The 2012 UCI Carousel Volkswagen

Jingle Cross Rock

Technical Guide



Midwestern Iowa Hospitality provided by The Iowa City-Coralville Convention and Visitors Bureau



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Jingle Cross Organization

Executive Race Director and Promotor John Meehan

john@jinglecrossrock.com

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Race Course and Venue Director Todd Gillihan

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Staff

Registration Leaders

Jean Gilpin/ Beth Guthart Swyter

Registration Leaders

Michelle Cole/Roger Swyter

Merchandise Director

Mt. Krumpit Captain

North Field Course Captain

South Field Course Captain

Results Coordinator

Darcy Sanford

Ken Lefler

Dan Schaffer

Jeff Barnes

Mike Edwards

Volunteers Coordinator Nate Van Der Weide

Charitable Mission (PLEASE READ)

The University of Iowa Children's Hospital

The Jingle Cross Rock, Inc is a 501 (c) (3) non-profit company dedicated to the University of Iowa Children's Hospital. All profits from this event are donated entirely to the children's hospital. This event would not be possible without donations from sponsors and rider registration fees. Many riders have generously donated their winnings back to the Children's Hospital at our registration building and we thank you for your kindness.

Officials

President of the Commisaire's Panel (UCI) Andy McCord Chief Referee (USAC) (CR) Randy Shafer Chief Judge (NC) Heidi Mingesz Official (NC) James Abbot Jeff Mertz Official (AR) Official (AR) Steve Eppel **Brett Griggs** Official (AR) Official Bruce Pesch Darrell Webb Official Registrar/Secretary (RA) Sara Rodney

AnnouncersBrad Sohner and John Lefler

Pre Race Meet and Greet

Thursday, November 15th 2012 from 6-8 pm at Carousel Volkswagen, our Title Sponsor's dealership on Highway 1 in Iowa City. Meet 7 time UK National Champion Helen Wyman, US women's star Teal Stetson-Lee, 2 time US National Champion Ryan Trebon and 3 time US National Champion Tim Johnson.

Medical/Emergency Information

Medical Director Matthew Doyle

Medical Services Provided by University of Iowa Sports Medicine

Medical TentLocated Near Finish Line Stage (see map)Hospital, Level 1 Trauma CenterUniversity of Iowa Hospitals and Clinics

319 356-1616

Ambulance Johnson County Ambulance

319 346-6013 or 911

Police Iowa City Police

319 356-5275 or 911

Emergency 911

Accommodations/Race Hotel (see map on next page)

The Coralville Marriott is the Official Hotel of the 2012 UCI Carousel Volkswagen Jingle Cross Rock presented by Scheels. Room Rates are \$89/night + tax. Please contact the race hotel thru our "Lodging" page on our website at www.JingleCrossRock.com or you may contact them directly at The Coralville Marriott, 300 East 9th Street, Coralville, Iowa 52241, Phone: 319-688-4000. Be sure to say you are here for the "Jingle Cross Rock".

Directions From the Coralville Marriott to Race Venue

Easiest: Exit the Marriott and travel back up the main road from the Marriott to 1st Avenue. Take a right onto 1st avenue and travel 400 meters to I-80 West. Take I-80 west to exit 239 (Highway 218). Take Hwy 218 South to exit 89 (about 6 miles). The Jingle Cross Rock is ½ mile on the left (Johnson County Fairgrounds).

Alternative directions: (Traveling thru town): Exit the Marriott conference center and head back up the main road to 1st Avenue. Take a left on 1st avenue and follow this 1 mile to highway 6. Take a left on Highway 6. THIS MAIN ROAD AT THIS POINT IS HIGHWAY 6 BUT WILL EVENTUALY CHANGE NAMES TO RIVERSIDE DRIVE AND THEN EVENTUALLY TO HIGHWAY 921. Do not take any more turns until you reach the Fairgrounds. The fairgrounds will be on your right about 1 mile past the lowa City Municipal Airport.

