



Tour of Page County

*Presented by Page Valley Cycling
co-promoted by Whole Wheel Velo Club*

August 7 - 8, 2010

Technical Guide



Welcome.....	Page 2
Contact Information	Page 3
Race Flyer.....	Page 4
Page Valley Road Race.....	Page 6
Luray Criterium.....	Page 8
Omnium Scoring.....	Page 9
Page County General Information.....	Page 11

Welcome to the Tour of Page County, presented by *Page Valley Cycling*, co-promoted by *Whole Wheel Velo Club*, and made possible with a generous contribution by *Luray Caverns*!

Our goal at the Tour of Page County is to provide an event that is both challenging and as professionally-run as possible – an event that showcases the beauty of our area, and featuring as many locally-produced products as possible. Finally, consistent with the mission of Page Valley Cycling, we are striving to create an event that both entertains and inspires the community. That's where all of you bike racers come in: by getting out there and competing, you provide inspiration for others to get physically fit, even if it's just a recreational spin around the block.

The 2010 Tour of Page County will consist of the Page Valley Road Race and the inaugural Luray Criterium, and is 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 the Virginia Cycling Association and the Mid-Atlantic Bicycle Racing Association (MABRA)

The following businesses and organizations support cycling in Page County through their generous sponsorship of the Tour of Page County:



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
PAGE COUNTY SHERIFF'S DEPARTMENT**

Contact Information

Race Promotion Team:

Promoting Club.....	Page Valley Cycling
Co-Promoting Club	Whole Wheel Velo Club
Promoter.....	Christopher Gould 202-365-0186 (cell) or 540-778-2973
Volunteer Coordinator.....	Rob Dolan 202-251-6434
Race Registration.....	Race Management Services (www.pre-reg.com)

Race Officials:

Chief Referee, Page Valley Road Race.....	Steve Stone
Chief Referee, Luray Criterium	Barbara Whitelaw
Chief Judge.....	Mimi Newcastle

Emergency Contacts:

Page Memorial Hospital Emergency Room	540-743-4561
200 Memorial Drive, Luray, VA (Off of W. Main Street in Luray, just past the Mimslyn Inn)	
Luray Volunteer Rescue Squad	911 or 540-743-3659
25 Memorial Drive, Luray, VA	
Stanley Volunteer Rescue Squad.....	911 or 540-778-7728
933 West Main Street, Stanley, VA	
Page County Sheriff's Department.....	540-743-6571
Town of Luray Police Department.....	911 or 540-743-5343

Miscellaneous

Hawksbill Bicycles.....	540-743-1037
20 West Main Street, Luray, VA (located just off the Main Street Bridge near the crit course, Hawksbill Bicycles will be providing neutral mechanic support during the crit)	



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 prems 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.

Page Valley Road Race
Saturday, August 7, 2010

DIRECTIONS: The staging area for the Page Valley Road Race is located at Hawksbill Recreation Park, at 205 Pool Drive, Stanley, Virginia.

From the Washington, D.C. area: I-66 West to Exit 13 (Front Royal and Linden). Continue on Hwy 55 into Front Royal. Continue to intersection of Hwy 55 and Hwy 340, turn left onto Hwy 340 South. Continue to Luray to traffic light. Proceed straight through traffic light (becomes Hwy 340 Business South). Continue 6 miles, turn left onto Rt. 624, Hawksbill Drive. (NOTE: This is Hawksbill Drive at the Hawksbill Diner and just past the Exxon, NOT Hawksbill Avenue, which will take you right onto the course where I want to minimize the number of cars!), proceed approx 1 mile to stop sign, turn left onto Rt. 689, Marksville Road. Continue approx 1/2 mile and turn right onto Rt. 626 (Hawksbill Park Rd). The staging area is the park on the left.

From Interstate 81: Take exit 264 (New Market exit) and continue into New Market to Hwy 211 East towards Luray. Continue approximately 7 miles to right on Hwy 340 South, continue 3 miles to left on Hwy 340 Business North towards Stanley. Continue approximately 5 miles through the town of Stanley. At the Shell Gas Station on right, turn right onto route 689 (Chapel St. which becomes Marksville Rd.). Continue on 689, continue about 1 1/2 mile, turn right onto route 626 (Hawksbill Park Road). The staging area is on the left.

From Richmond (I-64 and Charlottesville): In Charlottesville take Hwy 29 North Bypass. Continue about 16 miles to Ruckersville and turn left onto Hwy 33 West. Continue to Elkton and turn right onto Hwy 340 North. About 1 mile north of the village of Newport, turn right onto Hwy 340 Business North towards Stanley. Continue approximately 5 miles through the town of Stanley. At The Shell Gas Station on right, turn right onto route 689 (Chapel St. which becomes Marksville Rd.). Continue on 689, continue about 1 1/2 mile, turn right onto route 626 (Hawksbill Park Road). The staging area is the park on the left.

