



PRO ROAD

NATIONAL CHAMPIONSHIPS

MAY 14–19, 2024

CHARLESTON, WV



Technical Guide

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.



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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>



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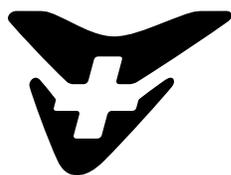


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US PERFORMANCE ACADEMY

Charleston

WEST VIRGINIA

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USA Cycling

Pro Road National Championships

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

All Contents Copyright Medalist Sports, LLC



President & CEO	Brendan Quirk
National Events Director	Kyle Knott
Technical Director	Bonnie Walker
Marketing/Media Director	K.K. Santos
Marketing Manager	Sabrina Potter



Owner/President	Chris Aronhalt
VP, Events	Tori Trice
VP, Finance	Lisa Tanner
Production Director	Abbi Whitney
Production Director	Bob Bowman
Technical Director	Will Smith
Technical Director	Chuck Hodge
Motor Svcs Coordinator	Scott Patton
Volunteer Director	Tim Tidwell
Operations Director	Larkin Morris
Operations Manager	Valecia Frasier
Client Services Manager	Shanon Callan

RACE SERVICES

Timing and Results	One2Go Event Services
Neutral Support	Elite Neutral
Medical	Charleston Area Medical Center (CAMC)
Radio Tour	Bonnie Walker

RACE OFFICIALS

President of the Commaissaire's Panel	Randy Shafer
Commaissaire	Steve Eppel
Commaissaire	Andrew McCord
Chief Judge	Sallie Urfer
Assistant Judge	Chris Anderson
Motor Commaissaire	James Abbott
Motor Commaissaire	Ryan Fu
Motor Commaissaire	Karla Gendler
Timeboard	Trish Black

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

Summary of Meetings

Race Office
 Four Points Sheraton
 Mountain State Suite A
 600 Kanawha Blvd, Charleston, WV
Confirmation - Capitol Room A, Meetings - Capitol Room B

Monday, May 13

Men/Women Junior ITT	3:00 p.m. - 5:45 p.m.
Confirmation and Packet Pick-up	
Team Mgr (Junior ITT, Crit, Road)	6:00 p.m. - 7:30 p.m.

Tuesday, May 14

U-23 and Elite ITT Confirmation and Packet Pick-up	4:00 p.m. - 5:45 p.m.
Team Mgr Meeting (U23 and Elite ITT)	6:00 p.m. - 6:30 p.m.

Wednesday, May 15

Juniors, U-23 Men Criterium	4:00 p.m. - 6:00 p.m.
Confirmation and Packet Pick-up	

Thursday, May 16

Juniors, U-23 Men Criterium	3:30 p.m. - 5:30 p.m.
Confirmation and Packet Pick-up	

Friday, May 17

Juniors and Men U-23 Road Race Confirmation and Packet Pick-up	10:00 a.m. - 12:00 p.m.
Junior Men/Women Manager Road Race Meeting	12:00 p.m. - 1:00 p.m.
Men U-23 Manager Road Race Meeting	2:00 p.m. - 3:00 p.m.
Men U-23 Road Race Caravan Driver Training	3:00 p.m. - 4:00 p.m.
Women U-23, Elite and Men Elite Criterium Confirmation and Packet	3:30 p.m. - 5:30 p.m.
Road Race Motors Meeting	4:00 p.m. - 4:30 p.m.

Saturday, May 18

Women U-23, Elite, Men Elite Road Race Confirmation and Packet Pick-up	3:00 p.m. - 5:00 p.m.
Women U-23/Elite, Men Elite Road Race Manager Meeting	5:00 p.m. - 6:00 p.m.
Elite Road Race Caravan Driver Training	6:00 p.m. - 7:00 p.m.

**USA Cycling Pro Road Championships
May 14-19, 2024
Specific Regulations**

ARTICLE 1. ORGANIZATION

The USA Cycling 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
USA Cycling
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 2024-8764.

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 2002-2005, and for Junior races athletes must have a birth year of 2006-2007. 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, Mountain State Suite A, 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.

ARTICLE 6. NEUTRAL TECHNICAL SUPPORT

The technical support service is handled by Elite Neutral. The neutral support during the road race is taken care of by means of:

- 3 automobiles
- 1 motorcycle

There will be neutral support at 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.

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 pistol blank will be fired 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 zone 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.

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 with signs indicating 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

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 to be worn in the Time Trial.

Note that different numbers will be issued for 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. Past Time Trial Champions will start in the final wave with other waves determined by UCI points.

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 15-minutes before their start. The bicycle may not leave the area once it has been checked without being rechecked.

Bicycles for the road race may 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 must use care when passing through the finish area as other riders may be starting and merging in to the course. All follow vehicles must yield to starting riders.

All follow vehicles must be driven by a license holder. 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. Sedans, mini vans and other similarly sized vehicles may be used, however no full size passenger vans are allowed. Please be prepared to show licenses of all drivers participating in the Time Trial at the confirmation of starters.

CRITERIUM SPECIFIC RULES

ARTICLE 20. RIDER STAGING

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.

ARTICLE 21. 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 22. 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 23. RIDERS GAINING A LAP

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

ROAD RACE SPECIFIC RULES

ARTICLE 24. RIDERS OUT OF CONTENTION

To provide for civilian traffic flow during the Road Race, the 8% rule 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 out on course, pull over until race has passed, then proceed back to team parking following all traffic laws.

ARTICLE 25. 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 and will be identified with a sign reading "Racer Sign-In."

ARTICLE 26. 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, only UCI and Domestic Elite Teams will be allowed cars in the caravan. Drivers must hold a UCI Support License and be current on USA Cycling's Caravan Safety Training. Note, UCI license generally requires SafeSport and background checks and must be purchased prior to the race.

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).

ARTICLE 27. 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).



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	RR
1	50	25	100	
2	30	15	75	
3	20	10	60	
4	15	5	50	
5	10	3	40	
6	5	-	30	
7	3	-	20	
8	3	-	10	
9	1	-	5	
10	1	-	3	
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: Lt. Mark Kinder (CPD)
- Jury President: Randy Shafer
- 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 of 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.

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.



Charleston Area Medical Center



MEDICAL STAFF

Name	Specialty	Position
Adam Crawford	DO	Race Doctor
Collin Smith	DO	Race Doctor
Pierre Charbonniez	DO	
Jeff Mullen	DO	
Kristen Babiak	DO	
Josh Enyart	DO	
Mark Gustafson	DO	
Barry Mitchell	MD	
Josh Burg	DO	
Brian Hensley	MD	
Rebecca Smith	APP	
India Yates	APP	
Lisa Ratliff	APP	
Taylor Dodrill	APP	
Dustin Adkins	APP	
Austin Bennett	Resident Physician	
Joseph Blumer	Resident Physician	
Janmichael Serrano	Resident Physician	
Cam Duba	Resident Physician	
Patrick Sawyers	Resident Physician	

AREA HOSPITAL

CAMC General Hospital
 501 Morris St
 Charleston, WV 25301

For emergencies, dial 911 on your phone.

SELECTION OF RIDERS FOR DOPING CONTROL

By registering to compete at this event you have consented to be subject to drug testing and adhere to the penalties associated with an anti-doping rules violation. All registered competitors are subject to testing and, if chosen for drug testing, are required to comply with the applicable rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation.

When the U.S. Anti-Doping Agency (“USADA”) is conducting testing at a race, the selected athletes will be notified by a doping control chaperone.

All riders, including any athlete who has abandoned the competition, are responsible for complying with the directions of the chaperone or DCO if selected for control. If, after reporting to the Doping Control Station, a selected rider is not required to provide a sample for purposes of doping control, their dismissal will be documented by a USADA Official.

NOTIFICATION OF ATHLETES

Athletes selected for doping control will be notified by chaperones or DCO only, there will be no posting of selected athletes.

Applicable Rules

USADA will conduct testing in accordance with its Protocol. A copy of and additional information concerning the USADA Protocol are available online at <http://www.usantidoping.org>. You should also review the applicable anti-doping rules of the Union Cycliste International (UCI), the International Federation for the sport, at <http://www.uci.ch/>.

“Refusing, or failing without compelling justification, to submit to sample collection after notification as authorized in applicable anti-doping rules or otherwise evading sample collection” is an anti-doping rule violation.

UNITED STATES ANTI-DOPING AGENCY

The United States Anti-Doping Agency is the independent anti-doping agency for the Olympic Movement in the United States. USADA is dedicated to eliminating the practice of doping in sport, preserving the well-being of sport and ensuring the health of athletes through drug testing, research initiatives and educational programs.

PROHIBITED CLASSES FOR EVENT TESTING

USADA will test for the classes of substances and methods prohibited by the World Anti-Doping Code. For in-competition testing, urine samples are tested for the following categories of substances: anabolic agents, hormones, beta-2 agonists, anti-estrogenic substances, diuretics, stimulants, narcotics, cannabinoids (i.e. marijuana), glucocorticosteroids, alcohol and beta-blockers; additionally, the following methods such as blood doping, gene doping and pharmacological, chemical and physical manipulation are also prohibited.

For more detailed information or a non-exclusive list of substances within each category listed above, visit the USADA web site at http://www.usantidoping.org/prohibited_sub/wallet_card.asp for the USADA Wallet Card.

Further information about the drug testing, the protection of your rights and the status of specific medications on the WADA Prohibited List is available from the USADA Drug Reference On-Line at <http://www.usantidoping.org/dro> or from USADA’s Drug Reference Line at 1-800-233-0393. When in doubt athletes should check with these resources.

Please remember that even over-the-counter or prescription medications can contain a banned substance that could cause a positive test result and a doping offense. Dietary/nutritional supplements including vitamins, minerals and amino acids is completely at the athlete’s risk, even if the supplements are labeled ‘approved’ or ‘verified.’ If you take dietary/nutritional supplements you may test positive for a prohibited substance which is not disclosed on the product label. This would result in a doping violation and sanction. Always check with your team doctor or the USADA Drug Reference Line before taking any medication.

MEDIA

The 2024 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 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 Friday, May 17 and the USA Pro Road Race Championships will be webcast live on Sunday, May 19, 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 authorized 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 may pick up credentials on race days in the media work room in the Four Points Sheraton, Capitol Room C.

