

Nicole Reinhart Memorial



Tour de FCCC July 17th & 18th, 2010



NICOLE REINHART MEMORIAL FUND

Nicole Reinhart graduated from Emmaus High School where she was an accomplished athlete. She excelled in cross country, track and field, and was a 3 time National Fitness Champion. She also excelled in cycling winning a total of 2 Senior Elite Track National Championships, 9 Jr. National Championships, with 2 National records to her credit. On September 17th, 2000, Saturn cyclist Nicole Reinhart was primed to take home \$250,000. The 24 year old rising star had secured first place in the Saturn US Women's Pro Tour, and was one victory away from snagging the bonus money in the BMC Software Grand Prix Race Series. Tragically, an accident at the end of the BMC Software Tour of Arlington race in Massachusetts took Nicole's life.

BMC Software quickly came up with a way to award the \$250,000 prize money to Nicole by donating the entire amount to a memorial fund, a legacy that will bear her name.

Nicole Reinhart Memorial Fund Mission Statement (taken from www.nicolefund.org):

In remembrance of Nicole's giving Spirit, we wish to continue to touch as many people's lives as possible. This will be accomplished through education, financial support, scholarships, special activities and events. We wish to support those groups and individuals in cycling and other endeavors that promote building safety awareness, self esteem, character, sportsmanship, faith, and physical fitness. We especially wish to recognize and support those organizations that helped make Nicole the person she had become.

Mike & Pam Reinhart

<p>Nicole Reinhart Memorial Fund 19 West Chestnut St. Macungie, Pa. 18062 610-417-5969</p>
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GENERAL ANNOUNCEMENTS:

- Rest room facilities on Saturday will be located in the Rodale Farm parking area (Porta-Potties). Sorry but the Bookstore bathrooms are not for race use.
- The Rodale Institute Experimental Farm is kind enough to let us use their area. **PLEASE** respect this unique area in order for our children to be allowed continued use.
- Please take your trash with you, special trash pickup will not be provided.
- The Rodale Institute Experimental Farm welcomes participants and their families take the self guided tours of the farm and to browse in the bookstore. For more information please visit: www.rodaleinstitute.org .
- The Rodale Institute Experimental Farm Bookstore will not be open on Saturday (as in previous years). On Saturday lunch will be on sale at the pavilion if needed.
- Rest room facilities on Sunday are located across the street from the Bob Rodale Cycling & Fitness Park at the Lehigh Valley Velodrome (permanent facilities with showers). Porta-Potties are also located at the Fitness Park is needed.
- The Bob Rodale Cycling & Fitness Park will be temporarily closed (on Sunday) to visitors for our use. Please be courteous to local park visitors who are giving up their time for us to hold this event.
- The cost of meals, lodging and transportation is the responsibility of each competitor.
- All parking must be in designated areas only!!
- NO overnight RV parking allowed at the Rodale Farm.
- Please **DO** walk on the self guided tour and see what The Rodale Institute Experimental Farm has to offer.
- Please **DO NOT** climb the trees.

GENERAL RULES:

All USCF rules apply, with emphasis on the following for this event:

- The start order for the time trial will be posted prior to stage one. The category sequence will follow the listing of race categories on the official race announcement.
- Each race will follow immediately after the completion of the prior race. Small fields may be combined. The rider has the responsibility to check on any combinations.
- There will be no time cuts for this event.
- There will be an official sign-in for the criterium only. All competitors must sign in 30 minutes prior to the start of their event. Sign in located at Rodale Park.
- All competitors must complete all stages of the Tour de FCCC to qualify for General Classification awards. Riders who are lapped will finish on the same lap as the leader and be assigned a pro-rated time.
- There will be no neutral support or wheel pits located on the Time Trial course (Stage 1). If a rider has a mishap (as defined in the USCF rule book) that rider will be given the time of the slowest competitor for that category or their actual finish time, whichever is lower (remember it is the person with the lowest time that is the winner).
- A neutral vehicle will follow for the Road Race (Stage 2). You must put wheels in to get wheels out. Each rider is responsible for changing their own wheel (there is no neutral technical support). The Lehigh Wheelmen are not responsible for equipment left at the drop off area 10 minutes after the van arrives at the finish line area.
- Non-official vehicles will not be allowed to follow the Road Race.
- There will be no feeding during the Road Race (Stage 2).
- The Criterium (Stage 3) will have a mechanical free lap for all classes per USCF rules. You must put wheels in to get wheels out. Each rider is responsible for changing their own wheel (there is no neutral technical support). The Lehigh Wheelmen are not responsible for equipment left in the pit area.
- There will be absolutely **NO WARMING UP ON THE CRITERIUM COURSE AFTER THE START OF THE FIRST RACE**. Those riders violating this rule will be assessed a one minute time penalty against GC per violation.

