

2011 TOUR DE TOONA



PRO STAGE RACE TECHNICAL MANUAL

July 6 - July 10, 2011

USAC Permit 2011-1955

The 2011 TOUR de 'TOONA

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Welcome to
The 2011 TOUR DE 'TOONA
America's Premier Stage Race

Welcome to the 25th running of America's premier stage race for men and women in the United States!

The Tour de 'Toona is proud that the hard work and dedication of thousands of volunteers, businesses, donors, and individuals over the last two decades has been rewarded by 25 years of success.

The Tour de 'Toona offers a unique and uniquely challenging cycling experience to participants as it showcases the region to the nation and the world. Racing the Tour de 'Toona has become a badge of honor, a rite of passage amongst pro and amateur cyclists.

What is especially endearing is the Tour is embraced by the surrounding communities, and welcomes America's best cyclists to the beautiful, rolling countryside of central Pennsylvania.

Race week offers a host of fun activities for spectators: Free ice cream, live music, food & drinks, and much more add to the unique experience of race week. Plus, spectators get the inimitable opportunity to meet some of the finest athletes in the world, up close and personal.

This technical manual offers specific information about the race and should be studied by teams and riders.

Whether you are a participant, a team member, or a spectator, enjoy your stay at this year's Tour de 'Toona.

Sincerely yours,

Richard "Rick" Geist
Chairman & Promoter

Larry J. Bilotto
ABC President & Race Director

301 Union Avenue, PMB 324, Altoona, PA 16602

2011 COMMITTEE STAFF

Promoter -	Rick Geist	Race Director -	Larry Bilotto
Program Director -	Pam Snyder-Etters	Asst. Race Director -	Bill Lewis
Press/Media -	Bob Leverknight	Race Command -	Frank Shields
Drug Control -	Theresa Lewis	Technical Advisor -	Mark Dysart
Host Housing -	Jody Kurtz	Start / Finish Set-up -	Chris Yingling
Registration -	Joan Bilotto	Asst. Start / Finish -	John Logan
Racer Relations -	Dawn Nale	Stage / Sound -	Jeff Fochler
Riders Services -	Nora Kunstbeck	Road Closure -	Denny Zeiss
Special Events -	Jennifer Daniels	Road Marshals -	Sandy Jablonski
Sponsor Awards -	Vicki Miller	Course Signage -	John King
VIP Services -	Beth Wiesinger	Caravan -	Skip Trostle
Race Secretary -	Nichole Barry	Motor Marshal -	Mark Dysart
Race Treasurer -		Communication -	Tamara Mazzetti

RACE SUPPORT

Bike Shop Support -	Pedal Power
Sound System -	Lightner Electronics
Traffic Signs -	Protection Service Inc.
Vehicle Detours -	EADS Group
Broom Wagon -	Amtran

ALTOONA BICYCLE CLUB OFFICERS

ABC President -	Larry Bilotto
Vice President -	Bill Lewis
Secretary -	Nichole Barry
Treasurer -	Karl King

USAC RACE OFFICIALS

Men's Stage Race	
Chief Referee –	Diane Fortini
Chief Judge –	Judy Miller
Asst. Chief –	Nick Rossi

Women's Stage Race	
Chief Referee –	Steve Eppel
Chief Judge –	Mimi Newcastle
Asst. Chief –	Kelli Prodanas

PROFESSIONAL TECHNICAL SUPPORT

Timing / Photo Finish

Al MacDonald
AGR Technology
1050 Holly Street
Denver CO 80220
(303) 888-9735

Neutral Support

Butch Balzano
SRAM, Neutral Support
754 Branch Avenue
Providence, RI 02904
(401) 751-5712

Announcing

Joe Saling
Sports Announcing
44 North Avenue
Bridgewater, NJ 08807
(908) 725-3146

www.tourdetoona.com

2011 Tour de Toona

SPONSORS*

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Altoona Firefighters
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Altoona Police Department
AMED
American Eagle Printing
Aqua America
Atlantic Broadband - Stage 4
Bella Catering
Benzel's Pretzels
Blair Candy
Blue Knob All Season Resort
Blue Knob Auto
Cambria County Visitors Bureau
Canadian National Railway Co.
Canadian Pacific Railway Co.
Chesapeake Watershed
Comcast
Concurrent Technologies
CSX
Dairyspot
Dale Oxygen
DelGrosso Foods
Delta Development
Exelon/PECO Corporation
First Commonwealth Bank
Galliker's Dairy QOM/KOM - Stage 2
GAMESA Energy

Golden Living Center
Hampton Inn of Altoona
Hershey Foods Corp.
Hertz
Highmark Blue Cross Blue Shield
Holiday Inn Express
Imler's Poultry
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Lamar Signs Inc.
Lightner Electronics
Lingenfelter Awnings
Link Logistics
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Mark Pasquarilla
Martin Foods
McAneny Brothers
Mid-Atlantic Dairy Association
QOM/KOM - Stage 2
Parson's Inc. Best Young Rider
PBS and J
PBS Coals Inc.
Pedal Power
Peoples Natural Gas
Pennsylvania Coal Association
Pyramid Healthcare
Raphael's Restaurant
Richland Township
R.L. Polk
Roaring Spring Water
Root Sports - Stage 4

Roscommon Intl.
Sam's Club
Sheetz
Spokes – n – Skis
Steve Seltzer Honda
Stuckey Ford
Stuckey Subaru
Talisman
TransCore
U.S. Steel
Verizon
Waste Management
White Deer Run

** Due to the necessity of printing this program well before the race, we regret the omission of any sponsors whose names do not appear here.*

The International - Tour de 'Toona wishes to thank all of our sponsors and urges readers to patronize them.

The 2011 TOUR DE 'TOONA GENERAL RACE INFORMATION

**Pro Men-1
Pro Women-1-2**

Wednesday, July 6th - Sunday, July 10th

Pre Event Items:

Wednesday - July 6	9 AM – 1 PM	Registration - Holiday Inn Express, Altoona 3306 Pleasant Valley Boulevard, Altoona, PA 16602 (814) 944-9661
	1 PM	<u><i>Team Manager's Meeting – Holiday Inn Express</i></u>

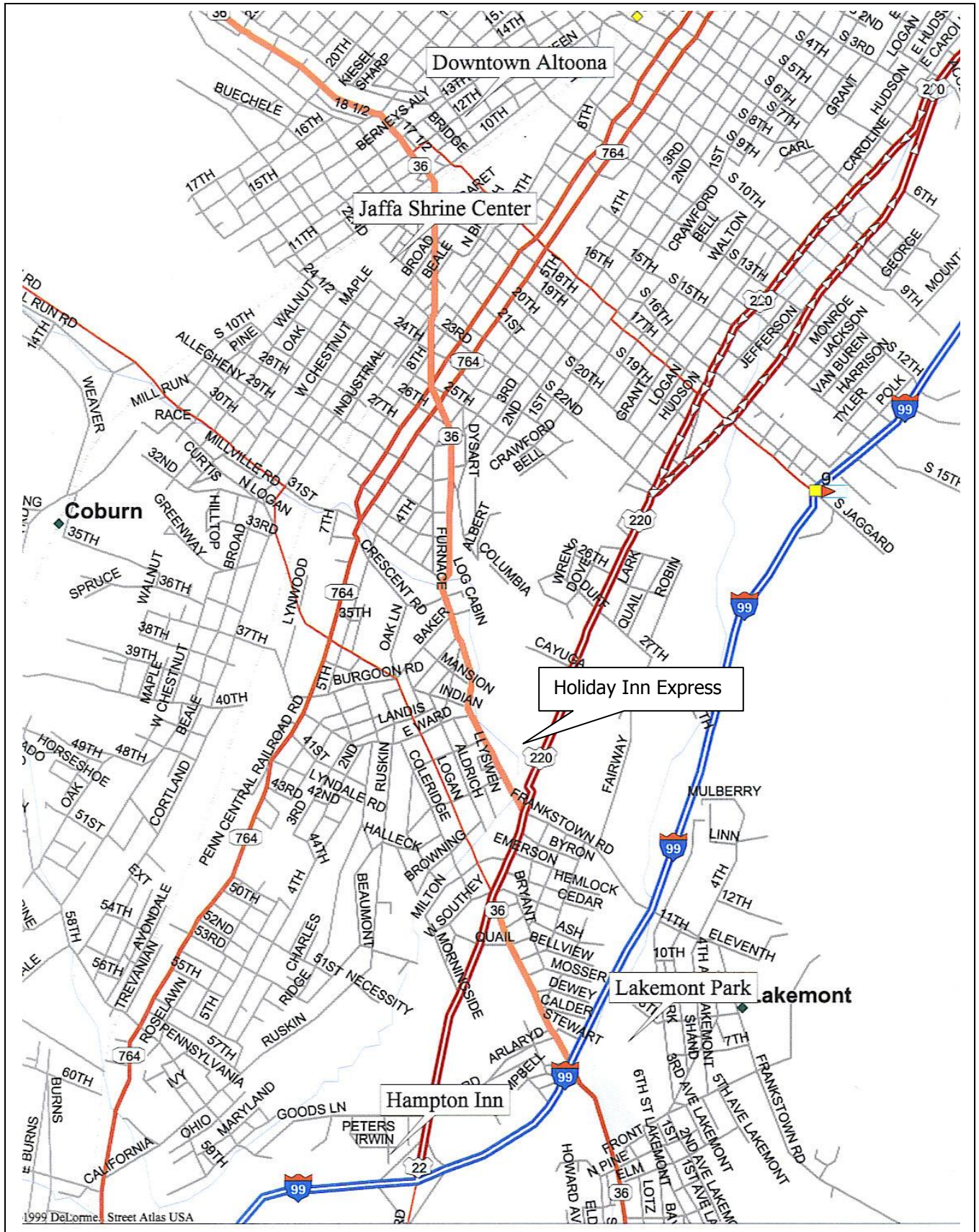
Event Start Times:

Day	Time	Mileage	Event
Wednesday - July 6	6 pm	4.8 km / 3.0 mi	Individual Time Trial - Downtown Altoona
Thursday - July 7	2:30 pm	117.3 km / 72.9 mi	Point-to-Point Road Race – Richland Township Building* to the Blue Knob Ski Resort
Friday – July 8			Off Day
Saturday - July 9	8 am	146.3 km / 90.9 mi	Road Race - Jaffa Shrine Center, Broad Ave. & 22 nd Street, Altoona
Saturday - July 9	6 pm		<i>Riders / Sponsors / Volunteers Reception at Altoona RR Memorial Museum (FREE to ALL)</i> <u>Location:</u> 1300 9th Avenue, Altoona, PA 16602 (814) 946-0834
Sunday – July 10	8:05 am		Mini Church Service at Start / Finish Area
Sunday – July 10	9 am*	48.3 km / 30 mi	Criterium - Downtown Altoona, 11 th Ave & 14 th St *MEN 12:40 & WOMEN 1:50

316.7 km / 196.8 mi

Note: For the Thursday's race, there are **no shuttles** going to or returning to Richland Township. Therefore, please do not leave any vehicles at the start site.

CITY OF ALTOONA



2011 INTERNATIONAL - TOUR DE TOONA

MEN'S AND WOMEN'S STAGE RACE

Classifications

The riders will compete for five classifications: (1) Individual, (2) Team, (3) Sprint, (4) Mountain, and (5) Best Under-23. Riders must finish all stages within the time limit in order to be eligible for any classification prizes.

1. Individual

Individual General Classification (GC) shall be determined by the sum of a rider's stage time plus/minus bonuses and penalties; all times will be truncated to the nearest second, except when determining places in the Time Trial. Ties will be broken in accordance with USAC rules.

2. Team

The Team General Classification shall be determined by the sum of the first three riders' times in stage, excluding bonuses and penalties, except that the Chief Referee may choose to apply some penalties and shall announce them in the results. Ties will be broken in accordance with USAC rules.

3. Sprint

The Points Classification shall be determined by the sum of points scored by individual riders in both intermediate sprints and finish sprints. (See the individual stage notes for sprint laps, locations, and points.) Ties will be broken in accordance with USAC rules.

4. Mountain

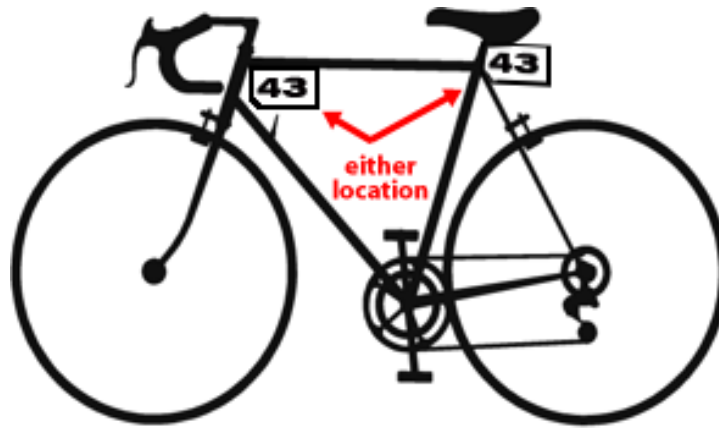
The Mountain Classification shall be determined by the sum of points scored by individual riders on all KOMs / QOMs. (See individual stage notes for location and points for KOMs / QOMs.) Ties will be broken in accordance with USAC rules.

5. Best Under-23

The Best Individual Under 23 General Classification shall be determined by the sum of a rider's stage time plus / minus bonuses and penalties; with all times will be rounded to the nearest second, except when determining places in the time trial. Ties will be broken in accordance with USAC rules.

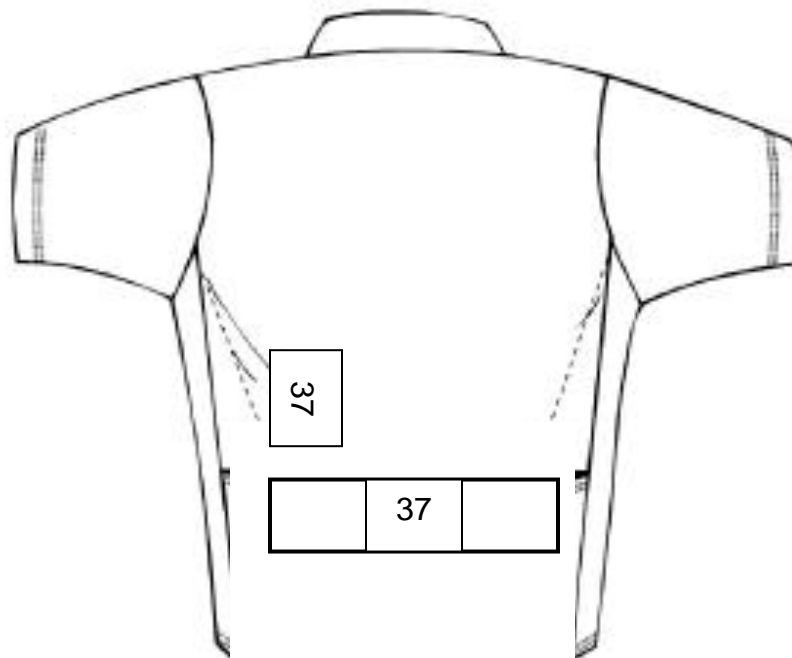
RACE NUMBER PLACEMENT:

FRAME



JERSEY NUMBERS:

Place one number on the **center rear** shirt pocket; the other on the left side as shown.



TECHNICAL REGULATIONS

1. Racing will be in accordance with 2011 Rule Book for USA Cycling (USAC).
2. Anti-doping tests will be performed by the USADA and/or UCI. The race numbers of riders to be tested will be posted daily at the Finish Line. It is the sole obligation of teams and riders to check.
3. The first three riders and the GC leader for each stage must be available immediately following the event for the award presentations and press conferences. Riders that do not comply will be penalized in accordance with USAC rules.

General

1. The TOUR de TOONA is organized by the Altoona Bicycle Club (ABC) under the rules of USA Cycling.
2. This Technical Manual is a guideline highlighting special race regulations and promotional considerations. All USAC rules & regulations will apply. Tie breaker will be by USAC Rules. The UCI schedule of fines will apply.
3. The Stage Race portion of the race is for Men Pro-1 and Women Pro-1-2 and will consist of four (4) stages for men and women: an Individual Time Trial of 3.0 miles, a Point to Point Road Race of 72.9 miles, a Road Race of 90.9 miles, and a Criterium of 30 miles for a total of 196.8 miles.
4. Teams will consist of 5 to 8 members. All riders on a team are required to wear **identical jerseys** except as noted. The exceptions will be those wearing National Championship Jerseys for their country and the specialty jerseys provided by the TDT race organizers. They are to be worn in the following order: Yellow (Leader) first, Red / White Polka Dot (Mountain) second, Green (Sprint) third, and White (Best Rider <23) fourth.
5. All bicycles used in the Tour de "Toona must comply with the current UCI regulations.
6. There will be a sign-in prior to the start of stages 2 thru 4. All riders racing that day are required to sign-in. Failure to sign-in before each stage will subject the rider to fines and possible forfeiture of results.
7. The overall winner of the stage race will be the rider with the lowest cumulative time, including any bonuses and penalties.
8. Race Leader's Jersey will be presented to the rider with the lowest cumulative time, including bonuses and penalties. The Leader will be required to wear this jersey, which is provided by the promoter, in the following day's stage.
9. All race numbers must be worn throughout all days of racing, except when noted in individual stage notes. See diagram (page 5) for proper number placement.
10. A rider who suffers a mishap in the last 3 Kilometers of a road race stage or after free laps have ended in a criterium stage will be given the same finish time as the riders he was with at the time of the mishap, provided the mishap was observed by a race official. The rider shall be given the actual place across the finish line, or last in the stage if he is unable to cross the line. This rule shall not apply in cases of a hill climb finish, except if the mishap occurred before the climb. The race commission shall determine applicability of the rule to particular stages and circumstances.