PROTOCOL

There will be a joint award ceremony for the Criterium on Thursday and Friday nights occurring after the conclusion of last Men's race on each night. Time Trial awards will combine the Junior, U-23 and Elite categories and will be awarded at the conclusion of each of the Women's and Men's races daily. Road Races will have awards ceremonies for Women and Men taking place following the conclusion of their respective races (both Juniors, Men U-23, both Elites). 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, Capitol 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
- Radio Tour
- Officials
- 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 Communications van located near Anti-doping or at caravan deviation.

The communication equipment staff will be at the staging area 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

VEHICLE USAGE AND POLICIES

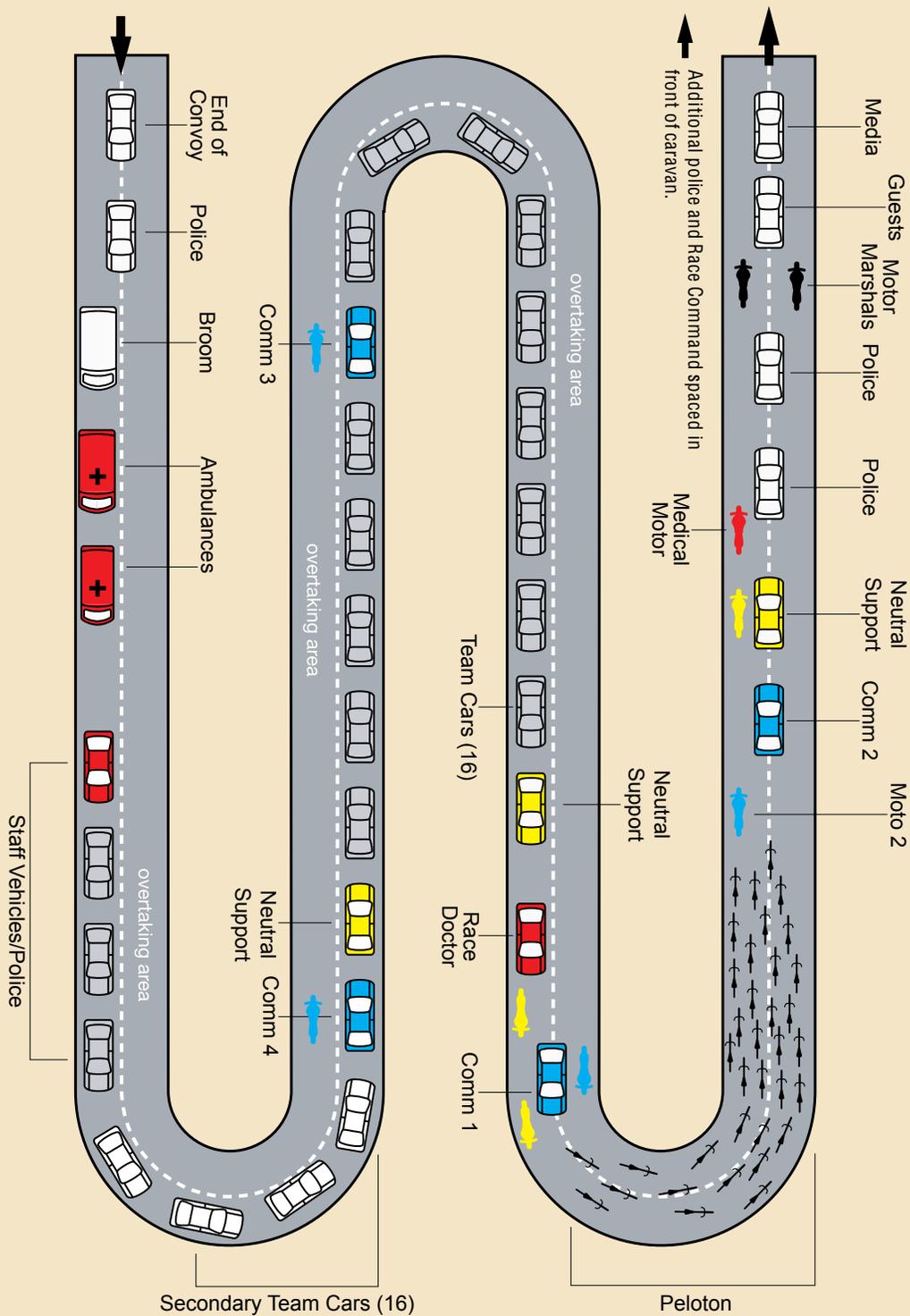
The race organization will be providing selected staff with race ready vehicles. Each vehicle will be signed out to a race assigned driver who will be responsible for anything that happens to the vehicle. It may be required that you leave a credit card imprint or a cash deposit prior to receiving a vehicle to insure against negligence or damages.

- Anyone found to be operating a vehicle under the influence of alcohol or a controlled substance, or driving in a reckless or careless manner will be removed from driving immediately without exception.
- No walking, standing or sitting on roofs or hoods for any reason. No driving vans with side doors open.
- Traffic citations will be the responsibility of the designated driver. Please keep unattended vehicles locked at all times.
- All designated drivers must be at least 21 years of age or older and hold a valid drivers license.
- In case of an accident do not leave the site until requested to do so by the responding authorities and after all required forms have been completed. It is expected that operators and/or passengers of all race provided vehicles will take any and all appropriate safety precautions in case of an accident. **In the case of accident, theft, etc., all paperwork must be filled out and copies given to Medalist Sports staff.**
- Vehicles must be returned clean and without damage. Any charges for repair or cleaning incurred by the race organization are the responsibility of the individual to whom the vehicle was assigned.
- Immediately following the event, all vehicles should be returned to the event transportation staff located in the race organization designated parking facility.
- Vehicles are to be used for race related functions only.

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.
- Please read the course information and course logs to become familiar with obstacles and finishing circuits.
- 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.
- No mini vans or SUVs allowed as team or support vehicles in the Road Race. All vehicles must meet UCI height restrictions (1.66m).
- 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. All non-caravan staff and event vehicles that cannot leave the venue before the start of the event must leave immediately after the event begins. No children are allowed in caravan 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. Managers are reminded that their riders are to indicate requests for feeding and service so that the team cars can be called up as it is appropriate and according to the conditions of the race. Mechanical and breakdown assistance take priority.
- 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 or at the discretion of the Commissaires.

Caravan Diagram





TIME TRIAL

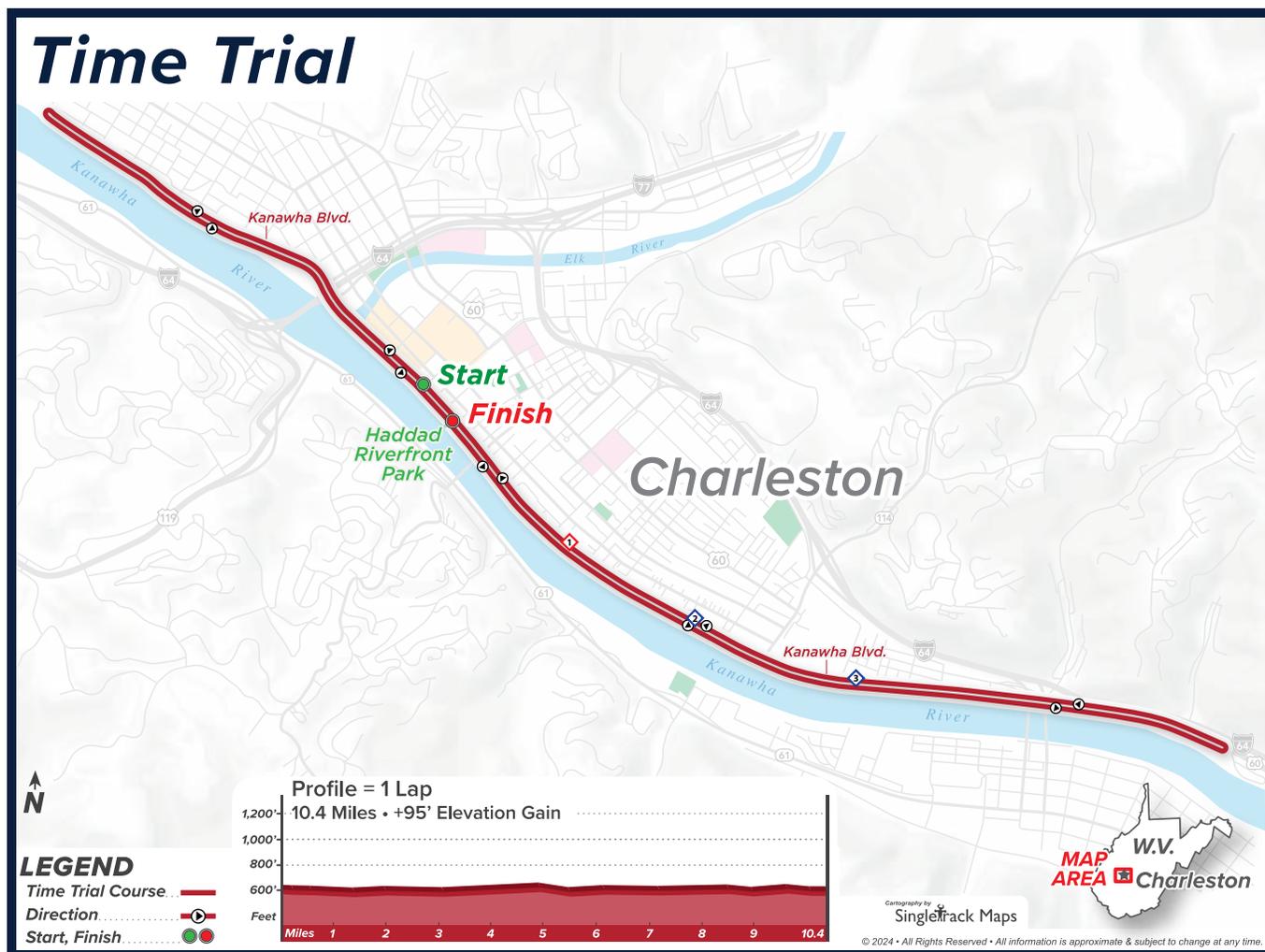
Time Trial



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

Monday, May 13				
Four Points Sheraton Capitol Room A	3:00 p.m. - 5:45 p.m.	Men/Women Junior ITT Packet Pick Up and Confirmation		
Four Point Sheraton Capitol Room B	6:00 p.m. - 7:30 p.m.	Team Mgr/Rider Meeting (Men/Women Junior ITT, Crit, Road)		
Tuesday, May 14				
Time Trial	1:00 p.m.	Women Junior (WJ)	16.9 km	(1 lap)
	To Follow	Men Junior (MJ)	16.9 km	(1 laps)
	To Follow	Awards Junior Women/Men - Haddad Park		
Four Points Sheraton Capitol Room A	4:00 p.m. - 5:45 p.m.	Men/Women U-23 and Elite ITT Packet Pick up and Confirmation		
Four Points Sheraton Capitol Room B	6:00 p.m. - 6:30 p.m.	Team Mgr Meeting (U23 and Elite ITT)		
Wednesday, May 15				
Time Trial	8:00 a.m.	Women U-23 (WU)	33.7 km	(2 laps)
	To Follow	Women Elite (WE)	33.7 km	(2 laps)
	To Follow	Awards U23/Elite Women - Haddad Park		
	To Follow	Men U23 (MU)	33.7 km	(2 laps)
	To Follow	Men Elite (ME)	33.7 km	(2 laps)
	To Follow	Awards - Elite Men - Haddad 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

