



THE NATIONAL CHAMPION CAL CYCLING TEAM

IN CONJUNCTION WITH

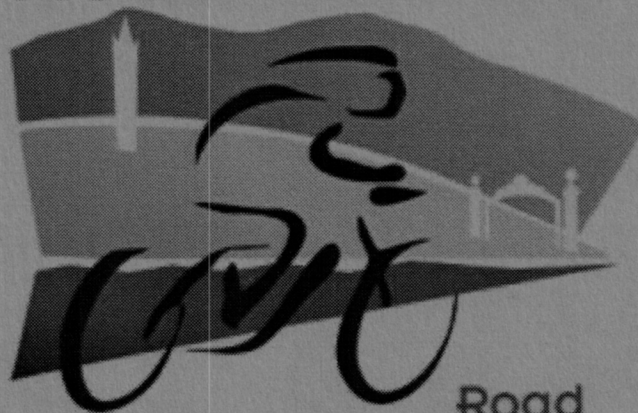


**USCF**  
road and track cycling

THE UNITED STATES CYCLING FEDERATION

are proud to present the

National Collegiate  
**CYCLING**  
Association



Road  
**NATIONAL**  
Championships  
May 9-11 2003  
University of California  
**BERKELEY**

The 2003 Nation Collegiate Cycling Association  
Road National Championships



## Schedule of Events

### Thursday May 8

3-8pm REGISTRATION

**Four Points Sheraton, Marina Room**

1603 Powell St.

Emeryville, CA 94608

8:15 p.m.- -Riders/Managers Meeting **Four Points Sheraton, Marina and Golden Gates Rooms**

**NO RACE-DAY SIGN IN**

### Friday May 9

**NCCA National Criterium Championship**

**Treasure Island, CA**

10:00	Women Division II	50 min + 3 laps
11:15	Men Division II	70 min + 3 laps
1:00	Men Division I	70 min + 3 laps
2:45	Women Division I	50 min + 3 laps

### Saturday May, 10

**NCCA National Team Time Trial Championship**

**Livermore, CA**

**7:30 a.m. Start**

Start order:

Women Division II

Women Division I

Men Division II

Men Division I

**NCCA National Road Championships Banquet & Awards for Criterium & TTT**

**6:30 Holiday Inn, Top O' the Bay room**

**1800 Powell St.**

### Sunday May 11

**NCCA National Road Race Championship**

**Crockett, CA**

8:00 a.m.	Women Division I
8:10 a.m.	Women Division II
11:30 a.m.	Men Division I
11:40 a.m.	Men Division II

**Awards immediately following completion of racing, on-site at Start/Finish area.**

# Welcome!

On behalf of the Cal Cycling Team and the University of California, Berkeley we'd like to welcome you to the beautiful Bay Area! As you can see, it's pretty hilly here! And a great place for cycling. The host hotel is located right in the middle of the greater Bay area, just south of Berkeley. The Bay Bridge is the East Bay's connection to San Francisco. Halfway across (the tunnel) is Treasure Island, where the criterium will be taking place on Friday. Relish the flatness; there isn't much around here! Saturday we'll be heading to the other side of the hills for the Team Time Trial, and Sunday we'll go a little north for a race right in the heart of the hills.

It is very exciting to have everyone here. I hope you enjoy the courses!!

Emily

## Staff

Emily Dale .....	Race Director
Terry Tupper .....	USAC Race Director
Matt Murphy.....	USAC National Events Manager
Mark Hikin .....	Event Producer
Mark Hikin .....	Cal Sport Clubs Director
Brigitte Lossing .....	Campus Recreation Director
Joe Watz .....	Marketing
Stephen Skory.....	Web Site Production
Kristin Prentice .....	Graphics Designer
Abbiorca Photography .....	Photography
Kelly Walker .....	USAC Communications
Allison Bidlack .....	Medical Director
Mark Hikin .....	VIP Coordinator
American Medical Response .....	Medical Services
Gabe Moy .....	Volunteer Coordinator
Alexandra Roedder .....	Lodging Coordinator
Kate Maher .....	Sponsorship Coordinator
Keri Ryan .....	Criterium Manager
California Highway Patrol .....	Race Security
San Francisco Police Department .....	Criterium Race Security
Phoenix Sports Technology .....	Registration/Timing/Results
Shimano .....	Neutral Support
Event Construction Specialists .....	Fencing & Truss Setup
D&L Sound .....	Sound & Staging
Mark Abramson .....	Announcer