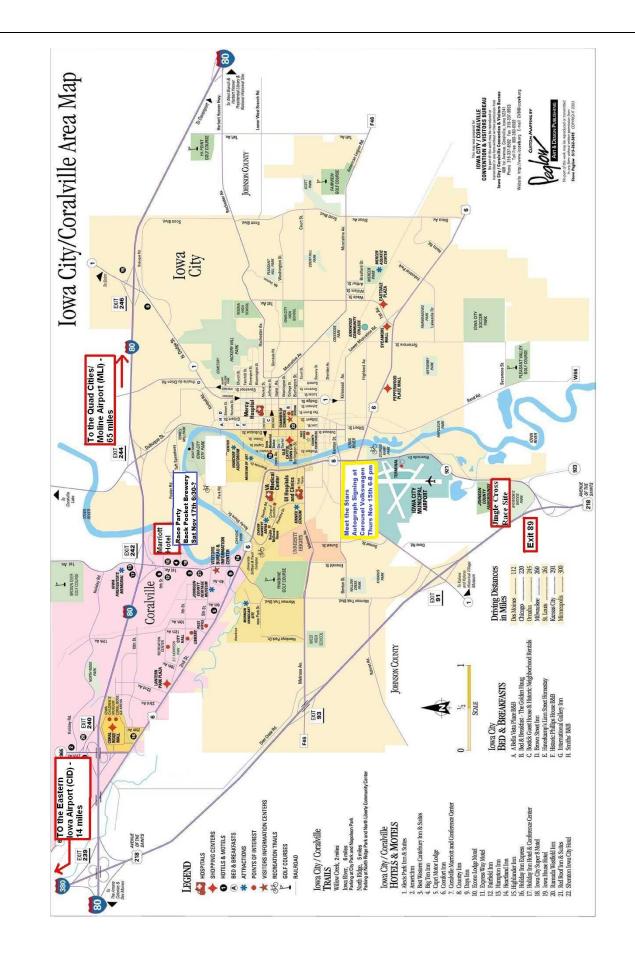
General Directions to Race Venue from I-80 (See map on next page): The Johnson County Fairgrounds in Iowa City, Iowa is easily found off of Highway 218, about 6 miles south of I-80. From I-80, take exit 239 and proceed on Highway 218 South to exit 89. There is only direction you can go from this exit ramp. The Johnson County Fairgrounds is 1/2 mile on your left.

Venue

General Parking There is ample parking at the Jingle Cross venue. Please park in the North paved parking area and the designated South Field Grass parking area. **Please DO NOT park on the roads between the buildings.** Limited camping overnight at the Johnson County Fairgrounds will be allowed but only with Jingle Cross approval. Cost is \$15/day and must be paid at registration. Power, water, and pump out services are not available. A camping lanyard will be assigned to your vehicle and must be hung from the rearview mirror in plain site at all times. Failure to do so will result in immediate towing. This will be on a reservation and first come-first served basis only.

Whoville Cyclocross Vendor Village: Just south of Building C, an area will be set up for Sponsors, Vendors, and elite team parking. Do not park in the area designated for the Village or you will be towed. Sponsors will have first priority locations near the course and high traffic areas followed by vendors and then tents and official sponsor wrapped vehicles of elite teams. Vehicles that are not marked in team graphics will not be allowed within Whoville. Contact John Meehan at john@jinglecrossrock.com for information on team village passes.

Showers Available in Building C. PLEASE HOSE OFF MUD AT ONE OF THE SECONDARY BIKE WASH SITES BEFORE YOU SHOWER (page 15). DO NOT USE THE SHOWERS AS YOUR HOSE DOWN AREA. This has cost us hundreds of dollars in clean up fees and clogs the shower drains making them useless for everyone else. Please hose down outside before your shower.





We Make It Happen®

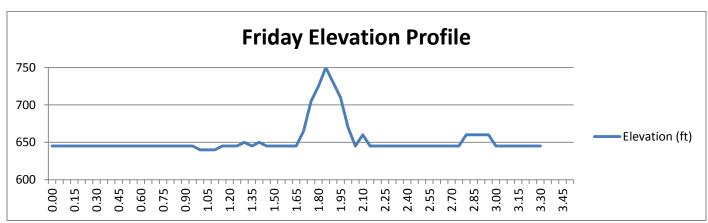
Race Schedule FRIDAY NIGHT, November 16th, 2012 Sponsored by MUSCO

