



NATIONAL CHAMPIONSHIPS

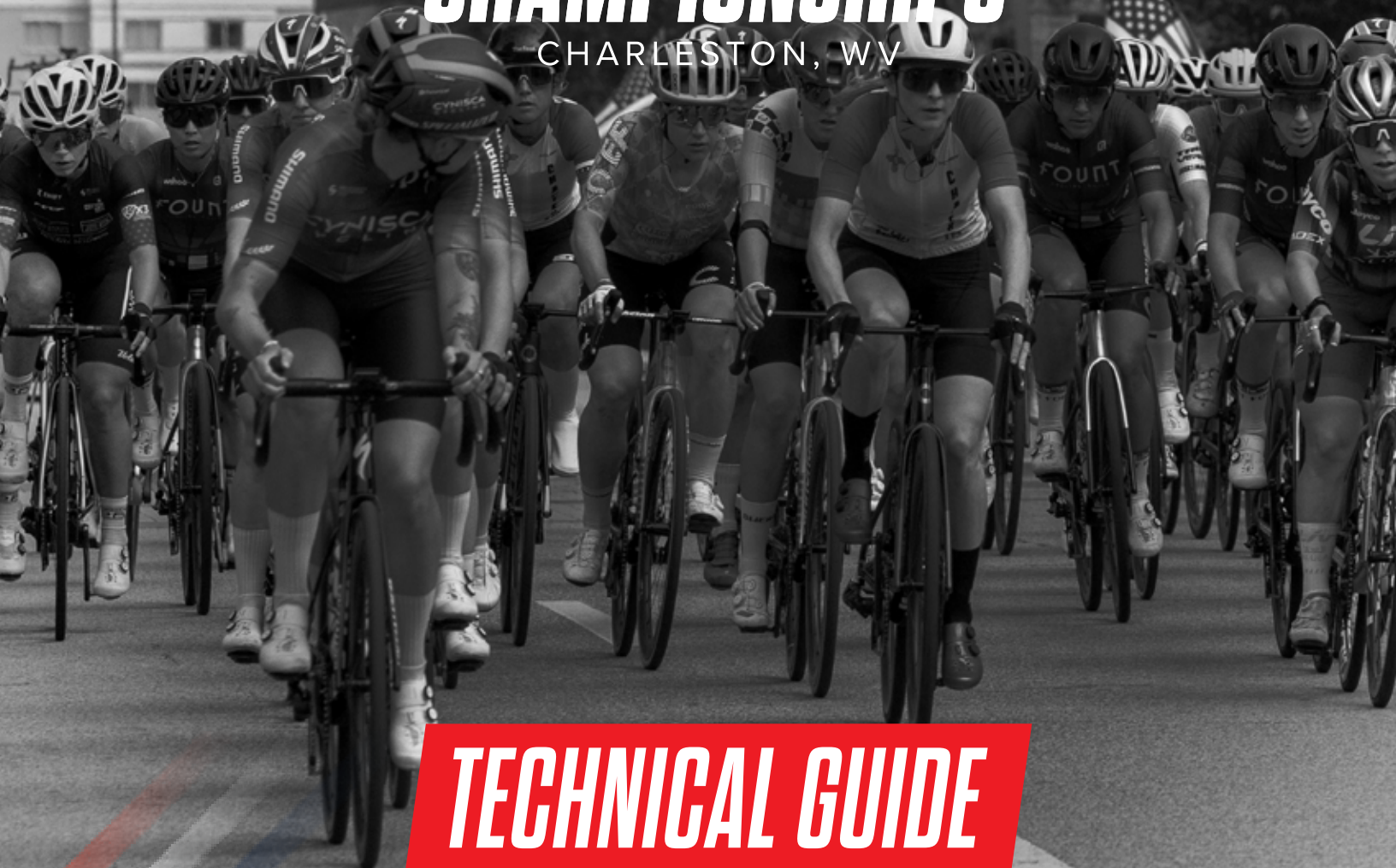
PRO ROAD | CHARLESTON, WV



PRO ROAD

★★ NATIONAL ★★ CHAMPIONSHIPS

CHARLESTON, WV



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TECHNICAL GUIDE



NATIONAL CHAMPIONSHIPS

PRO ROAD | CHARLESTON, WV
JUNE 16-21, 2026

OFFICIAL PARTNERS



JACK MASON



Range



OFFICIAL SUPPLIERS



skcratch



GYM/AWARE



Charleston

WEST VIRGINIA



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Race
Regulations

Para Road
Race

Time
Trial

Criterium

Road
Race



USA Cycling Pro Road National Championships

210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919



President & CEO	Brendan Quirk
National Events Director	Kyle Knott
Technical Director	Bonnie Walker
Marketing/Media Director	K.K. Santos
Marketing Manager	Sabrina Potter
Director of Communications and Public Relations	Angelina Palermo
Senior Manager	Greta Shaffer
Sponsorship	
Manager of Collegiate Programs	Vanessa Drummond
National Events Manager	Justin Evans



Owner/President	Chris Aronhalt
VP, Events	Tori Trice
VP, Finance	Lisa Tanner
VP, Production	Larry Gonzales
Production Director	Bob Bowman
Technical Director	Will Smith
Technical Director	Chuck Hodge
Motor Svcs Coordinator	Scott Patton
Operations Director	Larkin Morris
Operations Manager	Valecia Frasier

RACE OFFICIALS

President of the Commissaire's Panel	Shawn Farrell
Commissaire	James Abbott
Commissaire	Mitch Beckner
Chief Judge	Holly Blanco
Assistant Judge	Michael Conlan
Motor Commissaire	Steve Crews
Motor Commissaire	Gary Bavolar
Motor Commissaire	Marcie Weiss
Timeboard	Liana Engie
Technical Commissaire	Randy Shafer
Trainee	Joseph Althoff
Radio Tour	Bonnie Walker

TIMING AND RESULTS



On the finish line when you need us the most!

Jon Gallagher
(435) 901-8872

NEUTRAL SUPPORT



Paul Reardon
(970) 470-6668

A SPECIAL THANKS TO MAYOR GOODWIN AND THE CITY OF CHARLESTON POLICE AND PUBLIC WORKS DEPARTMENTS.



USA Cycling Pro Road National Championships June 16-21, 2026 Specific Regulations

ARTICLE 1. ORGANIZATION

USA Cycling's Pro Road National Championships is organized by USA Cycling and Medalist Sports, LLC under the regulations of USA Cycling and the International Cycling Union.

The Secretary General for the race is Brendan Quirk, President and CEO of USA Cycling. The organization's address is:

USA Cycling
Pro Road National
Championships
210 USA Cycling Point, Suite 100
Colorado Springs, CO 80919
1-719-434-4200

ARTICLE 2. TYPE OF EVENT

The event is held under the rules of the UCI and USA Cycling, USA Cycling Permit number 2026-15524.

Both the Time Trial and Road Race are National Championships (NC) events held under UCI regulations. The Criterium will be held under the rules of USA Cycling.

ARTICLE 3. PARTICIPATION

The event is open to United States citizens with a USA nationality on their UCI/USA Cycling recognized international license. For elite races, athletes must be 19 years or older, for U-23 races athletes must have a birth year between 2004-2007, and for Junior races athletes must have a birth year of 2008-2009. Full eligibility guidelines are available at the USA Cycling website: <https://roadnats.usacycling.org/pro-road>

ARTICLE 4. RACE HEADQUARTERS

The race headquarters shall be open during the designated hours and is located at the Four Points Sheraton, Kanawha River Suite, 600 Kanawha

Blvd, Charleston WV 25301.

Team representatives are requested to confirm their starters and collect their race numbers at the race headquarters according to the published race schedule.

The team managers' meetings, organized in accordance with article 1.2.087 of the UCI regulations, in the presence of the Members of the Commissaires Panel, are published on the official race schedule.

Official race schedule is available:
<https://roadnats.usacycling.org/pro-road>

ARTICLE 5. RADIO TOUR

Radio Tour will be broadcast on a digital system with radios that will be provided to teams and must be returned at the end of each race following deviation. Frequency will be provided at manager's meeting.

ARTICLE 6. NEUTRAL TECHNICAL SUPPORT

The technical support service is handled by Event Support Professionals (ESP). The neutral support during the road race is taken care of by means of:

- 2 Automobiles
- 1 Motorcycle

There will be neutral support at the start and at both u-turns on the Time Trial course and neutral support at both wheel pits on the Criterium course.

ARTICLE 7. ANTI-DOPING

Anti-Doping will be carried out by the United States Anti-Doping Association (USADA).

The anti-doping tests will take place at a dedicated location after each race. Please see the section on anti-doping for specific information.

ARTICLE 8. AWARDS CEREMONY

In accordance with article 1.2.112 of the UCI rules, the top three riders will present themselves at the podium within 10 minutes of crossing the finish line.



Please refer to the schedule for time and location of each awards ceremony.

ARTICLE 9. PENALTIES

The UCI penalty scale applies to Time Trial and Road Race while USA Cycling penalty scale applies to the criterium.

ARTICLE 10. CONTROLS

Starts: A whistle will be sounded under the control of the Commissaires to start the Criterium and Road Race. In the time trial, one of the Commissaires will start each of the racers.

Feed Zone: The feed zones will be marked with A-Frame signs denoting 1 kilometer, Begin Feed Zone, and End Feed Zone. Immediately before and after the feed zone will be waste and recycling zones. Per UCI regulations, there will be no roadside feeding outside the designated feed zones.

Distance Markers:

Road Race

A-Frame run-in signs will denote 30 kilometers from the start.

A lap counter will be utilized in the road race, additionally A-Frame signs will indicate 3, 2, 1 kilometer(s) and 300, 200, 150, 100 and 50 meters to go. At 1-kilometer to go two A-Frame signs will be on either side of the road.

Time Trial

Due to the multi-lap nature of the course, A-Frame signs will count down the final 3, 2 and 1 kilometer to go, along with the meter marks listed above.

ARTICLE 11. RESULTS

Final results will be released after the Chief Judge signs them.

ARTICLE 12. LOCAL LAWS

It is against the law to urinate in public and by doing so you may be cited by local law enforcement and penalized by the race jury. Portable toilets will be located adjacent to the start line. Please obey all traffic laws, speed limits and the directions of law enforcement.

ARTICLE 13. RIDER IDENTIFICATION

During criterium and road races, all competitors must use the frame number plate and body numbers as supplied. Only one body number is required in the Time Trial.

Note that different numbers will be issued prior to each event and requires re-confirmation prior to race.

ARTICLE 14. DISMISSAL

Where it is deemed that the image or reputation of the USA Cycling Pro Road National Championships may be blemished, notably with regard to anti-doping laws, through the behavior of any member of a trade team (management or athlete), the organizer reserves the right at any time during the race to exclude the rider(s) or the team member involved from the race.

ARTICLE 15. CARAVAN DEVIATION

All caravan vehicles are required to use the caravan deviation provided in the last 320m of the Road Race and 60m to go in the Time Trial.

TIME TRIAL SPECIFIC RULES

ARTICLE 16. START ORDER

The starting order will be determined by the Race Organization and Commissaires Panel. Riders shall start in waves at one-minute intervals.

ARTICLE 17. UCI BIKE CHECK

All Time Trial starters must have their bikes checked for compliance with UCI rules. The bike check area will be immediately behind the



start ramp and will be available for bike check a minimum of one hour prior to race start.

Riders should report 10 minutes before their start. The bicycle may not leave the area once it has been checked without being rechecked.

Time Trial bikes may be pre-checked on Monday June 15, please refer to the schedule for time and location of the bike pre-check.

Bicycles for the road race will be checked for compliance with UCI regulations, especially handlebar width and brake lever installation.

ARTICLE 18. ROAD CENTERLINE

Riders are reminded that all sections of the course will be ridden with riders passing in opposite directions. The course will be delineated with traffic cones and/or fencing.

ARTICLE 19. FOLLOW VEHICLES

Team vehicles are allowed only in the U-23 and Elite Time Trials. Only roof racks or internal equipment carry will be allowed, no bumper or hitch mount bike racks will be permitted. Due to areas of the course being single lane, no full size vehicles will be allowed. Mid sized vehicles or smaller will be allowed.

All follow vehicles must be driven by a UCI Support license holder. Drivers must present their license during the confirmation process. For the Time Trial, drivers of follow vehicles who are not licensed as a team director, must have a current license from a recognized National Federation and be current on USA Cycling's Caravan Safety Training or have attended the UCI caravan driver's course. Be prepared to show licenses of all drivers participating in the Time Trial at the confirmation of starters and in vehicle lineup.

ARTICLE 20. RADIO COMMUNICATION

Radio communication in the time trial is allowed in Elite, U-23 and Junior fields.

CRITERIUM SPECIFIC RULES

ARTICLE 21. RIDER STAGING/WHEEL PIT

Rider staging is located on Capitol St, 150m before finish line. At 15 minutes before start, staff will close the course and rider call ups will begin. Call ups will be at the discretion of USA Cycling. Riders on the call up list will be notified at rider confirmation.

The team pit is located on the run into the finish, on rider right. Entry into the pit requires a mechanic, support, or domestic license.

ARTICLE 22. FREE LAP RULE

The Criterium will be run under USA Cycling regulations in regards to free laps. Riders must follow the course to wheel pit areas.

ARTICLE 23. ELITE RACES PRIME LAP

For each elite race, a prime will occur at the midpoint of each race, with officials signalling the start of the prime lap with the bell. The winner to receive a Jack Mason watch, presented during the awards ceremony.

ARTICLE 24. OUT OF CONTENTION

Riders deemed out of contention will be asked to withdraw. Any rider in danger of being lapped will be considered out of contention and removed. If removed at Start/Finish, please leave course immediately.

ARTICLE 25. RIDERS GAINING A LAP

All riders will finish on the leader's final lap.

ARTICLE 25. RADIO COMMUNICATION

Radios are permitted in Elite and U-23 fields only.

ROAD RACE SPECIFIC RULES

ARTICLE 26. RIDERS OUT OF CONTENTION

To provide for civilian traffic flow during the Road



Race, an 8% time cut will be applied each lap, with riders who have been dropped from, and unable to gain on the field will be deemed out of contention will be asked to withdraw at the line. Additionally, should local police determine adverse race impact exists, riders off the back at less than 8% may be removed. If removed by a race official on course, pull over until race has passed, then proceed back to team parking following all traffic laws. Riders will be placed as they are withdrawn at the line, and for instances of riders withdrawn on the road, riders in that group will be placed equally.

ARTICLE 27. STARTS

Competitors must confirm their participation in the Road Race by signing the signature control sheet. Signature confirmation will open 1 hour prior to start and will close 10 minutes before starting time. The table will be staffed by an Assistant Commissaire.

ARTICLE 28. FOLLOW VEHICLES

To have a team vehicle in the caravan, riders must meet the participation requirements, and a team representative must attend the managers meeting. For the Road Race, Team Cars are allowed only in the U-23 and Elite races. Drivers must hold a UCI Support License. Note, UCI license requires SafeSport, MVR and background checks and must be purchased and completed in advance as they may take 5-7 days to complete.

Only Team vehicles equipped to support riders (spare wheels, mechanic, etc.) will be allowed in the caravan. Vehicles must meet UCI height requirements (1.66m or 65.4in). Only roof racks or internal equipment carry are allowed, no trunk or hitch mount racks will be permitted.

ARTICLE 29. FEEDING

For Juniors, feeding will be open on lap 3 and will close with 2 laps to go (no feeding on last 2 laps). For U-23 and Elites, feeding will be open on lap 2 and close with 1 lap to go (no feeding on last lap).

ARTICLE 30. RADIO COMMUNICATION

Radio communications are limited to the Elite and U-23 fields only.

DOPING CONTROL

This competition is subject to anti-doping rules and competitors may be selected for in-competition testing. Keep reading to learn more about anti-doping rules and expectations.

What is clean sport?

Clean sport means that athletes have the opportunity to compete on a fair and level playing field free from the influence of performance-enhancing substances and methods.

How do we protect clean sport?

The U.S. Anti-Doping Agency (USADA) is charged with managing the anti-doping program for all United States Olympic & Paralympic Committee (USOPC) recognized sport national governing bodies, their athletes, and events, and this program encompasses in-competition and out-of-competition testing, results management processes, drug reference resources, and athlete education.

What substances and methods are prohibited?

As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti-Doping Agency Prohibited List. Athletes can check prescription and over-the-counter medications and ingredients on GlobalDRO.com to determine the prohibited status. Be aware that even everyday products, such as those to treat acne and altitude sickness, may contain prohibited substances. In many cases, athletes can consider alternative but similar treatment options that do not contain prohibited substances.

Do I need a Therapeutic Use Exemption (TUE) to use a prohibited substance or method?