## **General Information**

### **Host Hotel/Race HQ**

#### **Four Points Sheraton**

1603 Powell St.

Emeryville, CA 94608

Phone 800.325.3535 or 510.547.7888

Fax 510.652.4426

### **Sign In**

All events

Thursday, May 8

3-8pm **Four Points Sheraton, Emeryville, CA**

### **Meetings**

All events

Thursday, May 8

8:15 p.m. **Four Points Sheraton, Emeryville, CA  
Marina and Golden Gate rooms**

**Attendance is STRONGLY SUGGESTED.** All races will be reviewed as well as information regarding NCCA Scholarships

### **Medical Control/Anti Doping**

To be conducted by, and according to the procedures of the United States Anti Doping Agency (USADA). Anti Doping selectee's numbers will be posted at the Start/Finish line. It is the Athlete's responsibility to check if he/she has been selected for testing.

#### ***Locations of Testing:***

TBA

### **Eligibility**

A valid annual USAC license must be presented along with proof of school eligibility form in order to receive a race number. No one-day licenses will be accepted.

### **Rules and Regulations**

The 2003 NCCA National Cycling Championships are subject to the Rules and Regulations as outlined in the "Rules of Bicycle Racing 2003" published by the United States Cycling Federation. It is the responsibility of each individual athlete to be aware of these rules.

### **Awards**

Podium finishers **MUST** return to the Announcer's area within 5 minutes of race finish. Awards for the Criterium and Team Time Trial will be awarded at the banquet Saturday night. Road Race, Individual Omnium, and Team Omnium will be awarded immediately following the Road Race on site.



## **Caravan**

There will be no Team Vehicles allowed in the caravan during the Road Race.

## **Feed Zone:**

The one and only feed zone (team & neutral) will be located between designated signs on Franklin Canyon Road on the incline leading up to the finish line. Riders may be fed from the right side only.

## **Technical Support**

All Technical Support will be provided by **Shimano**. Please plan ahead and bring your bicycle to the event in racing condition. Wheels loaned by Shimano must be returned prior to leaving the venue each day. Shimano is prepared to service 650cc and Campy 10-speed.

## **Number placement**

(Tentative Please refer to announcements at the manager meeting for conformation)

**Team Time Trial:** One number across the middle of the back in addition to the frame number.

**Road Race/Criterium:** Finish line will be on the left side upon finishing. Left back number must be positioned sideways (American style) while the right back number must be positioned up and down (European Style).

## **Bike Storage/Cleaning**

Bicycles are allowed in your rooms at the host hotel. There is a designated cleaning area in the parking lot of the host hotel. Please do not clean your bike in your room; use the designated area. Rags and a hose will be provided.

## **Restroom Facilities**

Restrooms are provided at each race site. The residents of these communities are allowing us to use their roads; please utilize the restrooms provided. Be respectful of the residents and their property!!

**Criterium**—in the parking area near the intersection of Avenue I and California, and one next to start/finish line

**Team Time Trial**—at the intersection of Cayetano and N. Livermore Avenue, and one next to start/finish line

**Road Race**—at the dead end at the southern end of Cummings Skyway, to your right as you exit off of eastbound 4. There will also be one located in the town of Crockett on Pomona Avenue along the course, and one near the start/finish line.

## **No Littering**

Please respect our roads and our neighbors. Racers who discard bottles or wrappers, or support personnel who leave waste materials at feed zone will be subject to fines and/or disqualification as well as ticketing by law enforcement.

## **Staging**

Staging for the Road Race and Criterium will begin 20 minutes before the start of each race, and will proceed as follows:

- 1) Defending NCCA National Champ
- 2) Current year Conference Champs
- 3) One representative from each school (excluding schools who have already placed a rider in front group) selected in random order
- 4) 2<sup>nd</sup> Representative from each school in random order
- 5) 3<sup>rd</sup> Representative from each school in random order

NOTE: Riders not complying with procedures above will be relegated to back of field.

## **Warm Up Areas**

**Criterium**—Riders are allowed on streets surrounding the. All rules of the road must be observed at all times when not racing.

**Team Time Trial**—No warm-up is allowed on the course or surrounding roads. All warming up and riding done while not racing must be done on Cayetano Court. When riding to and from the start/finish area all rules of the road must be observed.