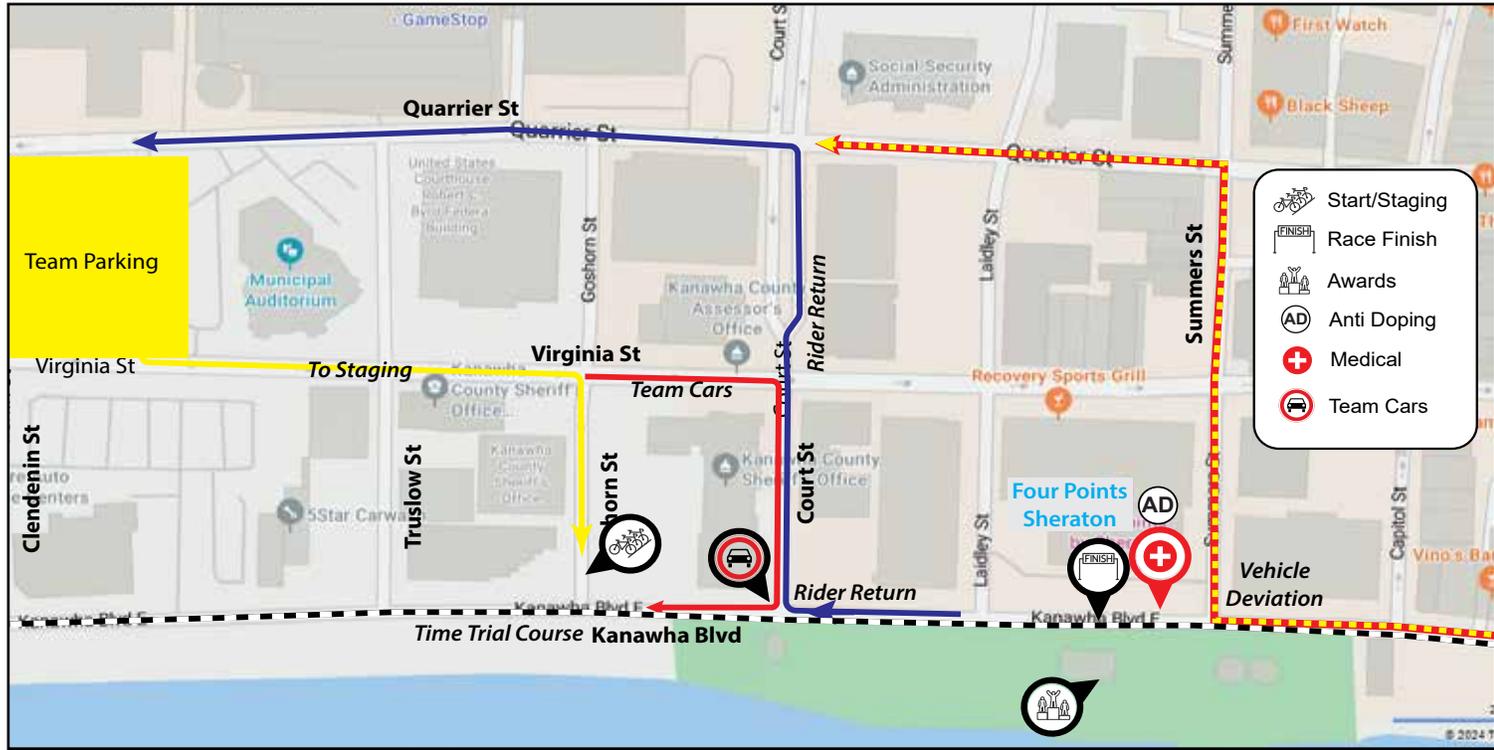
COURSE LOG - U-23/ELITES

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	0.00	0.00	0.00	20.92	START	Goshorn St
0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0.00	0.00	0.00	20.92	Right	on Kanawha Blvd from Goshorn St
0:03:14	0:03:00	0:02:48	0:02:37	0:02:28	1.40	2.37	1.47	19.45	cs	Rail Underpass
0:03:58	0:03:41	0:03:26	0:03:14	0:03:02	0.32	2.88	1.79	19.13	U-Turn	U-Turn at Barrel
0:04:44	0:04:24	0:04:06	0:03:51	0:03:37	0.33	3.41	2.12	18.80	cs	Rail Underpass
0:08:28	0:07:52	0:07:20	0:06:53	0:06:29	1.62	6.02	3.74	17.18	cs	Finish Truss
0:16:13	0:15:04	0:14:04	0:13:11	0:12:24	3.36	11.43	7.10	13.82	U-Turn	U-Turn at Barrel
0:23:45	0:22:03	0:20:35	0:19:18	0:18:10	3.26	16.67	10.36	10.56	cs	Summers St - Vehicle Deviation on RIGHT
0:23:49	0:22:07	0:20:38	0:19:21	0:18:13	0.03	16.72	10.39	10.53	cs	1 lap to go
0:27:32	0:25:34	0:23:52	0:22:22	0:21:03	1.61	19.31	12.00	8.92	cs	Rail Underpass
0:28:16	0:26:15	0:24:30	0:22:58	0:21:37	0.32	19.83	12.32	8.60	U-Turn	U-Turn at Barrel
0:29:02	0:26:57	0:25:10	0:23:35	0:22:12	0.33	20.36	12.65	8.27	cs	Rail Underpass
0:32:46	0:30:26	0:28:24	0:26:37	0:25:04	1.62	22.96	14.27	6.65	cs	Finish Truss
0:40:31	0:37:38	0:35:07	0:32:55	0:30:59	3.36	28.37	17.63	3.29	U-Turn	U-Turn at Barrel
0:48:03	0:44:37	0:41:38	0:39:02	0:36:44	3.26	33.62	20.89	0.03	cs	Summers St - Vehicle Deviation on RIGHT
0:48:07	0:44:41	0:41:42	0:39:06	0:36:48	0.03	33.67	20.92	0.00	cs	FINISH



Time
Trial

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 Clendenin St. The entrance will be located on Clendenin 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.
- 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.

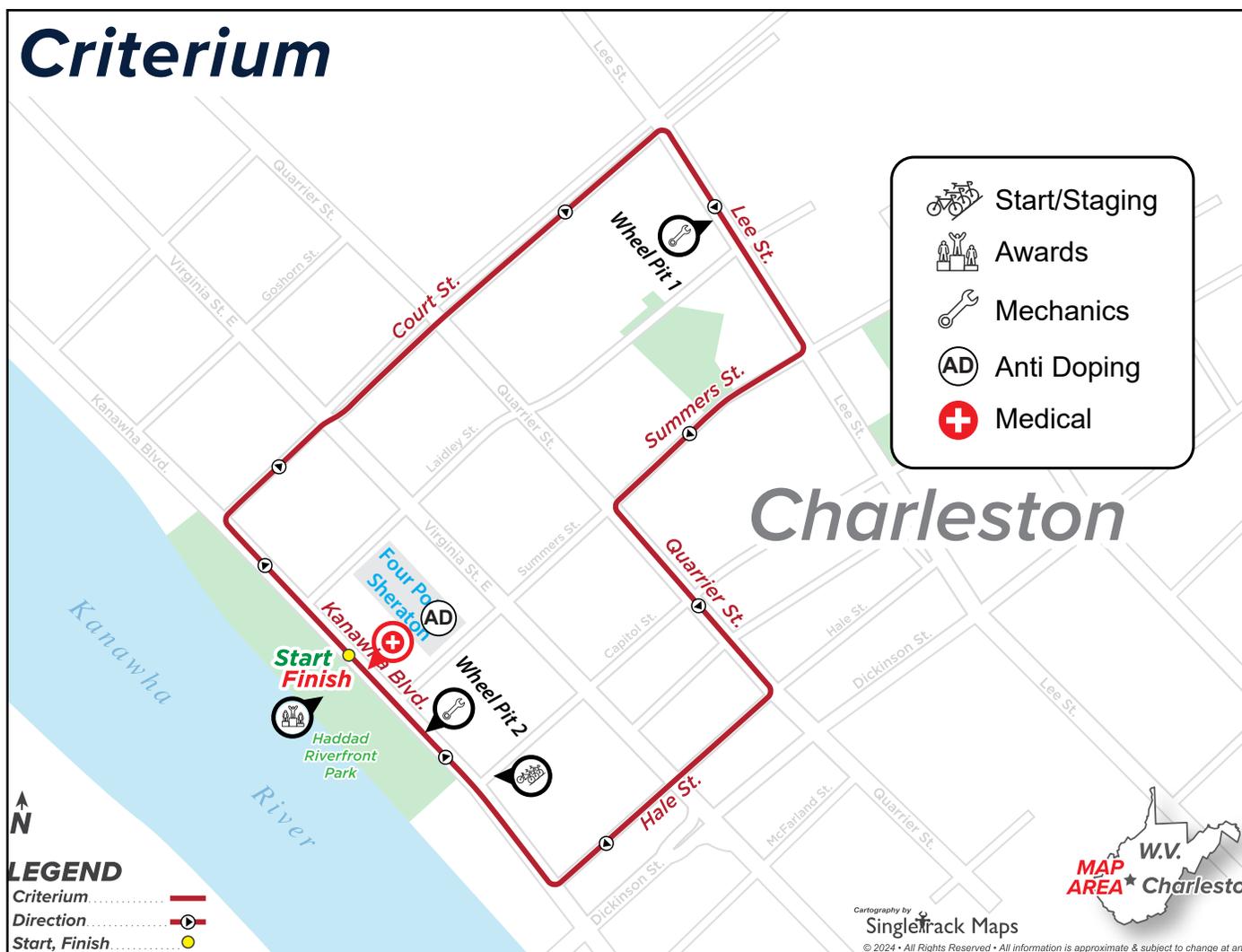
CRITERIUM



Criterium

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

Wednesday, May 15			
Four Points Sheraton Capitol Room A	4:00 p.m. - 6:00 p.m.	Men/Women Juniors, U-23 Men Crit Packet Pick up and Confirmation	
Thursday, May 16			
Four Points Sheraton Capitol Room A	3:30 p.m. - 5:30 p.m.	Men/Women Juniors, U-23 Men Crit Packet Pick up and Confirmation	
Criterium	6:30 p.m.	Women Junior (WJ)	45 mins
	7:30 p.m.	Men Junior (MJ)	60 mins
	8:45 p.m.	Men U-23 (MU)	75 mins
	To Follow	All Awards - Haddad Park	
Friday, May 17			
Four Points Sheraton Capitol Room A	3:30 p.m. - 5:30 p.m.	Women U-23, Elite and Men Elite Crit Packet Pick up and Confirmation	
Criterium	6:30 p.m.	Women U-23, Elite (WU,WE)	75 mins
	8:00 p.m.	Men Elite (ME)	90 mins
	To Follow	All Awards - Haddad Park	