PARKING: Upon arriving at the staging area at Hawksbill Recreation Park, please follow the signs for parking. We've been asked to keep the main driveway clear for regular patrons of the park and pool. Therefore, race participants should drive past the main entrance to the park, and follow the signs for parking on the grass further down the road.

REGISTRATION & RACE NUMBERS: Those registered for the omnium may obtain their race numbers at the staging area for the Page Valley Road Race on Saturday morning, or on Friday, August 6 at Hawksbill Bicycles, located at 20 West Main Street in downtown Luray (open 11-5).

WARM-UP: We have been specifically requested by the Page County Sheriff's Department to encourage participants to either warm-up on trainers or to avoid the main road going into Stanley. Also, do not warm up on the race course!! If you want to warm-up on roads, we suggest that you head back into the hollow away from the main road. Signs will be provided to point you in the proper direction.

FEED ZONE: The feed zone is located just before the finish line on Balkamore Hill Road. Feeding is allowed only within the feed zone, and only on the right side of the road. Remember to ride or drive with the direction of the race when getting to the feed zone; directions will be available at registration. One of our neighbors has graciously loaned his field to the Page Valley Road Race for feed zone and finish line parking. If you see him, thank him and all of our neighbors on Balkamore Hill Road for their courtesy – we are, after all, a significant disruption on a normally quiet country road.

NEUTRAL WATER will also be available at the feed zone. We hope to direct extra volunteers to help out there, but please understand that road guards are our first priority for volunteers. If you have

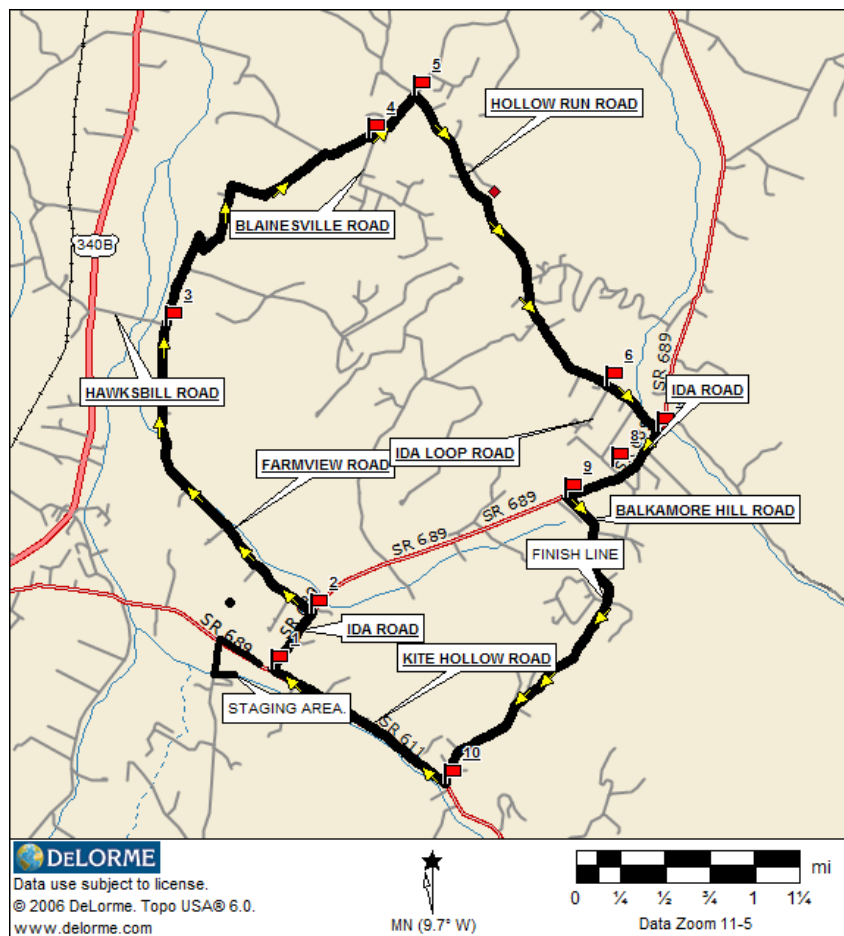
friends and family helping you in the feed zone, consider asking them to help pass out neutral water after they've taken care of you and your teammates.

