



RACE BIBLE

SPONSORED BY



A Letter from the Race Director
Al Wiscovitch

Welcome to the 12th edition of the San Dimas Stage Race. I would like to take the time to personally thank you for your participation in this year's event. Without YOU this would not be the great race it is! It has certainly grown in numbers and prestige since SC VELO hosted the first event in 2000. It is regarded as a challenging and rewarding race for professional and amateur cyclists alike! That said, it could not be done without the SC VELO cycling club who host the event, the communities and city officials of San Dimas and Glendora, Bonelli Park, and many the unsung heroes behind the scenes of this great 3 day stage race. We continue to fine tune and produce a quality event that gives back to our community and grows the sport of cycling.

A special thanks to all our amazing sponsors and this year we are pleased to announce a new partnership with Michelob Ultra (who are also providing Icelandic Glacial water), Monster Media, Rudy Project, and Sock Guy. We will also have Kool 'n Fit spray stations every day out on the course.

This is my fifth year as race director and I hope that you will find the race well organized, difficult, friendly, and an enjoyable race experience. There are plenty of opportunities to be on the podium as every day each individual category has the chance to win the exclusive Sugoi Yellow Jersey for leader, Polka Dot Jersey for climbing, Green Jersey for sprinting, and White Jersey for best Under 25 pro rider.

No other stage race boasts the magnificent backdrop of the San Gabriel Mountains, the mini Alpe de Huez-like time trial up Glendora Mountain Road, the challenging leg breaking road race up Cannon and around Bonelli Park, and finally the 6 Corners of Speed criterium through the beautiful palm-lined streets of San Dimas. All these great courses are conveniently located within a few miles of numerous restaurants and hotels.

Please thank at least one volunteer and be respectful to the residents' private property as these people allow the race to happen!

Al Wiscovitch
Race Director 2007-2011



USCF Permit #2011-691

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Race Committee

Race Director	Al Wiscovitch
Assistant Race Director	Suzy Degazon
Technical Director	Dave Miller
Technical Assistants	Jim & Alex Bosco
Permits / Traffic Control	Ed MacKenzie
Volunteer Director	Jose Silva
Volunteer Assistant	Rene Pulido
Volunteers	SCVELO members & friends
Sponsorship Coordinator	Suzy Degazon
Host Housing Coordinator	Daryl Bowman
Officials Host	Teri Miller
Kids Race	Steve Yingling
Registration Coordinator	Dave Andrews
Registration Assistant	Rich Liddel
Race Announcing	Dave Towle, Demi Hechanova, & Craig Webb
First Aid	Mike Heenan
Media Coordinators	Bill & Annette Mc Cusker
Volunteer Catering	Joe Castillo & Roxy Huth
Photography	Kimberly Saxelby
Primes	Mark Smits, Dominic Galenti (INCYCLE)
Mini Director	Montana Wiscovitch
Chief Referee	David Miller
Expo & Prizes	Suzy Degazon

Special Thanks!

The San Dimas Stage Race Committee would like to take this opportunity to thank all those who make SDRS possible each year - SC VELO club members, sponsors, and volunteers - who have donated their time and effort. Without your dedication and support this race would not happen.

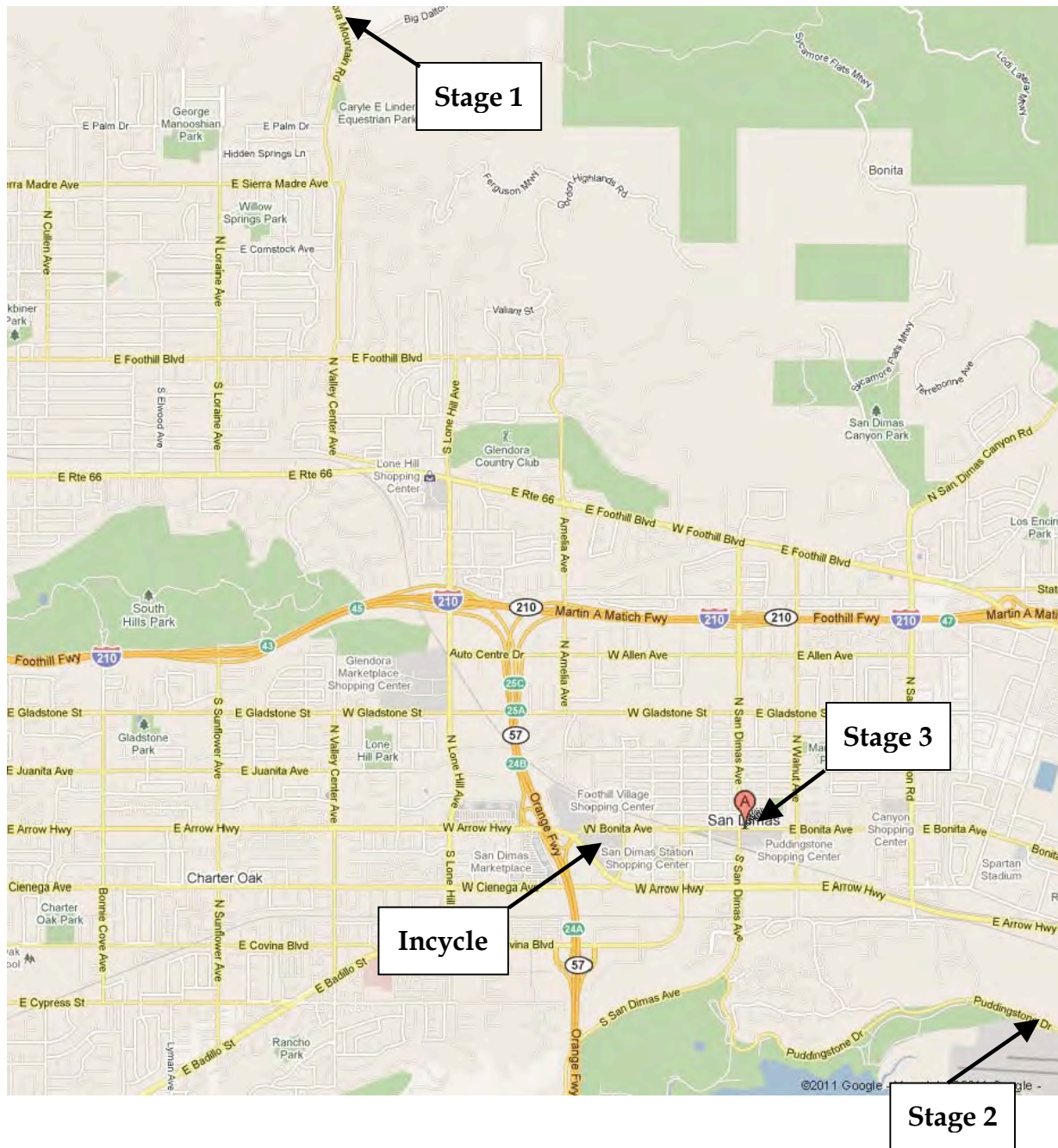


Your Hosts

SC VELO

WWW.SCVELO.COM

2011 SAN DIMAS STAGE RACE LOCATION OVERVIEW



Race Packet Pickup

All cyclists are encouraged to pick up their race numbers on Thursday evening March 24th between 6pm and 8pm. The address is:

INCYCLE
561 W. Arrow Hwy
San Dimas, CA

GENERAL INFORMATION & PROCEDURES

SCORING

This is a 3-day timed stage race based on cumulative time. The winner from each category will have the lowest elapsed time over the course of the 3-day race. **Riders MUST complete each stage in order to start the next and to be considered for overall classification unless excused by the officials and you are within the time cut for that stage.**

SIGN-IN

Riders ARE REQUIRED to sign in before each stage. Failure to sign-in will result in a fine of \$22.00 (30 CHF) for the first offense. Check individual stage details for sign-in locations and additional instructions.