11. Riders must complete all previous stages in order to start the next stage. All racers must complete each stage in a time no greater than 115% of the winner's time or they will be eliminated from further competition, starting with Stage 2. This time may be adjusted by the Chief Referee.
12. It is necessary to set Field Limits for the final stage four (4) Criterium. Therefore, only the top 100 in GC after Saturday's Road Race will be permitted to compete in the Criterium. The field limit may be adjusted by the Chief Referee in consultation with the Race Director.
13. Times for the Stage Race will be truncated to the nearest second.
14. **Time Bonuses** will be awarded to the first 3 finishers in the following stages:

STAGE		1 st	2 nd	3 rd
1	Individual Time Trial	n/a	n/a	n/a
2	Point to Point Road Race (Blue Knob)	10 sec	6 sec	4 sec
3	Road Race (Blair County)	10 sec	6 sec	4 sec
4	Criterium (Altoona)	10 sec	6 sec	4 sec
	Additional bonuses will be given with the following laps to go: 25, 20, 15, 10, & 5	3 sec	2 sec	1 sec

15. **Sprints Points** will be awarded for the first ten (10) finishers on Stages two (2) and three (3). Points will be scored 10, 9, 8, 7, 6, 5, 4, 3, 2, & 1. Points will also be awarded at two (2) designated points in both Stages two (2) and Three (3). These Intermediate Sprints will be scored 3, 2, & 1 for the first three (3) crossing at the four (4) designated spots.
16. **KOM / QOM** Point Breakdown will be as follows:

	STAGE 2		STAGE 3		
	PA 31	Blue Knob	Blue Knob	Carson Valley	Sugar Run
	# 1	#2	# 1	# 2	# 3
1 st	7	13	9	5	7
2 nd	5	9	7	3	5
3 rd	3	7	5	1	3
4 th	2	5	3		2
5 th	1	3	1		1

17. Specific Stage Race rules listed in the 2011 USAC Rulebook and the schedule of time penalties will be enforced throughout the race.
18. All stages will be conducted regardless of the weather conditions, unless the officials and race promoters agree to modify and/or cancel a stage due to extraordinary conditions.
19. All stages will start promptly as scheduled.
20. If you should fall outside the race caravan; you are to follow the legal rules of the road and the **"Yellow Line Rule"**; unless directed by police.
21. Neutral Support will be provided to those riders in contention; riders behind the peloton will not be guaranteed neutral support.

22. Riders acknowledged at the podium are required to immediately report to the Media Area for follow up interviews for a minimum of 15 minutes after podium photos are taken. Failure of a rider to avail themselves for media may result in fines.

Individual Time Trial

1. If a rider appears later than their starting time, their start will be allowed by the starter if and when it does not interfere with other riders who are prepared to start. In the cases of a late start, the rider's appointed start time (not actual start time) will be used for computing the results (Rule 3E5a).
2. All Bikes will be weighed and a Bike Jig will be used to measure each bike prior to starting. Please allow enough time to have this done.
3. Riders will be held at the start **by a designated individual**.
4. Riders will not be allowed on the course for warm-up after 5:45 pm.
5. Neutral technical support will be provided by SRAM from stationary pits along the course

Circuit, Point-to-Point, & Road Races

1. Neutral technical support will be provided by SRAM.
2. Any wheels received must be returned to neutral support van immediately following the race. Wheels may also be reclaimed at this time.
3. At no time may a support vehicle pass a Commissaire's car or a group of racers without obtaining permission.
4. All caravan vehicles are under the jurisdiction of the Chief Commissaire.
5. Riders may be serviced by neutral support or team vehicles.
6. To service a rider, the support car and rider must stop at the extreme right side of the road.
7. Riders rejoining the caravan should do so WITH EXTREME CAUTION. Vehicles in the rear should tap their horn to warn front vehicles that riders are in the caravan. Each driver in turn should do the same. Vehicles must be aware of this occurrence and move TO THE RIGHT allowing the rider room and protection.
8. If a breakaway develops with an advantage of **one minute or more ($\geq 1:00$)**, it will be serviced by Neutral Support. If more than one break develops with a one minute advantage, Neutral Support may be directed by the official, to service each break. These vehicles must follow the entire above mentioned caravan rules.
9. If the break(s) are in danger of being caught, the support vehicles will be directed by officials to clear out of the way.
10. No one shall hang out of or from any vehicle in the race caravan.
11. Riders that exceed 115% of the expected winner's time (based on lap times for circuit races) at the end of each lap may be asked to withdraw and will be considered to be outside of the time cut.

12. **IMPORTANT:** The courses are only closed within the race caravan envelope and any riding outside will have to follow the rules of the road until safely returning into the caravan envelope.
13. **Warning:** DO NOT THROW WATER BOTTLES OFF IN TO FARM FIELDS OR PASTURES.
DROP BOTTLES WITHIN ½ MILE OF FEED ZONES
IT IS A \$500 FINE TO TOSS A WATER BOTTLE INTO A FARM FIELD OR PASTURE.

Criterium

1. Only the top 100 GC will be allowed to enter Stage 4, the criterium.
2. The Commissaire's may pull riders out of contention at their discretion. The overall GC of pulled riders will be affected as follows:
 - a. Any rider pulled in the first half of the race will be eliminated from the Stage Race.
 - b. Any rider pulled in the second half of the race will be given a pro-rated time and placed in the final GC.
 - c. ANY RIDER WHO PULLS HIMSELF OR STOPS RACING AT ANY TIME FOR ANY REASON OTHER THAN THE DIRECTIONS OF THE OFFICIALS WILL BE ELIMINATED FROM THE STAGE RACE.
3. The free lap rule will be in effect until 5 laps (8K) to go. Neutral technical support will be provided in the pit areas. (See stage notes and course map for location of pits.)

CARAVAN PROCEDURES AND TECHNICAL SUPPORT

Team Vehicles

1. Teams may have a team car in the caravan. Team vehicle order will be based on GC, with small cars generally being placed ahead of minivans and SUV's; any vehicle greater than 1.60 meters will be relegated to the back. Any questions regarding the size and type of team vehicles will be decided by the Commissaires.
2. The designated team vehicle must be present at the first road stage (stage 2).
3. Any team that withdraws their team vehicle at any time will not be allowed to have it put back into the caravan in subsequent stages.
4. No changes in team car will be allowed (i.e., please show up to stage 2 with the team vehicle you intend to use for the whole event).
5. GMRS / FRS Radios will be used by the Race Caravan. Teams will need to provide their own radios for the event, and will not be allowed to participate in the caravan without one. The frequencies are listed below.

Main	<u>Men</u> - 10	462.6750	<u>Women</u> - 12	462.6000
Sub	9	91.5	11	97.4

6. Team vehicles must be driven by USAC license holders.

Feeding

1. Feed Zones will be marked with “Begin Feed Zone” and “End Feed Zone” signs. Location is listed in both the stage Notes and course map.
2. No feeding is allowed outside the feed zone or from any support vehicle without permission of the referee.
3. Feed Zone vehicles must depart the Start area prior to the stage start to travel to the Feed Zone.
4. All Feed Zone vehicles must use alternate routes back to the Finish area. They may not follow or interfere with the race caravan.

RACE WEEK OFFICE & COMMUNICATION

1. Race office is located at **Holiday Inn Express**, 3306 Pleasant Valley Boulevard, Altoona on Wednesday and Friday. The office will be near the **Start / Finish Line** on Saturday and Sunday.
2. TDT Race Phone Number: (814) 949 - RACE (7223) , evenings only
 - Website Address: www.tourdetoona.com
3. Registration Office will be open:

<u>Pro Stage Race</u>			
Wednesday	9:00 AM	– 1:00 PM	Holiday Inn Express - Altoona ¹
<u>Cat Stage Race</u>			
Friday	4:00 PM	– 7:00 PM	Holiday Inn Express, Altoona
Saturday	7:00 AM	– 1:00 PM	Start / Finish Jaffa Shrine, Altoona ²
Sunday	7:00 AM	– 2:00 PM	Start / Finish Downtown, Altoona ³
4. Race Communiqués will be distributed to team managers and posted with the results online.

