



RACE BIBLE



featuring
**The City of Tuscaloosa Criterium
 and
 The Lake Lurleen Road Race**

**March 27-28, 2010
 \$13,000 Cash Purse**



ADDITIONAL SPONSORS:



Tour de Tuscaloosa

presented by

VeloCity Pro Cycle

(Criterium & Road Race)

LETTER FROM THE RACE DIRECTOR:

Welcome, racers, to the 4th annual Tour de Tuscaloosa presented by VeloCity Pro Cycle. I would like to take this opportunity to thank you all for deciding to participate in our event. The last three years have been widely successful and a fun learning experience for me. I hope that every year we are able to make the race better and better. We received excellent feedback from you all about the races and have made every effort to address any concerns you have and to build upon our successes. Once again, we are able to increase our prize purse this year from \$10,000 to \$13,000 thanks to our wonderful sponsors. I encourage all of you to thank them and visit them while you are in Tuscaloosa. Additionally, we are able to have equal payouts for men and women which allows us to be a part of the SEW Series for the first time. For the third year in a row, our race is a part of the Lance Armstrong Junior Cycling Series. We are looking forward to very large women's and juniors fields! Also this year we have added a One Mile Fun Run to the race schedule. Proceeds will benefit local charities so bring your running shoes for either a good warm up or fun cool down. Finally, I would like to encourage you all to bring your family to the races and to enjoy the Druid City Arts Festival, which will be set up in a parking lot adjacent to the race course. There will be food vendors, children's activities, art booths, and music to entertain you all afternoon. Again, thank you for participating in the Tour de Tuscaloosa and I hope you have a great weekend.

Thank you!

Gina Simpson

Race Director

Tour de Tuscaloosa

www.VeloCityProCycle.com

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presented by



The City of Tuscaloosa Criterium (Saturday, March 27, 2010):

Start Time	Category	Time & Distance	Places	Prizes	Field Limit
12:00 pm	Men's Cat 5	25 mins + 3 laps	5	Medals & Merchandise	50
12:45 pm	All Juniors 10-14*	20 mins total	3	Medals & Merchandise	50
1:15 pm	All Juniors 15-18*	25 mins total	3	Medals & Merchandise	50
1:55 pm	Masters 35+ / 45+ (Cat 4 or higher)	30 mins + 3 laps	11	\$1100 (45+ - \$100 bonus)	100
2:45 pm	Women's Cat 3/4	25 mins + 3 laps	7	\$700 (Cat 4 - \$100 bonus)	100
3:30 pm	Men's Cat 4	30 mins + 3 laps	7	\$700	100
4:20 pm	"Fun Races"				
4:50 pm	Men's Cat 3	35 mins + 3 laps	11	\$1100	100
5:45 pm	Women Cat 1/2/3	35 mins + 3 laps	13	\$1350	100
6:45 pm	Men's Pro/1/2	45 mins + 3 laps	13	\$1350	100

The Lake Lurleen Road Race (Sunday, March 28, 2010):

Start Time	Category	Laps/Distance	Places	Prizes	Field Limit
8:30 am	Men's Pro/1/2	7 / 70 miles	13	\$1350	100
8:35 am	Men's Cat 5 / Cat 5 35+	3 / 30 miles	5	Medals & Merchandise	50
8:40 am	Women's Cat 1/2/3 & Cat 4	4 / 40 miles	13 / 7	\$1350 / \$700 (Cat 4 - \$100 bonus)	100
8:45 am	All Jrs /15-16/ 17-18*	3 / 30 miles	3	Medals & Merchandise	50
8:47 am	All Jrs 13-14*	2 / 20 miles	3	Medals & Merchandise	50
8:49 am	All Jrs 10-12*	1 / 10 miles	3	Medals & Merchandise	50
12:00 pm	Men's Masters 35+/45+	5 / 50 miles	11	\$1100 (45+ - \$100 bonus)	100
12:05 pm	Men's Cat 4	4 / 40 miles	7	\$700	100
12:10 pm	Men's Cat 3	5 / 50 miles	11	\$1100	100

*All juniors will be scored by appropriate age division and gender classification as outlined by the Lance Armstrong Junior Olympic Series (LAJORS) guidelines. Check the Road Race section of the Race Bible for specific race distances.