RESULTS

Official results will be posted at the conclusion of each stage near the sign-in area and at INCYCLE Bike Shop, 561 W. Arrow Hwy, San Dimas.

PROTESTS

Any protests regarding results must be made to the Chief Judge prior to the start of the next stage. Any protests regarding the results of the final stage must be made to the Chief Judge within 15 minutes of posting. **(So don't leave until you have reviewed the posted results!)**

JUNIOR ROLLOUT

All junior riders must rollout prior to each race. Following the Road Race and Criterium all riders must rollout within 5 minutes of finishing. There will be no post race rollout for the TT. It is the rider's responsibility to have a rollout done when required. No exceptions. Failure to have a pre-race TT or a post Road Race or Criterium rollout done results in the 'placing at the rear of the field they are with or actual finish plus 10 places, and a 5 minute penalty.'

GC LEADERS JERSEY

The overall race leader is required to wear the official San Dimas Stage Race Leaders Jersey. **Race Leaders must pick up their jersey AT LEAST 1 hour before the start of each Stage at the sign-in table.** New jerseys will only be awarded upon a change in the leadership of the race. If you retain leadership you are responsible for laundering and wearing your leader's jerseys for subsequent stages. **Failure to wear Leaders Jersey will result in the start being refused and disqualification along with \$36.00 (50 CHF).**

U25 LEADERS JERSEY

The U25 leader's jersey is only for Pro Men I, Men II, and Women Pro I, II. The overall U25 race leader is required to wear the official San Dimas Stage Race U25 Leaders Jersey. **U25 Race Leaders must pick up their jersey AT LEAST 1 hour before the start of each Stage at the sign-in table.** New jerseys will only be awarded upon a change in the U25 leadership. If you retain leadership you are responsible for laundering and wearing your leader's jerseys for subsequent stages. **Failure to wear U25 Leaders Jersey will result in the start being refused and disqualification along with \$36.00 (50 CHF).**

SPRINT & KOM LEADERS JERSEYS

The Sprint & KOM point's leader is required to wear the official San Dimas Stage Race Points Leaders Jersey. **Sprint & KOM Leaders must pick up their jersey AT LEAST 1 hour before the start of each Stage at the sign-in table.** New jerseys will only be awarded upon a change in the leadership of the point's competition. If you retain leadership you are responsible for laundering and wearing your leader's jerseys for subsequent stages. **Failure to wear Sprint & KOM Leaders Jersey will result in the start being refused or disqualification and \$36.00 (50 CHF).**

SPRINT LEADER POINTS

Points for the sprint competition will be awarded at designated laps of Stage 2 and 3, and for the finishes of Stage 2 and 3 as follows:

Hot Spot Sprints for Stage 2 & 3		
Place	Time Bonus	Points
1 st	3 sec.	15
2 nd	2 sec.	10
3 rd	1 sec.	5

Stage 2 & 3 Finish		
Place	Time Bonus	Points
1 st	10 sec.	25
2 nd	6 sec.	15
3 rd	4 sec.	10

GENERAL INFORMATION & PROCEDURES

KOM LEADER POINTS

Points for the KOM competition will be awarded at the designated laps of Stage 2 as well as for the top 5 finishers in the Stage 1 TT as follows:

Stage 1 Finish KOM Points	
Place	Points
1 st	25
2 nd	20
3 rd	15
4 th	10
5 th	5

Stage 2 KOM Sprints	
Place	Points
1 st	15
2 nd	10
3 rd	5

NUMBERS

Each race packet should contain three racing numbers; two back numbers and one frame number. Numbers may not be folded or trimmed. Frame numbers attached at head tube and top tube or seat post if frame too small. Each rider is responsible for no black tape stiffener on frame number. All numbers MUST be worn at all times Except for during the *Time Trial*; just the *LEFT number is needed*. Replacement numbers obtainable for \$15. Failure to do so will result in **the following fines:**

1 st Offence	WARNING
2 nd Offence	\$22.00 (30 CHF)
3 rd Offence	\$36.00 (50 CHF)



TIME CUT: There will be a time cut for each stage except the time trial. Road Race time cut is 5% of the winner's time. See Classic section for details.

PRIZES

Cash Prizes for individual stage placing will be awarded after results have been made final. General Classification prizes will be distributed on SUNDAY, March 27st at Stage 3. Failure to attend awards ceremony may result in forfeit of all prizes. Award ceremonies will take place throughout the day. A complete cash prize breakdown is listed in the race bible. If medical control is used during the event prize money for those tested will not be issued until cleared by USADA. *Any prizes not claimed before 6pm on Sunday, March 27th will be forfeited.*

RACE LOCATIONS

All race locations are an easy ride from any of the San Dimas hotels. You are encouraged to leave your car at your hotel and ride to the course.

RACE NEUTRALIZATION

Race neutralization is a short-lived stoppage or pausing of a race. Race neutralizations are used most often in road racing to facilitate the passing of one race field by another race field.

Why?

USCF Racing Rules state: Taking pace or assistance from any outside means is forbidden, including holding on to a motor vehicle or taking pace from riders in a different race that is concurrently on the same course [relegation or disqualification].

Keeping in mind those riders in different races may not "take pace" from those in another race the concept and practice of neutralizing the slower race has been developed. Very occasionally the faster race is neutralized to allow the slower race to finish without interference.

We would rather NOT do race neutralization, however, with the number of race categories and athletes, it is necessary to run more than one race on the circuit to accommodate all those who wish to compete. It is not unusual for one race to overtake another in this situation. Without intervention, the races sometimes finish together in one field distorting the results of both races and making it difficult, if not impossible, to separate the placing. When races combine in this manner, it affects the conduct of the event and the strategies of the athletes. It does not provide a fair competition for either race when this occurs.

GENERAL INFORMATION & PROCEDURES

How?

An official, usually a motorcycle referee, will signal the neutralization of the slower race by a double sounding of a whistle (or horn) and/or by raising a red flag or barrage paddle. The official may also indicate that the riders in the field should stay to the left or right side of the race course.

As soon as the neutralization is signaled, the riders in the field being neutralized should slow and remain behind the neutralizing vehicle until the neutralization is ended by a single sounding of a whistle or horn, and/or by withdrawing the red flag or barrage paddle. The neutralization is usually terminated when the faster race is 30 seconds to 1 minute ahead of the slower race OR when the official deems it appropriate.

Very often, in the case of a small breakaway it is not necessary to neutralize the breakaway when it is necessary to neutralize the field. This is the normal practice and may be an advantage for the breakaway riders.

Rider Conduct

At all times racers should remember that they are representatives of their sponsors, the United States Cycling Federation (USCF), and the race's sponsors and conduct themselves appropriately. Ride as safely and courteously as possible and obstruct traffic as little as possible.

Special San Dimas Stage Race Rules

- 1 FIELD LIMIT - Minimum field limit ranges from 10 to 70. The Promoter reserves the right to combine categories and alter the prize list.

Field Limits	
Men Pro-I	144
Men II	120
Men III	120
Men IV	120
Men V	50
Master 35+	100
Master 45/55+	100
Jr 15/16 - 17/18	100
Women Pro I-III	100

- 2 Prize list may be altered based on field registration: 100% - 100%; 75% - 75%; etc.