There may be a time during an athlete's career when they have a legitimate medical need to use



a prohibited substance or method. USADA can grant a Therapeutic Use Exemption (TUE) in these situations in compliance with the World Anti-Doping Agency's International Standard for TUEs. The TUE application process is thorough and designed to balance the need to provide athletes with access to critical medical care while protecting the rights of clean athletes to compete on a level playing field. Whether an athlete needs a TUE for the use of a prohibited medication or method depends on the athlete's competition level and the Prohibited List category of the treatment. Athletes can submit a TUE Pre-Check Form to USADA to determine if a TUE is required prior to using the prohibited substance.

Can I use prohibited medications and treatments if they are prescribed by a physician?

No, having a prescription does not permit the use of prohibited substances or methods. Athletes should submit a TUE Pre-Check Form to USADA to determine if they need a TUE prior to using a prohibited substance.

What if I've started using my medication but do not have a TUE?

First and foremost, we encourage athletes to consider their health first and athletic competition second. If you have a medical condition for which you have been prescribed a prohibited substance, medication, or method, consult with your medical provider. Depending on your competition level and the prohibited status of the substance, medication, or method, if you compete without a TUE, are tested, and your sample is positive for the prohibited substance, you could be at risk of having committed an anti-doping rule violation (ADRV), which may result in a sanction and public announcement. However, it may also be possible to receive a retroactive TUE depending on the circumstances.

Are supplements safe to use?

Dietary supplements are risky because they could contain ingredients that can cause a positive anti-doping test and/or health problems, and in some cases, those ingredients aren't listed on the label.

Dietary supplements are regulated in a post-market fashion, which means that no regulatory body approves the accuracy of the label or safety of the contents before they are sold to consumers. As such, no dietary supplement can be guaranteed to be 100 percent risk-free. If athletes choose to use supplements despite the risks, USADA has always recommended that athletes use only dietary supplements that have been certified by a third-party program that tests for substances prohibited in sport. USADA currently recognizes NSF Certified for Sport® as the program best suited for athletes to reduce the risk from supplements. Learn more at USADA's Supplement Connect resource.

What kind of testing should I expect?

Athletes selected for testing are subject to both urine and blood testing. The sample collection process is designed to both protect the integrity of the sample, as well as the rights of athletes. The Doping Control Officer (DCO) will make the process as comfortable and consistent as possible, and there can be modifications to the process for athletes with impairments. When USADA tests an athlete who is a minor (under the age of 18), USADA urges a minor athlete to appoint a representative to accompany them at all times during the sample collection process, including in the washroom area. The representative will not witness the passing of the sample unless authorized by the athlete and of the same gender as the athlete (unless a parent). Additionally, the DCO will have a second sample collection person present throughout the sample collection process. Learn more about the sample collection process and athletes' rights and responsibilities here.

Ineligibility

Athletes who have notified USADA, their National Governing Body, and their International Federation of their retirement from sport are not eligible to participate in this competition. Anyone serving a suspension for an anti-doping rule violation is also not eligible to compete.



USAC PRO ROAD NATIONAL CHAMPIONSHIPS POINT SYSTEM

UCI Points will be awarded to both Men and Women according to the below table (UCI 2.10.008 and 2.10.17):

Place	TT		RR	
	Women Elite	Women U-23	Women Elite	Women U-23
1	50	25	100	50
2	30	15	75	30
3	20	10	60	20
4	15	5	50	15
5	10	3	40	10
6	5	-	30	5
7	3	-	20	3
8	3	-	10	3
9	1	-	5	1
10	1	-	3	1
Place	TT		RR	
	Men Elite	Men U-23	Men Elite	Men U-23
1	50	25	100	50
2	30	15	75	30
3	20	10	60	20
4	15	5	50	15
5	10	3	40	10
6	5	-	30	5
7	3	-	20	3
8	3	-	10	3
9	1	-	5	1
10	1	-	3	1
11	-	-	3	-
12	-	-	1	-
13	-	-	1	-
14	-	-	1	-
15	-	-	1	-



SEVERE WEATHER GUIDELINE

When looking at weather conditions, the safety of the athletes, spectators, staff, and volunteers is the utmost priority. While often providing an additional challenge, adverse weather in its extremes may result in hypothermia, heat exhaustion or other dangerous conditions. In preparation for the upcoming USA Cycling Pro Road National Championships in Charleston WV, USA Cycling and a cross section of key constituents have created the following plan to help mitigate any weather-related risks while respecting the unique racing conditions of the sport.

In the case of severe weather, the following group would be empaneled to make decisions regarding the conduct of the race(s):

- National Events Director: Kyle Knott
- President, Medalist Sports: Chris Aronhalt
- Technical Director: Will Smith
- Local Organizing Committee: Tim Brady
- Public Safety: Deputy Chief Tony Hazelett(CPD)
- Medical Team: Phillip Bolt
- Jury President: Shawn Farrell
- Team Representative
- Athlete Representative

Other staff and experts may be included and consulted based on the specific conditions.

CONVENING THE PANEL

This panel would be immediately convened under the following circumstances:

A NOAA special weather statement is issued for the race venue, severe cold/heat and/or wind anticipated within 72 hours, freezing rain, heavy snow or other threatening precipitation is forecast.

Other atmospheric conditions that could affect the health and welfare of athletes, spectators, staff, and volunteers.

Road conditions, travel and transportation to and from the venue, poses danger to volunteers, staff,

spectators, or athletes. Any member of the panel would also be empowered to request that the group convene based on conditions outside of those mentioned above.

ACTIONS

The following actions may be taken based on the forecast and conditions:

- No direct action - monitor situation
- Modification of the course
- Change of start times
- Combining of classes and categories
- Shortening or Neutralizing individual races
- Change of start date
- Cancellation

In addition to the above actions affecting race participants, the following actions may be considered in relation to spectators, staff and volunteers:

- Increased medical staffing
- Warming/cooling areas provided
- Decrease in shift times/exposure

These lists are not exhaustive, and may be used in combination or separately on different days or at different times.

COMMUNICATIONS PLAN

Status updates, and if needed revised schedules, will be communicated to the affected parties through a variety of methods:

An e-mail update will be sent directly to registered athletes/participants by USA Cycling.

USA Cycling will utilize its social media platforms to provide outreach to spectators and volunteers.

Venue announcements will be used in the case of on-site modifications and notifications, using Public Address System and posted materials at Race Office/Awards Stage.

Credentialed media will be provided with updates through USA Cycling communications staff.



Medical

Medical Services will be provided during the USA Cycling Pro Road Race National Championships by the staff of Charleston Area Medical Center. Should athletes need assistance, Drs. Adam Crawford and Collin Smith are the Race Doctors for this event and may be contacted pre-race via cell at (304) 629-1780 or (540)797-1989.

Athletes and staff are encouraged to seek out the assistance of the medical staff for any injuries or illnesses and report any incidents to the Medalist Sports staff.

PRE-RACE STAGING

A medical support vehicle and staff will be available in the staging area one hour before the race start each day.

There will be medical staff on site near the Time Trial start.

RACE CARAVAN

The following medical support vehicles and staff will be available in the race caravan during the Road Race:

- Doctor's Car
- Medical Sag
- Ambulances (2)

Medical staff will be positioned at critical locations during the time trial and criterium.

AREA HOSPITAL

Vandalia Health
CAMC General Hospital
501 Morris St
Charleston, WV 25301
(304) 388-5432

For emergencies, dial 911 on your phone.

RACE FINISHES

A medical services van will be located adjacent to the finish line each day for treatment of athletes immediately after the race finish.

MEDIA

The 2026 USA Cycling Pro Road National Championships has a dedicated press team, including the Media Operations Manager, Media Relations Liaisons, and Social Media managers, to promote the race and teams to national, regional and local media outlets. While the press team services the media, it will interact with each team throughout the race, to help facilitate interviews and coordinate photo opportunities.

Media work spaces will be provided at Four Points Sheraton in Capitol Room C. A press team member will be present at all times to safeguard personal items such as computers and camera equipment. Refreshments will be provided, as well as internet access.

INTERVIEWS & OFFICIAL SPOKESPERSONS

Each team will be provided with a list of official spokespersons and contact information for the USA Cycling Pro Road National Championships. The press team can assist in arranging interviews with cyclists and teams during race week.

BROADCAST

Team directors and press officers are encouraged to consider the value of television interviews, and build a schedule that can accommodate possible opportunities in advance of race days. The press team asks that a very limited number of television interviews take place immediately following the race finishes and prior to the awards ceremonies so that the event may run as scheduled.

The USA Pro Criterium National Championships will be webcast live on Thursday, June 18, and the USA Pro Road Race Championships will be webcast live on Sunday, June 21, both on FloBikes (www.flobikes.com).

PHOTOGRAPHERS

All photographers must wear a media credential, and in some instances an official vest, in order to access autho-



rized areas for press. Requests may be made in advance for transportation assistance for photographers to access approved locations on the ITT and RR courses with the Media Car. A drop-off and pick-up schedule can be arranged in advance. Requests should be made in advance for access to Photo Motorcycles (two available) for the Road Race events. Approved photographers must have prior experience working from the back of a motorcycle, provide his/her own helmet, and wear close-toed shoes.

CREDENTIALS

Media representatives who have submitted the appropriate USA Cycling Media Credential Application may pick up credentials on race days in the media work room in the Four Points Sheraton, Capitol Room C. Credentialed media will be provided with updates before the first race day through USA Cycling communications staff. All media representatives must wear a media credential in order to access authorized areas for press.

PROTOCOL

Refer to the official race schedule for specific timing of each award ceremony. The top three finishers for each event are required to attend and participate in the awards ceremonies. Athletes will be directed from the finish to a backstage area (Green Room), pending commencement of the official awards ceremony. The awards ceremony will be followed by either a press conference and/or mix zone.

Should inclement weather prevent the use of Haddad Riverfront Pavilion, awards ceremonies will be held in the Four Points Sheraton, Captiol Room A.

RACE COMMUNICATIONS

Radio communication equipment will be provided to staff, teams and select individuals in the form of hand-held and mobile UHF radios. These radios will be used for separate functions with channels for:

- Race Caravan
- Officials

- Radio Tour
- Media Operations

All vehicle drivers will be assigned a radio for the entire race. Radio distribution for teams will take place at the Team Managers' Meeting.

Recipients of radios will be required to sign out the radio. Staff and teams are financially responsible for all radio equipment. Please return all issued equipment to the race office or at caravan deviation.

The communication equipment staff will be at the race office one hour prior to the start each day with charged batteries. If you are having problems with your equipment please make sure you report it at this time.

After the finish of the Road Race, radios are to be turned in to the Communications Staff at caravan deviation.

The organizer reserves the right not to issue a radio to any person not adhering to the above procedures.

COMMUNICATIONS PROTOCOL

Many channels will be operated through a repeater that serves to enhance the range of the units. In some cases the repeater may be non-operational for periods of time. If this is announced over your channel, you may switch to the "simplex" version of the channel for direct radio-to-radio communication. The two channels are listed on the channel identification card you will be issued with your radio.

Transmitting Priorities:

- Immediate threat to life or safety of person(s)
- Possible hazards to life, safety, or property
- Race critical information or decisions especially officials' decisions
- Urgent, time critical transmissions
- All other communications

CARAVAN PROCEDURES

Safety must come first in all situations.



Team vehicles in the caravan may only be driven by UCI compliant license holders.

The left lane is reserved for passage of vehicles performing technical support. All other caravan vehicles must remain in single file in the right lane. All vehicles must yield the right-of-way to vehicles moving up for technical support.

There will be no VIP pickups with one lap to go in all road races.

The caravan deviation is noted on course maps. All but the Commissaires and Race/Technical Director and Medical car are required to pull off.

Event staff will be directing the caravan to the runoff and parking areas.

All vehicles must be properly prepared and staged at the start line no later than 30 minutes prior to the race start. Drivers must remain with their vehicles.

The Commissaires are in charge of the race. Follow their instructions. Speeding and reckless driving will result in citations and ejections from the race. Remember, this event is held on public roads.

All caravan vehicles will be provided with a radio. You will be instructed as to which channel to use. Violations of radio protocol may result in penalties as determined by the Commissaires.

Team vehicles wishing to proceed past a group of riders are required to first request permission from the Commissaires by drawing even with the Commissaires and stating their intentions. Team vehicles can then proceed as instructed remembering to use the left lane.

Vehicles wishing to drop back shall pull to the far right-hand side of the road and allow the caravan vehicles to pass on their left until their position is reached.

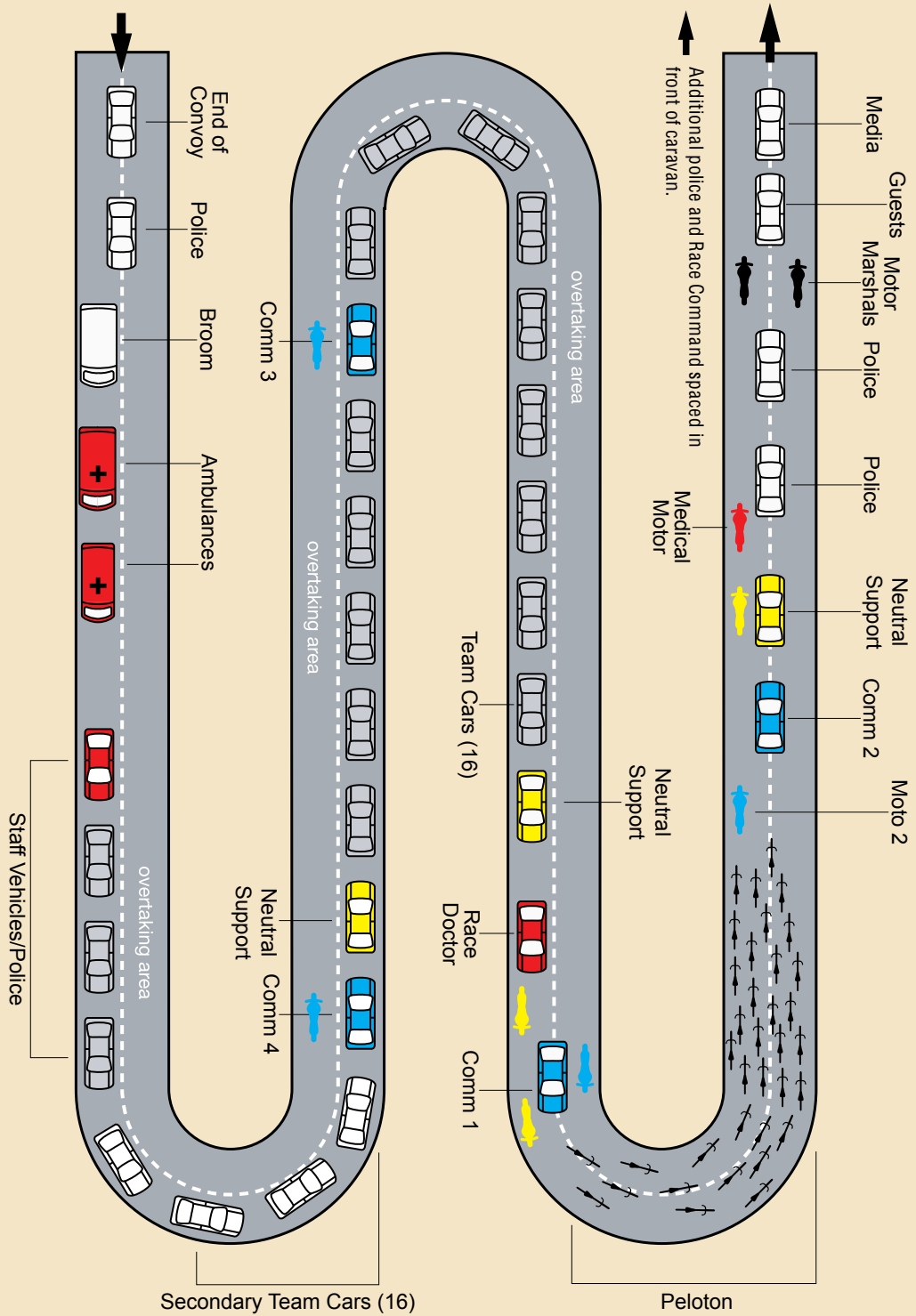
The movement of caravan vehicles will be controlled by the Commissaires. All caravan vehicles must respect the red flag, which forbids

the passage of vehicles. All caravan drivers will follow the direction of race commissaires.

In the event of a breakaway, no team support vehicles will be permitted between the breakaway group and the chase group unless there is at least one minute difference and/or at the discretion of the Commissaires.