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	0.00	0.00	0.00	1.00	START	
0:00:08	0:00:08	0:00:07	0:00:06	0:00:06	0.05	0.08	0.05	0.95	cs	Laidley St
0:00:16	0:00:15	0:00:14	0:00:13	0:00:12	0.05	0.16	0.10	0.90	Right	on Court St from Kanawha Blvd
0:00:25	0:00:23	0:00:21	0:00:19	0:00:18	0.05	0.24	0.15	0.85	cs	Virginia St
0:00:36	0:00:33	0:00:30	0:00:28	0:00:26	0.07	0.35	0.22	0.78	cs	Quarrier St
0:00:59	0:00:54	0:00:50	0:00:46	0:00:43	0.14	0.58	0.36	0.64	Right	on Lee St from Court St
0:01:10	0:01:04	0:01:00	0:00:55	0:00:52	0.07	0.69	0.43	0.57	cs	Laidley St
0:01:20	0:01:14	0:01:08	0:01:03	0:00:59	0.06	0.79	0.49	0.51	Right	on Summers St from Lee St
0:01:40	0:01:32	0:01:24	0:01:18	0:01:13	0.12	0.98	0.61	0.39	Left	on Quarrier St from Summers St
0:01:50	0:01:41	0:01:33	0:01:26	0:01:20	0.06	1.08	0.67	0.33	cs	Capitol St
0:01:59	0:01:49	0:01:41	0:01:34	0:01:28	0.06	1.17	0.73	0.27	Right	on Hale St from Quarrier St
0:02:09	0:01:58	0:01:49	0:01:42	0:01:35	0.06	1.27	0.79	0.21	cs	Virginia St
0:02:22	0:02:10	0:02:00	0:01:52	0:01:44	0.08	1.40	0.87	0.13	Right	on Kanawha Blvd from Hale St
0:02:32	0:02:19	0:02:09	0:02:00	0:01:52	0.06	1.50	0.93	0.07	cs	Capitol St
0:02:42	0:02:28	0:02:17	0:02:07	0:01:59	0.06	1.59	0.99	0.01	cs	Summers St
0:02:44	0:02:30	0:02:18	0:02:09	0:02:00	0.01	1.61	1.00	0.00	Finish	Lap 1

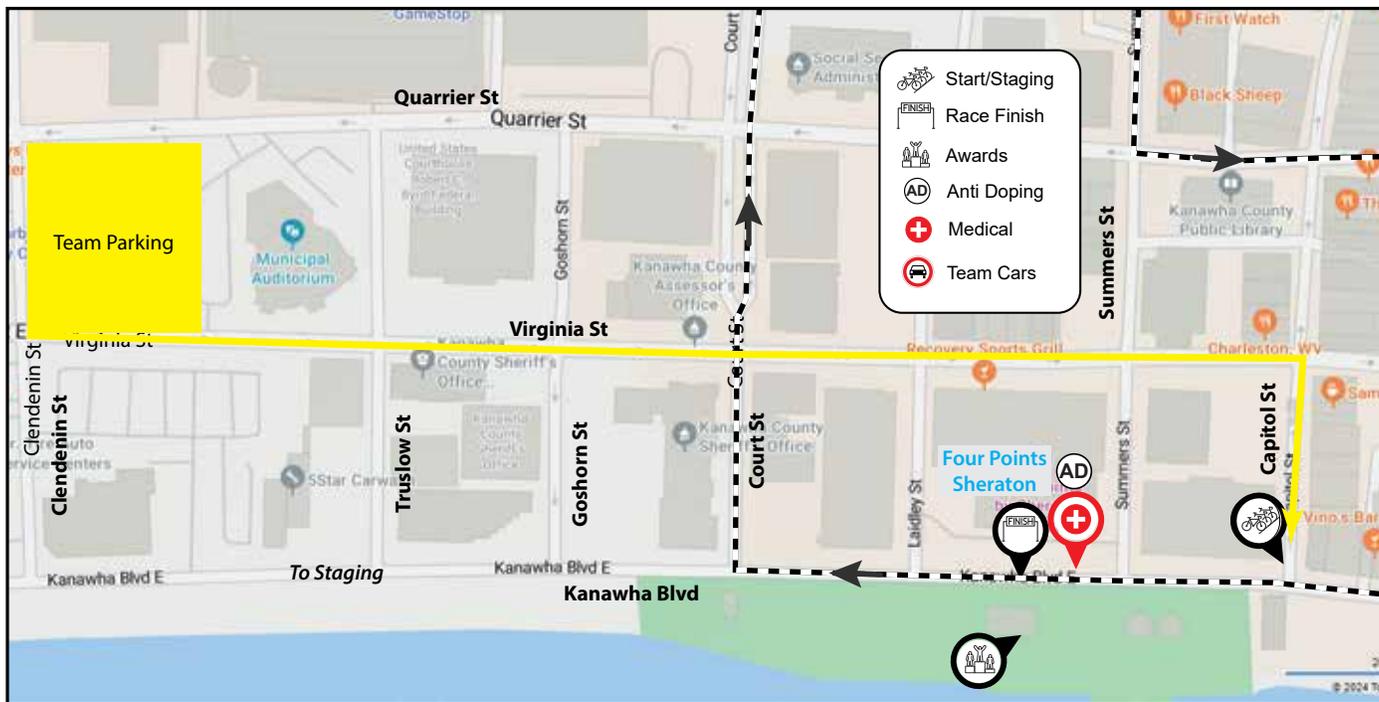
DIRECTIONS TO RACE START AND FINISH

- Team parking is located in the surface lot located at Virginia St and Clendenin St. The entrance will be located on Clendenin 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 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 to pit, do not cut the course.
- Wheel pits (See Map) are located just prior to finish line on Kanawha Blvd and on Lee St.
- Team parking downtown will open beginning at 4pm.

START/FINISH LOCATOR MAP



ROAD RACE



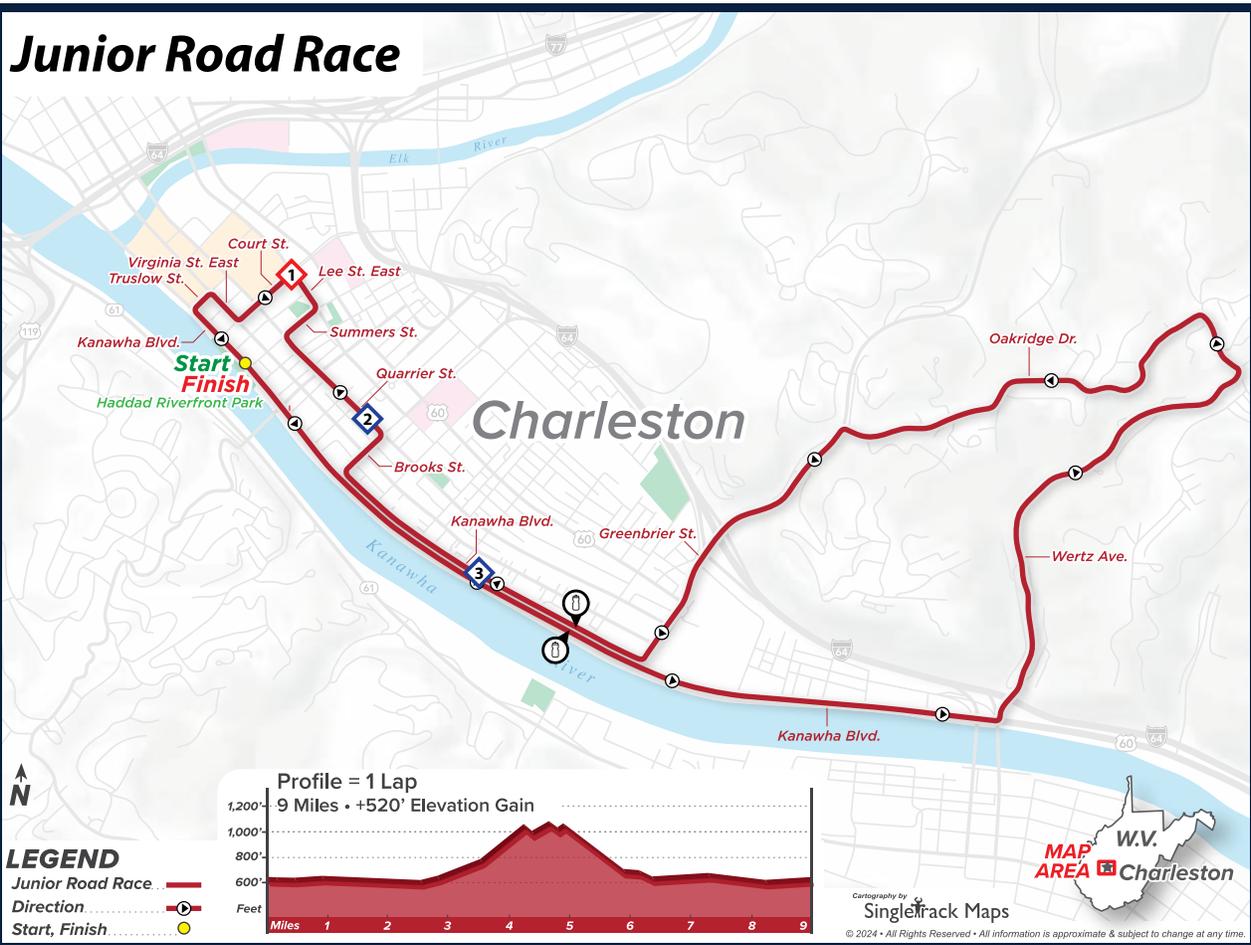
Race Headquarters	Four Points Sheraton - Mountain State Suite A
Confirmation/PPU	Four Points Sheraton - Capitol Room A
Team Parking	Virginia St and Clendenin St - see Locator Map
Anti-Doping	Four Points Sheraton - Kanawha River Suite
Media Work Room	Four Points Sheraton - Capitol Room C
Commissaire's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

