



Page Valley Cycling
presents the 2010 edition of the
Tour of Page County

co-promoted by *Whole Wheel Velo Club*
and made possible with generous contributions by *Luray Caverns*

The 2010 Tour of Page County, consisting of the Page Valley Road Race and the inaugural Luray Criterium, will be part of the *GamJams Cat 3 Cup, p/b Mountain Khakis, the Proteus/MABRA Cat3 and Cat4 Women's Race Series, and the MABRA and VACA BAR*

***The Page Valley Road Race is the Senior Championship Road Race
for both VACA and MABRA***

Register online at www.pre-reg.com. Road race entry fee - \$35; criterium entry fee - \$20. Save \$10 and register for both races in the omnium competition for \$45 (and just \$5 more for the 35+ race!) (not including online registration fees). For race day registration, add \$10 (waved for second race). Race day registration opens at 7:15 on Saturday and 7:00 on Sunday, and closes 15 minutes prior to start time.

Participants may register and participate for each event separately, but for selected fields (cat 1/2, 3, 4 and 5 men; and Cat 1/2, 3 and 4 women), we will be scoring the omnium by calculating the results from the two events on a simple point system in each field based on final results, the KOM competition for the road race, and premes for the criterium. Results from the 35+ 3/4 race in the criterium will not count towards the omnium scoring. BAR points are earned for the individual events only, and not the omnium. Full details can be found in the technical guide.

For more information, contact Chris at gouldchris@netzero.com. Race day contact number: 202-365-0186.

EVENT HELD UNDER USA CYCLING PERMIT



Additional thanks to: MAIN STREET BAKERY (LURAY, VA), VANCE BRYANT and OUR NEIGHBORS ON BALKAMORE HILL ROAD, RACE MANAGEMENT SERVICES, STANLEY and LURAY VOLUNTEER RESCUE SQUADS, TOWN OF LURAY, and the PAGE COUNTY SHERIFF'S DEPARTMENT

Page Valley Road Race, August 7

MABRA and VACA Senior Championship Road Race

Staging Area: Hawksbill Recreation Park, 326 Hawksbill Park Road, Stanley, VA

Course Description: The same challenging course from the last two years returns on August 7! Page Valley Road Race is an eleven-mile loop with two major climbs: a 1.5 mile climb starting gently and then ramping up; and ¾ mile climb to the finish line, which is 8.3 miles from the start. Page Valley is the historic and scenic section of the Shenandoah Valley which lies in between Massanutten Mountain to the West and the Blue Ridge to the East. A full description of the course can be found in the technical guide.

A rider is eligible to win either the MABRA or VACA championship if USAC records as of the race date show that the rider's racing club, as printed on his or her license, is a member of MABRA or VACA, or if the address on their USAC license is within the MABRA or VACA geographic boundaries (MABRA Championship Rules are located at: <http://mabra.org/article.php?did=205&scid=45>, and VACA categories are listed at: http://www.vacycling.org/2009/bar_rules.html). Riders must also meet USAC eligibility requirements, which include: Championships are open only to riders who hold USA Cycling rider annual licenses. One day-license holders are not eligible. Further, championship medals will be awarded only to riders who are eligible, although the race event may include riders who are ineligible for the championship event.

Category	Start Time	Distance (Laps)	Field	Places	Prizes***
Cat 5 Men	8:00 AM	30 miles (2+)	50	3	merchandise
Cat 4 Women*	8:05 AM	30 miles (2+)	50	3	medals/\$100
Cat 1-2 Men*	11:00 AM	74 miles (6+)	100	3	medals/\$300
Cat 3 Men*	11:05 AM	63 miles (5+)	100	3	medals/\$200
Cat 4 Men*	3:00 PM	52 miles (4+)	100	3	medals/\$150
Cat 1-2-3 Women**	3:05 PM	52 miles (4+)	100	3	medals/\$300/\$150

*All racers will be run together for one cash prize list, but scored separately for their respective association championships.

**Women's VACA and MABRA Cat 1-2-3 run together, but Cat 1-2 and 3 scored separately for association championships and cash prize lists.

***A locally hand-crafted trophy will be awarded to the first place winner of each omnium category. Other prizes (such as the traditional homemade fruit pie for the first place road race winner) may be issued for each category at the promoter's discretion, but will be announced in advance.

Luray Criterium, August 8

Staging Area: Ruffner Plaza, West Main Street, Luray, VA

Course Description: Held on downtown Luray streets with a "Taste of Luray" festival provided by the Luray Downtown Initiative, this Criterium is not your typical office-park crit! The course is a 0.8 mile loop featuring eight 90-degree turns and a steep short climb to the finish line. It's a technical course that will not necessarily favor the sprinters alone! A full description of the course can be found in the technical guide.

Category	Start Time	Distance	Field	Places	Prizes***
Cat 5 Men	7:45 AM	45 minutes	50	3	merchandise
Cat 4 Women	8:45 AM	45 minutes	50	3	merchandise
35+ 3/4 Men	9:45 AM	45 minutes	75	3	trophy/\$150
Cat 1-2 Men	10:45 AM	75 minutes	75	3	\$250
Grand Fondo	12:15 PM	15 minutes	50	3	merchandise
"Fitness Challenge"					
Cat 4 Men	1:00 PM	60 minutes	75	3	\$150
Cat 3 Men	2:15 PM	60 minutes	75	3	\$150
Cat 1-2-3 Women**	3:30 PM	60 minutes	75	3	\$250/\$150

**Women's Cat 1-2-3 run together, but Cat 1-2 and 3 scored separately.

***A locally hand-crafted trophy will be awarded to the first place winner of each omnium category. Other prizes (such as the traditional homemade fruit pie for the first place road race winner) may be issued for each category at the promoter's discretion, but will be announced in advance.