PLEASE be nice to our neighbors here in Page County! They are always very welcoming and tolerant, but it only takes one bad incident to ruin things. Do not behave in a way you wouldn't want people behaving in front of your house, like peeing in public and acting obnoxious. This is a rural area, and reports of rude behavior can travel very quickly. Remember that you are a guest, and act accordingly. You might want to even thank folks for their hospitality; and if somebody beeps their horn at you, just smile and wave.

WHEEL VANS: We plan on providing individual wheel vans for each event, and drop-off will be located adjacent to registration. The normal rules apply: we are not responsible for any lost or misplaced items.

ONE-DAY LICENSES & UPGRADES: For the road race, one-day licenses will be sold only to non-championship Cat 5 men and Cat 4 women. No exceptions. If you have recently upgraded, please bring official proof of that fact.

COURSE: We have the same challenging course as last year! After the neutral roll-out, the Page Valley Road Race is an eleven-mile loop with two major climbs: a 1.5 mile climb which starts gently then ramps up; and a 3/4 mile climb to the finish line, which is 8.3 miles from the start. As noted on the flyer, the event will be held rain or shine.



Luray Criterium

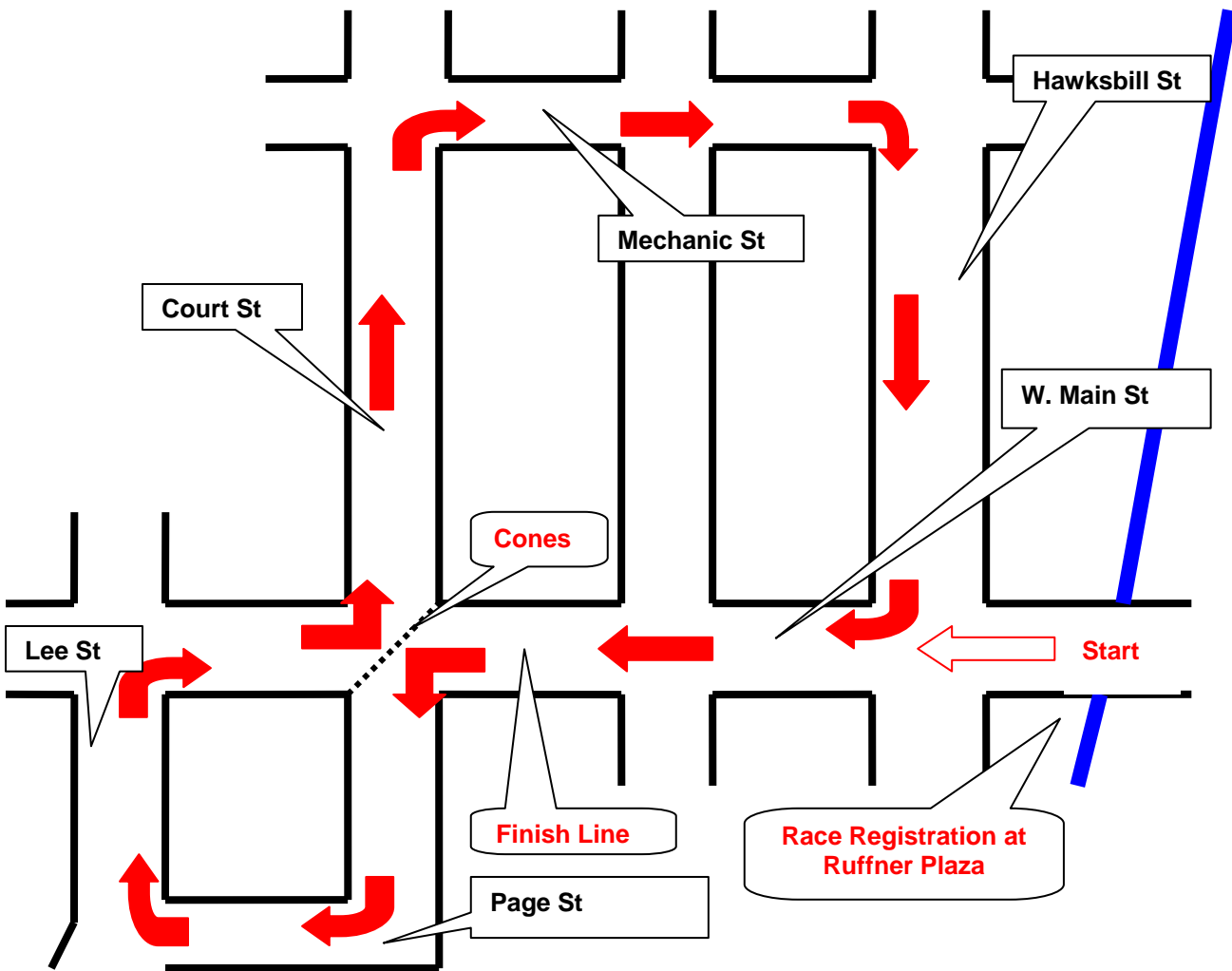
August 8, 2010

REGISTRATION: For those who did not receive their numbers at the road race, registration for the Luray Criterium will be located at Ruffner Plaza, located just off of Main Street in downtown Luray, along the Greenway between Hawksbill Street and the Main Street Bridge.