- Each rider's General Classification (GC) shall be calculated by summing that rider's time in all individual stages, taking into account any time bonuses and penalties. Ties in GC shall be determined by the placing in the final stage.
- The disbursement of GC prizes will take place after the final stage protest period for each category. An award ceremony will take place as soon as possible for each category. The top five competitors in GC must appear for the Awards Ceremony. **All award recipients must present their race number for identification and be in uniform to receive their prize.** A competitor who does not attend the Awards Ceremony for his/her classification will forfeit their award. Prizes will be distributed after the completion of the stage.
- All protests on Order-of-Finish must be done 1 hour prior to the start of the next stage. Final GC protests must be done within 15 minutes of posting.
- Yellow line rule is in affect for Saturday's TT and RR. The course is open but traffic is asked to travel in the same direction as the race.
- Gear restrictions per USCF rule book 1J6 (Junior Gears) will be enforced. Rollout method will be used to check 26 feet per one crank revolution in highest gearing.
- Time bonuses will be awarded to the top three finishers of Stages two and three.
1st Place = -10 seconds, 2nd Place = -6 seconds and 3rd Place = -2 seconds.
- Intermediate time bonuses will also be awarded at designated laps during Stages two and three. See description of Stages for designated lap.
1st Place = -5 seconds and 2nd Place = -2 seconds.
- Ten second penalty (add 10 seconds to your time) for each occurrence of discarding water bottles or trash on course.

"...You have to have faith that if you're doing the work now, you'll get there sometime."
- Nicole Reinhart

STAGE 1 RODALE FARM TIME TRIAL

Saturday July 17, 2010 in Maxatawny, Pennsylvania

Registration and number pickup: 7:00 AM – Closes at 8:00AM

Course Description:

- 4.2 miles, One loop circuit, 365 feet of climbing (same course as RR)
- Start time: 9:00 AM
- Start time interval: 30 second
- Start order: posted at registration 30 minutes prior to start
- No awards ceremony for this stage
- Time bonuses: none for this stage

STAGE 2 RODALE FARM ROAD RACE

Saturday July 17, 2010 in Maxatawny, Pennsylvania

Course Description:

- 4.2 miles per lap, 365 feet of climbing per lap (same course as TT)
- Time bonuses for finish: 1st: -10 seconds, 2nd: -6 seconds, 3rd: -2 seconds
- Time bonuses for intermediate sprints in all categories except Jr M/W 10/12 (there are none):
 - o On 2nd Lap: 1st: -5 seconds, 2nd: -2 seconds
- No awards ceremony for this stage

Jr Men and Women 13/14

Start time 11:00 AM

5 laps for men

3 laps for women

Jr Men and Women 10/12

Start time 11:02 AM

2 laps

Jr Men 17/18

Start time 12:30 PM (approx.)

7 laps

Jr Men and Women 15/16, Jr Women 17/18

Start time 12:32 PM (approx.)