•	Start	Time	Fee	Prizes
Event				
World of Bikes Men's Beginner Cat 4	3:30 pm	35 min	\$32	Merch
30th Century Bikes Women's Beginner Cat 4	3:30 pm	35 min	\$32	Merch
Sugar Bottom Bikes Master Men 35+	4:20 pm	45 min	\$32	\$250/5
Healthy Habits Master Men 45+	4:20 pm	45 min	\$32	\$250/5
Iowa City Heart Center Master Men 55+	4:20 pm	45 min	\$32	\$125/3
Rasmussen Bike Shop Men's Cat 2	5:20 pm	40 min	\$32	\$250/5
Geoff's Bike and Ski Men's Cat 3	5:20 pm	40 min	\$32	\$200/4
Computer Solutions Ltd Women's Cat 2/3	5:20 pm	40 min	\$32	\$250/5
Carousel Volkswagen UCI (C2) Women's Elite presented by Scheels	6:30 pm	40 min	\$40	\$7512/15
Carousel Volkswagen UCI (C2) Men's Elite presented by Scheels	7:30 pm	60 min	\$45	\$2013/25



Race Course Map Friday, November 16th 2012





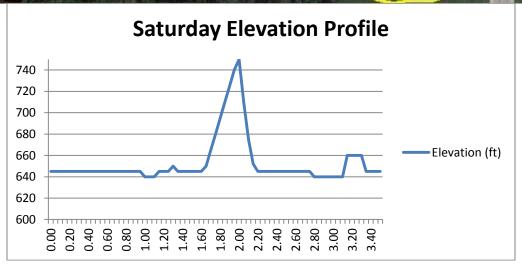


SATURDAY, November 17th, 2012 Sponsored by Casey's General Stores

	Start	Time	Fee	Prizes
Event				
Bikes To You Junior Boys 10-14,15-17	8:45 am	30 min	\$18	Merch/3
Bikes To You Junior Girls 10-14,15-17	8:45 am	30 min	\$18	Merch/3
World of Bikes Men's Beginner Cat 4	9:30 am	35 min	\$32	Merch/5
30th Century Bikes Women's Beginner Cat 4	9:30 am	35 min	\$32	Merch/3
Computer Solutions Ltd Women's Cat 2/3	10:20 am	40 min	\$32	\$250/5
Bob's Red Mill Single Speed	10:20 am	40 min	\$32	\$125/3
lowa City Heart Center Master Men 55+	10:20 am	40 min	\$32	\$125/3
Sugar Bottom Bikes Master Men's 35+	11:15 am	45 min	\$32	\$250/5
Healthy Habits Master Men's 45+	11:15 am	45 min	\$32	\$250/5
Active Endeavors Women 35+	11:15 am	45 min	\$32	\$125/3
Rasmussen Bike Shop Men's Cat 2	12:10 pm	40 min	\$32	\$250/5
Geoff's Bike and Ski Men's Cat 3	12:10 pm	40 min	\$32	\$200/4
Grischs Kid's Race – Sponsored by Build-A-Bear Workshop	1:00 pm	3 Grinch Laps	Free	Grinch says"Jury Duty, Jury Duty, Eviction Notice, Junk mail, Jury Duty, Jury Duty etc"
Carousel Volkswagen UCI (C2) Women's Elite presented by Scheels	1:45 pm	40 min	\$40	\$1715/15
Carousel Volkswagen UCI (C2) Men's Elite presented by Scheels	2:45 pm	60 min	\$45	\$2013/25