PARKING: Participants may park in one of two locations: 1) Approaching the Town of the Luray from the North on 340, just past the exit for 211 towards Luray Caverns, turn right on Mechanic Street and park in the lots to the left; or 2) Continue along 340 through the traffic light and past the train station on left. Turn right on Court Street, and follow under the train tunnel and go right up the Hill. Just past the Court House at the top of the Hill on the right and left, parking lots are available. You may access race registration via the sidewalk to the right along Main Street.

WARM-UP: It is highly recommended that you warm up on trainers prior to the criterium. If you cannot, please remember that this course is located in downtown Luray, and citizens outside the Main Street area are going about their normal Sunday activities. Be courteous and use caution.

COURSE: 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.



Tour of Page County Omnium Scoring

The Tour of Page County omnium competition is open to each of the following fields: for men, categories 1/2, 3, 4, and 5; and for women, categories 1/2/3 and 4. A first place trophy bowl, hand-crafted by local artist Lucia King, will be awarded to the individual accumulating the most points in each field. Results from the 35+ 3/4 race (which will have its own first-place trophy bowl) will not be included in the omnium competition.

Points for the omnium will be scored by adding points based on the following rules:

1. For both the road race the criterium, the top 15 finishers will be awarded points beginning with 15 for first place; 14 for second; 13 for third, etc., down to zero.
2. For the road race, in addition to merchandise, 3 bonus points will be awarded for the KOM (first across the finish line on Balkamore Hill Road) on each lap (except the final lap).
3. For the criterium, in addition to merchandise, 3 bonus points will be awarded for the first place winner of each preme in each category.

PLACE	RR POINTS	CRIT POINTS	KOM POINTS	PREME POINTS
1	15	15	3	3
2	14	14		
3	13	13		
4	12	12		
5	11	11		
6	10	10		
7	9	9		
8	8	8		
9	7	7		
10	6	6		
11	5	5		
12	4	4		
13	3	3		
14	2	2		
15	1	1		

FIELD	TOTAL KOM POINTS	TOTAL PREME POINTS
Cat 1/2 Men	18 (6 laps x 3)	9 (3 x 3)
Cat 3 Men	15 (5 laps x 3)	9 (3 x 3)
Cat 4 Men	12 (4 laps x 3)	9 (3 x 3)
Cat 5 Men	6 (2 laps x 3)	9 (3 x 3)
Cat 1/2 Women	12 (4 laps x 3)	9 (3 x 3)
Cat 3 Women	12 (4 laps x 3)	9 (3 x 3)
Cat 4 Women	6 (2 laps x 3)	9 (3 x 3)

General Information about Page County

The Page Valley is that part of the Shenandoah Valley located between Massanutten to the West and the Blue Ridge to the East. Page County has plenty to offer besides just great roads for cycling, and is well worth a trip for your family and friends while you're busy racing! Below is a short guide, which is by no means comprehensive. For more information on Page County, check out the Luray-Page Chamber of Commerce (www.luraypage.com), located at the old train depot just up from the intersection of Main and Route 340 in Luray. When patronizing the establishments throughout the area, remember that you can help our event out by simply mentioning that you are visiting for the bike race – this drives home the point that cycling can have a positive economic impact on the community!

PLACES TO STAY:

Page County is the *Cabin Capital of Virginia*! *AllStar Lodging* (www.allstarlodging.com) in Luray has over 70 vacation cabins and homes to select from in Page County, and has provided the housing for our race officials. Also, check out www.cabincapital.com for more information on cabins for rent, campgrounds, and other events and activities in Page County. Finally, in addition to the many B&Bs on hand, more traditional hotels include:

Best Western, 410 West Main Street, Luray, 540-743-6511

Days Inn, 138 Whispering Hill Road, Luray, 540-743-4521

Mimslyn Inn, 401 West Main Street, Luray, 540-743-5105

THINGS TO DO & SHOPPING:

Appalachian Outdoors Adventures (18 East Main Street, Luray): Luray's only shop for hiking, camping, and outdoor gear and apparel. The owners here are Page Valley Cycling co-founders.