¹ 3306 Pleasant Valley Boulevard, Altoona, PA 16602
phone: (814) 944-9661

² 2200 Broad Avenue, Altoona, PA 16602
phone: (814) 949-6205

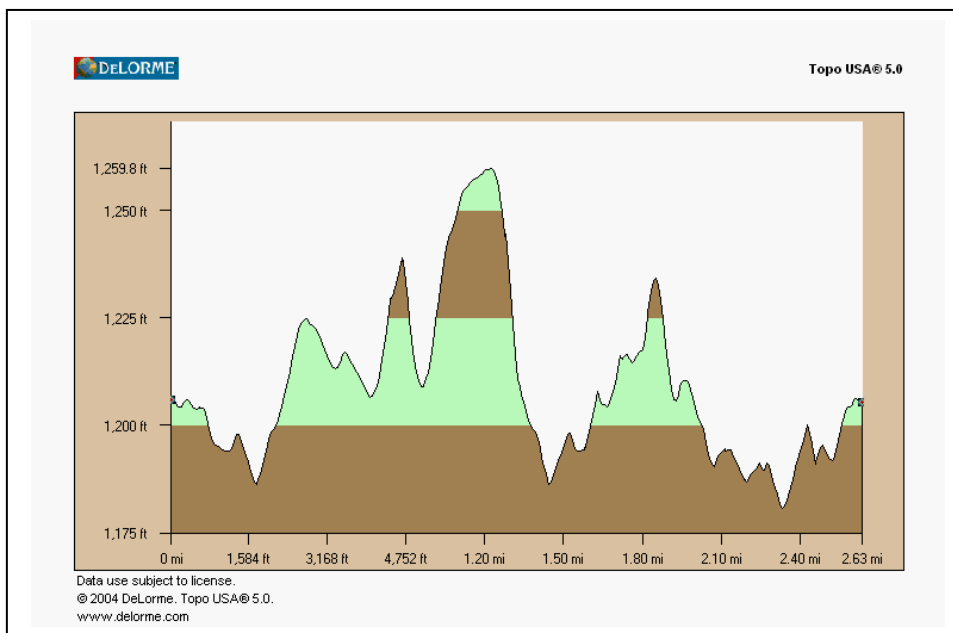
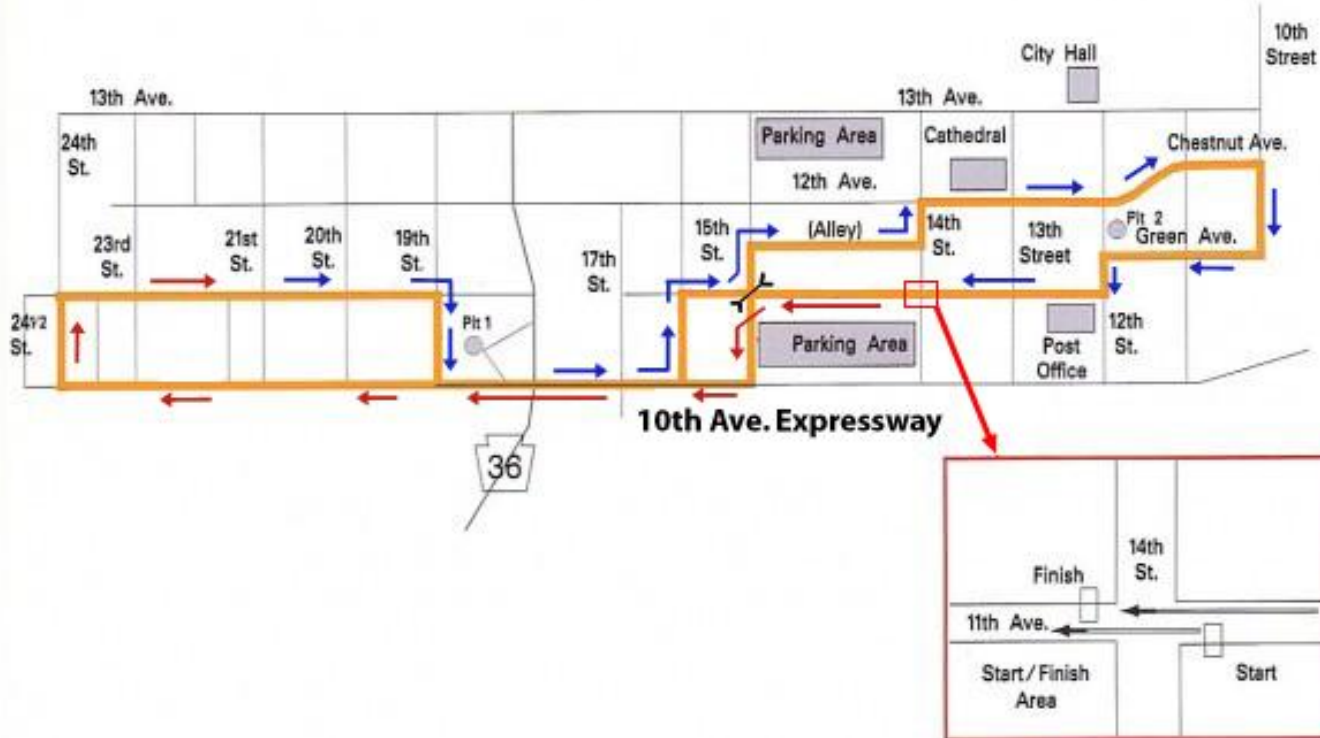
³ 14th and 11th Avenue, Altoona, PA 16602

INDIVIDUAL TIME TRIAL, ALTOONA
Stage 1
Wednesday, July 6

START / FINISH:	14 th and 11 th Avenue, Altoona, PA 16602
PARKING:	Available parking lots around the Start / Finish Line area.
FACILITIES:	Portable toilets will be located at start and finish line. No changing facilities will be at the race site.
START TIME:	First Men Pro-1 rider starts at 6:00 pm, Women to follow after 10-minute break
INTERVALS:	30 second intervals
DISTANCE:	4.8 km or 3.0 miles
ORDER:	Men Pro-1, Women Pro-1-2
START TIME:	Will be posted at the Race Office, at 3:00 PM and at the Start Line area.
SIGN IN:	None
NUMBERS:	Both race numbers and frame number must be placed as shown on page 7 of the race manual. Non-compliance will result in a penalty (Rule 4H6a).
PLACES:	20 deep
TIME BONUSES:	None
STAGING:	All riders must report to the staging area (adjacent to start) at least three (3) minutes before start time.
COURSE:	The course is closed to traffic. (Please see the course map.)
MARKERS:	A conspicuous marker will denote 200m to the finish.
VEHICLES:	Only official vehicles will be allowed on the course.
SUPPORT:	There will be 2 Neutral Support Pits along the course.
FEEDING:	None

Please note that this is not a prologue, rather it is Stage 1.
The mishap rule for prologues is not in effect. There will be no restarts for any reason.

FACTS:
 Distance: 4.8 KM, 3 Miles
START / FINISH LOCATION:
 11th Avenue & 14th Street
 Downtown Altoona



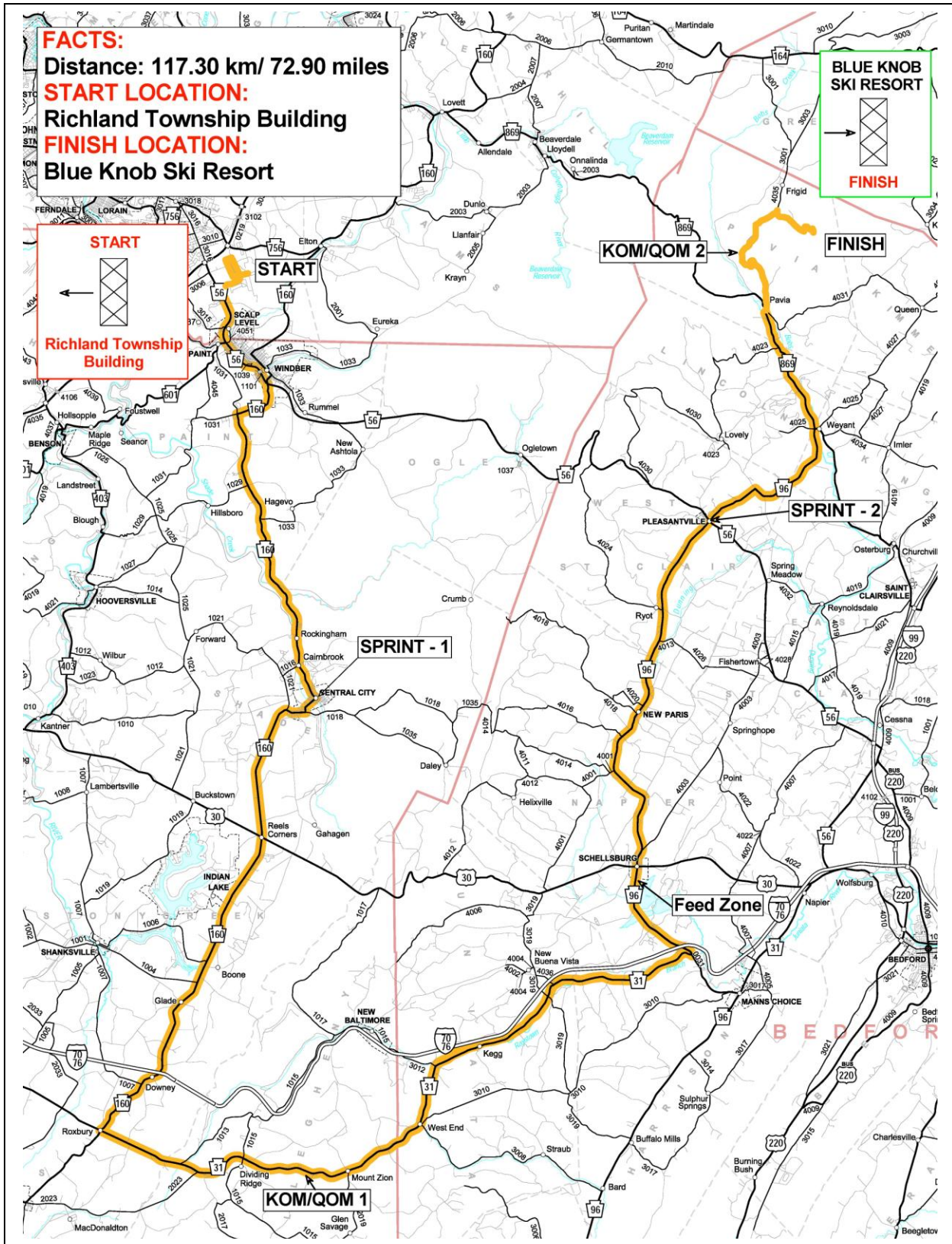
Galliker's and Mid-Atlantic Dairy Assoc. - RICHLAND TOWNSHIP to BLUE KNOB