**Road Race**—Warming up on the course is allowed, but all rules of the road must be observed at all times.

## **Parking Areas**

**Criterium**—As you travel down California, the parking area is on your right, in front of the large hangar near the intersection of Avenue I and California.

**Team Time Trial**—All parking is located on Cayetano Court. The No Parking signs are not in effect for the morning of the race. Park along the road.

**Road Race**—Parking is in the gravel shoulder of Cummings Skyway on the West side of the road. As you exit Cummings Skyway from Eastbound Highway 4, turn left onto Cummings Skyway. Parking is on your left after you cross over the highway. Note: do not park on the paved shoulder. You must park on the gravel (may have to drive over a curb). Do not park on the right (race) side of the road.

### **Primes**

There will be primes during each Criterium event, as well as omnium points, which will count toward both individual and team omnium standings. Details on when the bonus point primes will be awarded in each race will be announced by the Chief Referee at the start line. There will be six (6) bonus points primes in each Men's Criterium, and four (4) in each Women's Criterium. The first five riders in each of the bonus points primes laps will be awarded 7,5,3,2,1 points respectively.

### **Pulling Lapped Riders**

If riders have been lapped and are deemed out of contention by the USCF Officials, they will be pulled and placed in the results accordingly. This applies to both the road race and the Criterium. If a rider has been pulled, they are asked to remove themselves safely from the course immediately.

### **Medical Facilities**

Ambulance and EMT's will be on site and located near the start finish line at the Criterium and TTT and rolling with the race in the Road Race.

## **Directions**

### **To University of California, Berkeley campus:**

#### **From Northbound Highway 101 (San Francisco/Daly City)**

- Follow 101 North and then switch to 80 East, San Francisco/Oakland Bay Bridge
- After the Bay Bridge, Exit to I-80 East (Berkeley/Sacramento)
- Exit on University Avenue
- Continue East on University Avenue for approximately 1.5 miles to Oxford Street

#### **From Highway 24**

- From Highway 24 exit Telegraph Ave. Head North on Telegraph.
- Continue on Telegraph until it dead-ends at the campus on Bancroft.
- Make a left on Bancroft.
- Make a right on Fulton, which will become Oxford St in 2 blocks.
- Continue on Oxford to University.

#### **From Westbound Highway 13**

- Highway 13 becomes Tunnel Road
- Continue on Tunnel Road. Tunnel Road becomes Ashby Avenue near the Claremont Hotel
- Turn right at Shattuck Avenue
- Turn right at University Avenue and continue east one block to Oxford Street.

#### **From I-80 East or West**

- Exit University Avenue
- Continue east on University Avenue for approximately 1.5 miles to Oxford Street

#### **From Westbound I-580**

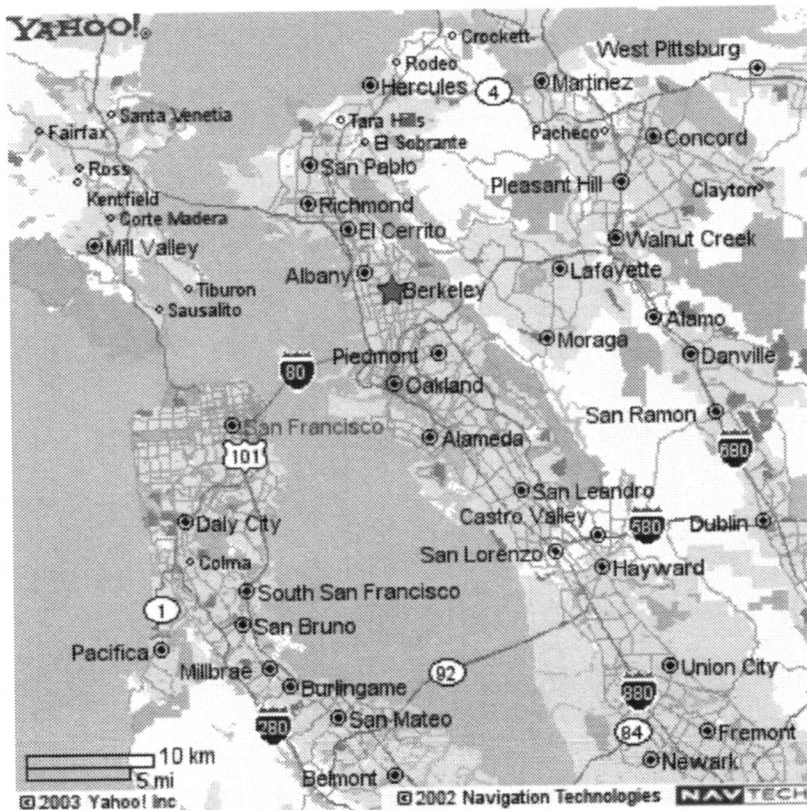
- Exit I-80 East (to Berkeley, Sacramento)
- Exit at University Avenue
- Continue east on University Avenue for approximately 1.5 miles to Oxford Street