Caravan Diagram





TIME TRIAL

Time Trial

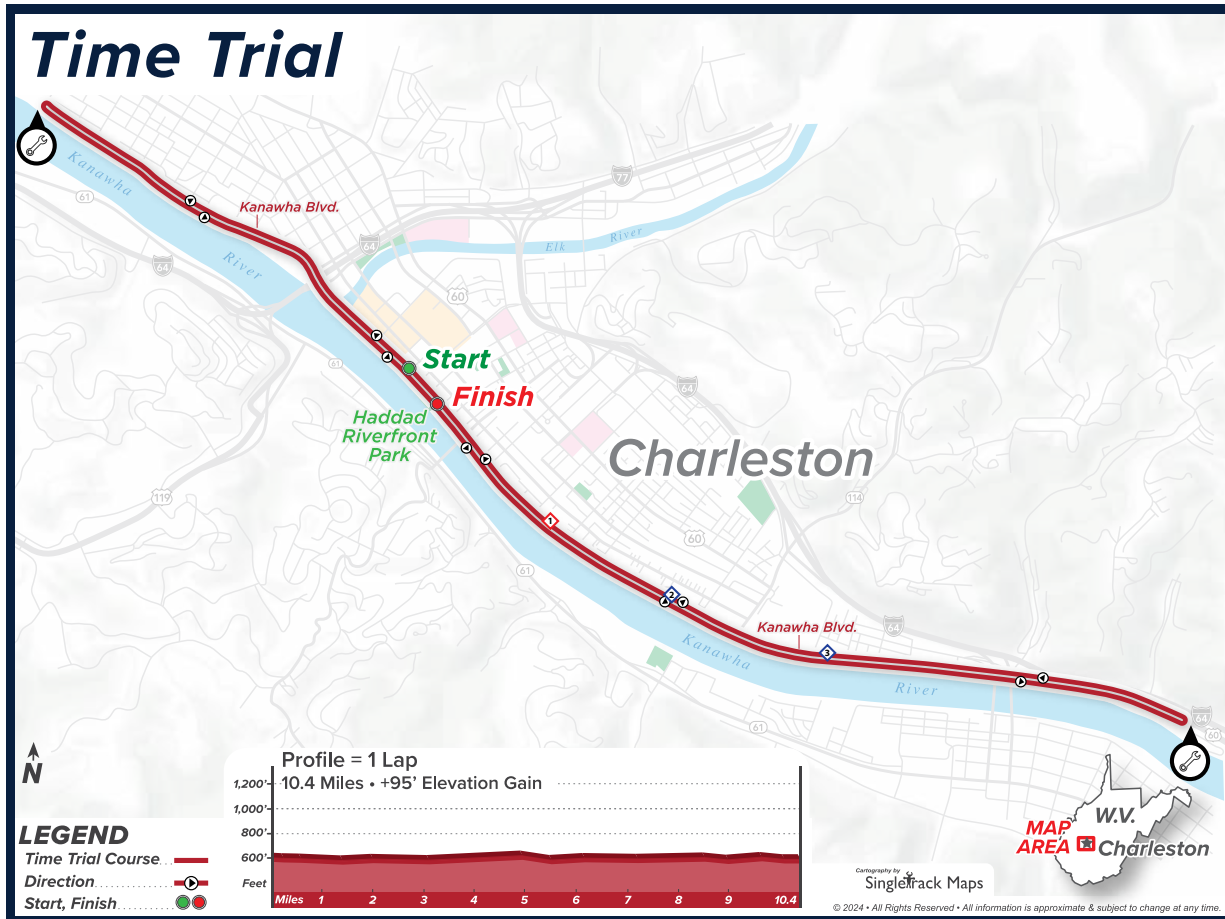


Race Headquarters	Four Points Sheraton - Kanawha River Suite
Confirmation/PPU	Four Points Sheraton - Capitol Room A
Team Parking	Virginia St and Clendenin St - see Locator Map
Anti-Doping	Four Points Sheraton - Mountain State A
Media Work Room	Four Points Sheraton - Capitol Room C
Commissaire's Room	Finish Stage
Awards Ceremony	Haddad Riverfront Pavilion/increment weather - Capitol Room A
Vehicle Deviation	Right turn at Summers St. - 60 meters to go
Rider Return	Right turn at Court St. - 130 meters after finish



INDIVIDUAL TIME TRIAL				
Monday 6/15				
Four Points Sheraton Capitol Room A	2:30 p.m. - 4:00 p.m.	ITT Bike pre-check - Juniors		MJ, WJ Only
Four Points Sheraton Capitol Room A	4:00 p.m. - 5:45 p.m.	ITT Bike pre-check - U23 and Elites		MU, WU, ME, WE Only
Four Points Sheraton Capitol Room A	4:00 p.m. - 5:45 p.m.	Junior, U23, and Elite ITT categories Packet Pick up and Confirmation		MU, WU, ME, WE
Four Point Sheraton Capitol Room B	6:00 p.m. - 6:30 p.m.	Junior, U23, and Elite ITT categories Manager Meeting		MJ, WJ, MU, WU, ME, WE
Four Point Sheraton Capitol Room B	6:30 p.m. - 7:30 p.m.	Team and Staff Drivers Training - ITT (All drivers following riders are required.)		Staff and Team Drivers
Tuesday 6/16				
			Distance	Laps
Charleston ITT Course	8:00 a.m.	Junior Men	16.7 km	1
	To Follow	Junior Women	16.7 km	1
	To Follow	Awards Junior Men and Women		Haddad Riverfront Park
	To Follow	Women U23 (WU)	16.7 km	1
	To Follow	Women Elite (WE)	33.4 km	2
	To Follow	Awards U23/Elite Women		Haddad Riverfront Park
	To Follow	Men U23 (MU)	33.4 km	2
	To Follow	Men Elite (ME)	33.4 km	2
	To Follow	Awards - U23/Elite Men		Haddad Riverfront Park

Time Trial





COURSE LOG - JUNIORS

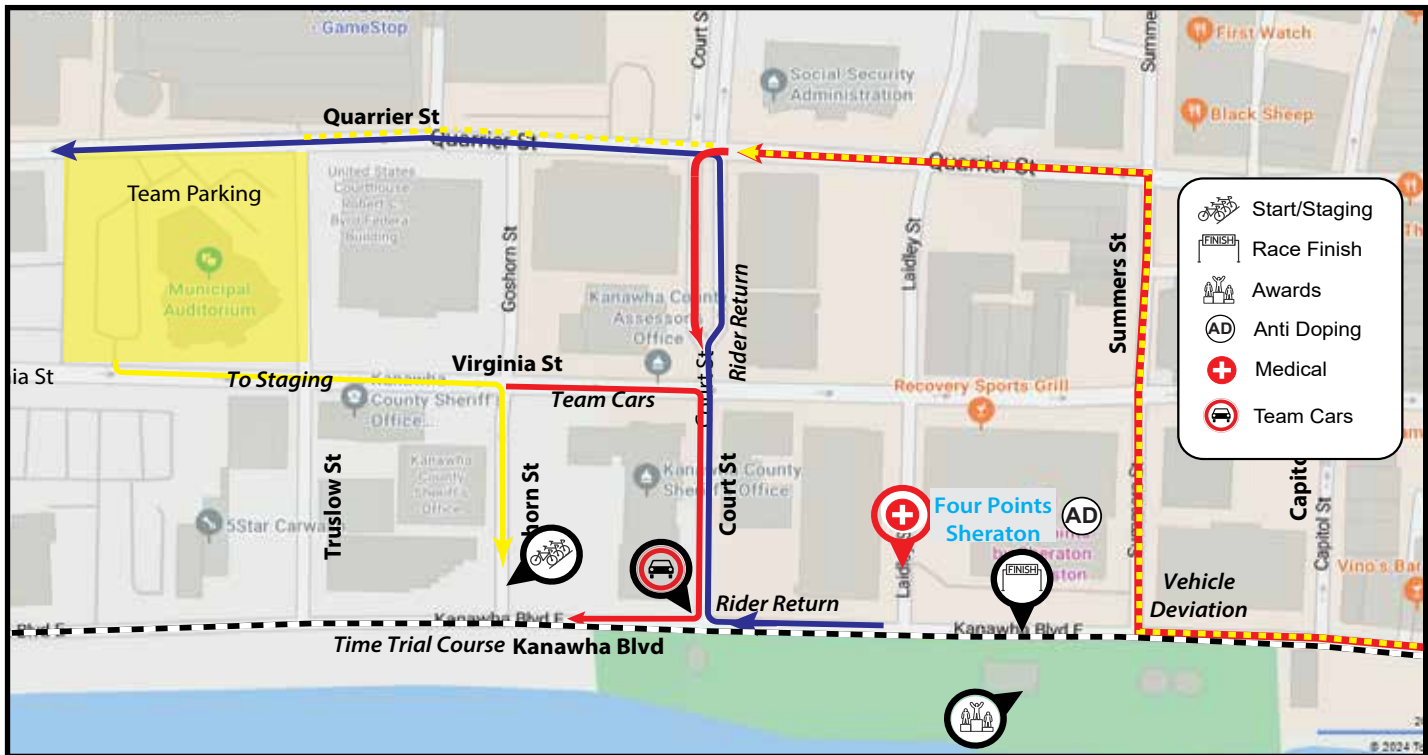
ETA 22 mph	ETA 24 mph	ETA 26 mph	ETA 28 mph	ETA 30 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0.00	0.00	0.00	10.39	START	Goshorn St
0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0.00	0.00	0.00	10.39	Right	on Kanawha Blvd from Goshorn St
0:03:49	0:03:30	0:03:14	0:03:00	0:02:48	1.40	2.37	1.47	8.92	cs	Rail Underpass
0:04:41	0:04:18	0:03:58	0:03:41	0:03:26	0.32	2.88	1.79	8.60	U-Turn	U-Turn at Barrel
0:05:35	0:05:08	0:04:44	0:04:24	0:04:06	0.33	3.41	2.12	8.27	cs	Rail Underpass
0:10:01	0:09:11	0:08:28	0:07:52	0:07:20	1.62	6.02	3.74	6.65	cs	Finish Truss
0:19:10	0:17:34	0:16:13	0:15:04	0:14:04	3.36	11.43	7.10	3.29	U-Turn	U-Turn at Barrel
0:28:04	0:25:44	0:23:45	0:22:03	0:20:35	3.26	16.67	10.36	0.03	cs	Summers St - Vehicle Deviation on RIGHT
0:28:09	0:25:48	0:23:49	0:22:07	0:20:38	0.03	16.72	10.39	0.00	cs	FINISH

Time
Trial

COURSE LOG - U-23/ELITES

ETA 26 mph	ETA 28 mph	ETA 30 mph	ETA 32 mph	ETA 34 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0.0	0.0	0.0	20.9	START	Goshorn St
0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0.0	0.0	0.0	20.9	Right	on Kanawha Blvd from Goshorn St
0:03:14	0:03:00	0:02:48	0:02:37	0:02:28	1.4	2.4	1.5	19.5	cs	Rail Underpass
0:03:58	0:03:41	0:03:26	0:03:14	0:03:02	0.3	2.9	1.8	19.1	U-Turn	U-Turn at Barrel
0:04:44	0:04:24	0:04:06	0:03:51	0:03:37	0.3	3.4	2.1	18.8	cs	Rail Underpass
0:08:28	0:07:52	0:07:20	0:06:53	0:06:29	1.6	6.0	3.7	17.2	cs	Finish Truss
0:16:13	0:15:04	0:14:04	0:13:11	0:12:24	3.4	11.4	7.1	13.8	U-Turn	U-Turn at Barrel
0:23:45	0:22:03	0:20:35	0:19:18	0:18:10	3.3	16.7	10.4	10.6	cs	Summers St - Vehicle Deviation on RIGHT
0:23:49	0:22:07	0:20:38	0:19:21	0:18:13	0.0	16.7	10.4	10.5	cs	1 lap to go
0:27:32	0:25:34	0:23:52	0:22:22	0:21:03	1.6	19.3	12.0	8.9	cs	Rail Underpass
0:28:16	0:26:15	0:24:30	0:22:58	0:21:37	0.3	19.8	12.3	8.6	U-Turn	U-Turn at Barrel
0:29:02	0:26:57	0:25:10	0:23:35	0:22:12	0.3	20.4	12.7	8.3	cs	Rail Underpass
0:32:46	0:30:26	0:28:24	0:26:37	0:25:04	1.6	23.0	14.3	6.7	cs	Finish Truss
0:40:31	0:37:38	0:35:07	0:32:55	0:30:59	3.4	28.4	17.6	3.3	U-Turn	U-Turn at Barrel
0:48:03	0:44:37	0:41:38	0:39:02	0:36:44	3.3	33.6	20.9	0.0	cs	Summers St - Vehicle Deviation on RIGHT
0:48:07	0:44:41	0:41:42	0:39:06	0:36:48	0.0	33.7	20.9	0.0	cs	FINISH

START/FINISH LOCATOR MAP



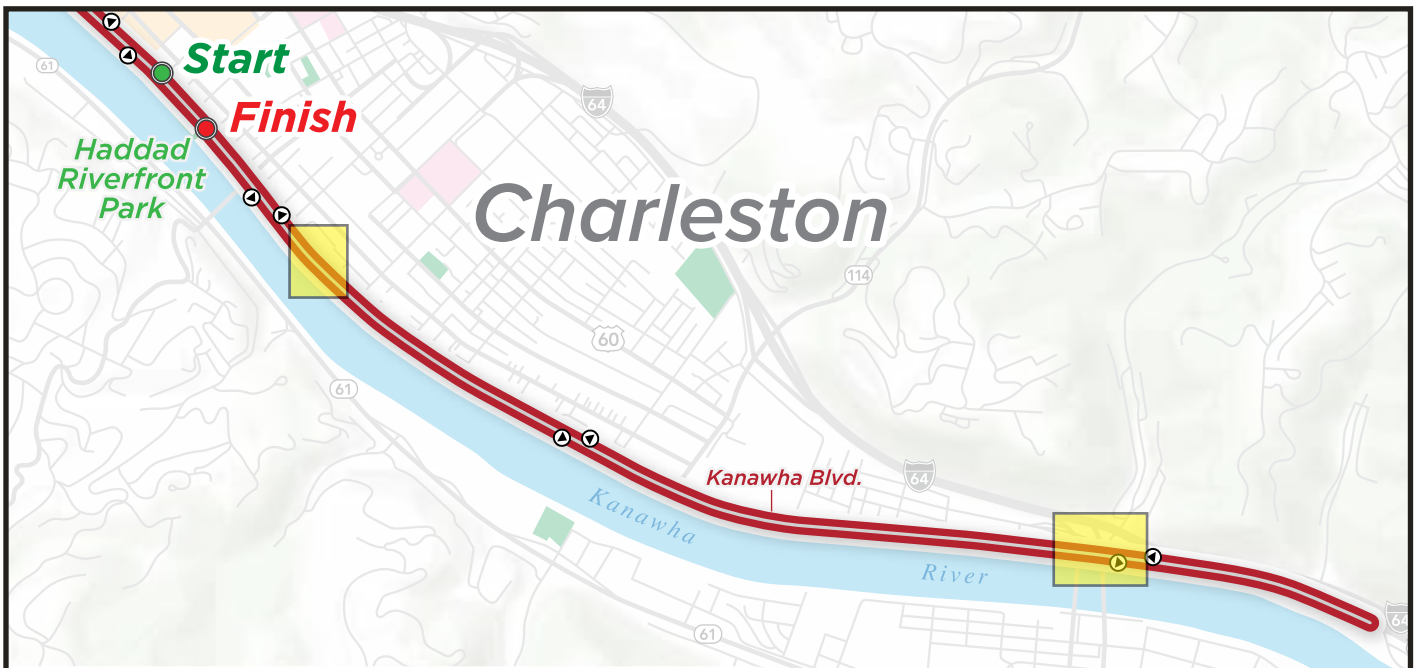
Time Trial

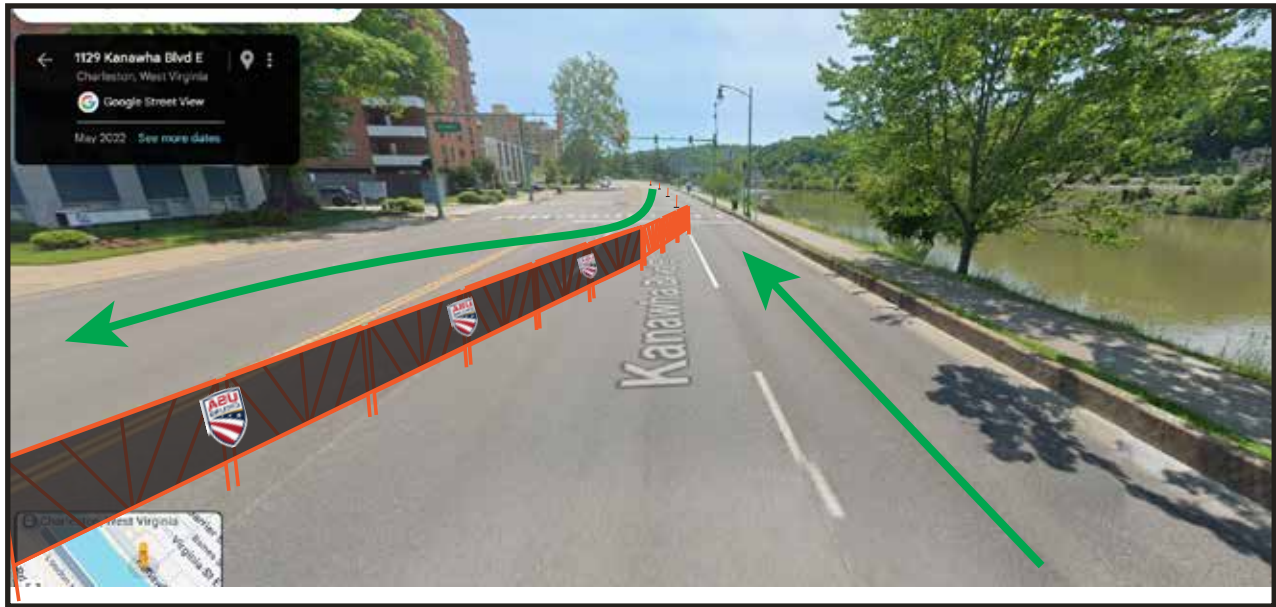
DIRECTIONS TO RACE START AND FINISH

- Team parking is located in the surface lot located at Virginia St and Truslow St. The entrance will be located on Virginia St and staff will be on site to direct parking and rider staging. Please refer to the locator map for specific directions for riders to arrive at staging.
- Riders will be on roads with live traffic while enroute to rider staging and on return to team parking. While event staff will be on hand to assist and direct you to the appropriate locations, it is the responsibility of the rider to safely navigate traffic.