- 3 All USCF/USAC rules apply.
- 4 LICENSE: Racers must present their 2011 USCF license. International riders not attached to a PRO team must present an international license with a letter from their licensing federation allowing them to race. No exceptions.
- 5 SIGN-IN: Each rider must sign in on the sign-in sheet prior to each stage except the TT. Sign in will close 10 minutes prior to start. Failure to sign in will result in a penalty as specified in the Race Bible (Page 8). Arrive 10 minutes before the start for official announcements.
- 6 **HELMETS must be worn and secured as ALL times while on the bicycle.** Make sure your helmet satisfies the standards specified in USA Cycling Policies section of the rule book. Helmets must be CPSC certified. If these rules are not observed a fine and disqualification may result.
- 7 MUSETTE BAGS: Plastic bags as musette bags are prohibited. Only cloth will be permitted for food and water hand-ups.
- 8 TRAFFIC CONTROL: Generally the lead racer(s) and main pack will be directed through intersections. Racers dropped by the main field outside their race caravan should be **alert and ready to obey traffic laws.** Know your course: you are responsible to know the course you are racing.
- 9 CENTERLINE rule will be enforced. If no painted centerline marking exists, riders must keep to the right side of the road at all times. Not all the roads are closed to traffic, vehicular traffic can exist.

Road Support

Williams Cycling road support will be on site. **No individual or team vehicles will be permitted to follow the race or provide support.**

Protests and Penalties

All racers are responsible for knowing and obeying USCF rules. Special attention should be paid to the timeliness of protest and appeals.

CASH AND AWARD PAYOUTS

GENERAL CLASSIFICATION

	GENERAL CLASSIFICATION										
	MEN'S CATEGORIES										WOMEN
	Pro, I	II	III	IV	V	35+	45+	55+	Jr 15/16	Jr 17/18	Pro, I, II, III
1 st	\$800	\$100	\$90	\$80	Medals	\$90	\$80	\$80	\$75	\$80	\$225
2 nd	\$586	\$87	\$65	\$55	Medals	\$60	\$60	\$60	\$63	\$60	\$150
3 rd	\$378	\$67	\$50	\$40	Medals	\$50	\$40	\$40	\$50	\$40	\$100
4 th	\$280	\$60	\$41	\$35		\$40	\$35	\$35	\$37	\$35	\$75
5 th	\$252	\$54	\$34	\$30		\$33	\$30	\$30	\$25	\$30	\$62
6 th	\$216	\$47	\$29	\$25		\$26	\$25	\$25		\$25	\$52
7 th	\$180	\$40	\$23	\$20		\$23	\$20	\$20		\$20	\$48
8 th	\$160	\$33	\$20	\$15		\$19	\$10	\$10		\$10	\$45
9 th	\$144	\$21	\$16								\$42
10 th	\$125	\$16	\$13								\$37
11 th	\$112	\$11									\$34
12 th	\$100										\$32
13 th	\$96										\$30
14 th	\$93										\$27
15 th	\$89										\$25
16 th	\$86										\$22
17 th	\$82										\$20
18 th	\$80										\$17
19 th	\$75										\$15
20 th	\$72										\$11
21 st	\$68										
22 nd	\$64										
23 rd	\$60										
24 th	\$57										
25 th	\$45										
Total=	\$4,300	\$536	\$381	\$300	\$0	\$341	\$300	\$300	\$250	\$300	\$1,069

INDIVIDUAL STAGE PLACING

	INDIVIDUAL STAGE PLACING										
	MEN'S CATEGORIES										WOMEN
	Pro, I	II	III	IV	V	35+	45+	55+	Jr 15/16	Jr 17/18	Pro, I, II, III
1 st	\$360	\$40	\$34	\$25	Medals	\$39	\$25	\$25	Medals	\$25	\$150
2 nd	\$225	\$30	\$20	\$15	Medals	\$23	\$15	\$15	Medals	\$15	\$113
3 rd	\$180	\$20	\$13	\$10	Medals	\$15	\$10	\$10	Medals	\$10	\$50
4 th	\$90	\$13									\$37
5 th	\$45	\$7									\$27
3 Day	\$900	\$110	\$67	\$50	\$0	\$77	\$50	\$50	\$0	\$50	\$377
Total=	\$2,700	\$330	\$201	\$150	\$0	\$231	\$150	\$150	\$0	\$150	\$1,131

CASH AND AWARD PAYOUTS

KOM & SPRINT COMPETITION											
MEN'S CATEGORIES											WOMEN
	Pro, I	II	III	IV	V	35+	45+	55+	Jr 15/16	Jr 17/18	Pro, I, II, III
KOM	\$250	\$67	\$34	Jersey	Jersey	\$39	Jersey	Jersey	Jersey	Jersey	\$150
SPRINT	\$250	\$67	\$34	Jersey	Jersey	\$39	Jersey	Jersey	Jersey	Jersey	\$150
U25	Jersey	Jersey	-	-	-	-	-	-	-	-	Jersey
	\$500	\$134	\$68	\$0	\$0	\$78	\$0	\$0	\$0	\$0	\$300

TOTAL AWARDS											
MEN'S CATEGORIES											WOMEN
	Pro, I	II	III	IV	V	35+	45+	55+	Jr 15/16	Jr 17/18	Pro, I, II, III
TOTAL	\$7,500	\$1,000	\$650	\$450	\$0	\$650	\$450	\$450	\$250	\$450	\$2,500





STAGE 1 -Chaffey Auto Body Mountain Time Trial Friday, March 25th, 2011

Start Order
Men Cat V
Men Cat IV
Jr Men 15/16 & 17/18
MASTERS 45+/55+
MASTERS 35+
Men Cat III
Pro Women I/II
Men Cat II
PRO Men I

START TIMES: Start times will be posted Thursday evening, March 24th on the internet at <http://www.scvelo.com> and at INCYCLE. Start times will also be posted Friday morning at the time trial registration area. **FIRST RIDER OFF AT 9:00AM**

DIRECTIONS: 210 Freeway off at Grand Ave. in Glendora go North to Sierra Madre Blvd. then right to Glendora Mtn Road go left on Glendora Mtn Road and proceed 1 mile to start. (See map)

PARKING: Only on the west side of Glendora Mountain Road and along Big Dalton Road. Parking Marshals will be present to direct you. (See map).

COURSE: Twisty 3.8 mile hill climb with an elevation gain of 1375 feet. Riders already finished will be riding down the mountain, so centerline rule is in effect. Please watch for riders still finishing when you ride back down the hill.

NUMBERS: ONLY 1 NUMBER IS NECESSARY FOR THIS STAGE. Number goes on LEFT side.

Porta potties will be available for your use. **Use them and DO NOT just go off into the bushes.** There were several reports from the Forest Service at the time trial last year of cyclists urinating in the bushes next to the road. This put the time trial in serious jeopardy this year! **WHEN YOU ARE CAUGHT, YOU RISK BEING DISQUALIFIED. THIS IS YOUR ONLY WARNING.**

TAKE WATER: Regardless of the weather, dehydration does not take long. **DO NOT LITTER - YOU BRING IT IN, YOU TAKE IT OUT!** There will be **Icelandic Glacial** water and **Hammer Heed** available at the top.

JUNIOR ROLLOUT: All junior riders must complete a pre-TT rollout. Rollout will be located between the staging tent and the start tent. **ONCE YOU HAVE COMPLETED YOUR ROLLOUT YOU MUST STAY IN LINE AT THE START TENT.** If you get out of line, you will have to do another rollout. Please arrive at the start with enough time to complete your rollout. No post-TT rollout is needed.