Race Course Map Saturday, November 17th 2012

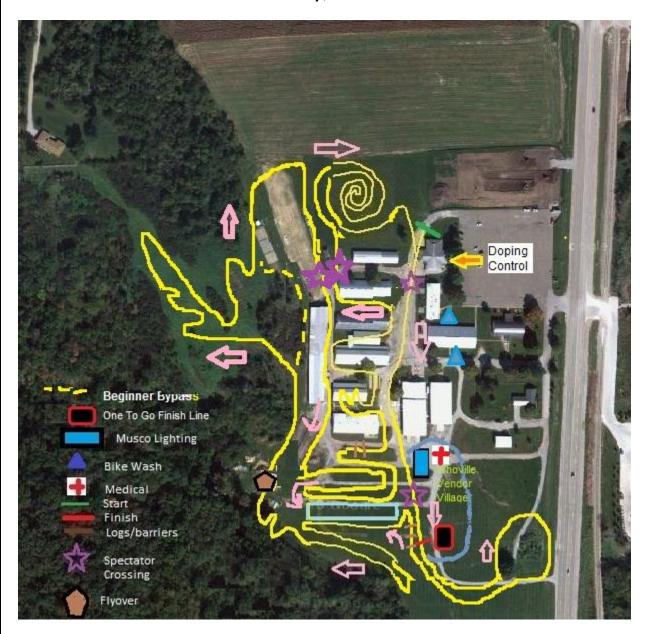


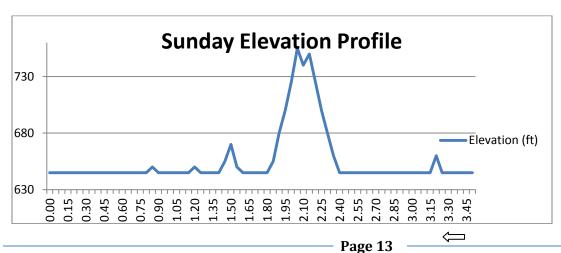


SUNDAY, November 18th, 2012 Sponsored by Intuitive Surgical

Event	Start	Time	Fee	Prizes
Bikes To You Junior Boys 10-14,15-17	8:45 am	30 min	\$18	Merch/3
Bikes To You Junior Girls 10-14,15-17	8:45 am	30 min	\$18	Merch/3
30th Century Bikes Women's Beginner Cat 4	9:30 am	35 min	\$32	Merch/3
World of Bikes Men's Beginner Cat 4	9:30 am	35 min	\$32	Merch/5
Computer Solutions Ltd Women Cat 2/3	10:20 am	40 min	\$32	\$250/5
Bob's Red Mill Single Speed	10:20 am	40 min	\$32	\$125/3
Iowa City Heart Center Master Men 55+	10:20 am	40 min	\$32	\$125/3
Sugar Bottom Bikes Master Men 35+	11:15 am	45 min	\$32	\$250/5
Healthy Habits Master Men 45+	11:15 am	45 min	\$32	\$250/5
Active Endeavors Women 35+	11:15 am	45 min	\$32	\$125/3
Rasmussen Bike Shop Men's Cat 2	12:10 pm	40 min	\$32	\$250/5
Geoff's Bike and Ski Men's Cat 3	12:10 pm	40 min	\$32	\$200/4
Grisch s Single Speed Speedo Spectacular (non- competitive)	1:00 pm	15 min	\$3	Creativity is rewarded (Single Speeds and/or Speedos NOT required)
Carousel Volkswagen UCI (C1) Women's Elite presented by Scheels	1:45 pm	40 min	\$40	\$1715/15
Carousel Volkswagen UCI (C1) Men's Elite presented by Scheels	2:45 pm	60 min	\$45	\$8494/30

Race Course Map Sunday, November 18th 2012





Race Classification/Permit

The 2012 UCI Carousel Volkswagen Jingle Cross Rock presented by Scheels is classified as a UCI C2 level event on Friday November 16th and Saturday November 17th. The event is classified as a C1 event for Sunday, November 18th. The UCI Elite Men and UCI Elite Women races will be run under UCI regulations. The UCI scale of penalties is solely applicable. A current UCI International racing license is required to race the UCI races.

The Jingle Cross is also classified as a USAC Category A level event, held under permit number 2012-3351. Non-UCI races will be held under USA Cycling regulations.

Course Distance

The course loop distances have been measured for the current published maps as follows

Friday: 3.28 km Saturday: 3.49 km Sunday: 3.47 km

Race Registration

The direct link for online registration for both UCI Elite races and USAC amateur races on our Registration Page at www.bikereg.com. This will directly link you to our Bike Reg site at www.bikereg.com. On-line Registration will open on August 24th, 2012 and close at 8:00 am CST Wednesday morning, November 14th, 2012. USAC Race day registration is permitted at the Johnson County Fairgrounds and will open at 2:00 pm on Friday and 7:30 am on Saturday/Sunday. Registration closes 30 minutes before each USAC event. USAC Race day registration is permitted. UCI race day registration WILL NOT be allowed. All UCI registration MUST be done on-line BEFORE on-line registration closes. Rider confirmation and race number pick-up closes 1 hour before start of the UCI races. There are no refunds of any registrations for any reasons. Please do not ask, the answer will always be no.