TIME TRIAL NOTES

- Rider and managers are responsible for keeping track of laps ridden.
- Neutral support will be located at both U-turns on Kanawha Blvd.
- The staging area is for riders who are preparing to start, no trainers or rollers are allowed in staging. Team parking is to be used for rider warm up.
- For any mechanical servicing, please ensure that the team car/follow vehicle is stopped to the far right before performing service. Do not stop in the racing lane.
- Starting riders and their follow vehicles need to use caution when merging onto the course and look out for lapping or finishing riders.
- Upon finishing, riders will continue on course for approximately 150 yards and will deviate on the right. Live traffic is present 1 block beyond rider deviation.
- Throughout the race, riders must stay on their side of the road (right) as all sections are out and back.
- Do not enter a U-turn if another rider is close to catching you, yield right of way.
- Two sections of the Time Trial course will have reduced width and will be noted with fencing on approach. In both of these sections, the racing centerline will be delineated with traffic cones closely spaced. Live vehicle traffic will be separated from the racing lanes with barriers.





Kanawha Blvd facing south (outbound)

Outbound riders stay right, returning riders are directed from compressed lane into wide lanes.

Time
Trial



Kanawha Blvd facing north at Wertz Ave. (inbound)

Inbound riders are directed left into compressed lane. Note delineators separating lanes.



CRITERIUM

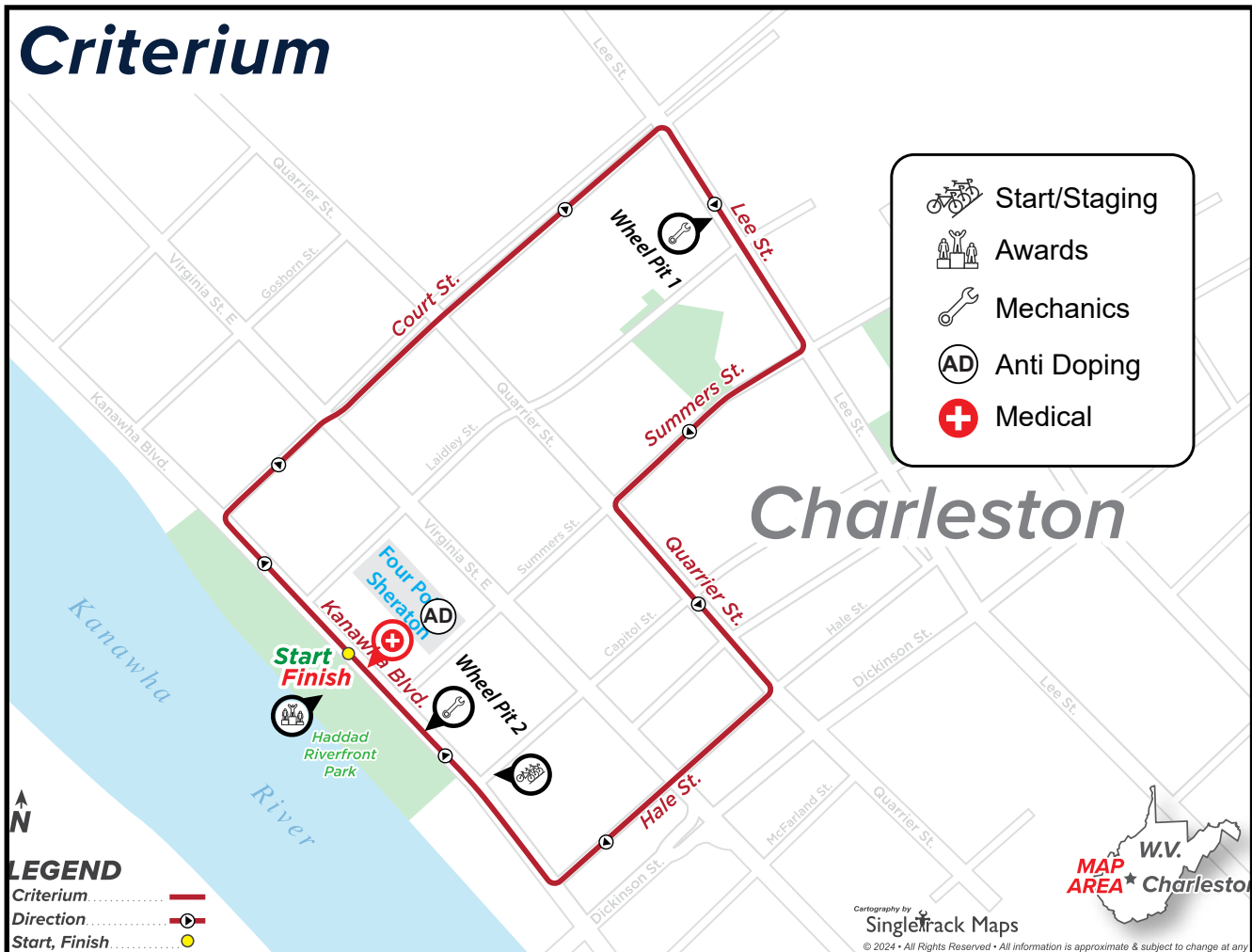


criterium

Race Headquarters	Four Points Sheraton - Kanawha River Suite
Confirmation/PPU	Four Points Sheraton - Capitol Room A
Team Parking	Virginia St and Clendenin St - see Locator Map
Anti-Doping	Four Points Sheraton - Mountain State A
Media Work Room	Four Points Sheraton - Capitol Room C
Commissaire's Room	Finish Stage
Awards Ceremony	Haddad Riverfront Pavilion/inclement weather - Captiol Room A



CRITERIUM			
Wednesday 6/17			
Points Sheraton Capitol Ro	3:30 p.m. - 5:30 p.m.	Men/Women Juniors, U-23 Crit Packet Pick up and Confirma	MJ, WJ, MU, WU
			Time
Charleston Criterium Course	6:30 p.m.	Women Junior (WJ)	45 mins
	7:30 p.m.	Men Junior (MJ)	60 mins
	8:45 p.m.	Women U23 (WU)	50 mins
	9:50 p.m.	Men U23 (MU)	75 mins
	To Follow	Awards - All	Haddad Riverfront Park
Thursday 6/18			
Four Points Sheraton Capitol Room A	3:30 p.m. - 5:30 p.m.	Women Elite, Men Elite Crit Packet Pick up and Confirmation	WE, ME
			Laps / Time
Charleston Criterium Course	6:30 p.m.	Women Elite (WE)	75 mins
	8:00 p.m.	Men Elite (ME)	90 mins
	To Follow	Awards - All	Haddad Riverfront Park



Criterium



COURSE LOG

ETA 22 mph	ETA 24 mph	ETA 26 mph	ETA 28 mph	ETA 30 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0.0	0.0	0.0	1.0	START	
0:00:08	0:00:08	0:00:07	0:00:06	0:00:06	0.1	0.1	0.1	1.0	cs	Laidley St
0:00:16	0:00:15	0:00:14	0:00:13	0:00:12	0.1	0.2	0.1	0.9	Right	on Court St from Kanawha Blvd
0:00:25	0:00:23	0:00:21	0:00:19	0:00:18	0.1	0.2	0.2	0.9	cs	Virginia St
0:00:36	0:00:33	0:00:30	0:00:28	0:00:26	0.1	0.4	0.2	0.8	cs	Quarrier St
0:00:59	0:00:54	0:00:50	0:00:46	0:00:43	0.1	0.6	0.4	0.6	Right	on Lee St from Court St
0:01:10	0:01:04	0:01:00	0:00:55	0:00:52	0.1	0.7	0.4	0.6	cs	Laidley St
0:01:20	0:01:14	0:01:08	0:01:03	0:00:59	0.1	0.8	0.5	0.5	Right	on Summers St from Lee St
0:01:40	0:01:32	0:01:24	0:01:18	0:01:13	0.1	1.0	0.6	0.4	Left	on Quarrier St from Summers St
0:01:50	0:01:41	0:01:33	0:01:26	0:01:20	0.1	1.1	0.7	0.3	cs	Capitol St
0:01:59	0:01:49	0:01:41	0:01:34	0:01:28	0.1	1.2	0.7	0.3	Right	on Hale St from Quarrier St
0:02:09	0:01:58	0:01:49	0:01:42	0:01:35	0.1	1.3	0.8	0.2	cs	Virginia St
0:02:22	0:02:10	0:02:00	0:01:52	0:01:44	0.1	1.4	0.9	0.1	Right	on Kanawha Blvd from Hale St
0:02:32	0:02:19	0:02:09	0:02:00	0:01:52	0.1	1.5	0.9	0.1	cs	Capitol St
0:02:42	0:02:28	0:02:17	0:02:07	0:01:59	0.1	1.6	1.0	0.0	cs	Summers St
0:02:44	0:02:30	0:02:18	0:02:09	0:02:00	0.0	1.6	1.0	0.0	Finish	Lap 1

START/FINISH LOCATOR MAP





DIRECTIONS TO RACE START AND FINISH

- Team parking is located in the surface lot located at Virginia St and Truslow St. The entrance will be located on Virginia St. and staff will be on site to direct parking and rider staging. Please refer to the locator map for specific directions for riders to arrive at staging.

CRITERIUM NOTES

- Riders experiencing mechanical failures during a recognized mishap or crash will be allowed a free lap, under USAC regulations, until five laps to go in the race. Riders may proceed to the pit for repairs and may safely re-enter the race as the group passes. Riders must follow course direction to pit, do not cut the course.
- Wheel pits (See Map) are located on the back side of the course on Lee St. and just prior to finish line on Kanawha Blvd. Wheel pit 1, on Lee St. is the neutral support only pit, with wheel pit 2, located on Kanawha Blvd. on the run in to the finish, being the team and neutral support pit. A mechanic, support or domestic license is required for entry into pit area. Only license holders will be allowed in the pits.
- Team parking downtown will open beginning at 4pm.



ROAD RACE



Road Race

Race Headquarters	Four Points Sheraton - Kanawha River Suite
Confirmation/PPU	Four Points Sheraton - Capitol Room A
Team Parking	Virginia St and Clendenin St - see Locator Map
Anti-Doping	Four Points Sheraton - Mountain State A
Media Work Room	Four Points Sheraton - Capitol Room C
Commissaire's Room	Finish Stage
Awards Ceremony	Haddad Riverfront Pavilion/inclement weather - Captiol Room A
Caravan Deviation	Right turn at Kanawha Blvd. - 320 meters to go



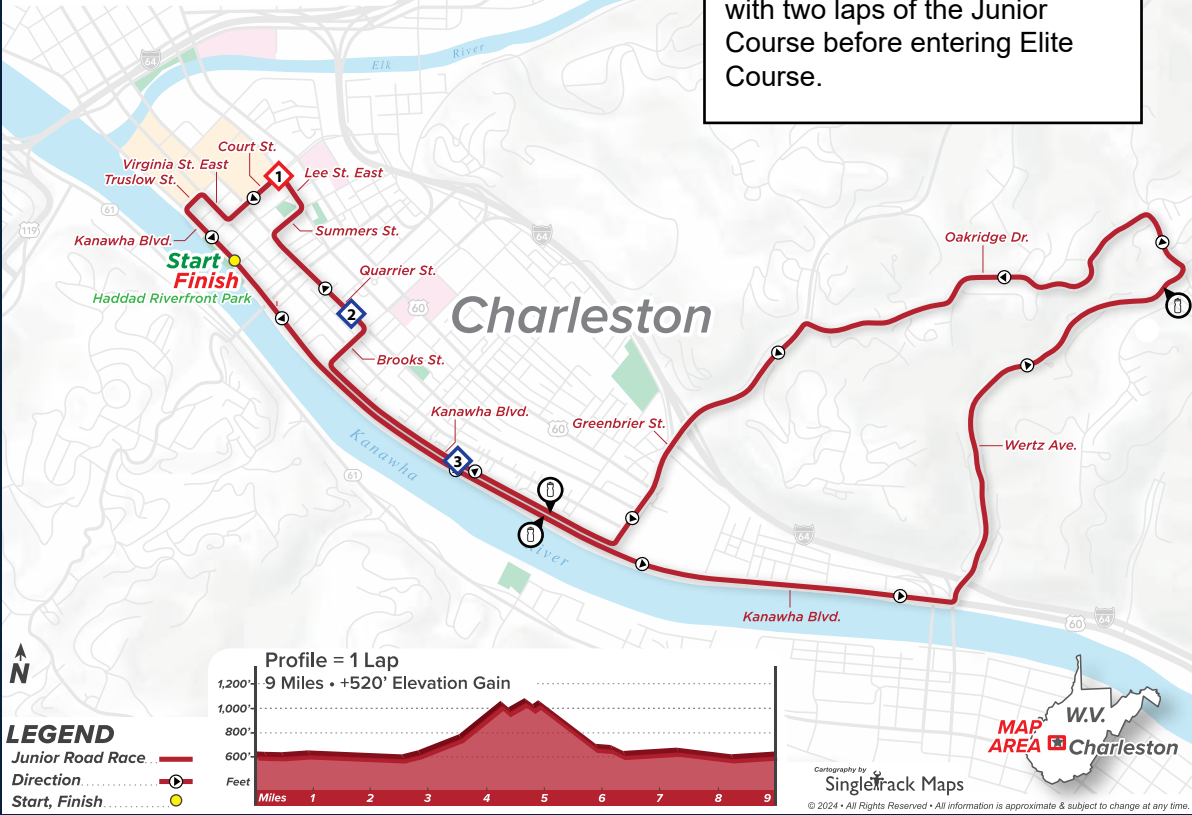
ROAD RACE					
Thursday 6/18					
Four Points Sheraton Capitol Room A	12:00 p.m. - 1:45 p.m.	Women Junior, Men Junior Road Race Packet Pick up and Confirmation			WJ, MJ
Four Point Sheraton Capitol Room B	2:00 p.m. - 3:00 p.m.	Women Junior, Men Junior Manager Road Race Meeting			WJ, MJ
Four Point Sheraton Capitol Room B	3:00 p.m. - 4:30 p.m.	Caravan Drivers Training			Staff
Friday 6/19					
			Distance	Laps	
eston Junior Road Race Co	9:00 a.m.	Men Junior (MJ)	101.5 km	7	MJ
	To Follow	Awards - Men Junior			Haddad Riverfront Park
	1:30 p.m.	Women Junior (WJ)	58 km	4	WJ
	To Follow	Awards - Women Junior			Haddad Riverfront Park
Four Points Sheraton Capitol Room A	4:00 p.m. - 5:15 p.m.	Women U23, Men U23 Road Race Packet Pick Up and Confirmation			WU, MU
Four Points Sheraton Capitol Room B	5:30 p.m. - 6:30 p.m.	Women U23, Men U23 Manager Road Race Meeting			WU, MU
Four Points Sheraton Capitol Room B	6:30 p.m. - 7:30 p.m.	Women U23, Men U23 Caravan Driver Training			U23 Team Drivers and Staff
Saturday 6/20					
Note: U-23 races will start with 2 laps of junior course, with remaining laps on elite course			Distance	Laps	
eston Elite Road Race Co	9:00 a.m.	Women U23 (WU)	92.6 km	5	WU
	To Follow	Awards - Women U23			Haddad Riverfront Park
	1:00 p.m.	Men U23 (MU)	135 km	7	MU
	To Follow	Awards - Men U23			Haddad Riverfront Park
Four Points Sheraton Capitol Room A	4:30 p.m. - 5:45 p.m.	Women, Men Elite Road Race Packet Pick up and Confirmation			WE, ME
Four Point Sheraton Capitol Room B	6:00 p.m. - 7:00 p.m.	Women, Men Elite Road Race Manager Meeting			
Four Point Sheraton Capitol Room B	7:00 p.m. - 8:00 p.m.	Women, Men Elite Road Race Caravan Driver Training			
Sunday 6/21					
Note: Elite Races will start with 2 laps of junior course, with remaining laps on elite course			Distance	Laps	
eston Elite Road Race Co	8:00 a.m.	Elite Women (WE)	113.8 km	6	WE
	To Follow	Awards - Women Elite			Haddad Riverfront Park
	1:00 p.m.	Elite Men (ME)	198.6 km	10	ME
	To Follow	Awards - Men Elite			Haddad Riverfront Park