ENTRY FEES

Race	Date Paid	Entry Fee
Criterium & Road Race	Prior to 3/25/10	\$70*
Criterium & Road Race	After 3/24/10	\$80*
Criterium OR Road Race (per race fee)	Prior to 3/25/10	\$40*
Criterium OR Road Race (per race fee)	After 3/24/10	\$45*
All Juniors (per Jr event; Jrs pay regular price for category races)	Not applicable	\$10*

Additional races for non-juniors in different categories will be \$25 each.

*** There is a \$3 PER PERSON (not car!) entry fee for Lake Lurleen State Park.**

USA Cycling One Day Licenses will be available for \$10 per day.

REGISTRATION

First 300 to register receive t-shirts and goody bags! Register online at www.active.com. (Online registration closes at 11:59 pm on March 24, 2010), OR pre-register by sending a standard USAC release and check payable to VeloCity Pro Cycle to: VeloCity Pro Cycle, 2318 4th Street, Tuscaloosa, AL 35401. You may register at Velocity Pro Cycle beginning at 8:00 am on Saturday, March 27th. Late charges will apply. Day-of-race registration for the criterium begins at 8:00 am and closes 30 minutes prior to each race. Day-of-race registration for the road race begins at 7:30 am and closes 30 minutes prior to each race. Late charges will apply. **Package pick-up will be on Saturday, March 27th, beginning at 8:00 am at VeloCity Pro Cycle, 2318 4th Street, Tuscaloosa, AL 35401.**



General Rules:

- All 2010 USAC rules are in effect. Held under USA Cycling permit.
- Valid and current USAC license must be presented at registration.
- Promoter reserves the right to adjust start time/mileage, cancel/combine events, remove riders from events, and modify prize lists as necessary.
- Events will be held rain or shine.
- Helmets must be worn while on the bike at all times.
- No one can warm up on the course until you have registered and signed a USAC waiver.
- Field limit for Category 5 racers is 50 riders; all other Men's and Women's Categories are 100.
- Masters 35+/45+ must be Category 4 racers or higher.
- All numbers supplied by the promoter must be used. No folding or cutting of numbers is allowed.
 - Side numbers should be placed on the correct side of the jersey with the bottom edge of each number aligned with jersey side seam.
 - **The promoter is not responsible for scoring problems due to incorrect number placement.**
 - **Number placement**
 - **Criterion: Back and LEFT**
 - **Road Race: Back and RIGHT**
- After completing your races, please do not congregate at the finish line.
- All events will have officials on the race courses, in the caravans and at the finish lines.
- Please dispose of your trash properly. Littering, whether on or off the bike, will not be tolerated. Our ability to hold this race in the future is dependent on everyone following this rule; racers and non-racers alike. During the road race, gel packs, water bottles, and other trash may be deposited by a racer only within the boundaries of the feed zone. **If you are observed throwing any trash outside of the designated feed zone, you will be disqualified.**
- **All payouts will be made at the conclusion of each day's races.** You must present the paymaster your USAC license and race number to claim your prize money. Unclaimed prize money will be mailed to you, provided we have a legible name and address on file.

Criterion Rules:

- Free lap rule will be in effect.
- Wheel pit area will be provided – wheels in, wheels out. The Tour de Tuscaloosa promoter is not responsible for wheels and equipment left in the service areas.
- The course will be closed to traffic. The race promoter is not responsible for dogs, vehicles, and other hazards that may occur. Race at your own risk! The race promoter has taken precautions to ensure a safe and fair event.

Road Race Rules:

- The center line rule will be strictly enforced!
- There will be corner marshals and/or signs at all intersections on the courses. Ultimately, it is the riders' responsibility to know the course!
- Wheel vehicles will be provided for each category. Wheels in, wheels out. Wheels can be picked up in the race staging area after the race. The Tour de Tuscaloosa promoters are not responsible for wheels and equipment left at the drop-off area.
- Feed zone will not be neutral!
- The course will be open to traffic. The race promoter is not responsible for do
- gs, vehicles and other hazards that may occur. Race at your own risk! The race promoter has taken precautions to ensure a safe and fair event.

The Tour de Tuscaloosa is an Alabama Cycling Association Points Series Race.

EVENT 1
The City of Tuscaloosa Criterium
Saturday, March 27th, 2010



- The staging area is located at Velocity Pro Cycle, 2318 4th Street, Tuscaloosa, AL 35401.
- **Wear numbers on the back and LEFT side of the jersey.**
- Parking will be available in the deck located at 7th Street and 23rd Avenue. The parking deck entrance is located on the 7th Street Side.
- There are several restaurants and a bakery on the race course for your convenience.
- The Druid City Arts Festival will be occurring simultaneously with the race. Go to <http://www.uacreativecampus.org/events/druid-city-arts-festival> for more details.