Art Warehouse (15 Campbell Street, Luray): Houses over 1,000 creative works by regional artists. Located in an old warehouse just off the downtown section of Luray steps away from the crit course. Here, you may find works by Page County artist Lucia King, creator of the Tour of Page County omnium trophy bowls, among other works of art.

Barrel Oak Winery (3623 Grove Lane, Delaplain - between Front Royal and metro DC off of I-66): Relax and discover our beautifully green destination winery on I-66, one hour west and a world away from downtown DC. Enjoy delicious vintages and sweeping historic vistas. Explore our custom-built winery & underground cellars & catch the sunset from our huge inviting stone patio. Barrel Oak Winery is an official sponsor of the Tour of Page County.

Bluegrass in the Blue Ridge: Sponsored by the Shriner's Club of Luray, fans of bluegrass music can enjoy some excellent entertainment at the Page County Fairgrounds in Luray, Aug. 5-7. For more information, go to: <http://www.bluegrassinluray.com>

George Washington National Forest: From downtown Luray, take Mechanic Street out of town, where it becomes Bixler's Ferry Road. Turn left after crossing the Shenandoah River, and right at Fort Valley Road. At the top is a small parking area right at the trailhead across the road, as well as an excellent view of the Page Valley section of the Shenandoah Valley.

Hawksbill Bicycles (20 West Main St, Luray): Full-service bicycle shop co-owned by the Tour of Page County's promoter. Authorized dealer for Cannondale, Specialized, Redline, and Felt.

Hawksbill Recreation Park (Stanley): At the road race staging area, you may take advantage of the public pool that is open to the public. Adults pay only \$3 (\$1.50 for children under 4).

Luray Caverns (101 Cave Hill Road, Luray – just off Route 211): Luray Caverns has been the principle sponsor of the Page Valley Road Race since its inception, and is a perfect place to take the family. For more than 130 years, it has been renowned as one of the world's most spectacular natural wonders. Luray Caverns also operates a car museum, the *Luray Valley Museum* (future site for "Caverns 'Cross!"), and a garden maze adjacent to the caverns.

Roy's Orchard & Market (64 Old Hollow Road, off Route 211 just East of Sperryville): If you're heading back to the Washington, DC area, a scenic alternative to I-66 is Route 211 over Thornton Gap into Sperryville. When there, we recommend Roy's for some locally-grown fruits, veggies, organic dairy products and local meats to take home with you. Check them out – Roy and Janet will take care of you! Look for the signs along the road – Roy's are not the store at the corner, but further down the road on the right.

Shenandoah National Park: We don't need to tell a bunch of cyclists about Skyline Drive!

Taste of Luray: On Sunday, to coincide with the criterium, the Luray Downtown Initiative plans to host a "Taste of Luray" event, featuring Main Street eateries and merchants.

Wisteria Vineyard (1126 Marksville Road, Stanley): An official sponsor of the Tour of Page County, Wisteria Vineyard is located just around the corner from the staging area for the road race. It is a working farm and vineyard, complete with a flock of natural-colored romney sheep and free-roaming chickens, with light snacks available with the wine tastings. This could be a relaxing way for your spouse and friends to spend the time while you're out there on the course racing!

PLACES TO EAT:

The Artisan Grill (2 East Main Street, Luray): For a sit-down dining experience, try out the Artisan Grill, which has everything from main courses, sandwiches and burgers, and salads. Just across from the race course.

Brookside Restaurant (2978 US Highway 211 East, Luray, 540-743-5698): "Down-home" family-style cooking, including homemade breads and desserts with daily buffets, extensive menu, and 30-item salad bar, located just outside the Shenandoah National Park boundary. Also offers the Brookside Cabin rentals on site. www.brooksidecabins.com

Hawksbill Diner (1388 East Main Street, Stanley): Close to the course in Stanley, Hawksbill Diner serves up good old-fashioned roadside diner fare. Nothing fancy, but a good local spot for breakfast, lunch, and dinner.

Main Street Bakery (127 East Main Street, Luray): Official sponsor of the Tour of Page County, Chuck the Baker has some healthy alternatives for lunch and some delicious desserts for later. Take some bread home with you!

The Mimslyn Inn (401 West Main Street, Luray, 540-743-5105): The Mimslyn Inn has two dining options – Circa '31 for more formal dining; and the Speakeasy Tavern for more casual dining. <http://www.mimslyninn.com/dining.htm>. Official sponsors of the Tour of Page County.

West Main Market (123 West Main Street, Luray): Great deli food in downtown Luray, right on the crit course! Grab a sandwich and salad to go, or eat in the small dining area.