Road Race



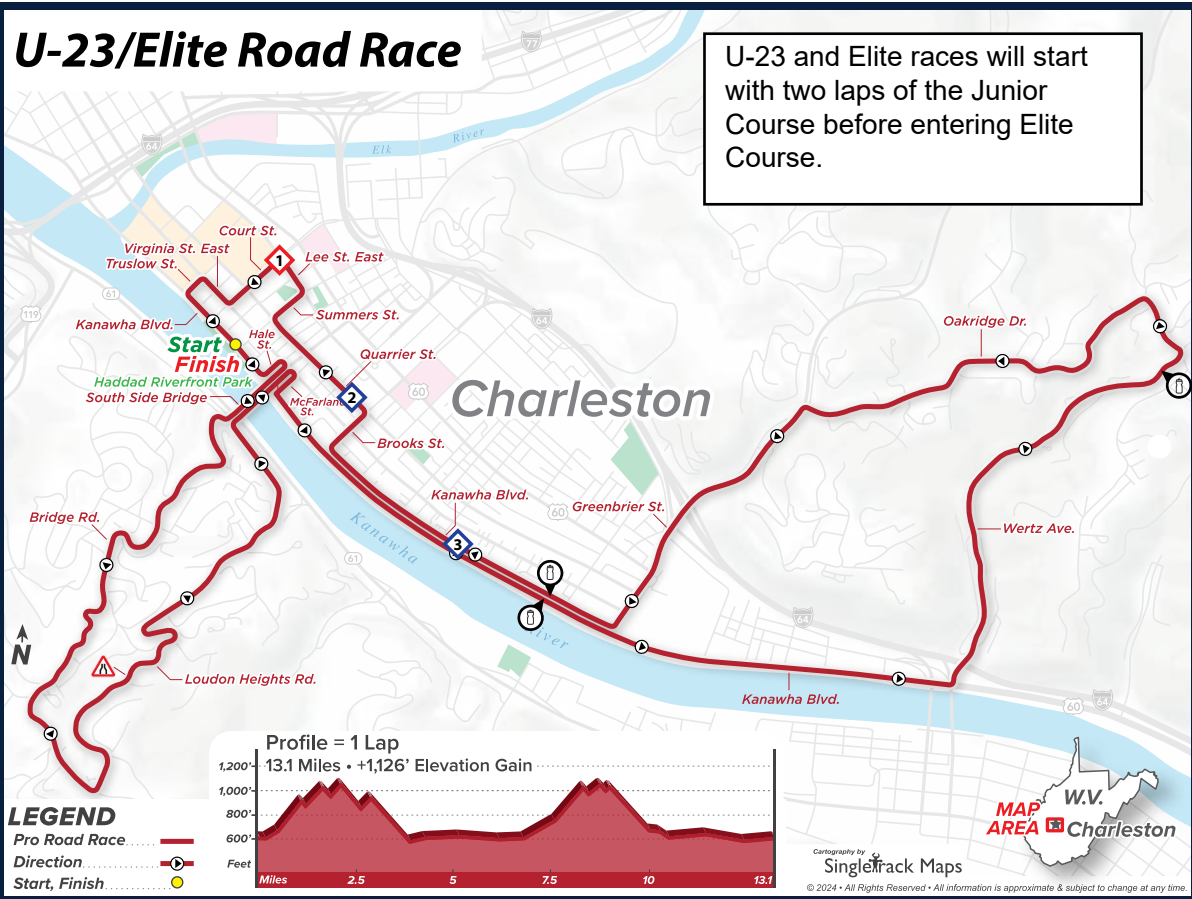
Junior Road Race

U-23 and Elite races will start with two laps of the Junior Course before entering Elite Course.



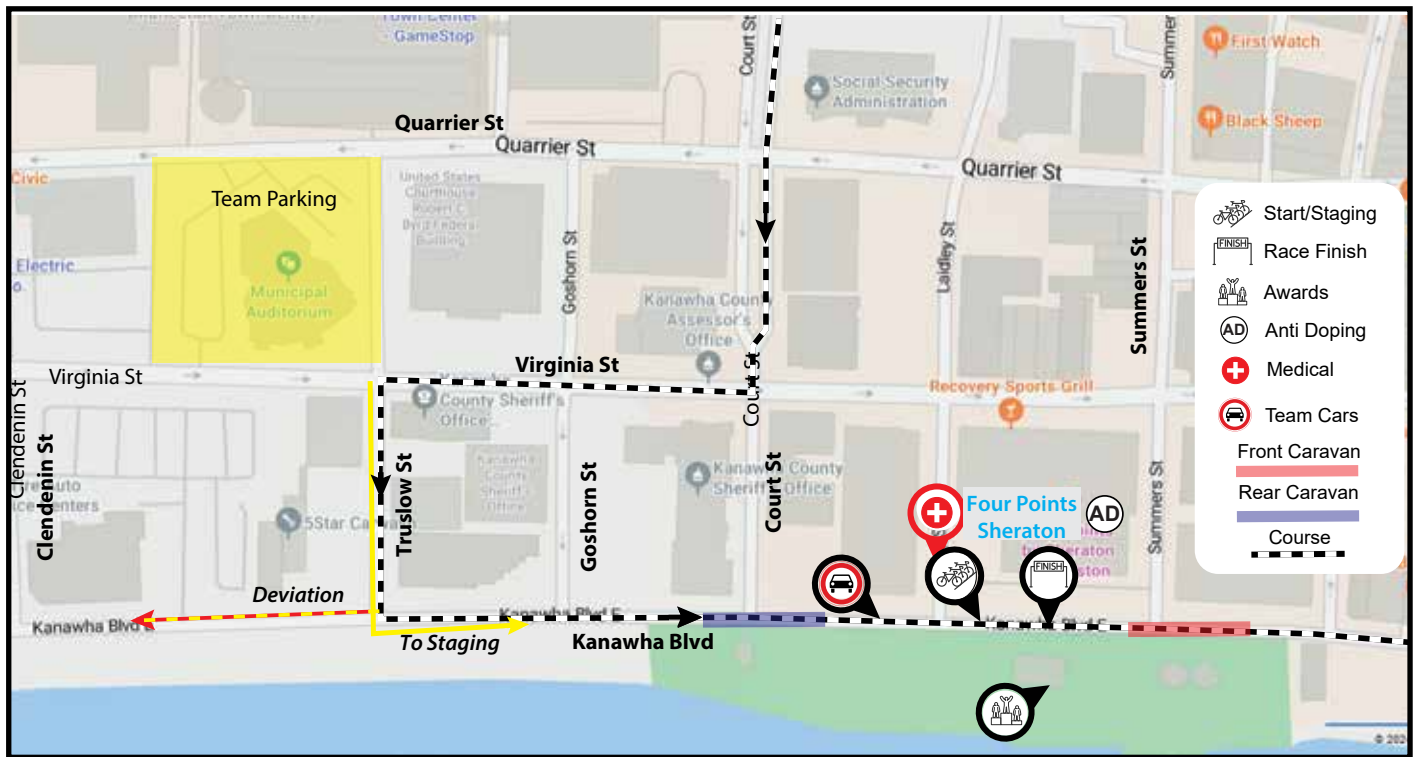
U-23/Elite Road Race

U-23 and Elite races will start with two laps of the Junior Course before entering Elite Course.



Road Race

START/FINISH LOCATOR MAP



DIRECTIONS TO RACE START

- Team parking is Located at the corner of Virginia St and Truslow St. with the entry on Virginia St. Staff will be on site to direct parking and direct athletes to rider staging areas.

ROAD RACE NOTES

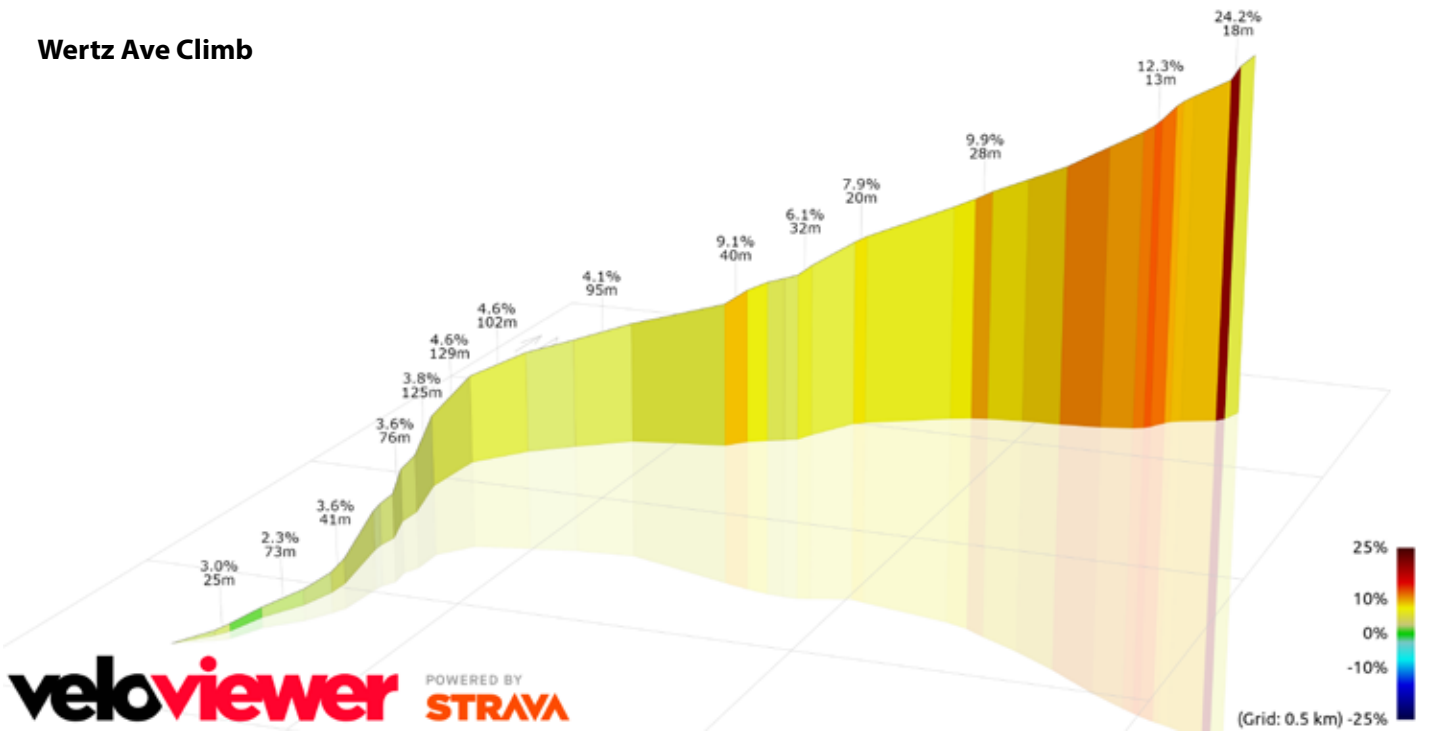
- VIP, Media, and Team Car pickup and drop off will be on Kanawha Blvd one block past finish line on left side of roadway. Pull out of roadway into designated parking lane.
- Riders deemed out of contention may be pulled at locations along the course. Any riders, staff or team cars passed by the “End of Convoy” vehicle should consider themselves out of the closure and on public roadways.
- Team vehicles must be kept at reasonable speeds at all times. Any cars being driven recklessly will be removed from the caravan by race staff or the police. The climb and descent of Bridge Road/Loudon Heights and the climb of Wertz Ave are very narrow, use extreme caution and watch for spectators.
- Deviation is a RIGHT turn onto Kanawha Blvd. (last turn) at 320m to go. Please use caution on deviation from course as there may be spectators in the immediate vicinity. If you have concluded racing, please return assigned radio to staff at deviation before proceeding to team parking.