Friday, May 17				
Four Points Sheraton Capitol Room A	10:00 a.m. - 12:00 p.m.	Men/Women Juniors, U-23 Road Race Packet Pick Up and Confirmation		
Four Points Sheraton Capitol Room B	12:00 p.m. - 1:00 p.m.	Junior Men/Women Manager Road Race Meeting		
Four Points Sheraton Capitol Room B	2:00 p.m. - 3:00 p.m.	Men U-23 Manager Road Race Meeting		
Four Points Sheraton Capitol Room B	3:00 p.m. - 4:00 p.m.	Men U-23 Road Race Caravan Driver Training		
Four Points Sheraton Capitol Room B	4:00 p.m. - 4:30 p.m.	Road Race Motors Meeting		
Saturday, May 18				
Road Race	7:00 a.m.	Men U-23 (MU) - Pro Course	148 km	7 laps
	To Follow	Awards - U-23 Men - Haddad Park		
	12:00 p.m.	Men Junior (MJ) - Junior Course	87 km	6 laps
	To Follow	Awards - Junior Men - Haddad Park		
	3:30 p.m.	Women Junior (WJ) - Junior Course	72 km	5 laps
	To Follow	Awards - Junior Women - Haddad Park		
Four Points Sheraton Capitol Room A	3:00 p.m. - 5:00 p.m.	Women U-23, Elite, Men Elite Road Race Packet Pick up and Confirmation		
Four Points Sheraton Capitol Room B	5:00 p.m. - 6:00 p.m.	Women/Men U-23/Elite Road Race Manager Meeting		
Four Points Sheraton Capitol Room B	6:00 p.m. - 7:00 p.m.	Elite Road Race Caravan Driver Training		
Sunday, May 19				
Road Race	8:00 a.m.	U-23, Elite Women (WU,WE)	127 km	6 laps
	To Follow	Awards - U23 Women/Elite Women - Haddad Park		
	1:00 p.m.	Elite Men (ME)	212 km	10 laps
	To Follow	Awards - Elite Men - Haddad Park		





Junior Road Race

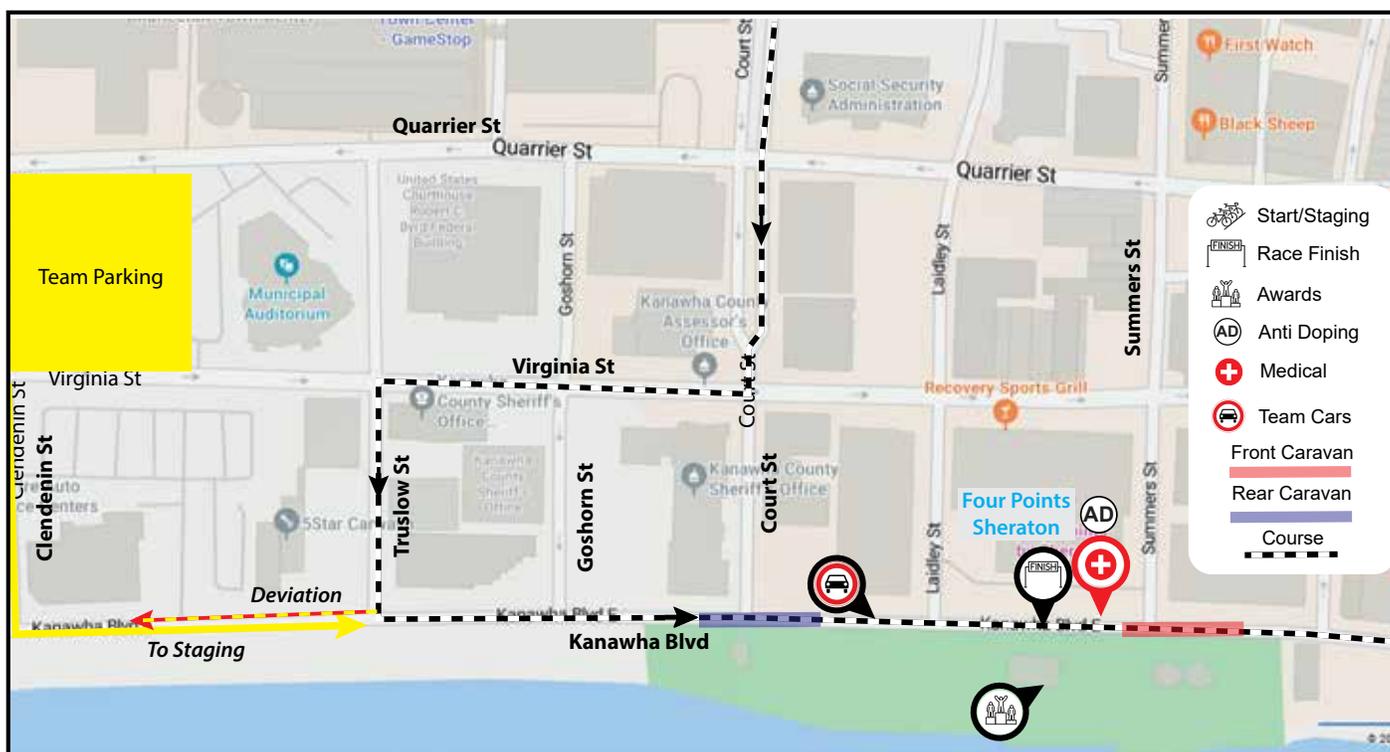


U-23/Elite Road Race



Road Race

START/FINISH LOCATOR MAP



DIRECTIONS TO RACE START

- Team parking is Located at the corner of Virginia St and Clendenin St. Staff will be on site to direct parking and direct athletes to rider staging areas.
- Security will be provided in team parking overnight on Friday May 17 and Saturday May 18 should teams need overnight parking.

ROAD RACE NOTES

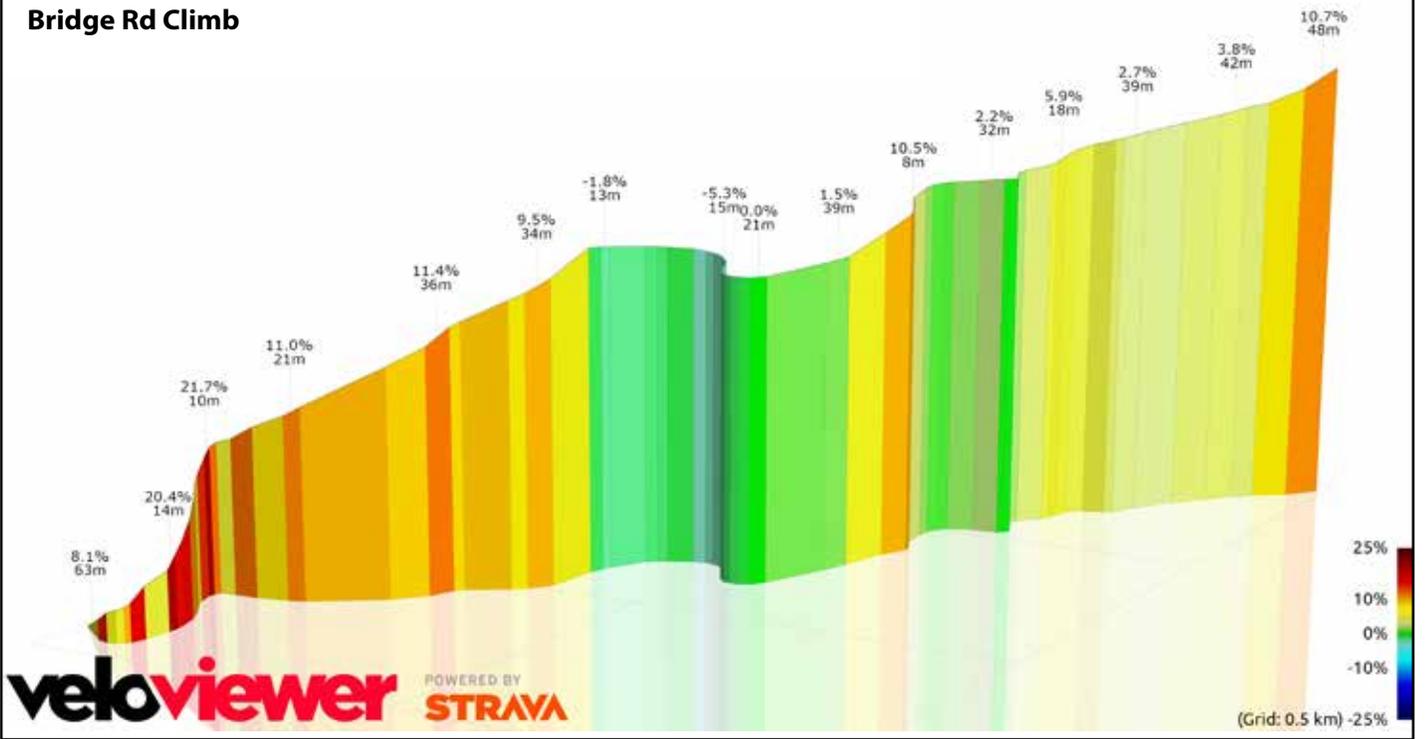
- VIP, Media, and Team Car pickup and drop off will be on Kanawha Blvd one block past finish line on left side of roadway. Pull out of roadway into designated parking lane.
- Riders deemed out of contention may be pulled at locations along the course. Any riders, staff or team cars passed by the "End 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.