Course Description:

- The Start/Finish Line will be located at the intersection of 4th Street and 23rd Avenue. The race will travel counter clockwise on the course.
- The course is approximately 1.2 miles with 8 turns.
 - Turn 1: Right, 90 degrees – 4th Street onto Greensboro Avenue
 - Turn 2: Left, 90 degrees on a descent– Greensboro Ave onto Jack Warner Pkwy
 - Turn 3: Left, 90 degrees – Jack Warner Pkwy onto 28th Avenue
 - Turn 4: Left, 90 degrees – 28th Avenue onto 4th Street
 - Turn 5: Right, 90 degrees – 4th Street onto Greensboro Avenue
 - Turn 6: Left, 90 degrees – Greensboro Avenue onto University Blvd
 - Turn 7: Left, 90 degrees – University Blvd onto 22nd Avenue
 - Turn 8: Left, 90 degrees – 22nd Avenue onto 4th Street

Race Start Times:

Start Time	Category	Time & Distance	Places	Prizes	Field Limit
12:00 pm	Men's Cat 5	25 mins + 3 laps	5	Medals & Merchandise	50
12:45 pm	All Juniors 10-14*	20 mins total	3	Medals & Merchandise	50
1:15 pm	All Juniors 15-18*	25 mins total	3	Medals & Merchandise	50
1:55 pm	Masters 35+ / 45+ (Cat 4 or higher)	30 mins + 3 laps	11	\$1100 (45+ - \$100 bonus)	100
2:45 pm	Women's Cat 3/4	25 mins + 3 laps	7	\$700 (Cat 4 - \$100 bonus)	100
3:30 pm	Men's Cat 4	30 mins + 3 laps	7	\$700	100
4:20 pm	"Fun Races"				
4:50 pm	Men's Cat 3	35 mins + 3 laps	11	\$1100	100
5:45 pm	Women Cat 1/2/3	35 mins + 3 laps	13	\$1350	100
6:45 pm	Men's Pro/1/2	45 mins + 3 laps	13	\$1350	100

Event 2
The Lake Lurleen Road Race
Sunday, March 28th, 2010



- Staging area will be located at: **Lake Lurleen State Park
13226 Lake Lurleen Road
Coker, AL 35452**
- Parking will be available in the park. **There is a \$3.00 fee PER PERSON for entry into the park!** You may purchase park passes at VeloCity Pro Cycle on Saturday.
- There will be a neutral start out of the park for each race.
- The Finish line will be located on Lake Lurleen Road approximately 1km to the right of the entrance to the park. **DO NOT DRIVE TO THE START/FINISH LINE!** There is no parking there, however, spectators may walk and bring chairs.
- The final 500 meters of each race will be open road (no center line rule).
- The course is a 10-mile loop with rolling hills and good pavement.
 - There will be course marshals at all intersections on the course. Ultimately, it is the riders' responsibility to know the course!
 - Please refer to the course description below and the race map section of the Race Bible for more detailed information.
- **Wear numbers on the back and RIGHT side of the jersey.**
- There will be one feed zone. It is not neutral. Riders must provide own feed & personnel, as well as be sure that all trash discarded in the feed zone is picked up. The feed zone will be located on the first uphill on Lake Lurleen Road and will be clearly marked. **Do not park in or block the driveways of houses on the course.** You may only park on the road's right of way.

Course Description:

- The course is approximately a 10-mile loop with good pavement and rolling hills.
- There will be a neutral start out of the park for each race. The racers will make a left turn onto Lake Lurleen Road after exiting the park and the race will begin.
 - Follow Lake Lurleen Road until it dead-ends into Mt. Olive Rd, turn right.
 - Turn right onto Sam Sutton Road.
 - Turn right onto Upper Columbus Road.
 - Turn right onto Lake Lurleen Road.
- **Racers beware of the right hand turn from Sam Sutton Road onto Upper Columbus Road!** This is a 90-degree turn at the base of a downhill. Riders will be neutralized to ensure your safety at this turn.