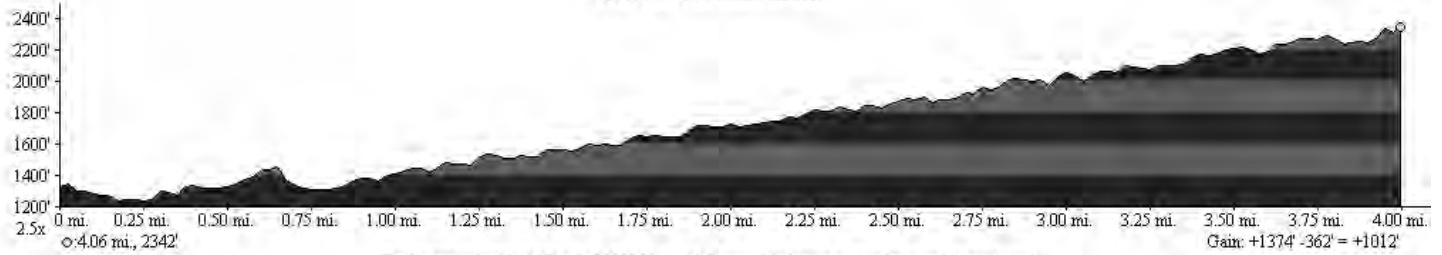
NO SUPPORT VEHICLES may go up the course.

TIME CUT: NONE FOR STAGE (TIME TRIAL)

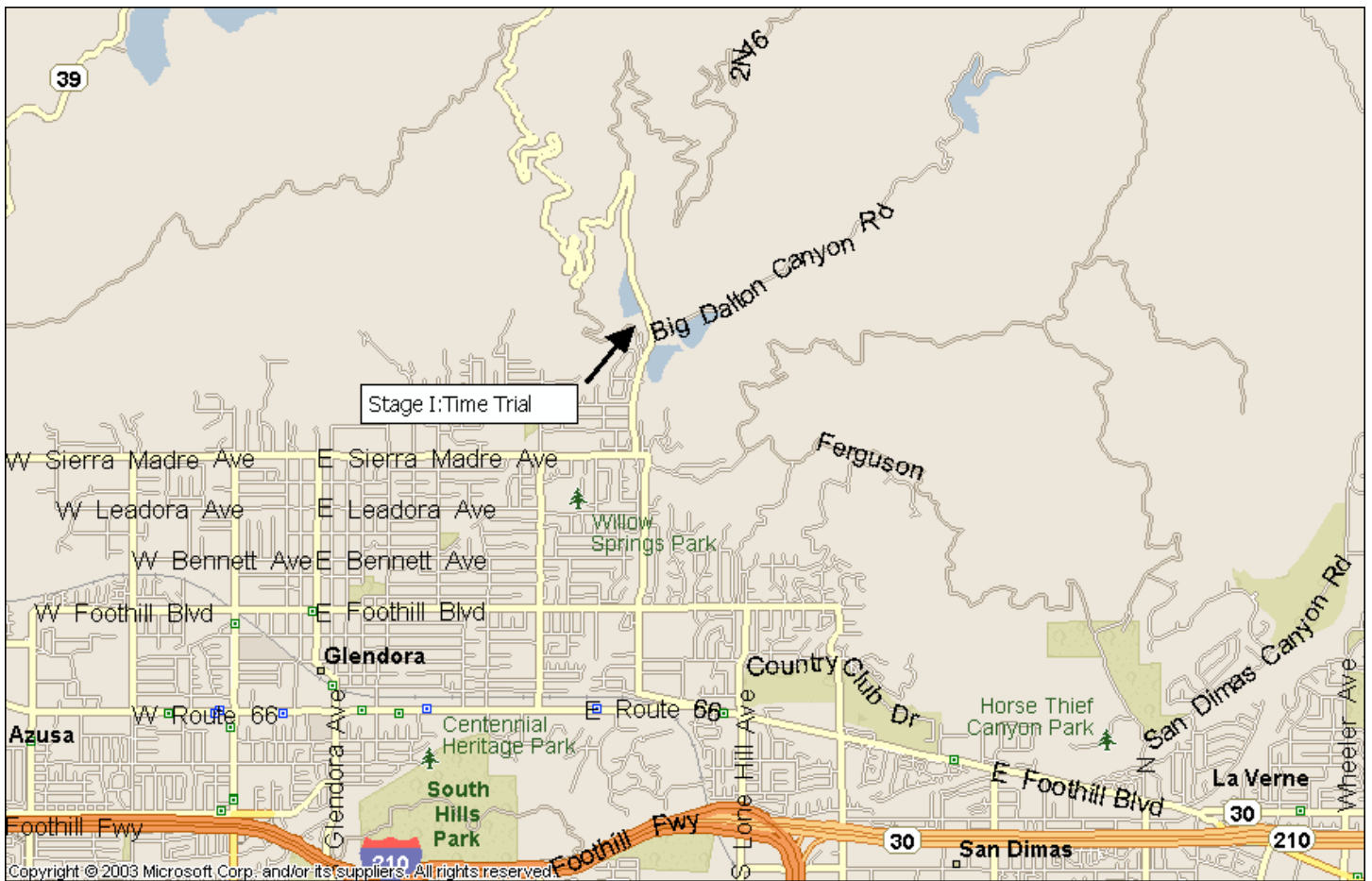


STAGE 1 -Chaffey Auto Body Mountain Time Trial

GMR Time Trial March 18, 2005



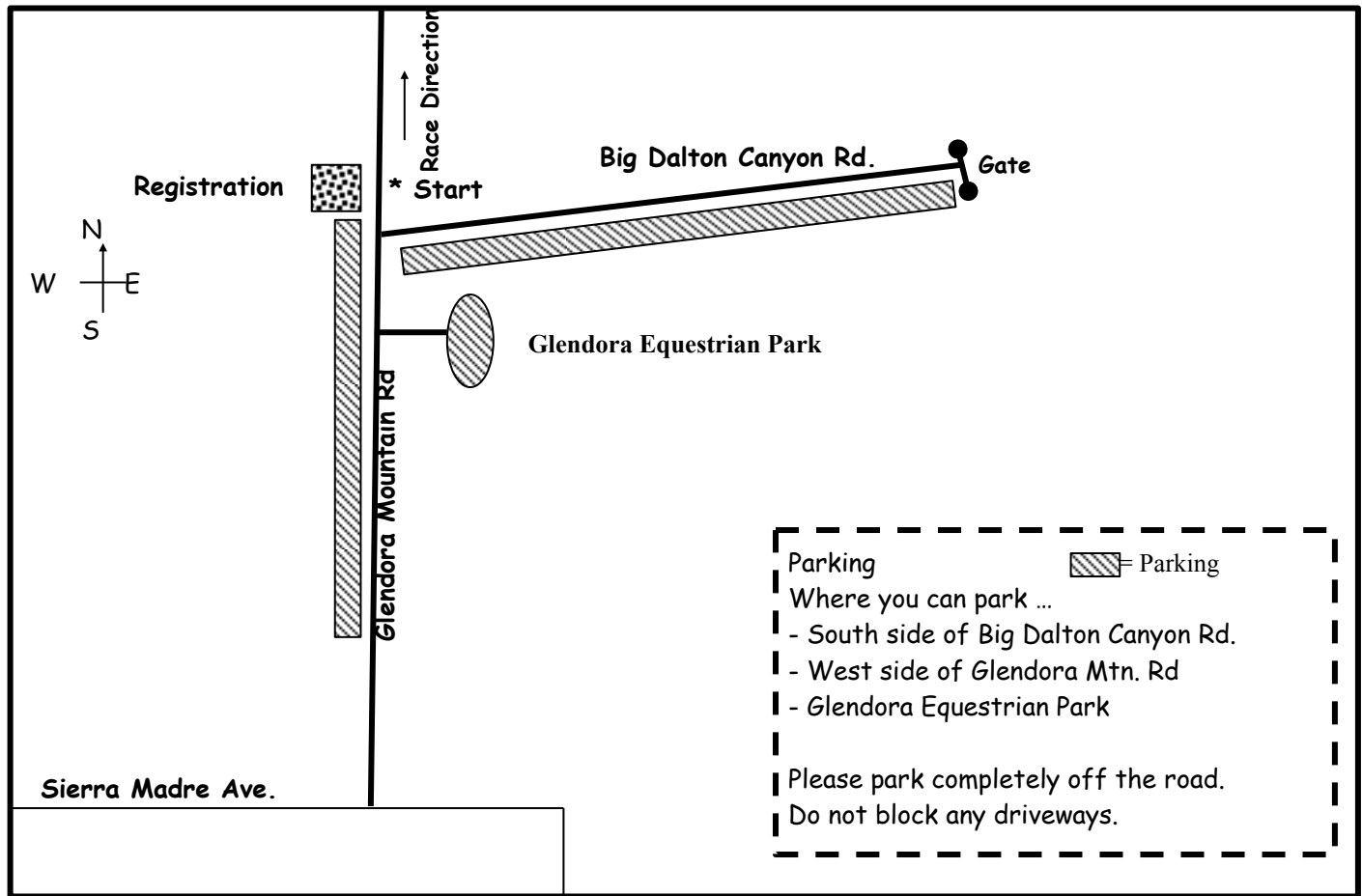
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STAGE 1 -Chaffey Auto Body Mountain Time Trial Parking Map



NO PARKING on Glendora Mtn. Rd north of Big Dalton Canyon Rd.