### **Directions (cont):**

#### **From North I-880 (San Jose; Hayward; Oakland Airport)**

- Stay in left center lanes
- Exit 80 East (to Berkeley)
- Exit at University Avenue
- Continue East on University Avenue for approximately 2 miles to Oxford Street



### **To Host Hotel**

From Airport:

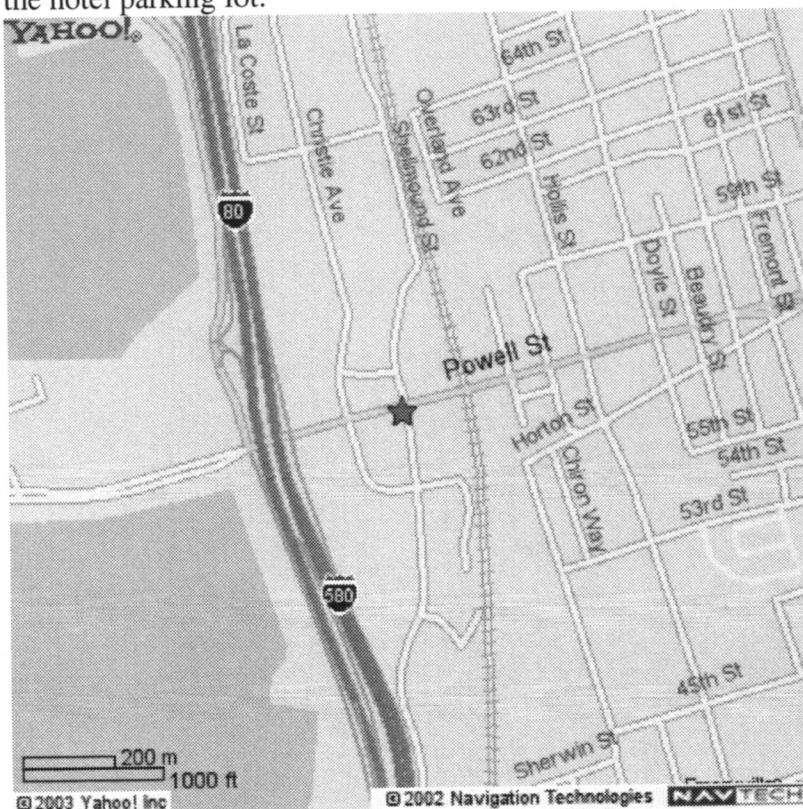
**From Oakland International Airport:** start going towards the Airport Exit on Airport Dr. Turn Right on 98th Ave. Turn right to take the I-880 north ramp towards Oakland. Merge on I-880 North. Continue on I-980 East. Take the I-580 exit towards Hayward/San Francisco. Continue on I-580 West ramp towards San Francisco. Merge on I-580 West. Take Hwy. 80 east towards Sacramento/Berkeley. Take the Powell Street exit towards Emeryville (the first exit on 80 east.) Turn Right on Powell Street and go one block to Christie St. Turn right on Christie, then an immediate left into the hotel parking lot.

### To Hotel (cont):

**From San Francisco International. Airport:** Take Hwy. 101 north to Hwy. 80 east/ Bay Bridge. Cross the Bay Bridge and as you come off of the bridge, stay in the left lanes. Take Hwy. 80 east towards Sacramento. When you merge onto Hwy. 80 towards Sacramento, immediately get into the right lane to exit on Powell St. in Emeryville. Go right at the light and go one block to Christie. Go right on Christie, then and immediate left into the hotel parking lot.

**From Pleasanton/Livermore/Castro Valley (and from Southern California on I-5):** Take Hwy. 580 west to Hwy. 80 east towards Berkeley/Sacramento. Take the Powell St. exit (the very first exit on 80 east) and turn right. Go one block to Christie and turn right. The hotel will be on the immediate left. Please turn left into the parking lot.