2026 USACycling Pro Road National Championships

Wertz Ave Climb

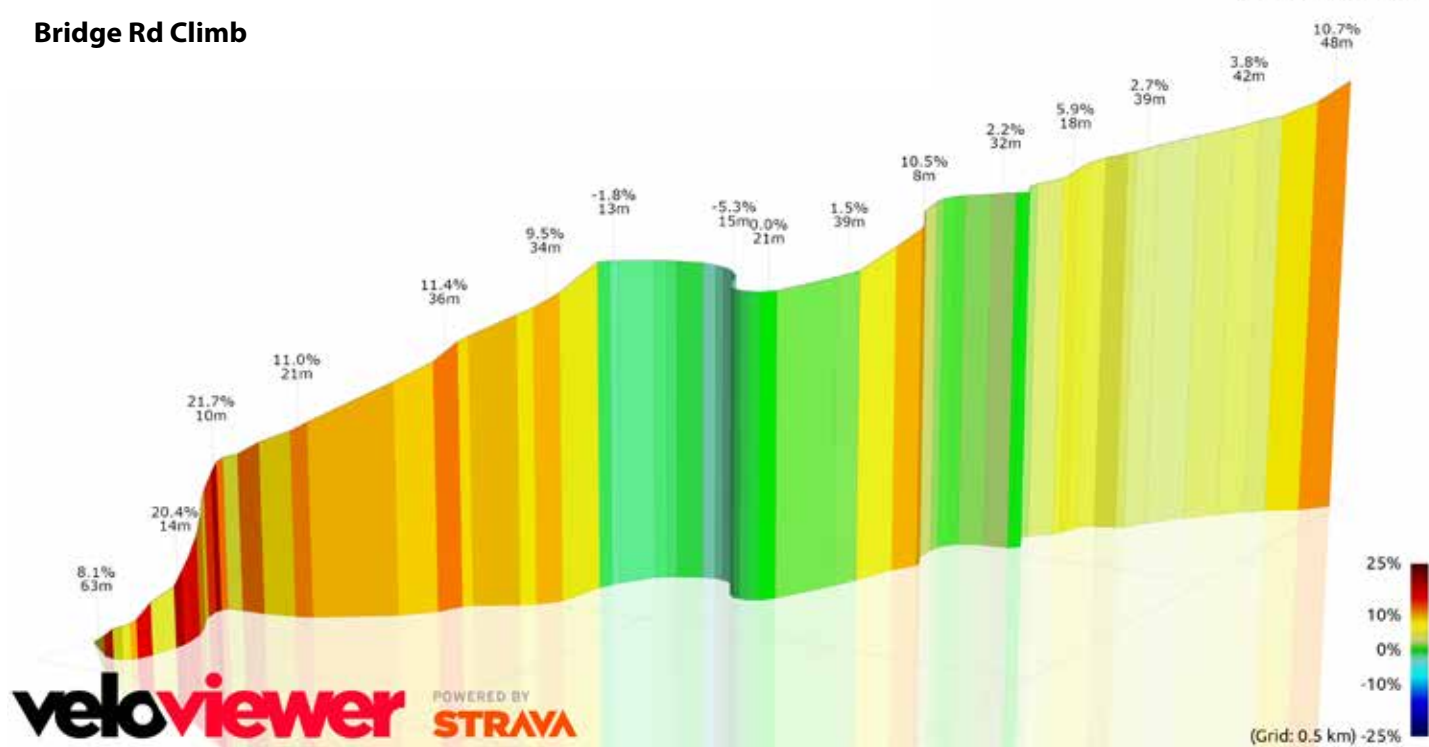
2.3 km at 5.5%



2026 USACycling Pro Road National Championships

Bridge Rd Climb

2.1 km at 5.5%





MEN JUNIOR COURSE LOG 7 LAPS

ETA 22 mph	ETA 24 mph	ETA 26 mph	ETA 28 mph	ETA 30 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
9:00a	9:00a	9:00a	9:00a	9:00a	0.0	0.0	0.0	63.1		START
9:00a	9:00a	9:00a	9:00a	9:00a	0.3	0.5	0.3	62.8	cs	Stay RIGHT of Median
9:03a	9:03a	9:02a	9:02a	9:02a	0.9	1.9	1.2	61.9	cs	Begin Green Zone
9:03a	9:03a	9:02a	9:02a	9:02a	0.1	2.0	1.3	61.9	cs	Begin Feed Zone
9:03a	9:03a	9:03a	9:02a	9:02a	0.1	2.2	1.4	61.7	cs	End Feed Zone
9:03a	9:03a	9:03a	9:03a	9:02a	0.1	2.3	1.5	61.6	cs	End Green Zone
9:07a	9:06a	9:06a	9:05a	9:05a	1.1	4.2	2.6	60.5	Left	on Wertz Ave from Kanawha Blvd
9:10a	9:09a	9:08a	9:08a	9:07a	1.2	6.1	3.8	59.3	cs	Begin Green/Feed Zone
9:11a	9:10a	9:09a	9:08a	9:08a	0.3	6.6	4.1	59.0	Left	on Oakridge Dr from Wertz Ave
9:11a	9:10a	9:09a	9:09a	9:08a	0.1	6.8	4.2	58.9	cs	End Green/Feed Zone
9:15a	9:14a	9:12a	9:12a	9:11a	1.4	8.9	5.5	57.5	Left	on Greenbriar St from Oakridge Dr
9:17a	9:16a	9:15a	9:14a	9:13a	1.0	10.4	6.5	56.5	Right	on Kanawha Blvd from Greenbriar St
9:18a	9:16a	9:15a	9:14a	9:13a	0.2	10.7	6.6	56.4	cs	Begin Green/Feed Zone
9:18a	9:17a	9:15a	9:14a	9:13a	0.1	10.8	6.7	56.3	cs	End Feed Zone
9:18a	9:17a	9:15a	9:14a	9:13a	0.1	11.0	6.8	56.2	cs	End Green Zone
9:20a	9:19a	9:17a	9:16a	9:15a	0.7	12.1	7.5	55.5	Right	on Brooks St from Kanawha Blvd
9:21a	9:19a	9:17a	9:16a	9:15a	0.2	12.4	7.7	55.3	Left	on Quarrier St from Brooks St
9:22a	9:20a	9:18a	9:17a	9:16a	0.4	13.0	8.1	54.9	Right	on Summers St from Quarrier St
9:22a	9:20a	9:19a	9:17a	9:16a	0.1	13.2	8.2	54.8	Left	on Lee St from Summers St
9:23a	9:21a	9:19a	9:18a	9:16a	0.1	13.4	8.4	54.7	Left	on Court St from Lee St
9:23a	9:21a	9:19a	9:18a	9:17a	0.2	13.8	8.6	54.4	Right	on Virginia St from Court St
9:23a	9:21a	9:20a	9:18a	9:17a	0.1	14.0	8.7	54.3	Left	on Trulow St from Virginia St
9:24a	9:22a	9:20a	9:18a	9:17a	0.1	14.1	8.8	54.3	Left	on Kanawha Blvd - Deviation on RIGHT
9:24a	9:22a	9:20a	9:19a	9:17a	0.1	14.2	8.8	54.2	cs	Goshorn St
9:24a	9:22a	9:20a	9:19a	9:18a	0.2	14.4	9.0	54.0	cs	6 laps to go
9:49a	9:45a	9:41a	9:38a	9:36a	9.0	29.0	18.0	45.0	cs	5 laps to go
10:13a	10:07a	10:02a	9:57a	9:54a	9.0	43.5	27.0	36.0	cs	4 laps to go
10:38a	10:29a	10:23a	10:17a	10:11a	9.0	57.9	36.0	27.0	cs	3 laps to go
11:02a	10:52a	10:43a	10:36a	10:29a	9.0	72.4	45.0	18.0	cs	2 laps to go
11:27a	11:14a	11:04a	10:55a	10:47a	9.0	86.9	54.0	9.0	cs	1 lap to go
11:51a	11:37a	11:25a	11:14a	11:05a	9.0	101.5	63.1	0.0		FINISH

WOMEN JUNIOR COURSE LOG 4 LAPS

ETA 18 mph	ETA 20 mph	ETA 22 mph	ETA 24 mph	ETA 26 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
1:30p	1:30p	1:30p	1:30p	1:30p	0.0	0.0	0.0	35.8		START
1:31p	1:30p	1:30p	1:30p	1:30p	0.3	0.5	0.3	35.5	cs	Stay RIGHT of Median
1:34p	1:33p	1:33p	1:33p	1:32p	0.9	1.9	1.2	34.6	cs	Begin Green Zone
1:34p	1:33p	1:33p	1:33p	1:32p	0.1	2.0	1.3	34.6	cs	Begin Feed Zone
1:34p	1:34p	1:33p	1:33p	1:33p	0.1	2.2	1.4	34.5	cs	End Feed Zone
1:34p	1:34p	1:33p	1:33p	1:33p	0.1	2.3	1.5	34.4	cs	End Green Zone
1:38p	1:37p	1:37p	1:36p	1:36p	1.1	4.2	2.6	33.2	Left	on Wertz Ave from Kanawha Blvd
1:42p	1:41p	1:40p	1:39p	1:38p	1.2	6.1	3.8	32.0	cs	Begin Green/Feed Zone
1:43p	1:42p	1:41p	1:40p	1:39p	0.3	6.6	4.1	32.9	Left	on Oakridge Dr from Wertz Ave
1:44p	1:42p	1:41p	1:40p	1:39p	0.1	6.8	4.2	32.8	cs	End Green/Feed Zone
1:48p	1:46p	1:45p	1:44p	1:42p	1.4	8.9	5.5	31.5	Left	on Greenbriar St from Oakridge Dr
1:51p	1:49p	1:47p	1:46p	1:45p	1.0	10.4	6.5	30.6	Right	on Kanawha Blvd from Greenbriar St
1:52p	1:50p	1:48p	1:46p	1:45p	0.2	10.7	6.6	30.4	cs	Begin Green/Feed Zone
1:52p	1:50p	1:48p	1:47p	1:45p	0.1	10.8	6.7	30.3	cs	End Feed Zone
1:53p	1:50p	1:48p	1:47p	1:45p	0.1	11.0	6.8	30.2	cs	End Green Zone
1:55p	1:52p	1:50p	1:49p	1:47p	0.7	12.1	7.5	29.5	Right	on Brooks St from Kanawha Blvd
1:55p	1:53p	1:51p	1:49p	1:47p	0.2	12.4	7.7	29.4	Left	on Quarrier St from Brooks St
1:57p	1:54p	1:52p	1:50p	1:48p	0.4	13.0	8.1	28.9	Right	on Summers St from Quarrier St
1:57p	1:54p	1:52p	1:50p	1:49p	0.1	13.2	8.2	28.8	Left	on Lee St from Summers St
1:58p	1:55p	1:53p	1:51p	1:49p	0.1	13.4	8.4	28.7	Left	on Court St from Lee St
1:58p	1:55p	1:53p	1:51p	1:49p	0.2	13.8	8.6	28.5	Right	on Virginia St from Court St
1:59p	1:56p	1:53p	1:51p	1:50p	0.1	14.0	8.7	28.4	Left	on Trulow St from Virginia St
1:59p	1:56p	1:54p	1:52p	1:50p	0.1	14.1	8.8	28.3	Left	on Kanawha Blvd - Deviation on RIGHT
1:59p	1:56p	1:54p	1:52p	1:50p	0.1	14.2	8.8	28.2	cs	Goshorn St
2:00p	1:57p	1:54p	1:52p	1:50p	0.2	14.4	9.0	28.1	cs	3 laps to go
2:30p	2:24p	2:19p	2:15p	2:11p	9.0	28.8	17.9	19.1	cs	2 laps to go
2:59p	2:50p	2:43p	2:37p	2:32p	9.0	43.1	26.8	10.2	cs	1 lap to go
3:29p	3:17p	3:08p	2:59p	2:52p	9.0	57.7	35.8	0.0	cs	FINISH



WOMEN U-23 COURSE LOG 2 LAPS JUNIOR COURSE, 3 LAPS ELITE COURSE

ETA 18 mph	ETA 20 mph	ETA 22 mph	ETA 24 mph	ETA 26 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
9:00a	9:00a	9:00a	9:00a	9:00a	0.0	0.0	0.0	57.3		START
9:01a	9:00a	9:00a	9:00a	9:00a	0.3	0.5	0.3	57.0	cs	Stay RIGHT of Median
9:04a	9:03a	9:03a	9:03a	9:02a	0.9	1.9	1.2	56.1	cs	Begin Green Zone
9:04a	9:03a	9:03a	9:03a	9:02a	0.1	2.0	1.3	56.1	cs	Begin Feed Zone
9:04a	9:04a	9:03a	9:03a	9:03a	0.1	2.2	1.4	56.0	cs	End Feed Zone
9:04a	9:04a	9:03a	9:03a	9:03a	0.1	2.3	1.5	55.9	cs	End Green Zone
9:08a	9:07a	9:07a	9:06a	9:06a	1.1	4.2	2.6	54.7	Left	on Wertz Ave from Kanawha Blvd
9:12a	9:11a	9:10a	9:09a	9:08a	1.2	6.1	3.8	53.5	cs	Begin Green/Feed Zone
9:13a	9:12a	9:11a	9:10a	9:09a	0.3	6.6	4.1	53.2	Left	on Oakridge Dr from Wertz Ave
9:14a	9:12a	9:11a	9:10a	9:09a	0.1	6.8	4.2	53.1	cs	End Green/Feed Zone
9:18a	9:16a	9:15a	9:14a	9:12a	1.4	9.0	5.6	51.7	Left	on Greenbriar St from Oakridge Dr
9:21a	9:19a	9:17a	9:16a	9:15a	1.0	10.6	6.6	50.8	Right	on Kanawha Blvd from Greenbriar St
9:22a	9:20a	9:18a	9:16a	9:15a	0.2	10.8	6.7	50.6	cs	Begin Green/Feed Zone
9:22a	9:20a	9:18a	9:17a	9:15a	0.1	11.0	6.8	50.5	cs	End Feed Zone
9:23a	9:20a	9:18a	9:17a	9:15a	0.1	11.1	6.9	50.4	cs	End Green Zone
9:25a	9:22a	9:20a	9:19a	9:17a	0.7	12.3	7.6	49.7	Right	on Brooks St from Kanawha Blvd
9:25a	9:23a	9:21a	9:19a	9:17a	0.2	12.5	7.8	49.6	Left	on Quarrier St from Brooks St
9:27a	9:24a	9:22a	9:20a	9:18a	0.4	13.2	8.2	49.1	Right	on Summers St from Quarrier St
9:27a	9:24a	9:22a	9:20a	9:19a	0.1	13.4	8.3	49.0	Left	on Lee St from Summers St
9:28a	9:25a	9:23a	9:21a	9:19a	0.1	13.6	8.5	48.9	Left	on Court St from Lee St
9:28a	9:25a	9:23a	9:21a	9:19a	0.2	13.9	8.7	48.7	Right	on Virginia St from Court St
9:29a	9:26a	9:23a	9:21a	9:20a	0.1	14.1	8.8	48.6	Left	on Trulow St from Virginia St
9:29a	9:26a	9:24a	9:22a	9:20a	0.1	14.3	8.9	48.4	cs	Goshorn St
9:30a	9:27a	9:24a	9:22a	9:20a	0.2	14.6	9.1	48.3	cs	last lap Junior Course
10:00a	9:54a	9:49a	9:45a	9:41a	9.0	29.0	18.0	39.3	cs	Begin Elite Course
10:00a	9:54a	9:49a	9:45a	9:41a	0.2	29.2	18.2	39.2	Left	on Hale St from Kanawha Blvd
10:00a	9:54a	9:49a	9:45a	9:42a	0.1	29.4	18.3	39.1	Right	on Virginia St from Hale St
10:00a	9:54a	9:49a	9:45a	9:42a	0.0	29.4	18.3	39.1	Right	on Dickinson St - Centerline dillineation
10:01a	9:55a	9:50a	9:46a	9:42a	0.3	29.8	18.5	38.8	Right	on Bridge Rd from Dickinson St
10:07a	10:00a	9:55a	9:50a	9:46a	1.7	32.5	20.2	37.1	Left	on Loudon Heights Rd from Bridge Rd
10:09a	10:02a	9:56a	9:51a	9:47a	0.5	33.3	20.7	36.6	cs	Narrow Bridge
10:13a	10:05a	9:59a	9:54a	9:50a	1.2	35.3	22.0	35.4	Right	on Dickinson St - Centerline dillineation
10:14a	10:06a	10:00a	9:55a	9:51a	0.3	35.7	22.2	35.1	Right	on Virginia St from Dickinson St
10:14a	10:06a	10:00a	9:55a	9:51a	0.0	35.8	22.2	35.1	Right	on Mcfarland St from Virginia St
10:14a	10:06a	10:00a	9:55a	9:51a	0.1	35.9	22.3	35.0	Left	on Kanawha Blvd from Mcfarland St
10:14a	10:07a	10:01a	9:56a	9:51a	0.1	36.1	22.4	34.9	cs	merge to right lanes
10:17a	10:09a	10:03a	9:58a	9:53a	0.9	37.4	23.3	34.1	cs	Begin Green Zone
10:17a	10:09a	10:03a	9:58a	9:53a	0.0	37.5	23.3	34.0	cs	Begin Feed Zone
10:18a	10:10a	10:03a	9:58a	9:54a	0.1	37.7	23.4	33.9	cs	End Feed Zone
10:22a	10:14a	10:07a	10:01a	9:56a	1.3	39.7	24.7	32.6	Left	on Wertz Ave from Kanawha Blvd
10:26a	10:17a	10:10a	10:04a	9:59a	1.2	41.7	25.9	31.4	cs	Begin Green/Feed Zone
10:27a	10:18a	10:11a	10:05a	10:00a	0.3	42.1	26.2	31.1	Left	on Oakridge Dr from Wertz Ave
10:27a	10:18a	10:11a	10:05a	10:00a	0.1	42.3	26.3	31.0	cs	End Green/Feed Zone
10:32a	10:23a	10:15a	10:09a	10:03a	1.4	44.6	27.7	29.6	Left	on Greenbriar St from Oakridge Dr
10:35a	10:25a	10:18a	10:11a	10:06a	1.0	46.1	28.7	28.7	Right	on Kanawha Blvd from Greenbriar St
10:36a	10:26a	10:18a	10:12a	10:06a	0.2	46.4	28.8	28.5	cs	Begin Green/Feed Zone
10:36a	10:26a	10:18a	10:12a	10:06a	0.1	46.6	28.9	28.4	cs	End Feed Zone
10:36a	10:27a	10:19a	10:12a	10:06a	0.1	46.7	29.0	28.3	cs	End Green Zone
10:39a	10:29a	10:21a	10:14a	10:08a	0.7	47.8	29.7	27.6	Right	on Brooks St from Kanawha Blvd
10:39a	10:29a	10:21a	10:14a	10:08a	0.2	48.1	29.9	27.5	Left	on Quarrier St from Brooks St
10:40a	10:30a	10:22a	10:15a	10:09a	0.4	48.7	30.3	27.0	Right	on Summers St from Quarrier St
10:41a	10:31a	10:22a	10:16a	10:10a	0.1	19.8	30.4	26.9	Left	on Lee St from Summer St
10:42a	10:31a	10:23a	10:16a	10:10a	0.3	49.3	30.7	26.7	Left	on Court St from Lee St
10:42a	10:32a	10:24a	10:17a	10:11a	0.2	49.7	30.9	26.5	Right	on Virginia St from Court St
10:43a	10:32a	10:24a	10:17a	10:11a	0.1	49.9	31.0	26.3	Left	on Trulow St from Virginia St
10:43a	10:33a	10:24a	10:17a	10:11a	0.1	50.0	31.1	26.3	Left	on Kanawha Blvd - Deviation on RIGHT
10:43a	10:33a	10:24a	10:17a	10:11a	0.1	50.1	31.1	26.2	cs	Goshorn St
10:44a	10:33a	10:25a	10:18a	10:12a	0.2	50.3	31.3	26.1	cs	2 laps to go
11:27a	11:12a	11:00a	10:50a	10:42a	13.0	71.3	44.3	13.0	cs	1 lap to go
12:11p	11:51a	11:36a	11:23a	11:12a	13.0	92.3	57.3	0.0	cs	FINISH