Stage 2

Thursday, July 7

- START / FINISH:** From the Holiday Inn Express, take I-99 South to Route 22 West to Ebensburg, then take Route 219 South to Elton Interchange, at the bottom of the off ramp turn left onto Elton Road, turn right onto Theatre Drive go ½ mile, turn Left onto School House Road, proceed an 1/8 mile to Richland Township Building. (Approximately 45 mins. from Altoona)
- PARKING:** All parking will be near the Start & Finish Lines at the Elementary School across.
- FACILITIES:** Portable toilet facilities will be located near the starting line. No changing facilities will be at the race site.
- FIRST AID:** Located at the Finish Line
- START TIME:** 2:30 PM - Men Pro-1 2:45 PM - Women Pro-1-2
- SIGN IN:** At Start; opens one hour before start of race and end 10 minutes prior to start time.
- DISTANCE:** Both women and men will do 117.3 km / 72.9 miles
- NUMBERS:** Both race numbers and frame number must be placed as shown on page 8 of the race manual. Non-compliance will result in a penalty (rule 4H6a).
- PLACES:** 20 prize places
- TIME BONUS:** At the Finish will be 1st 10 sec, 2nd 6 sec, and 3rd 4 sec
- SPRINT POINTS:** At the Finish will be the First 10 places; scored 10 - 1
- INTER. SPRINT:** There will be two 3 place sprints on the course at Central City and PA 56. Points will be scored 3, 2, and 1.
- KOM & QOM:** There will be two KOM / QOM with five places:
- Route 31 will be 1st - 7, 2nd - 5, 3rd - 3, 4th - 2, and 5th - 1
 - Blue Knob will be 1st - 13, 2nd - 9, 3rd - 7, 4th - 5, and 5th - 3.
- STAGING:** Staging is 15 min. before your start time.
- COURSE:** The course is a challenging and hilly course and is open to traffic while the Peloton is protected by a rolling enclosure. (Please note this is a point-to-point race, we do not return to Johnstown.)
- MARKERS:** A conspicuous sign will denote 20 km, 10 km, 5 km, 1 km, and 200 m to the finish.
- SUPPORT:** There will be a neutral support for all participants during race.
- FEEDING:** A feed zone for ALL RIDERS will be located on Route 96 at mile 50.3.

**Galliker's Dairy and Mid-Atlantic Dairy Assoc.
Richland Township Building to Blue Knob Ski Resort**

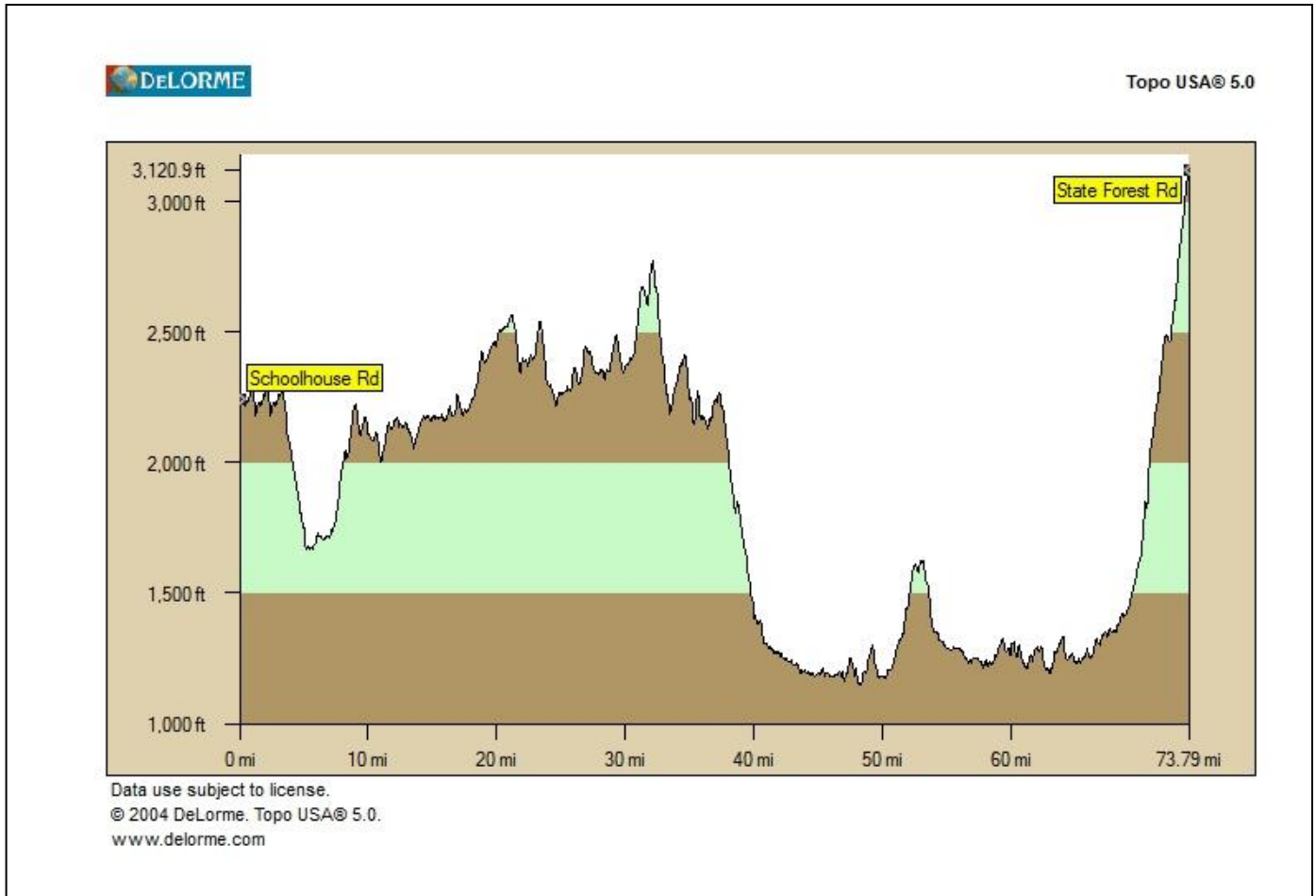


WARNING: DO NOT THROW WATER BOTTLES OFF IN TO FARM FIELDS: YOU FACE A \$500 FINE

Galliker's and Mid-Atlantic Dairy Association
Richland Township Building to Blue Knob Resort
 Thursday July 7