NO PARKING on north side of Big Dalton Canyon Rd.

NO PARKING on east side of Glendora Mtn. Rd.

This year the **Glendora Equestrian Park is having a fundraiser** by charging a nominal fee of \$1 for parking. This fee will go to the upkeep of the Equestrian Park and offset their ever-increasing insurance costs. They will also be selling food and snacks. Please consider helping this organization out and think of the benefits your actions can have on cyclist-equestrian relationships.

NO WARMING UP ON GLENDORA MTN ROAD!!!! Use a trainer or, if you must, use Big Dalton Canyon Road.

No follow vehicles allowed. Ride up and ride down.

Do not litter! Yes, this includes Gel packets. They go back into the jersey pockets/shorts empty just as easy as they come out! Please pick up all your trash and then some. Let's leave the course cleaner than we found it!

Porta - Potties are available at registration area near the start.

No vending or product displays of any sort without express consent of the promoter.

Any parking on Forest Service land requires an Adventure Pass.

USFS Disclaimer: "Persons of any race, color, national origin, sex, age, religion, or with any handicapping condition are welcome at this event. Discrimination of any form is strictly against the policy of the USDA and should be reported to the Secretary of Agriculture, Washington, D.C."

STAGE 2 - San Dimas Community Hospital Road Race

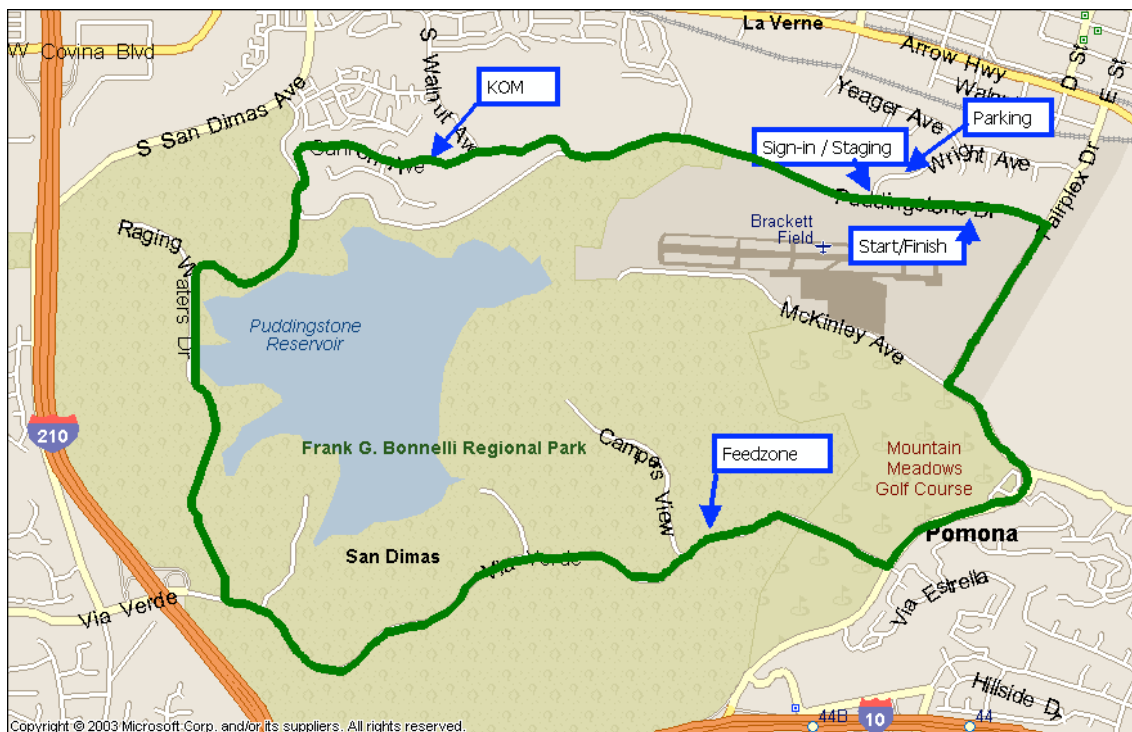
Saturday, March 26th, 2011

Category	Start Time	Laps / Dist.	KOM Sprints	Hot Spot Sprints
Master 45+/55+	07:50am	6 / 42	Lap 2, 4	Lap 3, 5
Men V	07:55am	5 / 35 (no feeding)	Lap 2, 4	Lap 3, 5
Jrs 15/16 & 17/18	08:00am	7 / 49	Lap 2, 4, 6	Lap 1, 3
Men IV	10:05am	6 / 42	Lap 2, 4	Lap 3, 5
Master 35+	10:00am	8 / 56	Lap 2, 4, 6	Lap 3, 5, 7
Women Pro, I, II, III	10:10am	8 / 56	Lap 2, 4, 6	Lap 3, 5, 7
Men III	01:00pm	8 / 56	Lap 2, 4, 6	Lap 3, 5, 7
Men II	01:10pm	8 / 56	Lap 2, 4, 6, 8	Lap 3, 5, 7
Men Pro, I	01:15pm	12 / 84	Lap 2, 4, 6, 8	Lap 3, 5, 7, 9

DIRECTIONS: From 57 Freeway: off at Arrow Hwy in San Dimas. Go East on Arrow Hwy then turn Right on "E" Street/Fairplex, then Right on Wright Ave. Follow Wright Ave. to parking and staging area.

PARKING: Park on each side of Wright Ave. We have conditional permission to park in some of the businesses near the start/finish; however, access to those businesses must be maintained. **Do not block access to roll-up doors or any entrance or driveway. THERE IS NO PARKING ON PUDDINGSTONE ROAD. (Ride in if possible).** Do not block entrances to doors. There will be some employees that will need access to these businesses even though it is Saturday.

COURSE: 7 mile loop (see map) on rolling terrain with a flat 1 km finishing straight that is closed to traffic. Centerline rule in effect - offenders will be immediately disqualified. Sections of the course are open to traffic so please ride with caution.



The morning wave of races (*Master 45+/55+, Men V, Juniors, Men IV, Masters 35+, and Women Pro, I, II, III*) and afternoon wave of races (*Men III, Men Cat II, and Pro Men, I*) will all follow the same course. The KOM will be the same for all categories. The KOM line is at the top of Cannon Ave., which gains ~200 ft of elevation over 0.6 miles. The finish is approximately 1.5 miles from the KOM.

START/FINISH: Puddingstone Rd. just west of Fairplex. **THERE IS NO PARKING ON PUDDINGSTONE DR.** Riders are reminded that **westbound Puddingstone Dr is open to traffic. Spectators and riders MUST KEEP WESTBOUND PUDDINGSTONE DR CLEAR AND OPEN TO TRAFFIC.** This has been an area of significant concern with the La Verne Police and they will shut down the event if they feel riders and/or spectators are blocking westbound Puddingstone Dr.