Race Numbers

All riders will have 2 shoulder/upper arm numbers and back numbers. Make sure the number shoulder/upper arm number is visible from the front and the back number visible from the back. BACK NUMBERS WILL BE ON THE LEFT SIDE. If you enter multiple categories, you must wear the correct bib number for that corresponding race. BE SURE TO HAVE THE CORRECT BIB NUMBER FOR THAT RACE OR YOU WILL NOT BE PERMITTED TO START. For example, if you are racing the single speed and then race the 45+ category, be sure to have your single speed number for your single speed race and your 45+ number for the 45+ race. Consult the Race Number Guide in this document for proper race numbers. Race numbers are to remain unfolded and un-crumpled.

For USAC races: You will use the same number in the same category for all three days: save your race number. For UCI ONLY: You will get new numbers issued each day.

Unregistered riders who race in an event for which they have not registered will be disqualified for that race and all remaining races. No refunds will be granted.



Again, be sure race numbers on the upper arm/shoulder are visible from the front

Race Numbers	Category
1-99	UCI Men
100-159	UCI Women
160-199	Women 35+
200-299	Men Cat 2
300-399	Men Cat 3
400-499	Men Cat 4
500-599	Women Cat 2/3
600-649	Women Cat 4
650-699	Grinch's Kids Race
700-799	Men 35+
800-869	Men 45+
870-899	Men 55+
900-949	Juniors
950-975	Single Speed
976-1000	Overflow numbers (used as necessary in any category)

Staging

Staging of Rider: USAC

Riders will be staged in order of registration. If multiple categories are starting at the same scheduled start time, riders from each category will stage together, and then be sent off in waves, usually1 minute apart between categories (the exact time gap between waves is at the officials discretion). Riders starting in a preceding wave not of their own category will be disqualified from the race. Riders are required to report to the staging area 15 minutes prior to the start time.

Staging of Riders: UCI

Standard UCI protocols will be used in the staging of riders for the UCI Elite Men/Women races. The start lists for these races will be provided in order of staging, with UCI point-holding riders lining up first (in order of points), followed by computer randomization for riders with no points. Riders will be staged and allowed to line up individually as their names or numbers are called (per standard protocol). Riders are required to report to the staging area 15 minutes prior to the start of their race.

Starting Procedure

Race Starts: USAC

The USAC races may have special honorary guest starters, who will assist the Chief Referee in starting each race. These starters are children from the University of Iowa Children's Hospital - the primary beneficiary of the event. Although we are all racers and are very competitive, remember the primary purpose of this event and be respectful and cheer for our starters when they are introduced prior to your start. After that brief introduction, you can get your game face on for the start! This process is subject to change to accommodate the needs of the officials as necessary. Riders are expected to be alert to the instructions provided by the Chief Referee.

Race Starts: UCI

Standard UCI protocol will be followed, with the Chief Referee responsible for starting the race. The start will be as follows: A notice will be given at one minute to start, 30 seconds to start, and 15 seconds to start. The start signal (gunshot or whistle) may be given at any point after this.



Wheel Pits/Bike Wash

All pits will be UCI-configuration and use of the pits will be enforced per USAC or UCI regulations.

UCI Pit Pass (for UCI races)

Each rider is allowed **two** licensed mechanics in the wheel pit. UCI requires that all mechanics working in the pits for the Elite UCI races must be UCI certified mechanics. All mechanics are required to wear their passes and have them visible to race officials at all times while in the wheel pits. No pass, no access to the pit. No spectators or family members are allowed in the pit. Absolutely no media personnel or photographers are allowed in the pit. For safety reasons, all mechanics in the pit must be there for support reasons only, not for photography.

Please Note: The USAC (non-UCI) race mechanics do not have to be licensed as a mechanic through UCI. However, only one mechanic per USAC rider will be allowed in the pit.