0.0		in front of Richland Township Building	START
	Circle	2 Parade Laps in Business District	
0.1	Right	onto Theatre Drive	Start 1 st Lap
0.4	Left	onto Eisenhower Boulevard	
0.5	Left	onto Bloomfield Street	
0.8	Right	onto School House Road	
0.9	Right	Budfield Street	
1.2	Right	onto Eisenhower Boulevard	
1.4	Right	onto Theatre Drive	Start 2 nd Lap
1.7	Right	onto School House Road	
1.8	Right	onto Budfield Street	
2.1	Right	onto Eisenhower Boulevard	
2.3	Right	onto Theatre Drive	
2.6	Cross	School House Drive	
2.7	Bear Right	onto Theatre Drive & Rosefield	
2.9		<u>CAUTION: Start of Winding Steep Descent</u>	
3.3	Sharp Left	on PA 56	Official Racing Starts
6.3	Right	onto PA 160 from PA 56	
7.6	Left	onto Dark Shade Road by Pomroy Gas Station	
15.5	Right	onto Sunshine Avenue from Main Street (bank)	
15.7		by Central City FD	SPRINT - 1
15.8	Cross	Railroad Crossing	
15.85	Bear Left	onto Central Ave (AMERICAN LEGION)	
16.0	Right	onto Lambert St from Central Ave (T intersection)	
16.5	Left	onto Rock Cut Road	
28.8	Left	onto PA 31 East (Glades Pike Road)	
31.6		<u>CAUTION: Start of Steep 2.1 mile Descent!!</u>	
34.0		on PA 31 East	KOM & QOM #1
36.7		START OF DESCENT of 11% grade	
47.1	Hard Left	onto PA 96 North from PA 31	
50.3		Enter Schellsburg	FEED ZONE
50.6	Straight	at Intersection of PA 96 North & US 30	
52.7		<u>CAUTION: Steep Descent!!</u>	
60.5		at intersection of Routes 56 and SR 96	SPRINT - 2
61.9	Right	onto PA 869 (Lovey Road)	
68.0	Sharp Right	onto Pavia Road (to Blue Knob State Park)	
68.6		Start Climb to Finish (by State Park Sign)	
70.9		By Chappel Hill sign	KOM & QOM #2
71.6	Right	onto Blue Knob Resort Entrance Road (use swing out to the left to turn right)	
72.7		<u>Car Deviation to the Right</u>	
72.9		past Blue Knob Ski Resort Main Entrance	FINISH

POINT TO POINT ROAD RACE
Richland Township Building to Blue Knob Ski Resort



Directions to Feed Zone

Follow Race Course south on PA 160 to Reels Corner (mile point 23.9), turn left and follow US 30 east to Schellsburg, then turn right on PA 96 south, go 0.3 miles. You are at the Feed Zone.

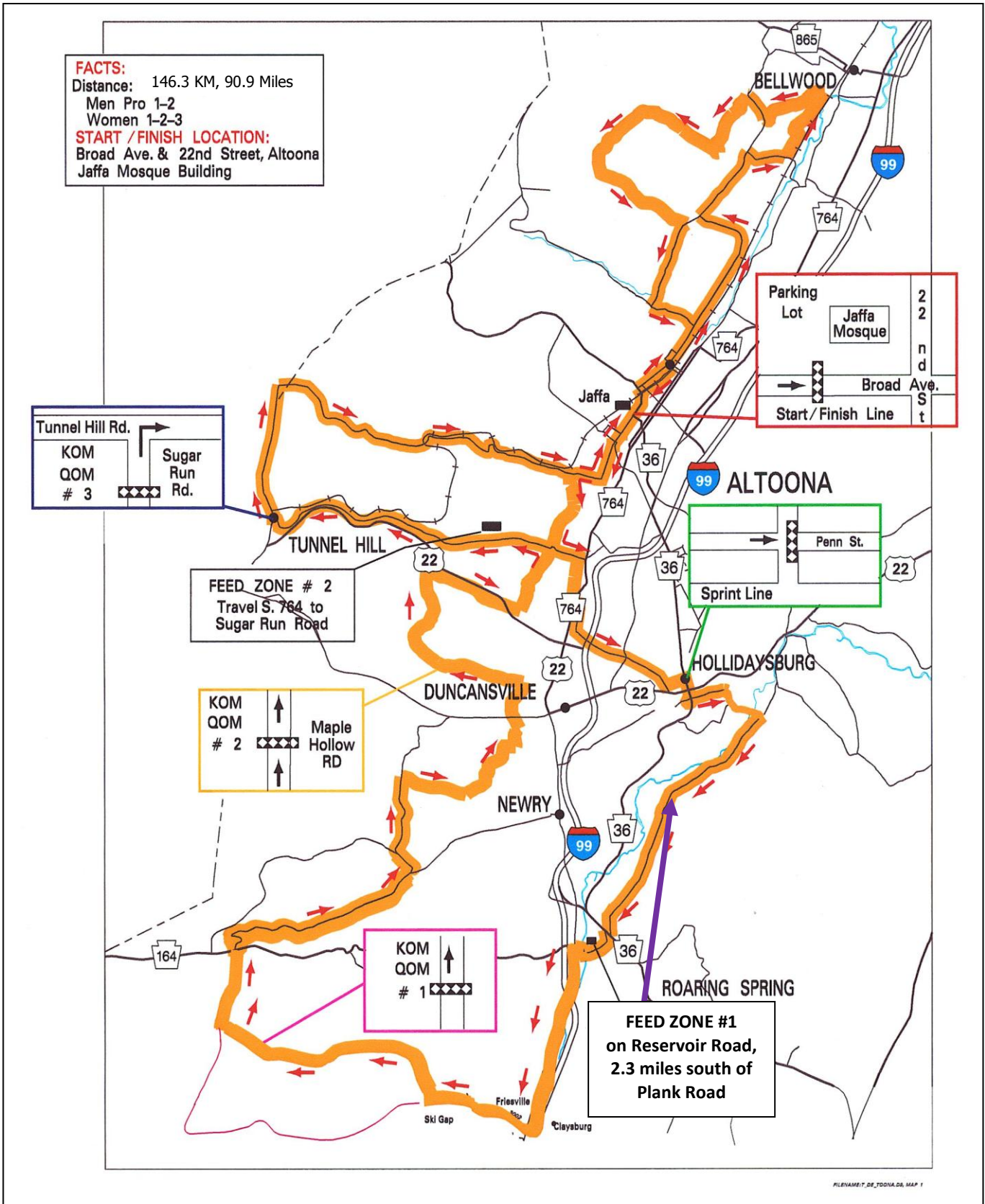
ALTOONA / BLAIR COUNTY ROAD RACE

Stage 3

Saturday, July 9

- START / FINISH:** From the Holiday Inn Express, turn right go 300' turn right onto Union Avenue follow PA 36 North to Beale Avenue to 22nd Street. Turn right, travel 2 blocks, turn right go 1 block, Jaffa Shrine is on left; go straight 1 block and enter by the side entrance.
- PARKING:** All parking will be at the Jaffa Shrine. (See map).
- FACILITIES:** Portable toilet facilities will be located near the start line. Changing facilities and permanent restrooms will be available at Jaffa Shrine.
- TIME:** Men Pro-1 - 8:00 AM Women Pro-1-2 - 8:10 AM
- DISTANCE:** 146.3 km or 90.9 miles
- SIGN IN:** At Start; opens one hour before start of race and end 10 minutes prior to start time.
- NUMBERS:** Both race numbers and frame number must be placed as shown on page 8 of the race manual. Non-compliance will result in a penalty (rule 4H6a).
- PLACES:** 20 prize places
- TIME BONUSES:** At finish, 1st – 10 sec, 2nd - 6 sec, and 3rd - 4 sec
- SPRINT POINTS:** At Finish, first 10 places scored 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1
- INTER. SPRINT:** There will be two 4 place sprints. The first is at the Start / Finish line the 1st time through, then in Hollidaysburg on Allegheny Street near the Montgomery Street intersection. Points will be scored 3, 2, and 1 for both.
- KOM & QOM:** There will be three (3) KOM / QOM; 2 five places and one 3 place:
- Blue Knob will be 1st - 9, 2nd - 7, 3rd - 5, 4th - 3, and 5th - 1
 - Carson Valley will be 1st - 5, 2nd - 3, and 3rd - 1
 - Sugar Run will be 1st - 7, 2nd - 5, 3rd - 3, 4th - 2, and 5th - 1
- STAGING:** Staging is 10 minutes before your start time.
- COURSE:** The challenging and hilly course is open to traffic, while the Peleton is protected by a rolling enclosure.
- MARKERS:** A conspicuous sign will denote 20 km, 10 km, 5 km, 1 km, and 200 m to the finish.
- VEHICLES:** Only Official, promoter, and support vehicles will be allowed in the Caravan.
- SUPPORT:** There will be neutral support vans for all other races.
- FEEDING:** A feed zone for ALL RIDERS will be located at Freedom Street and Sugar Run Road.