FEED ZONE: There will be NO FEEDING ON THE FIRST TWO LAPS! **Feeding begins on Lap 3. THERE WILL BE NO FEEDING ON THE LAST TWO LAPS.** Feeding will be allowed in all races over 40 miles. Feed zone is located about half a mile inside Bonelli Park, just passed Fishermans Drive, on the right side only.

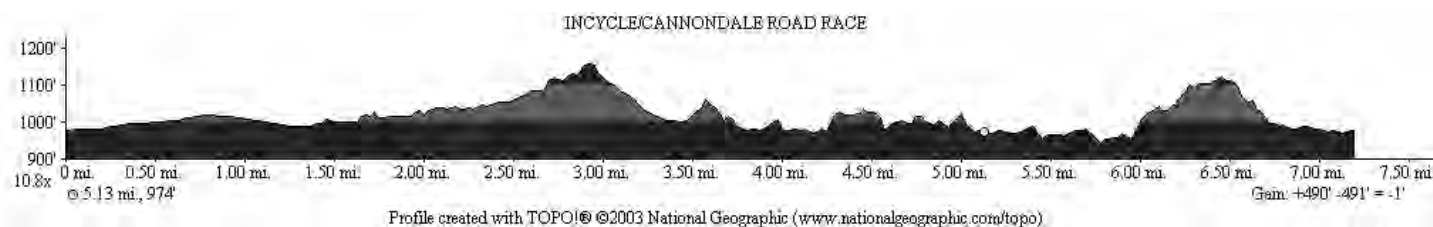
FEED ZONE PARKING: Feed zone parking is by permit only. Permits to park in the feed zone can be obtained at sign-in. Permits will be issued to vehicles feeding 3 or more riders. So, plan to ride with friends or hitch a ride to the feed zone. To get to the feed zone from the START/FINISH follow the course in the same direction as the race down Fairplex. Go left on McKinley and merge right back onto Fairplex. Turn right on Via Verde (watch for riders) and proceed to feed zone. The parking area is just passed Fishermans Dr on your right hand side. There will be signs and a person directing traffic. **At the stop sign after the feed zone, turn right and PARK COMPLETELY OFF THE SIDE OF THE ROAD!**

STAGING/SIGN-IN AREA: All riders must sign in near the corner of Puddingstone and Wright (across from the airport control tower). Staging will be on the closed section of Puddingstone drive just west of Wright Ave., not in the Rex Marine parking lot as in the past. We need to keep the Wright Ave. intersection open for traffic being detoured off of Puddingstone. Please help keep this clear.

WHEEL SUPPORT: Support is wheels in and wheels out for amateur races. **Once the wheel vehicles are deemed full by the Wheel Support Coordinator, NO MORE WHEELS ARE ALLOWED.** Neutral support for Pro Men and Women fields provided by **WILLIAMS WHEELS.** There is no race caravan for this race. **SC Velo is not responsible for lost or damaged wheels.**

TIME CUT: 5% OF THE WINNERS TIME. ANYONE WHO IS LAPPED WILL BE DEEMED TIME CUT AND ELIMINATED.

KOM & HOT SPOT SPRINTS: Sprints are contested consistent with the number of times you have crossed the designated line. For example the lap 2 KOM will be awarded the second time you cross the KOM line. Likewise for the Hot Spot sprints, which are contested at the Start/Finish line, a lap 1 hot sprint will be contested at the completion of the first lap.



JUNIOR ROLLOUT: All junior riders must complete a pre-RR rollout located at the staging area. Riders must also complete a post-RR rollout located immediately across the street from the start/finish trailer. Riders must use **extreme caution** coming back after they finish to complete their rollout. **DO NOT RIDE BACKWARDS ON THE COURSE** and do not block or clog westbound Puddingstone.

Do not litter! Yes, this includes Gel packets. They go back into the jersey pockets/shorts empty just as easy as they come out!

ABSOLUTELY NO VEHICLES ON COURSE. NO EXCEPTIONS.

CANOPY AND PARKING RESTRICTIOS **FOR THE SAN DIMAS HOSPITAL ROAD RACE**

In recent years the La Verne Police Department, La Verne Fire Department, and the city of La Verne have voiced concerns over the use of freestanding canopies (E-Z Ups) and canopies attached to RV/ Motorhomes that encroach into the roadway. Wright Avenue is open to traffic and must remain clear of any obstructions. Per recommendations from these agencies, we are implementing the following restrictions for vehicles parked along Wright Avenue for the Road Race

- 1) No Parking on both sides of Wright Avenue, 150 feet from the intersection of Puddingstone Drive, and 100 feet from the intersection of Fairplex Avenue. Violators will be cited and/or towed at the vehicle owners' expense. (22651(m) CVC & 22507 CVC) See map below.**
- 2) No canopy may extend beyond the width of the vehicle, including Motorhomes.**
- 3) All vehicles must adhere to California Vehicle Code when parking (no double, angled, or parallel parking)**

In addition, we would like to remind all participants and spectators that Puddingstone Drive is open to west bound traffic from Fairplex Avenue to Wright Avenue. Do not ride your bikes against traffic while warming up (21202 CVC) or cross the road in an unsafe manner (21950(b) CVC) or you may be cited.





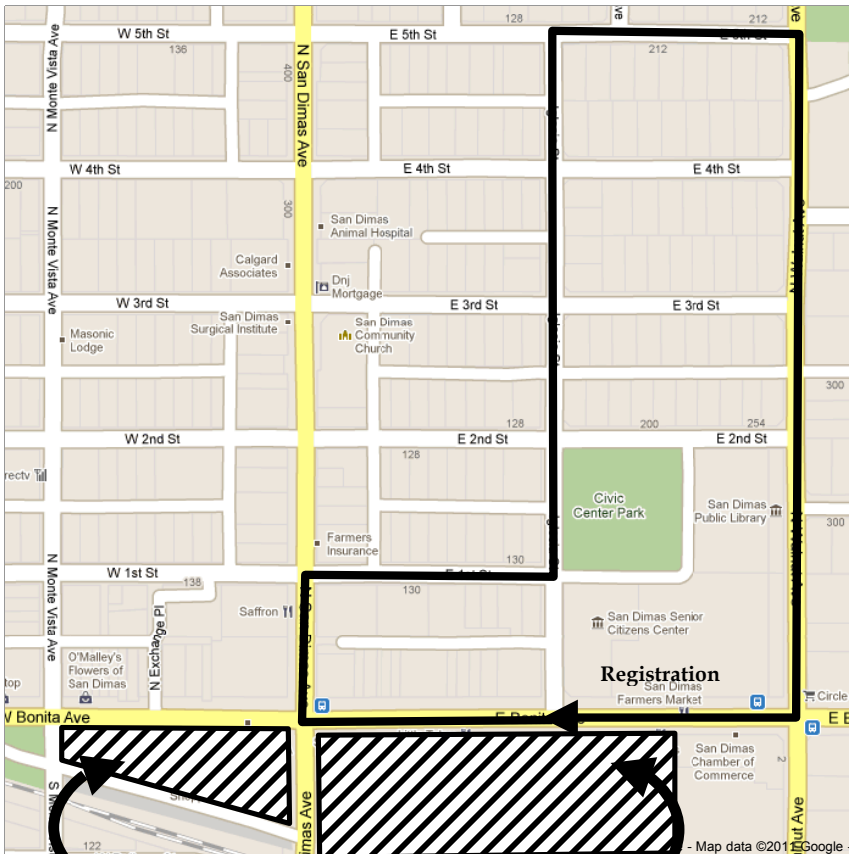
STAGE 3



INCYCLE / CANNONDALE Old Town San Dimas Classic

Sunday, March 27th, 2011

START	CATEGORY	DURATION	HOT SPOT SPRINTS
8:15	Jr Men 15/16 & 17/18	25 MIN	15 MIN TO GO
8:45	Men Cat V	30 MIN	15 MIN TO GO
9:20	Men Cat IV	35 MIN	20 MIN TO GO
10:00	Master 45/55+	40 MIN	20 MIN TO GO
10:45	Master 35+	40 MIN	20 MIN TO GO
11:30	Men Cat III	45 MIN	25 MIN TO GO
12:30	FREE KIDS RACE	25 MIN	
1:00	Men Cat II	55 MIN	20, 40 MIN TO GO
2:00	Women Pro I, II, III	55 MIN	20, 40 MIN TO GO
3:00	Men Pro, I	90 MIN	30, 60 MIN TO GO



DIRECTIONS: From 57 FWY, eastbound on Arrow Highway. Turn north onto Walnut Ave. and follow signs.