Feeding

Per the UCI regulation, feeding might be permitted in the wheel pit only. This is allowed only if the temperature is above 68 degrees F at the start of the race and only if announced by the President of the Commissaires. Feeding outside of the pit will result in disqualification. Under any circumstances, feeding is not permitted in the first 2 or the last 2 laps of racing.

Quality Care Pit Bike Wash

A Wheel Pit Bike Wash will be available to the mechanics near the pit area sponsored by Quality Care Lawn Services. The Quality Care Bike Wash within the SRAM wheel pit is EXCLUSIVE for riders who are racing. Riders/mechanics who are not actively racing absolutely may NOT use the Quality Care wheel pit bike wash. Please use the additional Quality Care bike wash locations (see map).

Secondary Bike Wash

In order to avoid use of the pit bike wash by riders who are not actively racing, additional bike wash locations are noted on the map (see maps). Please be sure to use these locations for general cleaning of your bike AND YOURSELF after your event. Please do not use the showers in Building C as the main way to clean the mud off of your clothes. Hose off outside before using the showers.

Hotel Bike Wash

As another option, the Coralville Marriott will set up some hoses in a suitable location near the hotel grounds. Please do not take wet or dirty bikes into the Marriott.

Lapped Riders

For UCI Elite events, lapped riders will be pulled according to UCI regulations. Lapped riders will be pulled in accordance with a time percentage (80%) slower than the lead rider. This is to ensure the safety of the lead riders and also ensure that lapped riders do not inadvertently affect the race outcome by hindering either the lead rider or those in pursuit. Riders that are pulled MUST leave the course when and where instructed to do so.

For USAC events, officials will make every effort to NOT pull lapped riders. Slower riders are required to give way to riders overtaking them. However, if safety or other issues arise, lapped riders may be pulled at the discretion of the Chief Referee. Pulling of lapped riders will be done by the officiating staff only.

Results

Results will be posted at registration. All results will be considered final unless a protest is received by the Chief Judge within 15 minutes of posting. Online results will be posted within 24 hours at www.jinglecrossrock.com, and will be sent to USACycling and the UCI. Results will also be sent following the entire 3 day event on the lowa Bicycle Racing Association website at www.bikeiowa.org and the registration site BikeReg.com. Press releases will be sent to local, national, and international media.

Race Finish / Awards Protocol

The top 3 riders from each and every race are required to report to the podium immediately after crossing the line for a photo opportunity and podium ceremony. An additional U23 podium will be recognized for the UCI Elite Men races on each day for riders who qualify for the U23 designation. Riders accept that this podium presentation is based on unofficial results, and a repeat of the podium presentation may be requested should it be determined that the official results are different from the unofficial podium ceremony. Riders shall remain in the podium area briefly after the ceremony for interviews. Riders should then report to doping control as required. REGARDLESS OF YOUR PLACE, PLEASE CHECK WITH DOPING CONTROL FOLLOWING YOUR RACE!

Press Conference

Top 3 Elite men and women from Sunday's C1 race and winners from Friday and Saturday's C2 races will be required to attend a press conference following the C1 men's race on Sunday, November 18th in the back of Building C by the concession area. Press conference will begin at 4:15 pm and last no more than 15-20 minutes.

Payment Procedure

Prize money for individual races will be paid on site following each event after the standard 15 minute time period allowed for protests. No awards or payouts will be awarded until the results are official and the protest period has elapsed. Please pick up your prize money and/or merchandise awards at registration. Merchandise prizes WILL NOT be mailed. Riders claiming awards must provide a valid form of identification (driver's license, passport, or racing license). **Proper Tax forms will be required for UCI races**. Foreign riders must complete the IRS Form 1042 S before picking up prizes.