Race Start Times: The Lake Lurleen Road Race (Sunday, March 29, 2009):

Start Time	Category	Laps/Distance	Places	Prizes	Field Limit
8:30 am	Men's Pro/1/2	7 / 70 miles	13	\$1350	100
8:35 am	Men's Cat 5 / Cat 5 35+	3 / 30 miles	5	Medals & Merchandise	50
8:40 am	Women's Cat 1/2/3 & Cat 4	4 / 40 miles	13 / 7	\$1350 / \$700 (Cat 4 - \$100 bonus)	100
8:45 am	All Jrs /15-16/ 17-18*	3 / 30 miles	3	Medals & Merchandise	50
8:47 am	All Jrs 13-14*	2 / 20 miles	3	Medals & Merchandise	50
8:49 am	All Jrs 10-12*	1 / 10 miles	3	Medals & Merchandise	50
12:00 pm	Men's Masters 35+/45+	5 / 50 miles	11	\$1100 (45+ - \$100 bonus)	100
12:05 pm	Men's Cat 4	4 / 40 miles	7	\$700	100
12:10 pm	Men's Cat 3	5 / 50 miles	11	\$1100	100



**PRIZE MONEY AWARDS BREAKDOWN:
\$13,000.00 Total Cash Purse**

Category/Event	Purse/ # Deep	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th
Men Pro/1/2														
Criterium	\$1350/13	\$350	\$250	\$200	\$125	\$100	\$75	\$65	\$55	\$45	\$35	\$25	\$15	\$10
Road Race	\$1350/13	\$350	\$250	\$200	\$125	\$100	\$75	\$65	\$55	\$45	\$35	\$25	\$15	\$10
Men Cat 3														
Criterium	\$1100/11	\$300	\$225	\$150	\$95	\$85	\$65	\$55	\$45	\$35	\$25	\$20		
Road Race	\$1100/11	\$300	\$225	\$150	\$95	\$85	\$65	\$55	\$45	\$35	\$25	\$20		
Men Cat 4														
Criterium	\$700/7	\$175	\$150	\$125	\$90	\$70	\$50	\$40						
Road Race	\$700/7	\$175	\$150	\$125	\$90	\$70	\$50	\$40						
Men Cat 5														
Criterium	Medals/3													
Road Race	Medals/3													
Master's 35+														
Criterium	\$1100/11	\$300	\$225	\$150	\$95	\$85	\$65	\$55	\$45	\$35	\$25	\$20		
Road Race	\$1100/11	\$300	\$225	\$150	\$95	\$85	\$65	\$55	\$45	\$35	\$25	\$20		
Mstrs 45+ Bonus	\$100/3	\$50	\$30	\$20										
Women 1/2/3														
Criterium	\$1350/13	\$350	\$250	\$200	\$125	\$100	\$75	\$65	\$55	\$45	\$35	\$25	\$15	\$10
Road Race	\$1350/13	\$350	\$250	\$200	\$125	\$100	\$75	\$65	\$55	\$45	\$35	\$25	\$15	\$10
Women Cat 3/4														
Criterium	\$700/7	\$175	\$150	\$125	\$90	\$70	\$50	\$40						
Road Race	\$700/7	\$175	\$150	\$125	\$90	\$70	\$50	\$40						
Women's 4 Bonus	\$100/3	\$50	\$30	\$20										
Juniors*														
Criterium	Medals/3													
Road Race	Medals/3													

*All juniors will be scored by appropriate age division and gender classification as outlined by the Lance Armstrong Junior Olympic Series (LAJORS) guidelines.



Lodging: Hotel Capstone
320 Paul W. Bryant Drive
Tuscaloosa, AL 35401



Reservation Methods:

- Call hotel direct at (205)752-3200 or toll free at (800)477-2262
- For special rates, reservations must be made by phone.
- To receive special rates use the group name: Tour de Tuscaloosa
- Reservation deadline is March 08, 2010.
- Rooms are \$99/night.

Directions to hotel:

- GPS DIRECTIONS TO HOTEL: 320 Paul W Bryant Drive, Tuscaloosa, Alabama 35401
- Directions are also available at the hotel website www.hotelcapstone.com

Lodging: Hampton Inn – University
600 Harper Lee Drive
Tuscaloosa, AL 35404



Reservation Methods:

- Call hotel direct at (205)553-9800 or online at www.hamptoninn.com.
- To receive special rates use the group name: Tour de Tuscaloosa (TDT)
- Reservation deadline is March 12, 2010.
- Rooms are \$109/night and only king beds are available.
- Room rates include breakfast and wireless high speed internet access.

