're only at 25mph you need to be aware of sprinters coming over the top of you at 40mph!
 - **Top of the track** (rail) – you ought to be getting ready for an effort (using the banking to get more out of your speed). Otherwise, the top of the track needs to be kept clear so that riders always have an out.
 - **Stayers** (blue) **line** – this is NOT a safe haven for your warm-up or socializing. As mentioned before you need to be going 15mph+ on our track, NOT clogging up the track for those who are doing efforts.
- **Crossing the track** –We don't have a tunnel or a bridge, so crossing the track is another safety concern. We will have volunteers staffing the back gate during racing, but if you come to the track when no volunteer is in place, please look both ways before crossing safely.
- When the bell rings during a training or warm-up session it means you have one more lap before the track will be cleared. A whistle means the track is no longer open and must be cleared. We might need to clear the track briefly during warm-up or training periods so that riders and/or equipment can move in or out of the infield.

Racing Notes

Riders who did not pick up their packet on Labor Day need to pick up their packet at least one hour prior to the start of their first racing session, i.e. not just one hour prior to their race. The day before the first race is best. This will allow the Race Secretary sufficient time to compile the final start lists.

One of the most important things to remember is to check the Results/Announcements Board at least once every racing session. It is located ~30 feet behind the judges' stand, next to the USA Cycling tent. Always check the start sheet for your event to make sure you are on it.

The Results/Announcement Board is also where you will find communiqués from the Chief Referee. The communiqués will tell you about important rules and announcements, changes to the Schedule of Racing, rider infractions, and fines assessed for things like failure to notify the Race Secretary that you will not be taking the start of your heat in an individual event, withdrawing from the sprint tournament once the heats have been compiled, unsportsmanlike behavior, etc.

Read the rulebook, especially the section about track events. **It is your responsibility to know the rules and to be at the start line on time.** If you miss your assigned start you won't ride. It's best to make your way to the warm-up circle about 10 minutes before your heat is called so you can relax a little, and then you can easily make your way to the chairs in the ready area about 5 minutes before your heat. After you finish your ride you will need to **exit the track as soon as it is safe to do so and move to the warm-up circle.** Do not come by the Start/Finish again after you finish your ride.

TT's

Check the start lists to see if you will be starting on the homestretch or backstretch. Know the rules about mishaps and restarts. If you pull your foot out in your first start or pull your rear wheel over, don't panic. Return safely to the start area and you can receive a restart. A double gunshot may be heard if either rider has a mishap or a false start and this is the signal that you need to immediately return safely to the start line. For some other types of mishaps-you'll likely get a restart for that too. If you are the rider who caused the need for a restart, you will be allowed just one restart. If you have a second mishap or false start you are done.

If a rider catches another rider during a TT, the rider being caught stays in the sprinter's lane and the overtaking rider must go around the outside. The passing rider may enter the sprinter's after they are clear of the rider they have overtaken.

200mTT

Riders will be held, and then roll off from the S/F area. As soon as the rider getting their bell passes the S/F the next rider goes onto the track with the lap cards showing "3". Bell at one to go means the timing will start the next time you cross the 200m line.

Sprint Format

Riders will be seeded based on the 200mTT times within their 5-year age group. Any age group with at least one rider will have their own sprints and awards. If a rider does not intend to do the sprint rounds they must **inform the Race Secretary as soon as possible** after their 200mTT or they may be fined. It causes major problems and delays if a rider withdraws after the sprint brackets are compiled.

The **eight** fastest times in each age group advance to the sprint rounds. If there are more than 9 riders in an age group we will have a 9-12 final immediately following the completion of the ¼-final round. **All rounds of sprints will be best of 3 rides.** The first round of heats will be ¼-finals, as needed, and are 1 vs. 8, 2 vs. 7, 3 vs. 6, 4 vs. 5.

If there are less than 8 riders in an age group some higher-seeded riders may be given a "bye" (because they have no opponent) in the ¼-final round. If a rider receives a "bye" for a ride(s) they do not need to appear at the start line. If a rider is unopposed in a heat (opponent has withdrawn or otherwise fails to be at the start when called) the rider needs to appear at the start line ready to ride at the proper time, but they will not ride.

The ¼-final losers will ride in the 5-8 finals immediately following the 9-12 finals, if there are any. The ¼-final winners advance to the semi-finals in the evening session where it will be 1 vs. 4 and then 2 vs. 3. If there are less than 5 riders in an age group after the 200mTT all riders will normally advance directly to the semi-final round in the evening session, but don't assume this until you see a communiqué or start list for the semi-finals. If there are less than 4 riders in the age group, some riders will receive a "bye" in the semi-final round. The finals will be 3 vs. 4 and then 1 vs. 2.

It is in your best interest to bring your own holder with you for your sprint rides, but if you don't have a holder one of the volunteer holders will hold you for the start. Riders who do not show up on time for any heat are considered withdrawn from the sprint tournament and will not be placed in the sprint results. A rider who wishes to withdraw for a significant reason (e.g. illness, injury) may retain their placing **subject to** approval from the Chief Referee.

Points Race

Adjacent age groups may be racing together as needed for a minimum field size of 6. Riders in each age group are placed separately in the final placings. Scoring for each sprint is based on the first 4 riders across the line, not by age group. For riders within an age group tied on points the *only* tie-breaker is position in the final sprint.

Know the rules. Free laps are allowed and spare wheels (with a wrench) should be placed in the designated pit area on the homestretch. If more than 30 riders in an age group are registered for the points, race the Chief Referee will post a communiqué regarding the format and schedule for qualifying heats.

Team Events

At least one rider for a team must complete registration and payment by the close of registration on Labor Day at 4pm. The team's final roster must be confirmed with the race secretary by Friday at 6pm. If there is a change in this requirement it will be posted on the Results/Announcements Board. We will also post a sheet with riders looking for teammates for the team events.

If any of the information in this document is in conflict with an official's communiqué, the communiqué takes precedence.

BAR

This year we will be awarding special jerseys for the Best All-Around Rider in each 5-year age group. Voler is providing these custom made, high-quality jerseys and the presentations will be made on Saturday evening after the conclusion of the last individual event (35-39 points race). For each top 10 placing in the individual events riders will receive points-10 points for 1st place down to 1 point for 10th place.

Riders who win National Championships can buy additional National Champion's clothing at Velowear.com. National Champion's socks will be available for purchase at the event.

There will probably be a Best All-Around Team competition based on the BAR points earned by each member of a USA Cycling Club/Team.

Be sure to check the website www.ridethetrack.com/nats frequently for updates and more information.