PARKING: All parking is EAST OF COURSE,
 - City Yard, 301 S. Walnut St.
 - Post Office, Bonita Ave. & Walnut
 - Bonita Avenue, east of Walnut

PARKING BEHIND FRONTIER VILLAGE or IN ALBERTSONS/CVS SHOPPING CENTER PARKING LOT IS PROHIBITED. GET CAUGHT AND GET DISQUALIFIED! THIS IS YOUR ONLY WARNING.

ABSOLUTELY NO PARKING!!!



Stage 3 - CANNONDALE INCYCLE Old Town San Dimas Classic



COURSE: Six Corners of Speed through a residential neighborhood. You will be racing along the palm lined streets in beautiful San Dimas. There is a slight climb up Iglesia St which gains about 40 ft elevation. The finishing straight is long, wide, and smooth. *This is not an Industrial Park, so, please realize that it is a privilege to race here and act accordingly. Every year it is a challenge to get this course, please be respectful of the businesses and residents in and around the course. NO PUBLIC URINATION! USE THE PORTA POTTIES!* The porta potties are found at registration, right next to staging.

SIGN- IN: San Dimas Civic Center parking lot by start/finish line, near Bonita Ave. and Iglesia Streets.

WHEEL PIT: Neutral wheel support by **WILLIAMS WHEELS**.

TIME CUT: Anyone pulled prior to the halfway mark of Stage 3 will be deemed not to make the time cut and will be eliminated. Further time cuts will be set @5% for those not being lapped prior to the half way point.

AWARDS: Made throughout the day as results become final. Riders must be present at awards ceremony to collect prizes. If you are in the top 3, remain in team apparel for the awards ceremony. **No Street clothes in the podium photos.**

FREE CHAFFEY AUTO BODY Kids Race: Helmets are mandatory. Each child will receive a medal and t-shirt. Children must sign-up to enter starting at 9am. Kid's race is at line starts at 12:15pm races start at 12:30pm.

- **12:30pm Kids Race 1** - 6yrs to 9 yrs Distance is finishing straight
- **12:40pm Kids Race 2** - Toddlers to 5yrs Distance is 1/2 of finishing straight
- **12:50pm Kids Race 3** - 10yrs to 12yrs Distance is 1 full lap
- **1:00pm Participation Awards handed out.**

San Dimas Mayor Curtis Morris will start the race and the RED ROBIN will be there to cheer the kids on!

PRIZES: There will be lots of primes. Primes may be picked up at the sign-in table after results are final. Primes must be picked up by 6pm, Sunday March 27th, otherwise forfeited. If medical testing is conducted all prizes and primes for the tested competitor will be held until the testing has been cleared by USADA.

JUNIOR ROLLOUT: All junior riders must complete a pre-crit and post-crit rollout. Rollout is located at the staging area.

AWARDS CEREMONY SCHEDULE



9:30 AM	Jr. AWARDS
10:05 AM	Cat. V AWARDS
10:50 AM	Cat. IV AWARDS
11:40 AM	45/55+ AWARDS
12:25 PM	35+ AWARDS
1:00 PM	Kids AWARDS
1:15 PM	Cat. III AWARDS
2:40 PM	Cat. II AWARDS
3:05 PM	Women Pro, I, II, III AWARDS
4:35 PM	Men Pro, I AWARDS

The Incycle/Cannondale Old Town San Dimas Classic wraps up three great days of racing and provides a great backdrop for the SDSR Awards Ceremony. It is also a great opportunity for family and friends to see you reap the rewards of your hard labor here at SDSR. The Awards Ceremony will recognize the following:

- Top 5 from the Stage 3 finish
- Top 5 overall General Classification
- Overall winners in the Sugoi Yellow, Green, Polka Dot, and White jersey.

Please show up 5 minutes before your scheduled awards ceremony in your team kit and/or leader's jersey and leader's socks if you defended those on Stage 3. If you are claiming a jersey for the first time, please leave extra time change into your new SockGuy leader's socks and Sugoi leader's jersey.

Women's Pro, I awards will begin immediately after the start of the Pro Men, I race. The Pro Men, I awards will begin immediately after the finish of their race. **No prize money is given until results are final.**



WHILE YOU'RE HERE.....

Albertsons (groceries): 220 E. Bonita Ave., San Dimas. Corner of Bonita and Walnut.

DOWNTOWN RESTAURANTS

Subway: 138 E. Bonita Ave. Serving sandwiches.

Top Thai: 104 N. San Dimas Ave. Serving Thai food.

Pozzetto's: 114 W. Bonita Ave., San Dimas. Serving Italian food.

Bistro M: 138 W. Bonita Ave., San Dimas. Serving homemade meals.

The Desert Shop: 133 E. Bonita Ave., San Dimas. Mmmm desert. You deserve it.

Taco Factory: 133 E. Bonita Ave., San Dimas. Serving Healthy Mexican Cuisine.

Pizza Place: 170 E. Bonita Ave., San Dimas. Serving Pizza and Pasta.

Little Tokyo: 150 E. Bonita Ave., San Dimas. Serving Japanese cuisine.

San Dimas Station Restaurants: Arrow Highway

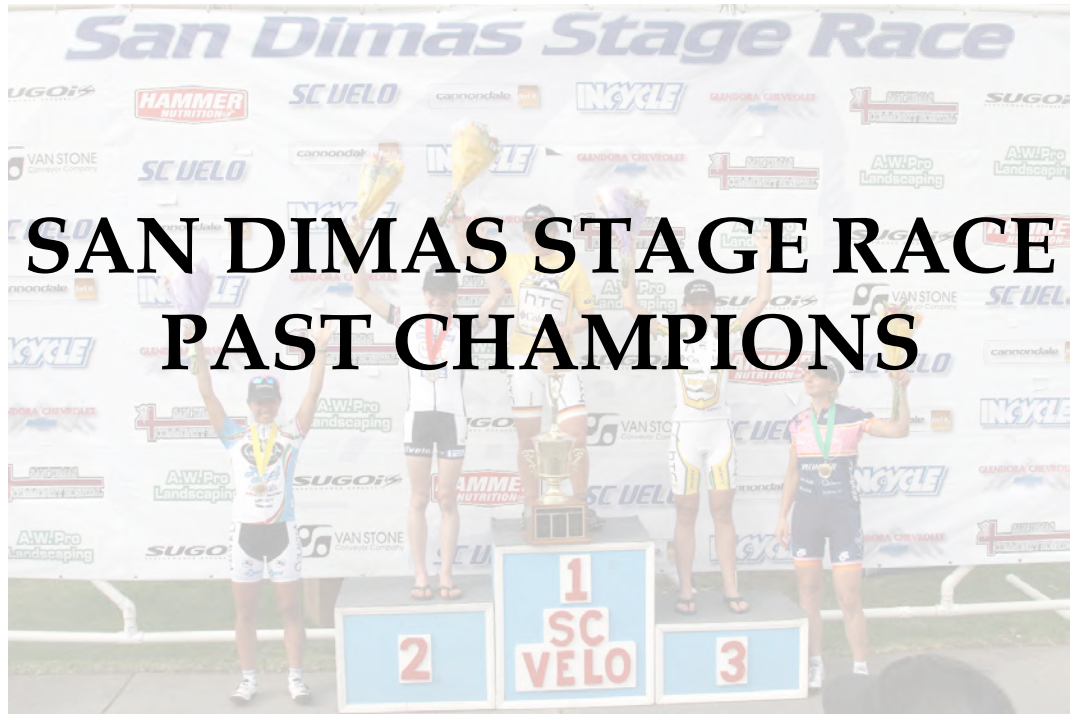
Michaelangelo's Pizza: 552 W. Arrow Hwy

Red Robin: 565 W. Arrow Hwy.