Directions to hotel:

- GPS DIRECTIONS TO HOTEL: 600 Harper Lee Drive, Tuscaloosa, AL 35404
- Directions are also available at the hotel website www.hamptoninn.com



Directions for Races:

Criterion:

GPS DIRECTIONS to VeloCity Pro Cycle - 2318 4th Street, Tuscaloosa, AL 35401

Parking will be available in the deck located at 7th Street and 23rd Avenue. The parking deck entrance is located on the 7th Street Side.

Directions to parking deck:

From Birmingham:

- From I 20 W / 59 S, merge onto I 359 N/ AL 69 N via exit 71B toward Tuscaloosa
- Continue onto AL-69 N/Lurleen B Wallace Blvd North
- Turn right onto 7th Street
- Go 2½ blocks and the entrance to the Parking Deck will be on the left.

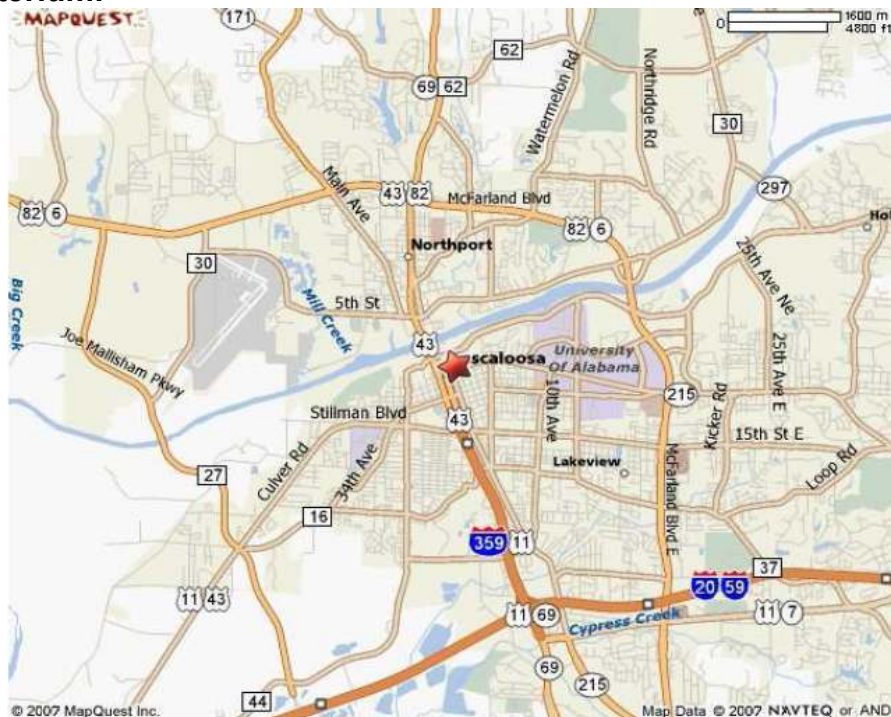
From Meridian:

- From I 20 E / 59 N, merge onto I 359 N/ AL 69 N via exit 71B toward Tuscaloosa
- Continue onto AL-69 N/Lurleen B Wallace Blvd North
- Turn right onto 7th Street
- Go 2½ blocks and the entrance to the Parking Deck will be on the left.

From Columbus:

- From US Highway 82 E, turn right onto Lurleen B Wallace Blvd S/US-43S/AL-13S/AL-69 S.
- Continue onto AL-69S/Lurleen B Wallace Blvd South over the Black Warrior River
- Turn left onto 7th Street
- Go 2½ blocks and the entrance to the Parking Deck will be on the left.

Location of Criterion:



Road Race:

GPS DIRECTIONS: 13226 Lake Lurleen Road, Coker, AL 35452

From Birmingham:

- From I 20 W / 59 S, merge onto I 359 N/ AL 69 N via exit 71B toward Tuscaloosa
- After approximately 5 miles, turn left onto US-43N/US-82W/McFarland Blvd/AL-13N/AL-6W.
- After approximately 5 miles, turn right onto Upper Columbus Rd/ CR-21.
- After 2.3 miles, turn right onto Lake Lurleen Road/ CR-49.
- The park entrance is 2.2 miles ahead. **Remember your \$3.00 per person park entry fee!**

From Meridian:

- From I 20 E / 59 N, merge onto I 359 N/ AL 69 N via exit 71B toward Tuscaloosa
- After approximately 5 miles, turn left onto US-43N/US-82W/McFarland Blvd/AL-13N/AL-6W.
- After approximately 5 miles, turn right onto Upper Columbus Rd/ CR-21.
- After 2.3 miles, turn right onto Lake Lurleen Road/ CR-49.
- The park entrance is 2.2 miles ahead. **Remember your \$3.00 per person park entry fee!**

From Columbus:

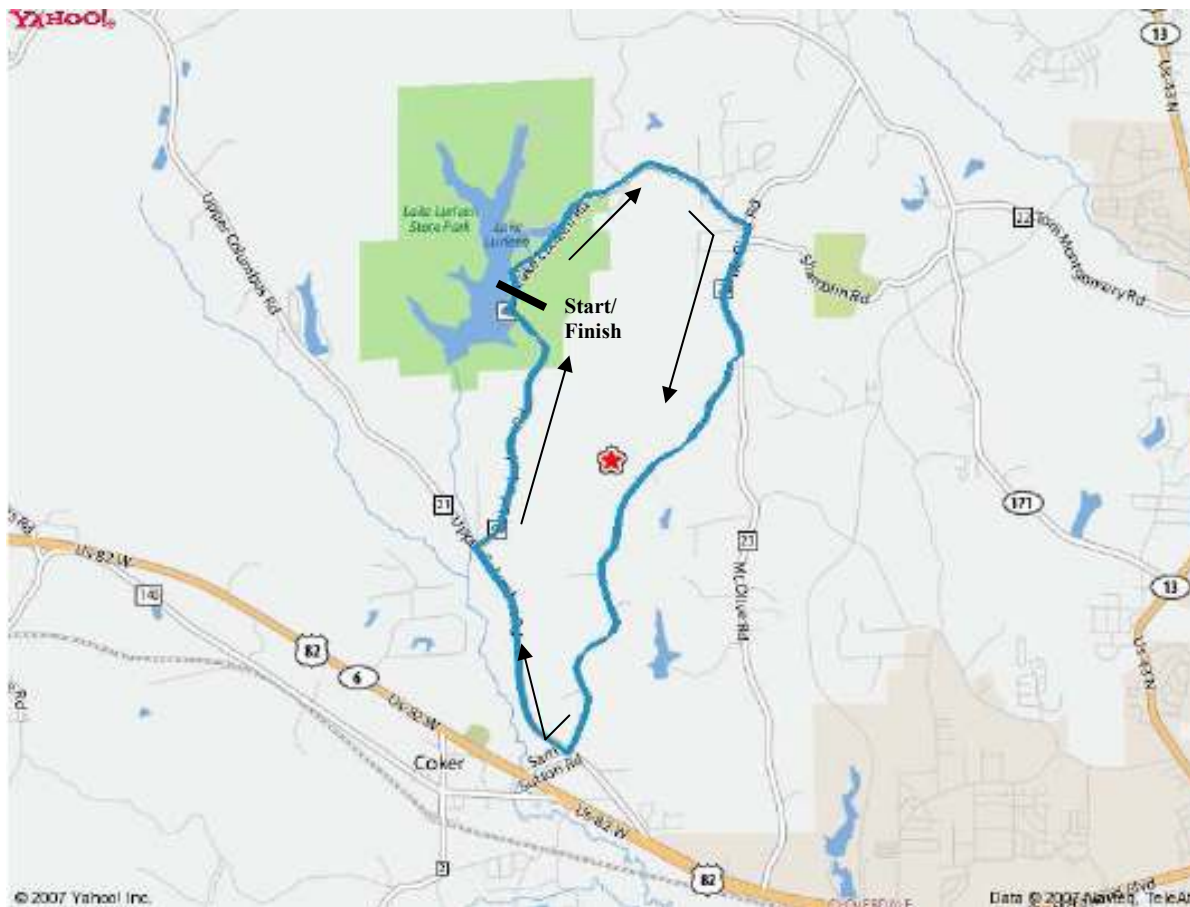
- From US-82 E, turn right onto Upper Columbus Rd/ CR-21.
- After 2.3 miles, turn right onto Lake Lurleen Road/ CR-49.
- The park entrance is 2.2 miles ahead. **Remember your \$3.00 per person park entry fee!**

Location of Road Race:

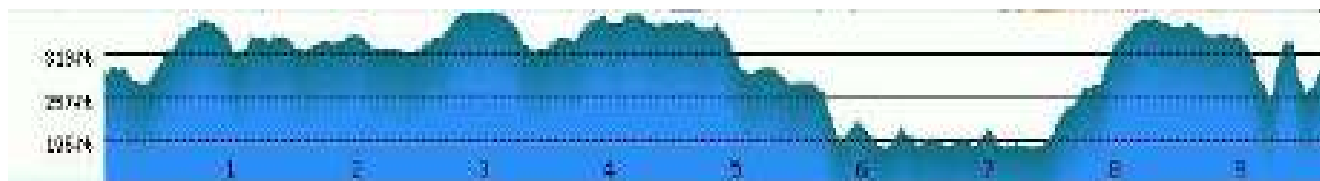


Map of The Lake Lurleen Road Race:

<http://www.gmap-pedometer.com/?r=1556714>



Topographical Map of Road Race Course:



Tour de Tuscaloosa One Mile Fun Run March 27, 2010 4:20 p.m.



Proceeds to benefit:
Tuscaloosa Fire Department's Charity: Miracle League of West Alabama
Tuscaloosa Police Department's Charity: PRIDE of Tuscaloosa

Registration Fee: \$6 pre-register, \$8 day of race

Awards: Medals for all finishers. Awards for top three overall (male and female), top master (40 years or older, male and female), and top young runner (14 years or younger, male and female)

Race Course: The start line is at the corner of 4th St & 23rd Ave in downtown Tuscaloosa. From the start, west on 4th St., north on Greensboro (down the hill), west on Jack Warner Pkwy., south on 28th Ave. (back up the hill), east on 3rd St., back onto 4th St. to where you started.

Important Notice: Since this race is sandwiched between two bike races, the foot race begins promptly at 4:20, and there is a 20 minute cutoff (you must complete the race within 20 minutes).

For more information, contact Richard Carroll at runrunrichard@gmail.com.
Complete the form below and mail to: Tuscaloosa Track Club PO Box 86005 Tuscaloosa, AL 35486

Name: _____ Sex: M F

Street Address: _____

City: _____ State: _____ Zip: _____

Phone: () _____

Age: _____ (on March 27, 2010) Date of Birth: _____

I, individually, (and/or as parent, and/or guardian of the named minor) for and in consideration of acceptance of this entry in the aforementioned event, do hereby release, remise, waive, and forever discharge the Sponsor, and any and all other supporting groups of this said racing event, together with all of their officers, agents, officials and employees from any and all liability, claims, demands, actions or cause of action whatsoever arising out of, or related to, any injury, illness, loss, or damage, including death, relating to participation in the aforesaid event. I further state I am in proper physical condition to participate in this event.

SIGNATURE: _____ DATE: _____
(Parent or guardian's signature if entrant is under 18 years old)

**Saturday, March 27th, 2010
Downtown Tuscaloosa
2:00 pm – 9:00 pm**



So, have you heard about the Druid City Arts Fest?

DCAF is a one day celebration of local and regional original music. We will be featuring bands from all across the South - performing all kinds of music. The different sights and sounds are all brought to you for FREE!

Featuring music by:

Act of Congress, Taylor Hollingsworth, Kate Taylor, Blaine Duncan and the Lookers, Baak Gwai, Alice in Thunderland, Kadash and the Perfect Strangers, The Motions, Blue Party, El Cantador, Maestro Pandemonium, DJ White Noise, the Alabama Blues Project Advanced Band, and Callooh! Callay!

There will be food, beverage, and merchandise vendors on the premises.

Join the celebration in downtown Tuscaloosa's City Fest lot for FREE ALL AGES FUN from 2 pm-9pm.

Then stick around for the AFTER PARTY from 10pm – 2 am in multiple late-night venues across town (Little Willies, The Jupiter, Egan's, The Booth, Brown's Corner). For the unbeatable price of \$5 you can purchase an all access DCAF after party wrist band to gain free or reduced cover charges at all DCAF participating venues. Wrist bands will be available for purchase at the DCAF festival site, Crimson Arts Ticket Window (Ferg Theatre Box Office), and Maxwell Hall. Wristbands are good only for the night of March 27 at participating venues. So get a wrist band! It's a great deal and proceeds from wristband sales will benefit the Arts Council of Tuscaloosa's Small Grants program.

For more information, please visit www.creativecampus.ua.edu and send all questions to druidcityartsfestival@gmail.com.