MEN U-23 (PRO COURSE) LOG 2 LAPS JUNIOR COURSE, 5 LAPS ELITE COURSE

ETA 22 mph	ETA 24 mph	ETA 26 mph	ETA 28 mph	ETA 30 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
1:00p	1:00p	1:00p	1:00p	1:00p	0.0	0.0	0.0	83.4		START
1:00p	1:00p	1:00p	1:00p	1:00p	0.3	0.5	0.3	83.1	cs	Stay RIGHT of Median
1:03p	1:03p	1:02p	1:02p	1:02p	0.9	1.9	1.2	82.2	cs	Begin Green Zone
1:03p	1:03p	1:02p	1:02p	1:02p	0.1	2.0	1.3	82.1	cs	Begin Feed Zone
1:03p	1:03p	1:03p	1:02p	1:02p	0.1	2.2	1.4	82.0	cs	End Feed Zone
1:03p	1:03p	1:03p	1:03p	1:02p	0.1	2.3	1.5	81.9	cs	End Green Zone
1:07p	1:06p	1:06p	1:05p	1:05p	1.1	4.2	2.6	80.8	Left	on Wertz Ave from Kanawha Blvd
1:10p	1:09p	1:08p	1:08p	1:07p	1.2	6.1	3.8	79.6	cs	Begin Green/Feed Zone
1:11p	1:10p	1:09p	1:08p	1:08p	0.3	6.6	4.1	79.3	Left	on Oakridge Dr from Wertz Ave
1:11p	1:10p	1:09p	1:09p	1:08p	0.1	6.8	4.2	79.2	cs	End Green/Feed Zone
1:15p	1:14p	1:12p	1:12p	1:11p	1.4	9.0	5.6	77.8	Left	on Greenbriar St from Oakridge Dr
1:17p	1:16p	1:15p	1:14p	1:13p	1.0	10.6	6.6	76.8	Right	on Kanawha Blvd from Greenbriar St
1:18p	1:16p	1:15p	1:14p	1:13p	0.2	10.8	6.7	76.7	cs	Begin Green/Feed Zone
1:18p	1:17p	1:15p	1:14p	1:13p	0.1	11.0	6.8	76.6	cs	End Feed Zone
1:18p	1:17p	1:15p	1:14p	1:13p	0.1	11.1	6.9	76.5	cs	End Green Zone
1:20p	1:19p	1:17p	1:16p	1:15p	0.7	12.3	7.6	75.8	Right	on Brooks St from Kanawha Blvd
1:21p	1:19p	1:17p	1:16p	1:15p	0.2	12.5	7.8	75.6	Left	on Quarrier St from Brooks St
1:22p	1:20p	1:18p	1:17p	1:16p	0.4	13.2	8.2	75.2	Right	on Summers St from Quarrier St
1:22p	1:20p	1:19p	1:17p	1:16p	0.1	13.4	8.3	75.1	Left	on Lee St from Summers St
1:23p	1:21p	1:19p	1:18p	1:16p	0.1	13.6	8.5	74.9	Left	on Court St from Lee St
1:23p	1:21p	1:19p	1:18p	1:17p	0.2	13.9	8.7	74.7	Right	on Virginia St from Court St
1:23p	1:21p	1:20p	1:18p	1:17p	0.1	14.1	8.8	74.6	Left	on Trulow St from Virginia St
1:24p	1:22p	1:20p	1:19p	1:17p	0.1	14.3	8.9	74.5	cs	Goshorn St
1:24p	1:22p	1:20p	1:19p	1:18p	0.2	14.6	9.1	74.3	cs	last lap Junior Course
1:49p	1:45p	1:41p	1:38p	1:36p	9.0	29.0	18.0	65.4	cs	Begin Elite Course
1:49p	1:45p	1:41p	1:38p	1:36p	0.2	29.2	18.2	65.2	Left	on Hale St from Kanawha Blvd
1:49p	1:45p	1:42p	1:39p	1:36p	0.1	29.4	18.3	65.1	Right	on Virginia St from Hale St
1:49p	1:45p	1:42p	1:39p	1:36p	0.0	29.4	18.3	65.1	Right	on Dickinson St - Centerline dillineation
1:50p	1:46p	1:42p	1:39p	1:37p	0.3	29.8	18.5	64.9	Right	on Bridge Rd from Dickinson St
1:55p	1:50p	1:46p	1:43p	1:40p	1.7	32.5	20.2	63.2	Left	on Loudon Heights Rd from Bridge Rd
1:56p	1:51p	1:47p	1:44p	1:41p	0.5	33.3	20.7	62.7	cs	Narrow Bridge
1:59p	1:54p	1:50p	1:47p	1:43p	1.2	35.3	22.0	61.4	Right	on Dickinson St - Centerline dillineation
2:00p	1:55p	1:51p	1:47p	1:44p	0.3	35.7	22.2	61.2	Right	on Virginia St from Dickinson St
2:00p	1:55p	1:51p	1:47p	1:44p	0.0	35.8	22.2	61.2	Right	on Mcfarland St from Virginia St
2:00p	1:55p	1:51p	1:47p	1:44p	0.1	35.9	22.3	61.1	Left	on Kanawha Blvd from Mcfarland St
2:01p	1:56p	1:51p	1:48p	1:44p	0.1	36.1	22.4	61.0	cs	merge to right lanes
2:03p	1:58p	1:53p	1:49p	1:46p	0.9	37.4	23.3	60.1	cs	Begin Green Zone
2:03p	1:58p	1:53p	1:49p	1:46p	0.0	37.5	23.3	60.1	cs	Begin Feed Zone
2:03p	1:58p	1:54p	1:50p	1:46p	0.1	37.7	23.4	60.0	cs	End Feed Zone
2:07p	2:01p	1:56p	1:52p	1:49p	1.3	39.7	24.7	58.7	Left	on Wertz Ave from Kanawha Blvd
2:10p	2:04p	1:59p	1:55p	1:51p	1.2	41.7	25.9	57.5	cs	Begin Green/Feed Zone
2:11p	2:05p	2:00p	1:56p	1:52p	0.3	42.1	26.2	57.2	Left	on Oakridge Dr from Wertz Ave
2:11p	2:05p	2:00p	1:56p	1:52p	0.1	42.3	26.3	57.1	cs	End Green/Feed Zone
2:15p	2:09p	2:03p	1:59p	1:55p	1.4	44.6	27.7	55.7	Left	on Greenbriar St from Oakridge Dr
2:18p	2:11p	2:06p	2:01p	1:57p	1.0	46.1	28.7	54.7	Right	on Kanawha Blvd from Greenbriar St
2:18p	2:12p	2:06p	2:01p	1:57p	0.2	46.4	28.8	54.6	cs	Begin Green/Feed Zone
2:18p	2:12p	2:06p	2:02p	1:57p	0.1	46.6	28.9	54.5	cs	End Feed Zone
2:19p	2:12p	2:06p	2:02p	1:58p	0.1	46.7	29.0	54.4	cs	End Green Zone
2:21p	2:14p	2:08p	2:03p	1:59p	0.7	47.8	29.7	53.7	Right	on Brooks St from Kanawha Blvd
2:21p	2:14p	2:08p	2:04p	1:59p	0.2	48.1	29.9	53.5	Left	on Quarrier St from Brooks St
2:22p	2:15p	2:09p	2:04p	2:00p	0.4	48.7	30.3	53.1	Right	on Summers St from Quarrier St
2:22p	2:16p	2:10p	2:05p	2:00p	0.1	19.8	30.4	53.0	Left	on Lee St from Summer St
2:23p	2:16p	2:10p	2:05p	2:01p	0.3	49.3	30.7	52.7	Left	on Court St from Lee St
2:24p	2:17p	2:11p	2:06p	2:01p	0.2	49.7	30.9	52.5	Right	on Virginia St from Court St
2:24p	2:17p	2:11p	2:06p	2:01p	0.1	49.9	31.0	52.4	Left	on Trulow St from Virginia St
2:24p	2:17p	2:11p	2:06p	2:02p	0.1	50.0	31.1	52.3	Left	on Kanawha Blvd - Deviation on RIGHT
2:24p	2:17p	2:11p	2:06p	2:02p	0.1	50.1	31.1	52.3	cs	Goshorn St
2:25p	2:18p	2:12p	2:07p	2:02p	0.2	50.3	31.3	52.1	cs	4 laps to go
3:00p	2:50p	2:42p	2:34p	2:28p	13.0	71.3	44.3	39.1	cs	3 laps to go
3:36p	3:23p	3:12p	3:02p	2:54p	13.0	92.3	57.3	26.1	cs	2 laps to go
4:11p	3:55p	3:42p	3:30p	3:20p	13.0	113.2	70.4	13.0	cs	1 lap to go
4:47p	4:28p	4:12p	3:58p	3:46p	13.0	134.2	83.4	0.0	cs	FINISH

Road Race



WOMEN ELITE COURSE LOG 2 LAPS JUNIOR COURSE, 4 LAPS ELITE COURSE

ETA 22 mph	ETA 24 mph	ETA 26 mph	ETA 28 mph	ETA 30 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
8:00a	8:00a	8:00a	8:00a	8:00a	0.0	0.0	0.0	70.4		START
8:00a	8:00a	8:00a	8:00a	8:00a	0.3	0.5	0.3	70.1	cs	Stay RIGHT of Median
8:03a	8:03a	8:02a	8:02a	8:02a	0.9	1.9	1.2	69.2	cs	Begin Green Zone
8:03a	8:03a	8:02a	8:02a	8:02a	0.1	2.0	1.3	69.1	cs	Begin Feed Zone
8:03a	8:03a	8:03a	8:02a	8:02a	0.1	2.2	1.4	69.0	cs	End Feed Zone
8:03a	8:03a	8:03a	8:03a	8:02a	0.1	2.3	1.5	68.9	cs	End Green Zone
8:07a	8:06a	8:06a	8:05a	8:05a	1.1	4.2	2.6	67.8	Left	on Wertz Ave from Kanawha Blvd
8:10a	8:09a	8:08a	8:07a	8:07a	1.2	6.1	3.8	66.6	cs	Begin Green/Feed Zone
8:11a	8:10a	8:09a	8:08a	8:08a	0.3	6.6	4.1	66.3	Left	on Oakridge Dr from Wertz Ave
8:11a	8:10a	8:09a	8:09a	8:08a	0.1	6.8	4.2	66.2	cs	End Green/Feed Zone
8:15a	8:14a	8:12a	8:12a	8:11a	1.4	9.0	5.6	64.8	Left	on Greenbriar St from Oakridge Dr
8:17a	8:16a	8:15a	8:14a	8:13a	1.0	10.6	6.6	63.8	Right	on Kanawha Blvd from Greenbriar St
8:18a	8:16a	8:15a	8:14a	8:13a	0.2	10.8	6.7	63.6	cs	Begin Green/Feed Zone
8:18a	8:17a	8:15a	8:14a	8:13a	0.1	11.0	6.8	63.5	cs	End Feed Zone
8:18a	8:17a	8:15a	8:14a	8:13a	0.1	11.1	6.9	63.5	cs	End Green Zone
8:20a	8:19a	8:17a	8:16a	8:15a	0.7	12.3	7.6	62.7	Right	on Brooks St from Kanawha Blvd
8:21a	8:19a	8:17a	8:16a	8:15a	0.2	12.5	7.8	62.6	Left	on Quarrier St from Brooks St
8:22a	8:20a	8:18a	8:17a	8:16a	0.4	13.2	8.2	62.2	Right	on Summers St from Quarrier St
8:22a	8:20a	8:19a	8:17a	8:16a	0.1	13.4	8.3	62.0	Left	on Lee St from Summers St
8:23a	8:21a	8:19a	8:18a	8:16a	0.1	13.6	8.5	61.9	Left	on Court St from Lee St
8:23a	8:21a	8:19a	8:18a	8:17a	0.2	13.9	8.7	61.7	Right	on Virginia St from Court St
8:23a	8:21a	8:20a	8:18a	8:17a	0.1	14.1	8.8	61.6	Left	on Trulow St from Virginia St
8:24a	8:22a	8:20a	8:19a	8:17a	0.1	14.3	8.9	61.5	cs	Goshorn St
8:24a	8:22a	8:20a	8:19a	8:18a	0.2	14.6	9.1	61.3	cs	last lap Junior Course
8:49a	8:45a	8:41a	8:38a	8:36a	9.0	29.0	18.0	52.3	cs	Begin Elite Course
8:49a	8:45a	8:41a	8:38a	8:36a	0.2	29.2	18.2	52.2	Left	on Hale St from Kanawha Blvd
8:49a	8:45a	8:42a	8:39a	8:36a	0.1	29.4	18.3	52.1	Right	on Virginia St from Hale St
8:49a	8:45a	8:42a	8:39a	8:36a	0.0	29.4	18.3	52.1	Right	on Dickinson St - Centerline dillineation
8:50a	8:46a	8:42a	8:39a	8:37a	0.3	29.8	18.5	51.8	Right	on Bridge Rd from Dickinson St
8:55a	8:50a	8:46a	8:43a	8:40a	1.7	32.5	20.2	50.1	Left	on Loudon Heights Rd from Bridge Rd
8:56a	8:51a	8:47a	8:44a	8:41a	0.5	33.3	20.7	49.7	cs	Narrow Bridge
8:59a	8:54a	8:50a	8:47a	8:43a	1.2	35.3	22.0	48.4	Right	on Dickinson St - Centerline dillineation
9:00a	8:55a	8:51a	8:47a	8:44a	0.3	35.7	22.2	48.2	Right	on Virginia St from Dickinson St
9:00a	8:55a	8:51a	8:47a	8:44a	0.0	35.8	22.2	48.1	Right	on Mcfarland St from Virginia St
9:00a	8:55a	8:51a	8:47a	8:44a	0.1	35.9	22.3	48.1	Left	on Kanawha Blvd from Mcfarland St
9:01a	8:56a	8:51a	8:48a	8:44a	0.1	36.1	22.4	48.0	cs	merge to right lanes
9:03a	8:58a	8:53a	8:49a	8:46a	0.9	37.4	23.3	47.1	cs	Begin Green Zone
9:03a	8:58a	8:53a	8:49a	8:46a	0.0	37.5	23.3	47.0	cs	Begin Feed Zone
9:03a	8:58a	8:54a	8:50a	8:46a	0.1	37.7	23.4	46.9	cs	End Feed Zone
9:07a	9:01a	8:56a	8:52a	8:49a	1.3	39.7	24.7	45.7	Left	on Wertz Ave from Kanawha Blvd
9:10a	9:04a	8:59a	8:55a	8:51a	1.2	41.7	25.9	44.5	cs	Begin Green/Feed Zone
9:11a	9:05a	9:00a	8:56a	8:52a	0.3	42.1	26.2	44.2	Left	on Oakridge Dr from Wertz Ave
9:11a	9:05a	9:00a	8:56a	8:52a	0.1	42.3	26.3	44.1	cs	End Green/Feed Zone
9:15a	9:09a	9:03a	8:59a	8:55a	1.4	44.6	27.7	42.7	Left	on Greenbriar St from Oakridge Dr
9:18a	9:11a	9:06a	9:01a	8:57a	1.0	46.1	28.7	41.7	Right	on Kanawha Blvd from Greenbriar St
9:18a	9:12a	9:06a	9:01a	8:57a	0.2	46.4	28.8	41.6	cs	Begin Green/Feed Zone
9:18a	9:12a	9:06a	9:02a	8:57a	0.1	46.6	28.9	41.4	cs	End Feed Zone
9:19a	9:12a	9:06a	9:02a	8:58a	0.1	46.7	29.0	41.4	cs	End Green Zone
9:21a	9:14a	9:08a	9:03a	8:59a	0.7	47.8	29.7	40.7	Right	on Brooks St from Kanawha Blvd
9:21a	9:14a	9:08a	9:04a	8:59a	0.2	48.1	29.9	40.5	Left	on Quarrier St from Brooks St
9:22a	9:15a	9:09a	9:04a	9:00a	0.4	48.7	30.3	40.1	Right	on Summers St from Quarrier St
9:22a	9:16a	9:10a	9:05a	9:00a	0.1	19.8	30.4	40.0	Left	on Lee St from Summer St
9:23a	9:16a	9:10a	9:05a	9:01a	0.3	49.3	30.7	39.7	Left	on Court St from Lee St
9:24a	9:17a	9:11a	9:06a	9:01a	0.2	49.7	30.9	39.5	Right	on Virginia St from Court St
9:24a	9:17a	9:11a	9:06a	9:01a	0.1	49.9	31.0	39.4	Left	on Trulow St from Virginia St
9:24a	9:17a	9:11a	9:06a	9:02a	0.1	50.0	31.1	39.3	Left	on Kanawha Blvd - Deviation on RIGHT
9:24a	9:17a	9:11a	9:06a	9:02a	0.1	50.1	31.1	39.2	cs	Goshorn St
9:25a	9:18a	9:12a	9:07a	9:02a	0.2	50.3	31.3	39.1	cs	3 laps to go
10:00a	9:50a	9:42a	9:34a	9:28a	13.0	71.3	44.3	26.1	cs	2 laps to go
10:36a	10:23a	10:12a	10:02a	9:54a	13.0	92.3	57.3	13.0	cs	1 lap to go
11:11a	10:55a	10:42a	10:30a	10:20a	13.0	113.2	70.4	0.0	cs	FINISH