2024 USA Cycling Pro Road National Championships

Bridge Rd Climb

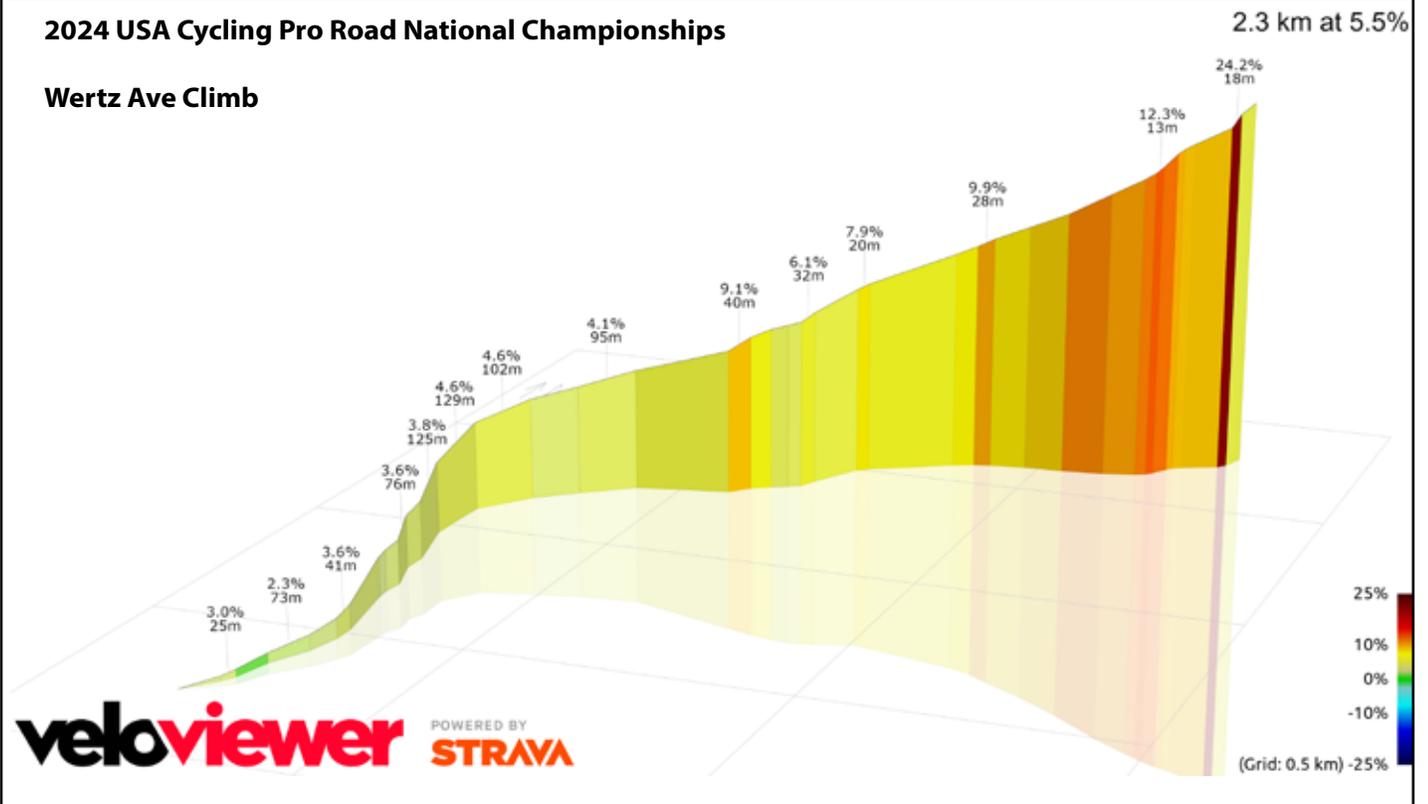
2.1 km at 5.5%



2024 USA Cycling Pro Road National Championships

Wertz Ave Climb

2.3 km at 5.5%



Road Race

MEN U-23 (PRO 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
7:00a	7:00a	7:00a	7:00a	7:00a	0.00	0.00	0.00	91.21		START
7:00a	7:00a	7:00a	7:00a	7:00a	0.15	0.24	0.15	91.06	Left	on Hale St from Kanawha Blvd
7:00a	7:00a	7:00a	7:00a	7:00a	0.08	0.37	0.23	90.98	Right	on Virginia St from Hale St
7:00a	7:00a	7:00a	7:00a	7:00a	0.02	0.40	0.25	90.96	Right	on Dickinson St - Centerline dillineation
7:01a	7:01a	7:01a	7:01a	7:01a	0.25	0.80	0.50	90.71	Right	on Bridge Rd from Dickinson St
7:06a	7:05a	7:05a	7:04a	7:04a	1.70	3.54	2.20	89.01	Left	on Loudon Heights Rd from Bridge Rd
7:07a	7:06a	7:06a	7:05a	7:05a	0.49	4.33	2.69	88.52	cs	Narrow Bridge
7:10a	7:09a	7:09a	7:08a	7:07a	1.24	6.32	3.93	87.28	Right	on Dickinson St - Centerline dillineation
7:11a	7:10a	7:09a	7:08a	7:08a	0.25	6.73	4.18	87.03	Right	on Virginia St from Dickinson St
7:11a	7:10a	7:09a	7:09a	7:08a	0.03	6.78	4.21	87.00	Right	on Mcfarland St from Virginia St
7:11a	7:10a	7:09a	7:09a	7:08a	0.08	6.90	4.29	86.92	Left	on Kanawha Blvd from Mcfarland St
7:11a	7:10a	7:10a	7:09a	7:08a	0.10	7.06	4.39	86.82	cs	merge to right lanes
7:14a	7:13a	7:12a	7:11a	7:10a	0.86	8.45	5.25	85.96	cs	Begin Green Zone
7:14a	7:13a	7:12a	7:11a	7:10a	0.05	8.53	5.30	85.91	cs	Begin Feed Zone
7:14a	7:13a	7:12a	7:11a	7:10a	0.12	8.72	5.42	85.79	cs	End Feed Zone
7:18a	7:16a	7:15a	7:14a	7:13a	1.25	10.73	6.67	84.54	Left	on Wertz Ave from Kanawha Blvd
7:22a	7:20a	7:19a	7:17a	7:16a	1.50	13.15	8.17	83.04	Left	on Oakridge Dr from Wertz Ave
7:26a	7:23a	7:22a	7:20a	7:19a	1.40	15.40	9.57	81.64	Left	on Greenbriar St from Oakridge Dr
7:28a	7:26a	7:24a	7:22a	7:21a	0.96	16.95	10.53	80.68	Right	on Kanawha Blvd from Greenbriar St
7:29a	7:26a	7:24a	7:22a	7:21a	0.16	17.20	10.69	80.52	cs	Begin Green/Feed Zone
7:29a	7:27a	7:24a	7:23a	7:21a	0.12	17.40	10.81	80.40	cs	End Feed Zone
7:29a	7:27a	7:25a	7:23a	7:21a	0.07	17.51	10.88	80.33	cs	End Green Zone
7:31a	7:28a	7:26a	7:24a	7:23a	0.71	18.65	11.59	79.62	Right	on Brooks St from Kanawha Blvd
7:32a	7:29a	7:27a	7:25a	7:23a	0.16	18.91	11.75	79.46	Left	on Quarrier St from Brooks St
7:33a	7:30a	7:28a	7:26a	7:24a	0.42	19.59	12.17	79.04	Right	on Summers St from Quarrier St
7:33a	7:30a	7:28a	7:26a	7:24a	0.12	19.78	12.29	-12.29	Left	on Lee St from Summer St
7:34a	7:31a	7:28a	7:26a	7:25a	0.25	19.99	12.42	78.79	Left	on Court St from Lee St
7:34a	7:31a	7:29a	7:27a	7:25a	0.21	20.33	12.63	78.58	Right	on Virginia St from Court St
7:35a	7:32a	7:29a	7:27a	7:25a	0.12	20.52	12.75	78.46	Left	on Trulow St from Virginia St
7:35a	7:32a	7:29a	7:27a	7:25a	0.07	20.63	12.82	78.39	Left	on Kanawha Blvd - Deviation on RIGHT
7:35a	7:32a	7:30a	7:27a	7:26a	0.06	20.73	12.88	78.33	cs	Goshorn St
7:35a	7:32a	7:30a	7:28a	7:26a	0.15	20.97	13.03	78.18	cs	6 laps to go
8:11a	8:05a	8:00a	7:56a	7:52a	13.03	41.94	26.06	65.15	cs	5 laps to go
8:46a	8:38a	8:30a	8:24a	8:18a	13.03	62.91	39.09	52.12	cs	4 laps to go
9:22a	9:10a	9:00a	8:51a	8:44a	13.03	83.88	52.12	39.09	cs	3 laps to go
9:58a	9:43a	9:30a	9:19a	9:10a	13.03	104.85	65.15	26.06	cs	2 laps to go
10:33a	10:15a	10:00a	9:47a	9:36a	13.03	125.82	78.18	13.03	cs	1 lap to go
11:09a	10:48a	10:30a	10:15a	10:02a	13.03	146.78	91.21	0.00		FINISH