7 laps for men

5 laps for women

STAGE 3 RODALE CRITERIUM

Sunday July 18, 2010 in Trexlertown, Pennsylvania

Sign in: Opens at 10:00 AM, closes 30 minutes prior to start of each category

Course Description:

- 1.1 mile per lap, mostly flat
- Time bonuses for finish: 1st: -10 seconds, 2nd: -6 seconds, 3rd: -2 seconds
- Time bonuses for intermediate sprints in all categories at mid-distance (odd lap races will round down):
 - o 1st: -5 seconds, 2nd: -2 seconds
- Awards ceremony to follow each race (after results are verified)

Jr Men 15/16

Start time 11:00 AM

20 laps

Jr Women 15/16 and 17/18

Start time 11:00 AM

15 laps

Jr Men 17/18

Start time Noon (approx.)

25 laps

Jr Men and Women 13/14

Start time 1:00 PM (approx.)

15 laps

Jr Men and Women 10/12

Start time 1:45 PM (approx.)

10 laps

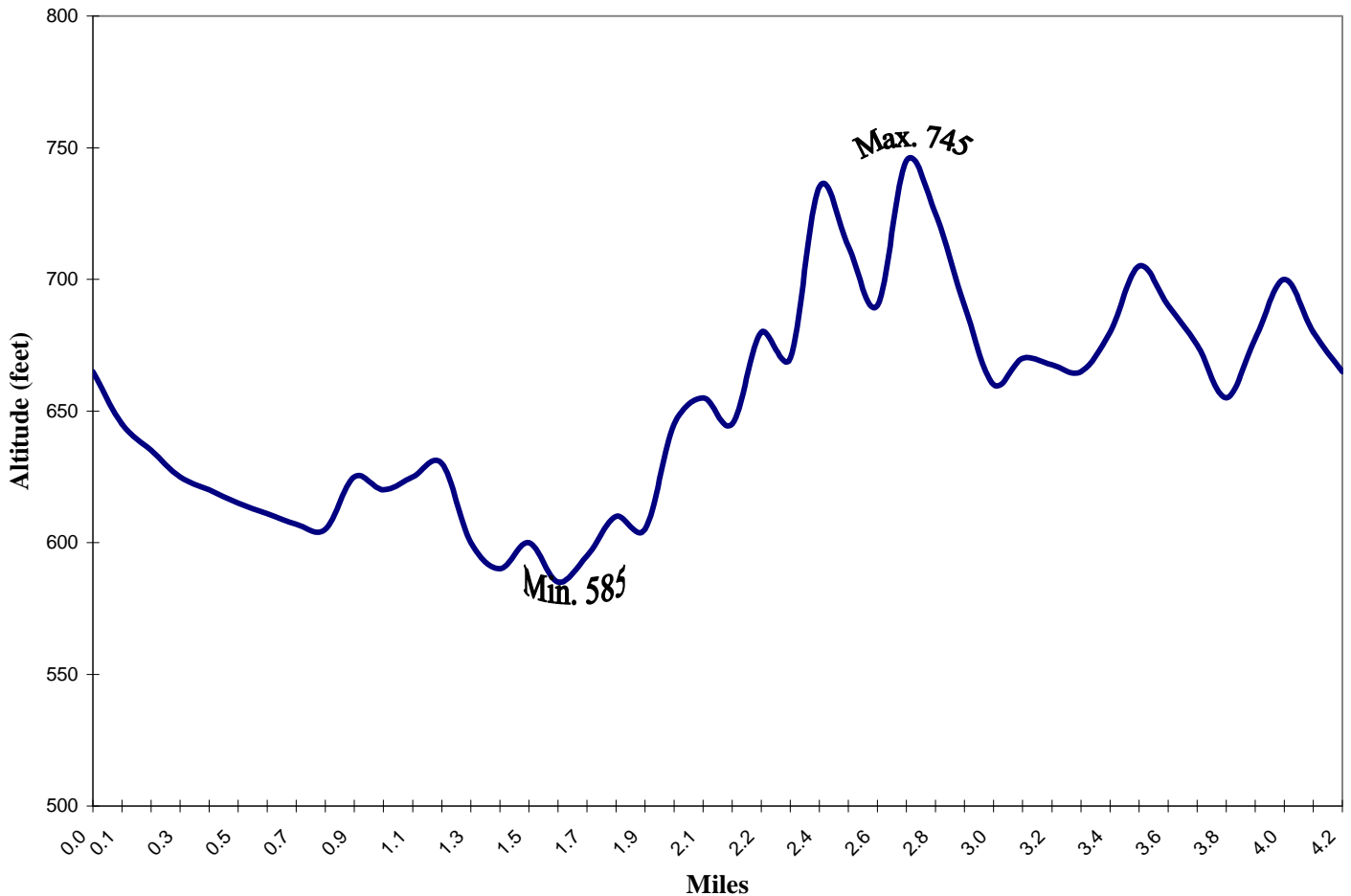
****ALL CATEGORIES WILL RACE FOR TIME BONUS AS NOTED IN RACE RULES.***

STAGE 1 & 2 RODALE FARM TIME TRIAL & ROAD RACE COURSE:



STAGE 1 & 2 RODALE FARM TIME TRIAL & ROAD RACE PROFILE:

**Saturday TT & RR
Course Profile**



DIRECTIONS: from Saturday's Venue (Rodale Farm, Maxatawny) to Sunday's Venue (Rodale Park across from Lehigh Valley Velodrome):

- 1: Start out going EAST on SIEGFRIEDALE RD toward KUNKEL RD. 0.2 miles
- 2: Turn RIGHT onto KUNKEL RD. 0.8 miles
- 3: Turn LEFT onto KUTZTOWN RD/US-222. Continue to follow US-222. 5.7 miles
- 4: Turn LEFT onto MOSSER RD. 0.2 miles
- 5: End at 1151 Mosser Rd

Total Est. Time: 12 minutes
Total Est. Distance: 7.09 miles

CONGRATULATIONS TO YEAR 2009 WINNERS!

JR MEN 10/12

- 1st Stephen Spiller - Colavita Racing
- 2nd Colin Kelly - Team Bikeline