UCI/USAC Prize Money and Points

J	INGL	E CROSS	PRIZI	E MONEY	' - PER E	EVENT:	In US	Dollars					
	M	UCI en C1 vards	M	UCI en C2 wards	C2 A	/omen wards day	Sa Su	Women t(C2) n(C1) vards	UCI C1 M/W Points	UCI C2 M/W Points	USAC M Cat 2, 35+, 45+, Women 2/3	USAC Men Cat 3	USAC Men 55+, Women 35+ Single Speed
1st	\$	2121	\$	445	\$	2121	\$	445	80	40	\$80	\$80	\$60
2nd	\$	1061	\$	228	\$	1061	\$	228	60	30	\$60	\$60	\$40
3rd	\$	763	\$	150	\$	763	\$	150	40	20	\$ 50	\$40	\$25
4th	\$	594	\$	120	\$	594	\$	120	30	15	\$40	\$20	-
5th	\$	509	\$	109	\$	509	\$	109	25	10	\$20		
6th	\$	425	\$	104	\$	425	\$	104	20	8			
7th	\$	382	\$	97	\$	382	\$	97	17	6			
8th	\$	340	\$	89	\$	340	\$	89	15	4			
9th	\$	298	\$	85	\$	298	\$	85	12	2			
10th	\$	254	\$	81	\$	254	\$	81	10	1			
11th	\$	212	\$	76	\$	212	\$	76	8				
12th	\$	170	\$	61	\$	170	\$	61	6				
13th	\$	149	\$	57	\$	149	\$	57	4				
14th	\$	127	\$	48	\$	127	\$	48	2				
15th	\$	107	\$	33	\$	107	\$	33	1				
16th	\$	107	\$	28									
17th	\$	85	\$	28									
18th	\$	85	\$	28									
19th	\$	85	\$	28									
20th	\$	85	\$	28									
21st	\$	64	\$	18									
22nd	\$	64	\$	18									
23rd	\$	64	\$	18									
24th	\$	64	\$	18									
25th	\$	64	\$	18									
26th	\$	43											
27th	\$	43											
28th	\$	43											
29th	\$	43											
30th	\$	43											
Total	\$	8,494	\$	2,013	\$	7512		\$ 1715			\$ 250	\$200	\$125

The rider's contribution to the Cycling Anti-Doping Foundation (CADF) of 2% is included in the Prize Money. It has been deducted from the prize money paid to the riders.

Anti-Doping

The organizers and staff of the 2012 UCI Carousel Volkswagen Jingle Cross Rock presented by Scheels are strong advocates for the missions of the USADA and WADA. All Jingle Cross Riders regardless of category may be subject to UCI/USADA Anti Doping Examination Regulations and all competitors and team personnel must abide by these regulations. Any riders with a non-negative test result (following any adjudication process) will forfeit any prizes won at the Jingle Cross Rock. USAC and UCI officials have no role in the USADA and WADA directives. Therefore, riders must check at the Anti-doping location ON THEIR OWN to see if they have been selected for testing.

The location and list of riders required to report for doping control be posted at registration prior to the finish of each race. Riders must follow UCI procedures for doping control.

Media

The Media center is located in the back of Building C past the registration tables. Ample table tops and chairs are provided as well as wireless internet services. A Press Conference will be held in the South end of Building C at the conclusion of Sunday's Elite Races from approximately 4:15 pm until 4:45 pm. UCI winners of each day as well as the top 3 from Sunday are requested to attend. Select additional riders may be asked to attend as well.

lowa Bicycle Racing Association (IBRA) Points Schedule

The Jingle Cross Rock is an event that will count towards the IBRA year point total for the State of Iowa. This is only for riders with USAC licenses listing the State of Iowa as their home state. IBRA will award points to the top 25 places in each race according to the following distribution:

1st	50 pts	11th	20 pts	21st	5 pts
2nd	45 pts	12th	18 pts	22nd	4 pts
3rd	40 pts	13th	16 pts	23rd	3 pts
4th	37 pts	14th	14 pts	24th	2 pts
5th	34 pts	15th	12 pts	25th	1 pt
6th	31 pts	16 th	10 pts		
7th	28 pts	17 th	9 pts		
8th	26 pts	18 th	8 pts		
9th	24 pts	19th	7 pts		
10th	22 pts	20th	6 pts		

Jingle Cross Rock Race Party: Saturday, 17th, 6:30 pm 'til- whenever

Back Pocket Brew Pub 903 Quarry Rd, Coralville, IA 52241 (100 meters from the Marriott in Coralville...no need to drive if you are at the race hotel)

Please be respectful of our all volunteer staff, particularly the BIC crossing guards. The Crossing Guards are there for the safety of the riders and the spectators. You MUST obey their instructions.

Questions: Contact John Meehan at 206 947-7793 or john@jinglecrossrock.com