ALTOONA / BLAIR COUNTY ROAD RACE



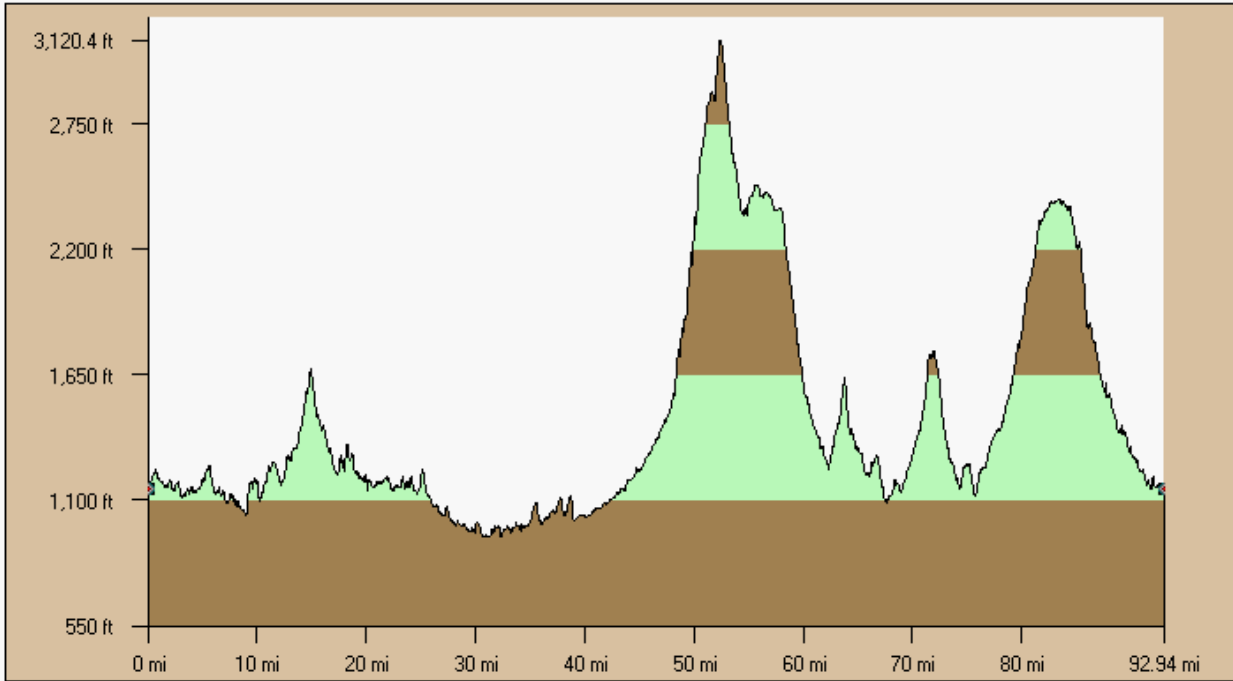
ALTOONA / BLAIR COUNTY ROAD RACE
Saturday July 9

0.0	START - Jaffa Shrine		
0.1	Left	onto Union Avenue	
0.4	Right	onto 12 th Avenue	
1.0	L/R	onto Chestnut Avenue	
4.9	Right	onto Ponderosa Dr & Grandview Rd	
6.4	Right	onto Pinecroft Road	
7.1	Left	onto Kerbaugh Road	
7.6		on Kerbaugh Road (<u>Sharp Turn</u>)	
8.7	Left	onto Becker Road	
9.9		<u>CAUTION - Sharp Right</u>	
10.0	Right	onto Grandview Road to Bellwood	
10.6	Left	onto Holland Lane	
11.9	Right	onto Riggles Gap	
17.0	Right	onto Grandview Road	
18.8	Left	onto Juniata Gap Road	
19.7	Right	onto Chestnut Avenue	
20.5	Left	onto 10 th Ave Expressway	
21.4	Right	onto exit ramp to 18 th Street	
21.7	Right	onto Broad Avenue	
22.0	Straight	through S/F Line (<u>1st SPRINT LINE</u>)	
23.3	Right	onto 40 th Street	
23.35	Left	onto Broad Ave (by Allegro Restaurant)	
23.5	Right	onto 48 th Street	
23.7	Left	onto Oak Avenue	
25.0	Left	onto Sugar Run	
25.5	Right	onto Burns Avenue	
26.4	Cross	Route 764	
26.5	Right	onto Old 6 th Avenue Road	
27.0	Left	onto Municipal Drive	
29.1	Left	onto Allegheny Street	
29.2		Hollidaysburg (<u>2nd SPRINT LINE</u>)	
29.5	Right	onto Penn Street	
29.8	Right	at Plank Road Exit	
30.0	Right	onto Plank Road	
31.8	Right	onto Reservoir Road	
34.1		FEED ZONE No. 1	
37.1	Right	onto Route 36	
37.2	Left	onto Freedom Street	
37.5	Right	onto Freedom Street	
38.1	Left	onto County Road 101 / Everett Road	
42.7	Right	onto Church Street	
42.75		<u>CAUTION – RR Tracks</u>	
44.0	Cross	Old Route 220 / Dunning's Highway	
47.2	Left	onto Overland Pass Road (to Blue Knob)	
50.1		<u>CAUTION – gravel road surface begins</u>	
51.3		KOM / QOM #1 at Ski Patrol Building	
51.5		<u>CAUTION - Steep Curving Descent</u>	
52.5	Right	onto Knob Road	
56.8	Straight	at PA 164	
57.0		<u>CAUTION - Steep Curving Descent</u>	
57.2		<u>CAUTION – HAIRPIN Curve to the Right</u>	
61.1	Left	onto Poplar Run Road	
61.6	Right	onto Valley Forge Road	
62.6		<u>Steep Descent</u>	
63.1	Right	onto Dry Run Road T-386	
64.4	Left	onto Dry Run Road	
65.9	Left	onto Mill Road	
66.2	Right	onto Foot of Ten Road	
66.25	Left	onto Mill Road	
66.5	Straight	across Rt. 22	
67.1	Straight	at Maple Hollow Road	
67.2	Left	onto Maple Hollow Road	
70.0		KOM / QOM #2	
70.9	Right	onto Carson Valley Road	
		<u>(WARNING - Steep Descent)</u>	
72.9	Left	onto Mill Road	
74.2	Left	onto Sugar Run Road	
76.3		FEED ZONE #2	
79.9		KOM / QOM #3	
79.95	Right	onto Tunnel Hill Road	
82.5	Right	onto Horseshoe Curve Road	
83.5		<u>CAUTION - Steep Curving Descent – 1 mile</u>	
85.7		<u>CAUTION - Single Lane Tunnel</u>	
85.9		<u>CAUTION – Narrow 1 Lane – Bridge under Construction</u>	
89.4	Left	onto Broad Avenue	
90.9		FINISH -Jaffa Shrine Center	

ALTOONA / BLAIR COUNTY ROAD RACE
Saturday, July 9



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Atlantic Broadband and Root Sports - ALTOONA CRITERIUM

Stage 4

Sunday, July 10

- START / FINISH:** From the Holiday Inn Express, travel north on Pleasant Valley Boulevard to 17th Street. Take 17th Street to downtown Altoona. Turn right on to 11th Avenue go 1 block and follow parking signs
- PARKING:** Will be available at several surface lots and the Transportation Center Parking Garage.
- FACILITIES:** Portable toilets will be located near the Start / Finish line. Changing facilities will be available at the Transportation Center on 11th Avenue and 13th Street.
- TIME:** First race is at 9:00 AM. All others will follow at the conclusion of the previous race, except Men Pro 1-2 to follow the 10 minute Marshal Break.

<u>ORDER</u>	<u>DISTANCE</u>	<u>Approximate - START TIME</u>
Men 4	20 laps	9:00 AM
Men 3	20 laps	9:50 AM
Women 3/4	20 laps	10:40 AM
Men 2	25 laps	11:30 AM
	** BREAK **	<u>12:30 PM</u>
Men Pro-1	30 laps	12:40 PM
Women Pro-1-2	30 laps	1:50 PM
Men 5	7 laps	3:10 PM

- SIGN IN:** At Start; opens one hour before start of race and end 10 minutes prior to start time.
- NUMBERS:** Both race numbers and frame number must be placed as shown on page 8 of the race manual. Non-compliance will result in a penalty (rule 4H6a).
- PLACES:** 20 prize places
- TIME BONUS:** At the Finish: 1st - 10 sec, 2nd - 6 sec, and 3rd - 4 sec.
- INTER. TIME:** There will be five interim Time Bonuses on laps 25, 20, 15, 10, & 5 to go; they will be scored 1st - 3 sec, 2nd - 2 sec, and 3rd - 1 sec.
- SPRINT POINTS:** At Finish, First 10 places scored 10, 9, 8, 7, 6, 5, 4, 3, 2, and 1
- STAGING:** All riders must report to the staging area prior to the start of your race.
- COURSE:** A one mile lap with six right turns and two left turns, all 90 degrees. The course includes one slight rise and one moderate descent.
- SUPPORT:** There will be two neutral support pits.
- FREE LAP RULE:** Will be in effect until five (5) laps (8K) to go in the race.
- FEEDING:** None