Applebee's: 674 W. Arrow Hwy.

Clayton Brewing Coffee Co.: 661 W. Arrow Hwy, San Dimas. Coffee, Lunch, Dinner, and more - Just a few doors down from Incycle!





SAN DIMAS STAGE RACE PAST CHAMPIONS

Men Pro

2000.....Jamie Paolinetti
2001.....Chris Walker
2002.....Hilton Clarke
2003.....Tom Danielson
2004Chris Horner
2005.....Scott Moninger
2006Heath Blackgrove
2007.....Scott Moninger
2008Cameron Evans
2009Ben Day
2010Ben Day

Women Pro

2000.....Amber Neben
2001Carla Koehler
2002Christine Thorburn
2003Genevieve Jeanson
2004.....Lyne Bessette
2005.....Erinne Willcock
2006Kristin Armstrong
2007Meredith Miller
2008Kim Anderson
2009Ina Teutenberg
2010Ina Teutenberg

San Dimas Stage Race

Mission and History

Mission

Our mission is to host a high caliber 3-day race in Southern California for *both* amateurs and professional racers. We strive to attract the best talent possible (numerous National, World, and Olympic champions have competed here) and provide the best stage possible to showcase that talent. Locally each year we promote events for school children teaching them important bike safety skills, promoting good health through cycling, and donate to different local charities. We hope SDSR inspires everyone from kids, to weekend warriors, to full time professionals, to sponsors, to spectators, and to our army of tireless volunteers.

History of the San Dimas Stage Race

The San Dimas Stage Race was born as the Pomona Valley Stage Race in 2000, a 3-day stage race that was the brainchild of Rick Thomas. Rick was the then president of SC Velo and the original founder and owner of SoCalCycling.com - the premier website for Southern California cycling. Rick served as Race Director for the first two years and carefully nurtured the seeds of the race before relinquishing the reigns to Paul Hewes. From 2002 to 2004, Paul oversaw a rapid growth in the event that brought it to national prominence. In 2005 a new race director, Tony Leckie, took over and continued to raise the bar for our event. After two years, Tony handed the job over to Al Wiscovitch who has been race director since 2007. Now in his fifth year as race director, Al is SDSR's longest tenured director. Al rose through ranks since first becoming involved in 2000 as a race volunteer. Under his guidance, drive, and determination, he has cemented SDSR's reputation as a "must do" race for amateurs and pros alike. Additionally, Al has sponsored the U25 jersey each and every year through his business **AW Pro Landscaping**. His vision for the 12th edition of SDSR is to make the 2011 event the best ever!



It is with a heavy heart we head into SDSR 2011 knowing one of our friends will not put his wheel on the line. On January 9th of this year, well known local cyclist and SDSR podium finisher Kevin Unck died while descending GMR. He was doing what so many of us do, on a road so many of us ride weekly. He will be missed dearly by all. From all of us at SC Velo we send our heartfelt condolences to Kevin's family.

Please Support Our Race Sponsors

Presenting Sponsor Stage 1 - Time Trial



Reclaim the natural showroom beauty of your car, truck or SUV with the Auto Cosmetic experts at Chaffey Auto Body. Whether you need Bumper Botox, or a Whole Body Makeover - our dramatic affordable results will make you fall back in love with your vehicle.

Presenting Sponsor Stage 2 - Road Race



San Dimas Community Hospital (SDCH) provides a full range of services with a personal touch to all in the east end of the San Gabriel Valley. Located one mile off the 210, 57, and 10 freeways, in the city of San Dimas.

Presenting Sponsors Stage 3 - Old Town Criterium



Supporting SDRS and SC Velo since the very beginning, Incycle is LA County's #1 bike shop. Incycle's four locations offer a wide assortment of bicycles, accessories, parts, and services, catering to all aspects of the cycling world.



As **Official Bicycle** of SDRS and SC Velo, Cannondale has been a part of every edition of our race. Our passion for cycling can be seen at every turn as we strive to be the best bicycling company in the world, day in, and day out.

Presenting Sponsors



Sugoi is the **Official Race Leader Jersey** provider of the San Dimas Stage Race and the official clothing provider of the SC Velo Cycling team.



Monster Media offers some of the most advanced large format printing services with attention to detail and quality. Our colors are vibrant, our media is tough, and our prints look great. Monster Media is the **Official Sign Provider** for SDRS giving our grassroots race a Pro Tour feel.



Van Stone Conveyor, Inc. is the only company in the world with the singular purpose of engineering and manufacturing waterpark and amusement conveyor systems. Van Stone is the recognized leader in innovation, quality and service.



Serving the San Gabriel Valley for more than 15 years, AW Professional Landscaping and Gardening is a full service landscaping company with a solid reputation for providing quality you can count on. From design stage to finished product, we make your vision a reality. **Official U25 Jersey Sponsor.**

Exclusive Product Sponsors

	<p>We are excited to announce Michelob Ultra's return to SDRS this year with a beer garden at Stage 3! This low-carb American-style light lager is made from two-row Munich malts and European select hops for a clean, refreshing body and finish. Michelob ULTRA: less truly is more.</p>
 ENDURANCE FUELS	<p>Returning sponsor Hammer Nutrition provides SDRS participants with the right nutrition for all stages. Check out their booth at the Expo to see their full line of energy, recovery, and supplement needs. Hammer Nutrition: Fuel Right, Feel Great!</p>
 Water From Iceland	<p>SDRS's Official Water Supplier comes all the way from Icelandic Glacial's water source, Ölfus Spring System - a renewable resource, replenished annually by infiltration of rainfall and snowmelt over uninhabited lava fields.</p>
	<p>Kool'N Fit Sport is back for 2011! For all 3 stages they are providing product stations to help you get the most out of your effort. In 1985 Kool Fit America Inc. brought to market the very first Sport Conditioning Spray and forever changed the way athletes prepare their bodies for sports, endurance and recovery. Kool'N Fit is unmatched in their quality and performance.</p>
	<p>Protect yourself with SDRS's Official Head and Eye Protection. Is your helmet over 3 years old? Have you taken a big fall lately and compromised the integrity of your helmet? You NEED to get a new one to protect your noggin! Rudy Project is offering 30% off on all Rudy Gear to SDRS Participants. Act fast to take advantage of this special offer, www.e-rudy.com/go/cycling.</p>
	<p>Official Sock Provider for SDRS and SC Velo. SockGuy, the manufacturer of the most comfortable socks you'll ever wear, is a thirteen-year-old San Diego-based company providing performance specialty socks that feature superior comfort, cool designs like our SDRS Leader Socks, and long lasting durability.</p>

Supporting Sponsors

			 LISTEN TO YOUR BODY
 Mobile Spa Parties 909.217.3478		 The Ultimate Sweatband®	
			