Road Race





MEN JUNIOR COURSE LOG

6 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
12:00p	12:00p	12:00p	12:00p	12:00p	0.00	0.00	0.00	53.76		START
12:00p	12:00p	12:00p	12:00p	12:00p	0.31	0.50	0.31	53.45	cs	Stay RIGHT of Median
12:03p	12:03p	12:02p	12:02p	12:02p	0.89	1.93	1.20	52.56	cs	Begin Green Zone
12:03p	12:03p	12:02p	12:02p	12:02p	0.05	2.01	1.25	52.51	cs	Begin Feed Zone
12:03p	12:03p	12:03p	12:02p	12:02p	0.11	2.19	1.36	52.40	cs	End Feed Zone
12:03p	12:03p	12:03p	12:03p	12:02p	0.10	2.35	1.46	52.30	cs	End Green Zone
12:07p	12:06p	12:06p	12:05p	12:05p	1.14	4.18	2.60	51.16	Left	on Wertz Ave from Kanawha Blvd
12:11p	12:10p	12:09p	12:08p	12:08p	1.50	6.60	4.10	49.66	Left	on Oakridge Dr from Wertz Ave
12:15p	12:13p	12:12p	12:11p	12:11p	1.40	8.85	5.50	48.26	Left	on Greenbriar St from Oakridge Dr
12:17p	12:16p	12:14p	12:13p	12:12p	0.96	10.40	6.46	47.30	Right	on Kanawha Blvd from Greenbriar St
12:18p	12:16p	12:15p	12:14p	12:13p	0.16	10.65	6.62	47.14	cs	Begin Green/Feed Zone
12:18p	12:16p	12:15p	12:14p	12:13p	0.12	10.85	6.74	47.02	cs	End Feed Zone
12:18p	12:17p	12:15p	12:14p	12:13p	0.07	10.96	6.81	46.95	cs	End Green Zone
12:20p	12:18p	12:17p	12:16p	12:15p	0.71	12.10	7.52	46.24	Right	on Brooks St from Kanawha Blvd
12:20p	12:19p	12:17p	12:16p	12:15p	0.16	12.36	7.68	46.08	Left	on Quarrier St from Brooks St
12:22p	12:20p	12:18p	12:17p	12:16p	0.42	13.04	8.10	45.66	Right	on Summers St from Quarrier St
12:22p	12:20p	12:18p	12:17p	12:16p	0.12	13.23	8.22	45.54	Left	on Lee St from Summers St
12:22p	12:20p	12:19p	12:17p	12:16p	0.13	13.44	8.35	45.41	Left	on Court St from Lee St
12:23p	12:21p	12:19p	12:18p	12:17p	0.21	13.78	8.56	45.20	Right	on Virginia St from Court St
12:23p	12:21p	12:20p	12:18p	12:17p	0.12	13.97	8.68	45.08	Left	on Trulow St from Virginia St
12:23p	12:21p	12:20p	12:18p	12:17p	0.07	14.08	8.75	45.01	Left	on Kanawha Blvd - Deviation on RIGHT
12:24p	12:22p	12:20p	12:18p	12:17p	0.06	14.18	8.81	44.95	cs	Goshorn St
12:24p	12:22p	12:20p	12:19p	12:17p	0.15	14.42	8.96	44.80	cs	5 laps to go
12:48p	12:44p	12:41p	12:38p	12:35p	8.96	28.84	17.92	35.84	cs	4 laps to go
1:12p	1:06p	1:01p	12:57p	12:53p	8.84	43.06	26.76	27.00	cs	3 laps to go
1:37p	1:29p	1:22p	1:16p	1:11p	9.08	57.68	35.84	17.92	cs	2 laps to go
2:02p	1:52p	1:43p	1:36p	1:29p	8.96	72.10	44.80	8.96	cs	1 lap to go
2:26p	2:14p	2:04p	1:55p	1:47p	8.96	86.52	53.76	0.00		FINISH

WOMEN JUNIOR COURSE LOG

5 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
3:30p	3:30p	3:30p	3:30p	3:30p	0.00	0.00	0.00	44.80		START
3:30p	3:30p	3:30p	3:30p	3:30p	0.31	0.50	0.31	44.49	cs	Stay RIGHT of Median
3:33p	3:33p	3:32p	3:32p	3:32p	0.89	1.93	1.20	43.60	cs	Begin Green Zone
3:33p	3:33p	3:32p	3:32p	3:32p	0.05	2.01	1.25	43.55	cs	Begin Feed Zone
3:33p	3:33p	3:33p	3:32p	3:32p	0.11	2.19	1.36	43.44	cs	End Feed Zone
3:33p	3:33p	3:33p	3:33p	3:32p	0.10	2.35	1.46	43.34	cs	End Green Zone
3:37p	3:36p	3:36p	3:35p	3:35p	1.14	4.18	2.60	42.20	Left	on Wertz Ave from Kanawha Blvd
3:41p	3:40p	3:39p	3:38p	3:38p	1.50	6.60	4.10	40.70	Left	on Oakridge Dr from Wertz Ave
3:45p	3:43p	3:42p	3:41p	3:41p	1.40	8.85	5.50	39.30	Left	on Greenbriar St from Oakridge Dr
3:47p	3:46p	3:44p	3:43p	3:42p	0.96	10.40	6.46	38.34	Right	on Kanawha Blvd from Greenbriar St
3:48p	3:46p	3:45p	3:44p	3:43p	0.16	10.65	6.62	38.18	cs	Begin Green/Feed Zone
3:48p	3:46p	3:45p	3:44p	3:43p	0.12	10.85	6.74	38.06	cs	End Feed Zone
3:48p	3:47p	3:45p	3:44p	3:43p	0.07	10.96	6.81	37.99	cs	End Green Zone
3:50p	3:48p	3:47p	3:46p	3:45p	0.71	12.10	7.52	37.28	Right	on Brooks St from Kanawha Blvd
3:50p	3:49p	3:47p	3:46p	3:45p	0.16	12.36	7.68	37.12	Left	on Quarrier St from Brooks St
3:52p	3:50p	3:48p	3:47p	3:46p	0.42	13.04	8.10	36.70	Right	on Summers St from Quarrier St
3:52p	3:50p	3:48p	3:47p	3:46p	0.12	13.23	8.22	36.58	Left	on Lee St from Summers St
3:52p	3:50p	3:49p	3:47p	3:46p	0.13	13.44	8.35	36.45	Left	on Court St from Lee St
3:53p	3:51p	3:49p	3:48p	3:47p	0.21	13.78	8.56	36.24	Right	on Virginia St from Court St
3:53p	3:51p	3:50p	3:48p	3:47p	0.12	13.97	8.68	36.12	Left	on Trulow St from Virginia St
3:53p	3:51p	3:50p	3:48p	3:47p	0.07	14.08	8.75	36.05	Left	on Kanawha Blvd - Deviation on RIGHT
3:54p	3:52p	3:50p	3:48p	3:47p	0.06	14.18	8.81	35.99	cs	Goshorn St
3:54p	3:52p	3:50p	3:49p	3:47p	0.15	14.42	8.96	35.84	cs	4 laps to go
4:18p	4:14p	4:11p	4:08p	4:05p	8.96	28.84	17.92	26.88	cs	3 laps to go
4:42p	4:36p	4:31p	4:27p	4:23p	8.84	43.06	26.76	18.04	cs	2 laps to go
5:07p	4:59p	4:52p	4:46p	4:41p	9.08	57.68	35.84	8.96	cs	1 lap to go
5:32p	5:22p	5:13p	5:06p	4:59p	8.96	72.10	44.80	0.00		FINISH

WOMEN U-23/ELITE COURSE LOG

6 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
8:00a	8:00a	8:00a	8:00a	8:00a	0.00	0.00	0.00	78.18		START
8:00a	8:00a	8:00a	8:00a	8:00a	0.15	0.24	0.15	78.03	Left	on Hale St from Kanawha Blvd
8:00a	8:00a	8:00a	8:00a	8:00a	0.08	0.37	0.23	77.95	Right	on Virginia St from Hale St
8:00a	8:00a	8:00a	8:00a	8:00a	0.02	0.40	0.25	77.93	Right	on Dickinson St - Centerline dillineation
8:01a	8:01a	8:01a	8:01a	8:01a	0.25	0.80	0.50	77.68	Right	on Bridge Rd from Dickinson St
8:06a	8:05a	8:05a	8:04a	8:04a	1.70	3.54	2.20	75.98	Left	on Loudon Heights Rd from Bridge Rd
8:07a	8:06a	8:06a	8:05a	8:05a	0.49	4.33	2.69	75.49	cs	Narrow Bridge
8:10a	8:09a	8:09a	8:08a	8:07a	1.24	6.32	3.93	74.25	Right	on Dickinson St - Centerline dillineation
8:11a	8:10a	8:09a	8:08a	8:08a	0.25	6.73	4.18	74.00	Right	on Virginia St from Dickinson St
8:11a	8:10a	8:09a	8:09a	8:08a	0.03	6.78	4.21	73.97	Right	on Mcfarland St from Virginia St
8:11a	8:10a	8:09a	8:09a	8:08a	0.08	6.90	4.29	73.89	Left	on Kanawha Blvd from Mcfarland St
8:11a	8:10a	8:10a	8:09a	8:08a	0.10	7.06	4.39	73.79	cs	merge to right lanes
8:14a	8:13a	8:12a	8:11a	8:10a	0.86	8.45	5.25	72.93	cs	Begin Green Zone
8:14a	8:13a	8:12a	8:11a	8:10a	0.05	8.53	5.30	72.88	cs	Begin Feed Zone
8:14a	8:13a	8:12a	8:11a	8:10a	0.12	8.72	5.42	72.76	cs	End Feed Zone
8:18a	8:16a	8:15a	8:14a	8:13a	1.25	10.73	6.67	71.51	Left	on Wertz Ave from Kanawha Blvd
8:22a	8:20a	8:18a	8:17a	8:16a	1.50	13.15	8.17	70.01	Left	on Oakridge Dr from Wertz Ave
8:26a	8:23a	8:22a	8:20a	8:19a	1.40	15.40	9.57	68.61	Left	on Greenbriar St from Oakridge Dr
8:28a	8:26a	8:24a	8:22a	8:21a	0.96	16.95	10.53	67.65	Right	on Kanawha Blvd from Greenbriar St
8:29a	8:26a	8:24a	8:22a	8:21a	0.16	17.20	10.69	67.49	cs	Begin Green/Feed Zone
8:29a	8:27a	8:24a	8:23a	8:21a	0.12	17.40	10.81	67.37	cs	End Feed Zone
8:29a	8:27a	8:25a	8:23a	8:21a	0.07	17.51	10.88	67.30	cs	End Green Zone
8:31a	8:28a	8:26a	8:24a	8:23a	0.71	18.65	11.59	66.59	Right	on Brooks St from Kanawha Blvd
8:32a	8:29a	8:27a	8:25a	8:23a	0.16	18.91	11.75	66.43	Left	on Quarrier St from Brooks St
8:33a	8:30a	8:28a	8:26a	8:24a	0.42	19.59	12.17	66.01	Right	on Summers St from Quarrier St
8:33a	8:30a	8:28a	8:26a	8:24a	0.12	19.78	12.29	-12.29	Left	on Lee St from Summer St
8:34a	8:31a	8:28a	8:26a	8:25a	0.25	19.99	12.42	65.76	Left	on Court St from Lee St
8:34a	8:31a	8:29a	8:27a	8:25a	0.21	20.33	12.63	65.55	Right	on Virginia St from Court St
8:35a	8:32a	8:29a	8:27a	8:25a	0.12	20.52	12.75	65.43	Left	on Trulow St from Virginia St
8:35a	8:32a	8:29a	8:27a	8:25a	0.07	20.63	12.82	65.36	Left	on Kanawha Blvd - Deviation on RIGHT
8:35a	8:32a	8:30a	8:27a	8:26a	0.06	20.73	12.88	65.30	cs	Goshorn St
8:35a	8:32a	8:30a	8:28a	8:26a	0.15	20.97	13.03	65.15	cs	5 laps to go
9:11a	9:05a	9:00a	8:56a	8:52a	13.03	41.94	26.06	52.12	cs	4 laps to go
9:46a	9:38a	9:30a	9:24a	9:18a	13.03	62.91	39.09	39.09	cs	3 laps to go
10:22a	10:10a	10:00a	9:51a	9:44a	13.03	83.88	52.12	26.06	cs	2 laps to go
10:58a	10:43a	10:30a	10:19a	10:10a	13.03	104.85	65.15	13.03	cs	1 lap to go
11:33a	11:15a	11:00a	10:47a	10:36a	13.03	125.82	78.18	0.00		FINISH