MEN ELITE COURSE LOG 2 LAPS JUNIOR COURSE, 8 LAPS ELITE COURSE

ETA 22 mph	ETA 24 mph	ETA 26 mph	ETA 28 mph	ETA 30 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
1:00p	1:00p	1:00p	1:00p	1:00p	0.0	0.0	0.0	122.5		START
1:00p	1:00p	1:00p	1:00p	1:00p	0.3	0.5	0.3	122.2	cs	Stay RIGHT of Median
1:03p	1:03p	1:02p	1:02p	1:02p	0.9	1.9	1.2	121.3	cs	Begin Green Zone
1:03p	1:03p	1:02p	1:02p	1:02p	0.1	2.0	1.3	121.2	cs	Begin Feed Zone
1:03p	1:03p	1:03p	1:02p	1:02p	0.1	2.2	1.4	121.1	cs	End Feed Zone
1:03p	1:03p	1:03p	1:03p	1:02p	0.1	2.3	1.5	121.0	cs	End Green Zone
1:07p	1:06p	1:06p	1:05p	1:05p	1.1	4.2	2.6	119.9	Left	on Wertz Ave from Kanawha Blvd
1:10p	1:09p	1:08p	1:08p	1:07p	1.2	6.1	3.8	118.7	cs	Begin Green/Feed Zone
1:11p	1:10p	1:09p	1:08p	1:08p	0.3	6.6	4.1	118.4	Left	on Oakridge Dr from Wertz Ave
1:11p	1:10p	1:09p	1:09p	1:08p	0.1	6.8	4.2	118.3	cs	End Green/Feed Zone
1:15p	1:14p	1:12p	1:12p	1:11p	1.4	9.0	5.6	116.9	Left	on Greenbriar St from Oakridge Dr
1:17p	1:16p	1:15p	1:14p	1:13p	1.0	10.6	6.6	115.9	Right	on Kanawha Blvd from Greenbriar St
1:18p	1:16p	1:15p	1:14p	1:13p	0.2	10.8	6.7	115.8	cs	Begin Green/Feed Zone
1:18p	1:17p	1:15p	1:14p	1:13p	0.1	11.0	6.8	115.6	cs	End Feed Zone
1:18p	1:17p	1:15p	1:14p	1:13p	0.1	11.1	6.9	115.6	cs	End Green Zone
1:20p	1:19p	1:17p	1:16p	1:15p	0.7	12.3	7.6	114.9	Right	on Brooks St from Kanawha Blvd
1:21p	1:19p	1:17p	1:16p	1:15p	0.2	12.5	7.8	114.7	Left	on Quarrier St from Brooks St
1:22p	1:20p	1:18p	1:17p	1:16p	0.4	13.2	8.2	114.3	Right	on Summers St from Quarrier St
1:22p	1:20p	1:19p	1:17p	1:16p	0.1	13.4	8.3	114.2	Left	on Lee St from Summers St
1:23p	1:21p	1:19p	1:18p	1:16p	0.1	13.6	8.5	114.0	Left	on Court St from Lee St
1:23p	1:21p	1:19p	1:18p	1:17p	0.2	13.9	8.7	113.8	Right	on Virginia St from Court St
1:23p	1:21p	1:20p	1:18p	1:17p	0.1	14.1	8.8	113.7	Left	on Trulow St from Virginia St
1:24p	1:22p	1:20p	1:19p	1:17p	0.1	14.3	8.9	113.6	cs	Goshorn St
1:24p	1:22p	1:20p	1:19p	1:18p	0.2	14.6	9.1	113.4	cs	last lap Junior Course
1:49p	1:45p	1:41p	1:38p	1:36p	9.0	29.0	18.0	104.5	cs	Begin Elite Course
1:49p	1:45p	1:41p	1:38p	1:36p	0.2	29.2	18.2	104.3	Left	on Hale St from Kanawha Blvd
1:49p	1:45p	1:42p	1:39p	1:36p	0.1	29.4	18.3	104.2	Right	on Virginia St from Hale St
1:49p	1:45p	1:42p	1:39p	1:36p	0.0	29.4	18.3	104.2	Right	on Dickinson St - Centerline dillineation
1:50p	1:46p	1:42p	1:39p	1:37p	0.3	29.8	18.5	104.0	Right	on Bridge Rd from Dickinson St
1:55p	1:50p	1:46p	1:43p	1:40p	1.7	32.5	20.2	102.3	Left	on Loudon Heights Rd from Bridge Rd
1:56p	1:51p	1:47p	1:44p	1:41p	0.5	33.3	20.7	101.8	cs	Narrow Bridge
1:59p	1:54p	1:50p	1:47p	1:43p	1.2	35.3	22.0	100.5	Right	on Dickinson St - Centerline dillineation
2:00p	1:55p	1:51p	1:47p	1:44p	0.3	35.7	22.2	100.3	Right	on Virginia St from Dickinson St
2:00p	1:55p	1:51p	1:47p	1:44p	0.0	35.8	22.2	100.3	Right	on Mcfarland St from Virginia St
2:00p	1:55p	1:51p	1:47p	1:44p	0.1	35.9	22.3	100.2	Left	on Kanawha Blvd from Mcfarland St
2:01p	1:56p	1:51p	1:48p	1:44p	0.1	36.1	22.4	100.1	cs	merge to right lanes
2:03p	1:58p	1:53p	1:49p	1:46p	0.9	37.4	23.3	99.2	cs	Begin Green Zone
2:03p	1:58p	1:53p	1:49p	1:46p	0.0	37.5	23.3	99.2	cs	Begin Feed Zone
2:03p	1:58p	1:54p	1:50p	1:46p	0.1	37.7	23.4	99.0	cs	End Feed Zone
2:07p	2:01p	1:56p	1:52p	1:49p	1.3	39.7	24.7	97.8	Left	on Wertz Ave from Kanawha Blvd
2:10p	2:04p	1:59p	1:55p	1:51p	1.2	41.7	25.9	96.6	cs	Begin Green/Feed Zone
2:11p	2:05p	2:00p	1:56p	1:52p	0.3	42.1	26.2	96.3	Left	on Oakridge Dr from Wertz Ave
2:11p	2:05p	2:00p	1:56p	1:52p	0.1	42.3	26.3	96.2	cs	End Green/Feed Zone
2:15p	2:09p	2:03p	1:59p	1:55p	1.4	44.6	27.7	94.8	Left	on Greenbriar St from Oakridge Dr
2:18p	2:11p	2:06p	2:01p	1:57p	1.0	46.1	28.7	93.8	Right	on Kanawha Blvd from Greenbriar St
2:18p	2:12p	2:06p	2:01p	1:57p	0.2	46.4	28.8	93.7	cs	Begin Green/Feed Zone
2:18p	2:12p	2:06p	2:02p	1:57p	0.1	46.6	28.9	93.6	cs	End Feed Zone
2:19p	2:12p	2:06p	2:02p	1:58p	0.1	46.7	29.0	93.5	cs	End Green Zone
2:21p	2:14p	2:08p	2:03p	1:59p	0.7	47.8	29.7	92.8	Right	on Brooks St from Kanawha Blvd
2:21p	2:14p	2:08p	2:04p	1:59p	0.2	48.1	29.9	92.6	Left	on Quarrier St from Brooks St
2:22p	2:15p	2:09p	2:04p	2:00p	0.4	48.7	30.3	92.2	Right	on Summers St from Quarrier St
2:22p	2:16p	2:10p	2:05p	2:00p	0.1	19.8	30.4	92.1	Left	on Lee St from Summer St
2:23p	2:16p	2:10p	2:05p	2:01p	0.3	49.3	30.7	91.8	Left	on Court St from Lee St
2:24p	2:17p	2:11p	2:06p	2:01p	0.2	49.7	30.9	91.6	Right	on Virginia St from Court St
2:24p	2:17p	2:11p	2:06p	2:01p	0.1	49.9	31.0	91.5	Left	on Trulow St from Virginia St
2:24p	2:17p	2:11p	2:06p	2:02p	0.1	50.0	31.1	91.4	Left	on Kanawha Blvd - Deviation on RIGHT
2:24p	2:17p	2:11p	2:06p	2:02p	0.1	50.1	31.1	91.4	cs	Goshorn St
2:25p	2:18p	2:12p	2:07p	2:02p	0.2	50.3	31.3	91.2	cs	7 laps to go
3:00p	2:50p	2:42p	2:34p	2:28p	13.0	71.3	44.3	78.2	cs	6 laps to go
3:36p	3:23p	3:12p	3:02p	2:54p	13.0	92.3	57.3	65.2	cs	5 laps to go
4:11p	3:55p	3:42p	3:30p	3:20p	13.0	113.2	70.4	52.1	cs	4 laps to go
4:47p	4:28p	4:12p	3:58p	3:46p	13.0	134.2	83.4	39.1	cs	3 laps to go
5:22p	5:01p	4:42p	4:26p	4:12p	13.0	155.2	96.4	26.1	cs	2 laps to go
5:58p	5:33p	5:12p	4:54p	4:38p	13.0	176.1	109.5	13.0	cs	1 lap to go
6:34p	6:06p	5:42p	5:22p	5:04p	13.0	197.1	122.5	0.0	cs	FINISH

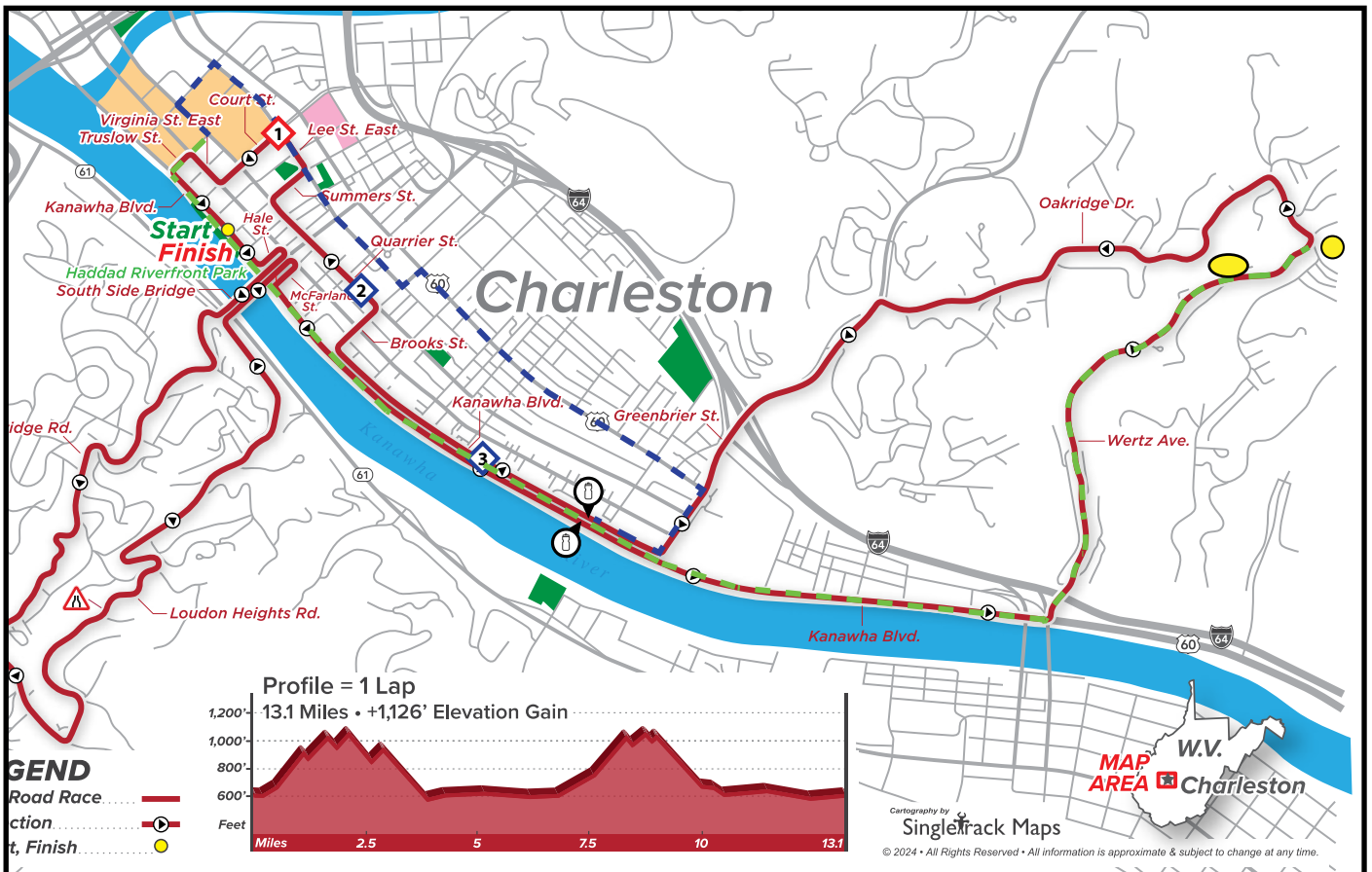
Road Race



TO FEED ZONES

- To access the feed zone on Kanawha Blvd, follow the blue route below, leave Team Parking and turn right on Quarrier St., turn Right on Clendenin St. Go 1 block and turn right on Lee St. Police will direct you through the road closures. Continue on Lee St for 3/4 mile. Turn Left on Brooks St, then Right on Washiington St. Continue on Washington St for 1 mile. Police will direct you through road closures. Turn Right on Greenbriar. You are now on race course. Follow the course for 0.4 miles. Park on right side of course along curb (signs will be in place).
- To access the feed zone on Wertz Ave. follow the green route below, leaving team parking on Truslow entering the course. Follow the course on Kanawha Blvd to Wertz Ave. There is no parking on Wertz Ave or on Oakridge, you may use the parking areas circled on the map below, the first is 420 Spencer Dr, a left turn off of Wertz Ave. or you may use 2098 Oakridge Dr. (at map edge below) which is a right turn on Oakridge at the top of Wertz Ave. Both are only accessible during the first two laps of the U-23 and Elite road races, as fencing will prevent this route from being accessible using these directions. Parking in both areas is limited, and should they fill, then teams may drop feeders from the team car in this feed zone as an alternate.
- Feed zones exist on both passages along Kanawha Blvd. Team feeders must cross the road to support riders on their first passage, then return to the opposite side for second passage.
- Once feeding has closed, vehicles may follow the broom wagon on course back to caravan deviation (Kanawha Blvd (last turn), approximately 320m to go) and follow deviation back to team parking.

Road Race





SafeSport

As you prepare for the USPro Road National Championships, we want to make sure you know that safety and well-being is of the utmost importance to USA Cycling. To help create and foster a safe environment that is free from misconduct and abuse at all USA Cycling events, please review USA Cycling's Safe Sport Program Policies, including reporting requirements and the Minor Athlete Abuse Prevention Policies (MAAPP). All Participants at USA Cycling sanctioned events must abide by these policies.

Prohibited Conduct

All Participants at this event are expected to refrain from engaging in Prohibited Conduct as defined by the US Center for SafeSport Code. Prohibited Conduct includes but is not limited to the following: sexual misconduct, emotional misconduct, physical misconduct, bullying, harassment, hazing, and violations of the MAAPP.

MAAPP

These policies have been adopted by USA Cycling to establish clear boundaries between participants in cycling and to reduce isolated one-on-one interactions between minors and adults in cycling and apply during all USA Cycling events, including before, during and returning from the event: One-on-One Interactions; Meeting & Training Sessions; Athletic Training Modalities; Locker Rooms; Transportation; Lodging; Electronic Communications.

Reporting Requirements

Adult Participants are required to report violations of USA Cycling's Safe Sport Program, including violations of the MAAPP. The mandatory reporting requirements apply to Adult Participants, but USA Cycling encourages anyone who becomes aware of or experiences misconduct or abuse to report those allegations via the links provided below. While USA Cycling is committed to providing a safe environment for all participants, the organization can't address behaviors or problems it is unaware of, so your engagement in reporting is instrumental in ensuring safety for all.

Report suspected or known incidents of sexual misconduct directly to the US Center for SafeSport:

<https://uscenterforsafesport.org/report-a-concern/>

Report other forms of misconduct, including physical misconduct, emotional misconduct, and MAAPP violations, to USA Cycling:

<https://usacycling.org/safesport/report-other-misconduct>



NOTES





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