- 3rd Austin Bright - Team Vortex

JR WOMEN 10/12

- 1st Julia Sante - Farm Team
- 2nd Emma White - CBRC/Capital Bicycle Racing Club
- 3rd Olivia Saunders - Team Somerset

JR MEN 13/14

- 1st Curtis White - CBRC/Capital Bicycle Racing Club
- 2nd Calan Farley - Alliance Environmental
- 3rd Greg Ratzell - Bikeline / LWA

JR WOMEN 13/14

- 1st Nadia Latzgo - Bikeline/LWA
- 2nd Melissa Garcia - Bike Line/LWA
- 3rd Evelyn Korbich - Bikeline/LWA

JR MEN 15/16

- 1st Matthew Baranoski - Alliance Environmental
- 2nd David Novak - Sickler's Racing/ Upstate Velo
- 3rd Nick Roeder - tri-state velo

JR WOMEN 15/16

- 1st Kaitlyn Lawrence - VORTEX
- 2nd Grayson Llerandi - Colavita Racing
- 3rd Isabella Wilson - Colavita Racing

JR MEN 17/18

- 1ST Roberto Torres-Aquiar - Errol Cycling Team
- 2nd Ryan Clune - Team Vortex/Vortex Cycling Club
- 3rd Max Kaplan - Colavita Racing

JR WOMEN 17/18

- 1st Colleen Gulick - Team Kenda

FYI- 2010 Results will be provided to USA Cycling, PA Cycling Association, BikeReg.com, VeloNews, Bicycling and will be posted at www.lehighwheelmen.org.

This Race is part of the following race series:

Lance Armstrong Junior Olympic Race Series (LAJORS)

Pennsylvania Cycling Association (PCA) BAR Series

(note that each Stage result is worth PCA BAR points and not the GC)

The race could not be run without the generous support of our **sponsors and volunteers**. Please patronize our sponsors.



NICOLE REINHART MEMORIAL FUND



And a special Thanks to The Rodale Institute for letting us use their facility !!!!!

THE RODALE INSTITUTE

Lehigh Wheelmen Future Champions
<http://www.lehighwheelmen.org>