MEN ELITE COURSE LOG
10 LAPS

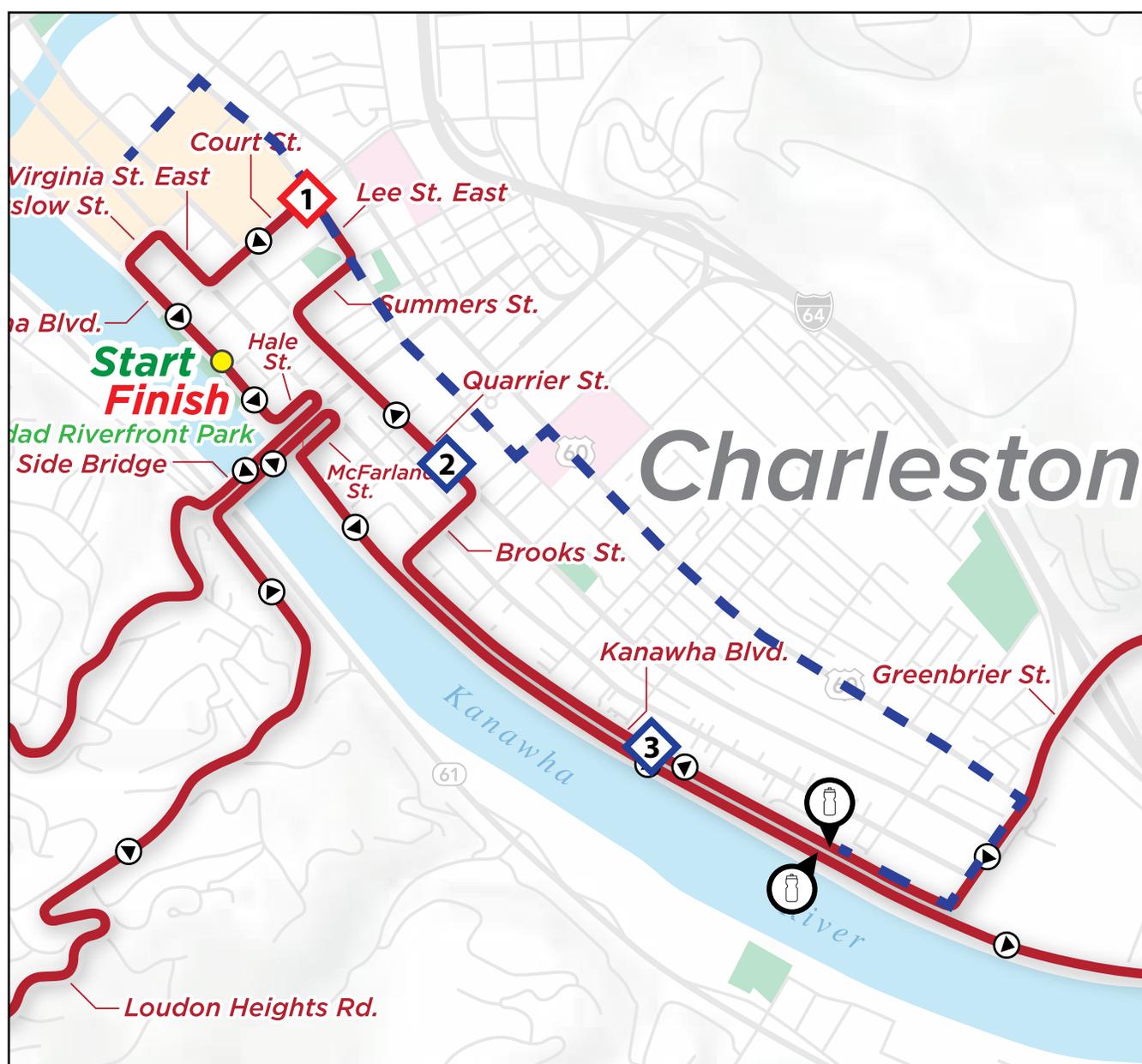
ETA 22 mph	ETA 24 mph	ETA 26 mph	ETA 28 mph	ETA 30 mph	Incr.	Kilo.	Miles Driven	Miles To Go	Action	Course Direction
1:00p	1:00p	1:00p	1:00p	1:00p	0.00	0.00	0.00	130.30		START
1:00p	1:00p	1:00p	1:00p	1:00p	0.15	0.24	0.15	130.15	Left	on Hale St from Kanawha Blvd
1:00p	1:00p	1:00p	1:00p	1:00p	0.08	0.37	0.23	130.07	Right	on Virginia St from Hale St
1:00p	1:00p	1:00p	1:00p	1:00p	0.02	0.40	0.25	130.05	Right	on Dickinson St - Centerline dillineation
1:01p	1:01p	1:01p	1:01p	1:01p	0.25	0.80	0.50	129.80	Right	on Bridge Rd from Dickinson St
1:06p	1:05p	1:05p	1:04p	1:04p	1.70	3.54	2.20	128.10	Left	on Loudon Heights Rd from Bridge Rd
1:07p	1:06p	1:06p	1:05p	1:05p	0.49	4.33	2.69	127.61	cs	Narrow Bridge
1:10p	1:09p	1:09p	1:08p	1:07p	1.24	6.32	3.93	126.37	Right	on Dickinson St - Centerline dillineation
1:11p	1:10p	1:09p	1:08p	1:08p	0.25	6.73	4.18	126.12	Right	on Virginia St from Dickinson St
1:11p	1:10p	1:09p	1:09p	1:08p	0.03	6.78	4.21	126.09	Right	on Mcfarland St from Virginia St
1:11p	1:10p	1:09p	1:09p	1:08p	0.08	6.90	4.29	126.01	Left	on Kanawha Blvd from Mcfarland St
1:11p	1:10p	1:10p	1:09p	1:08p	0.10	7.06	4.39	125.91	cs	merge to right lanes
1:14p	1:13p	1:12p	1:11p	1:10p	0.86	8.45	5.25	125.05	cs	Begin Green Zone
1:14p	1:13p	1:12p	1:11p	1:10p	0.05	8.53	5.30	125.00	cs	Begin Feed Zone
1:14p	1:13p	1:12p	1:11p	1:10p	0.12	8.72	5.42	124.88	cs	End Feed Zone
1:18p	1:16p	1:15p	1:14p	1:13p	1.25	10.73	6.67	123.63	Left	on Wertz Ave from Kanawha Blvd
1:22p	1:20p	1:18p	1:17p	1:16p	1.50	13.15	8.17	122.13	Left	on Oakridge Dr from Wertz Ave
1:26p	1:23p	1:22p	1:20p	1:19p	1.40	15.40	9.57	120.73	Left	on Greenbriar St from Oakridge Dr
1:28p	1:26p	1:24p	1:22p	1:21p	0.96	16.95	10.53	119.77	Right	on Kanawha Blvd from Greenbriar St
1:29p	1:26p	1:24p	1:22p	1:21p	0.16	17.20	10.69	119.61	cs	Begin Green/Feed Zone
1:29p	1:27p	1:24p	1:23p	1:21p	0.12	17.40	10.81	119.49	cs	End Feed Zone
1:29p	1:27p	1:25p	1:23p	1:21p	0.07	17.51	10.88	119.42	cs	End Green Zone
1:31p	1:28p	1:26p	1:24p	1:23p	0.71	18.65	11.59	118.71	Right	on Brooks St from Kanawha Blvd
1:32p	1:29p	1:27p	1:25p	1:23p	0.16	18.91	11.75	118.55	Left	on Quarrier St from Brooks St
1:33p	1:30p	1:28p	1:26p	1:24p	0.42	19.59	12.17	118.13	Right	on Summers St from Quarrier St
1:33p	1:30p	1:28p	1:26p	1:24p	0.12	19.78	12.29	-12.29	Left	on Lee St from Summer St
1:34p	1:31p	1:28p	1:26p	1:25p	0.25	19.99	12.42	117.88	Left	on Court St from Lee St
1:34p	1:31p	1:29p	1:27p	1:25p	0.21	20.33	12.63	117.67	Right	on Virginia St from Court St
1:35p	1:32p	1:29p	1:27p	1:25p	0.12	20.52	12.75	117.55	Left	on Trulow St from Virginia St
1:35p	1:32p	1:29p	1:27p	1:25p	0.07	20.63	12.82	117.48	Left	on Kanawha Blvd - Deviation on RIGHT
1:35p	1:32p	1:30p	1:27p	1:26p	0.06	20.73	12.88	117.42	cs	Goshorn St
1:35p	1:32p	1:30p	1:28p	1:26p	0.15	20.97	13.03	117.27	cs	9 laps to go
2:11p	2:05p	2:00p	1:56p	1:52p	13.03	41.94	26.06	104.24	cs	8 laps to go
2:46p	2:38p	2:30p	2:24p	2:18p	13.03	62.91	39.09	91.21	cs	7 laps to go
3:22p	3:10p	3:00p	2:51p	2:44p	13.03	83.88	52.12	78.18	cs	6 laps to go
3:58p	3:43p	3:30p	3:19p	3:10p	13.03	104.85	65.15	65.15	cs	5 laps to go
4:33p	4:15p	4:00p	3:47p	3:36p	13.03	125.82	78.18	52.12	cs	4 laps to go
5:09p	4:48p	4:30p	4:15p	4:02p	13.03	146.78	91.21	39.09	cs	3 laps to go
5:44p	5:20p	5:00p	4:43p	4:28p	13.03	167.75	104.24	26.06	cs	2 laps to go
6:20p	5:53p	5:30p	5:11p	4:54p	13.03	188.72	117.27	13.03	cs	1 lap to go
6:55p	6:26p	6:00p	5:39p	5:20p	13.03	209.69	130.30	0.00		FINISH

Charleston

WEST VIRGINIA

TO FEED ZONE

- Leave Team Parking and turn right on Clendenin St. Go 2 blocks 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 Washington St. Continue on Washington St for 1 mile. Police will direct you through road closures. Turn Right on Greenbrier. 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).
- 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.





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