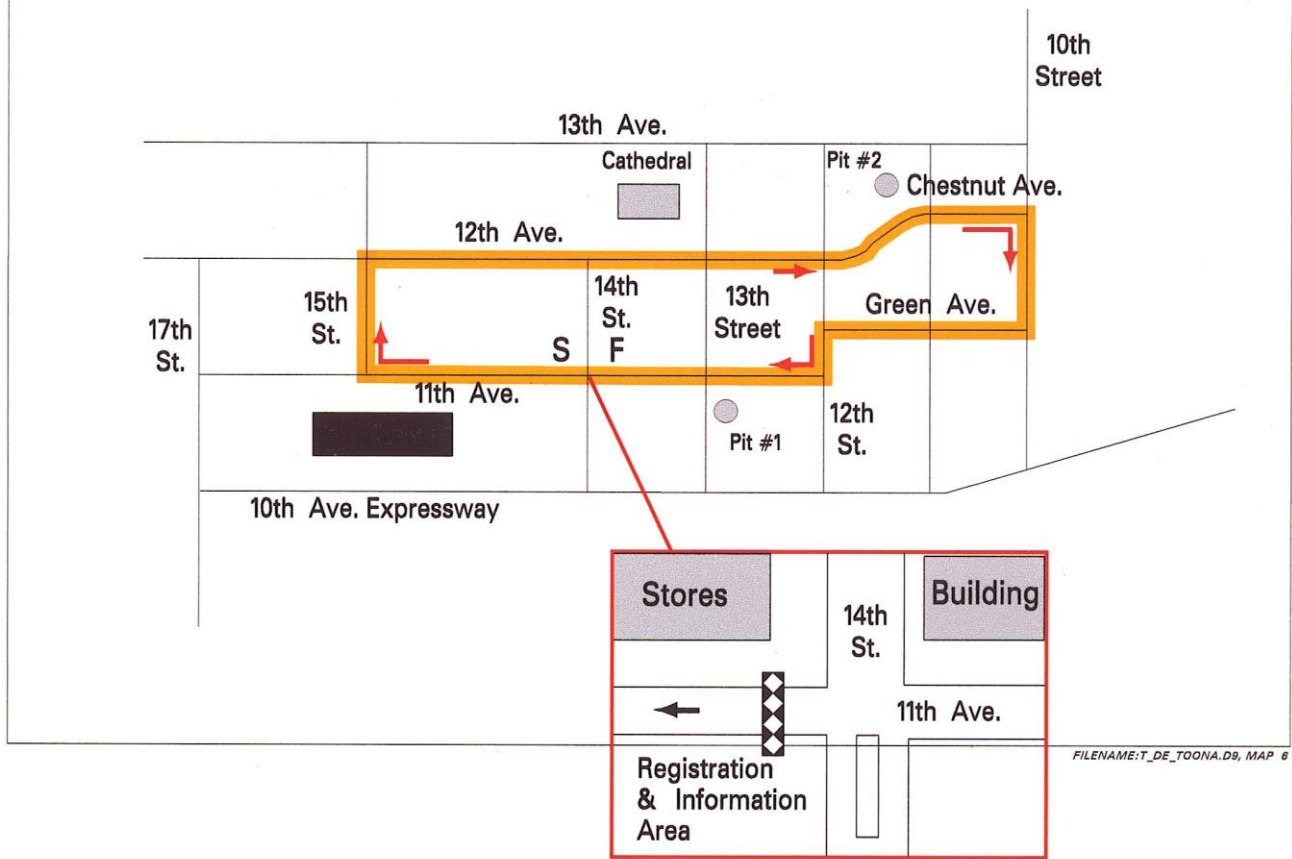
ALTOONA CRITERIUM

FACTS:

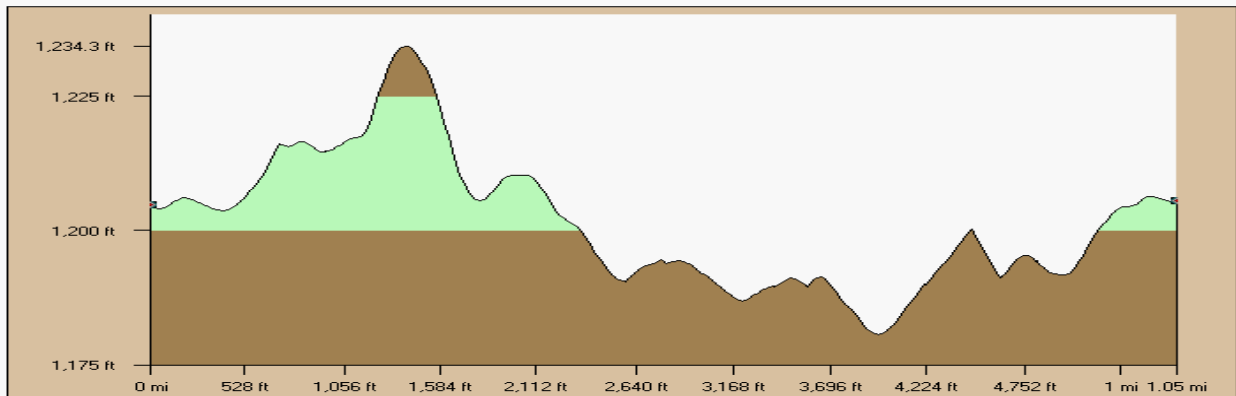
Distance: 1.2 KM, 1 Miles Loop

START / FINISH LOCATION:

11th Avenue & 14th Street
Downtown Altoona



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HOSPITALS

Bon Secours Campus Altoona Regional Health System

814-949-4180 2500 7th Avenue, Altoona

Travel North on Broad Avenue Road race site. At signal light turn left onto PA 36. Stay on PA 36 South (Union Avenue). At second signal light, turn left onto 7th Avenue. Hospital is on the right. (Road Race)

From downtown Altoona (site of Criterium): Travel South on 17th Street to 7th Avenue. Turn right, travel to second signal light. Hospital is on the right. Emergency entrance is on 8th Avenue & 27th Street.

Altoona Hospital

814-946-2153 620 Howard Avenue, Altoona

From downtown Altoona (site of Criterium): Travel 12th Avenue (one way street) stay left onto Chestnut Avenue. Turn left onto 7th Street. Hospital is directly ahead. Emergency entrance is on Howard Avenue.

Nason Hospital

814-224-2141 Roaring Spring

Travel PA 36 South through McKee to Roaring Spring. Continue through first signal light. Hospital entrance is on the left just beyond Spring Plaza and Bickel's Surplus Store. Follow signs to Emergency entrance. (Martinsburg Circuit Race or Points Race)

Conemaugh Good Samaritan & Memorial Medical Center

814-534-9100 Napoleon and Franklin St., Johnstown

Prize Payment Procedure

The 2011 TOUR de TOONA Prize Money will be mailed directly to the racers. Prize Money will be paid NOT SOONER than 90 days following the event. All tax forms can be obtained at registration or the registration page of the website www.toudetoona.com.

- **No prize money can be paid unless you provide the following current information:**

1. Social Security or Tax ID Number (team and individual) - Please provide the proper IRS Form for riders/teams when registering.
2. Exact name of payee to receive payment.
3. Mailing Address.
4. Signed Agreement from the race website.

- Any prize winner who has incurred charges, non-paid race entry fees, etc. will have those amounts deducted from their prize check.

Riders, Sponsors, & Volunteers Reception

The 2011 Saturday Night Reception will be held at the **Altoona Railroaders Memorial Museum** located at 1300 9th Avenue, beginning at 6:00 pm for participants and race volunteers.

Local Bicycle Shops

- Pedal Power 2501 Union Avenue, Altoona 814-942-4537
- Spoke-N-Skis 315 Logan Boulevard, Lakemont, Altoona 814-941-3888

2011 Prize list for Women and Men Pro

Prizes Amounts shown are for each of the Pro Races

STAGE	1 - ITT	2 – RICHLAND to BLUE KNOB	3 – BLAIR COUNTY	4 - CRITERIUM
Date	Wed, July 6	Thu, Jul 7	Sat, Jul 9	Sun, Jul 10
1	500	2250	2000	1250
2	250	1125	1000	625
3	167	750	667	417
4	125	563	500	313
5	100	450	400	250
6	84	375	334	209
7	72	322	286	179
8	63	282	250	157
9	56	250	223	139
10	50	225	200	125
11	46	205	182	114
12	42	188	167	105
13	39	174	154	97
14	36	161	143	90
15	34	150	134	84
16	32	141	125	79
17	30	133	118	74
18	28	125	112	70
19	27	119	106	66
20	25	113	100	63
TOTAL	1,806	8,101	7,201	4,506

	KOM / QOM	SPRINT
1	1250	1000
2	630	500
3	420	340
4	320	250
5	250	200
6	210	170
TOTAL	3,080	2,460

	GC	TEAM
1	4500	4000
2	2250	2000
3	1500	1340
4	1130	1000
5	900	800
6	750	670
7	650	580
8	570	500
9	500	450
10	450	400
11	410	
12	380	
13	350	
14	330	
15	300	
16	290	
17	270	
18	250	
19	240	
20	240	
TOTAL	16,260	11,740

STAGE 1	STAGE 2	STAGE 3	STAGE 4	KOM/QOM	SPRINT	GC	TEAM
1,806	8,101	7,201	4,506	3,080	2,460	16,260	11,740

Total: \$55,154 per race

GRAND TOTAL - \$ 110,308

Have a great race!

Finally, I wish to thank the **TDT Steering Committee** for all of their hard work and effort they put forth to make the 25th Edition a great race and to continue the tradition of being a high quality event. This is a family / community race, and without their assistance and support, this event would not be at all possible. And may you and your families be blessed in your future endeavors. I love you all.....THANKS!

Lars