**From Sacramento (and points east on I-80, and north on I-5):** Take Hwy. 80 west to the Powell St. exit in Emeryville. Go left at the first light, go left on Powell, and follow under freeway two blocks to Christie St. Go right on Christie, then an immediate left into the hotel parking lot.



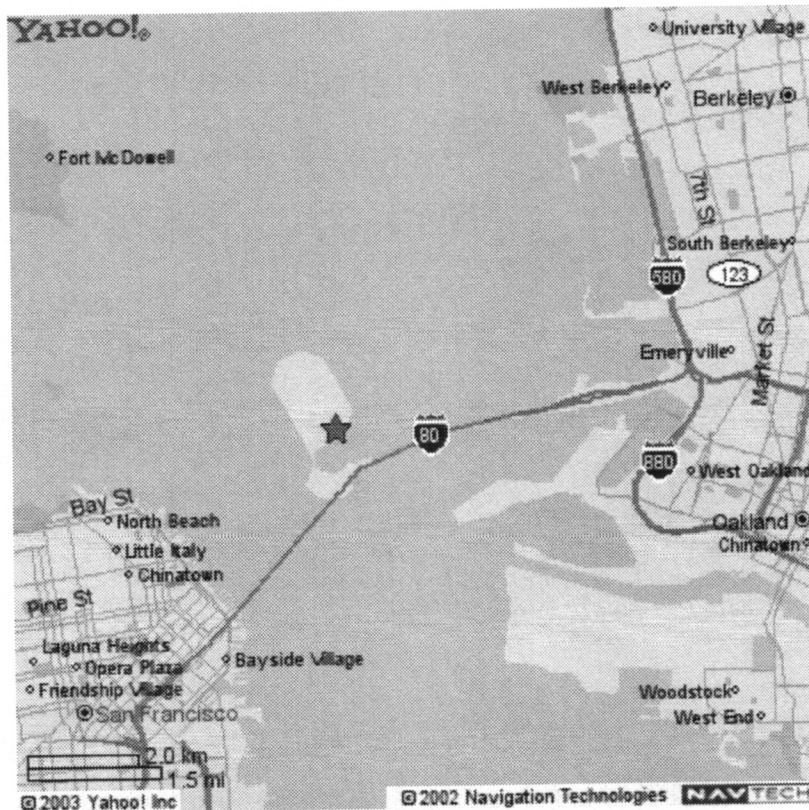
**To Criterium: Driving time-45 minutes (with traffic)**

**From the East Bay (Host Hotel):** Take I-80 west to San Francisco, going across the Bay Bridge. If you are a carpool, which occurs at certain times each day, go through those lanes instead of paying the \$2 toll. There are numerous signs listing the carpool hours.

**The Yerba Buena/Treasure Island exit is on the left, so you'll want to be in the left lane before you get to the island.** Once you exit the freeway, follow the signs for Treasure Island. You'll pass through a gate, but you do not need to speak to anyone. Turn right at California, which is the first major street on your right. Take California all the way to the other end of the island. The parking area is on your right, in front of the large hangar near the intersection of Avenue I and California.

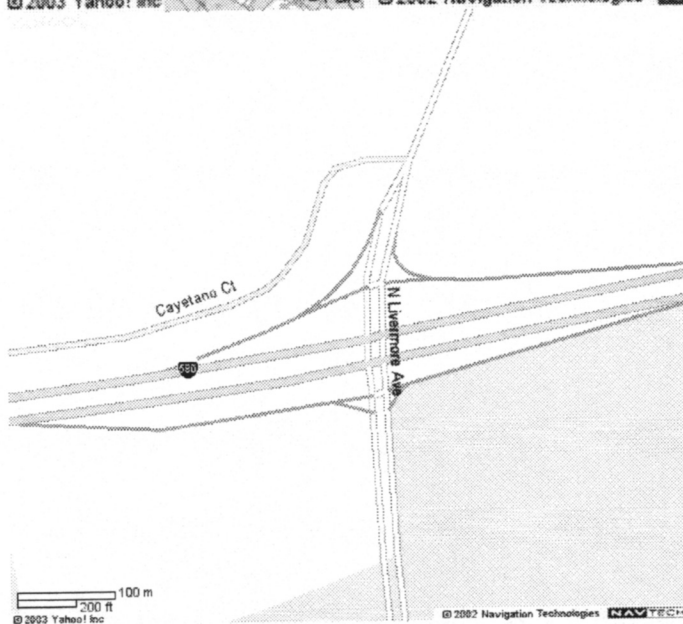
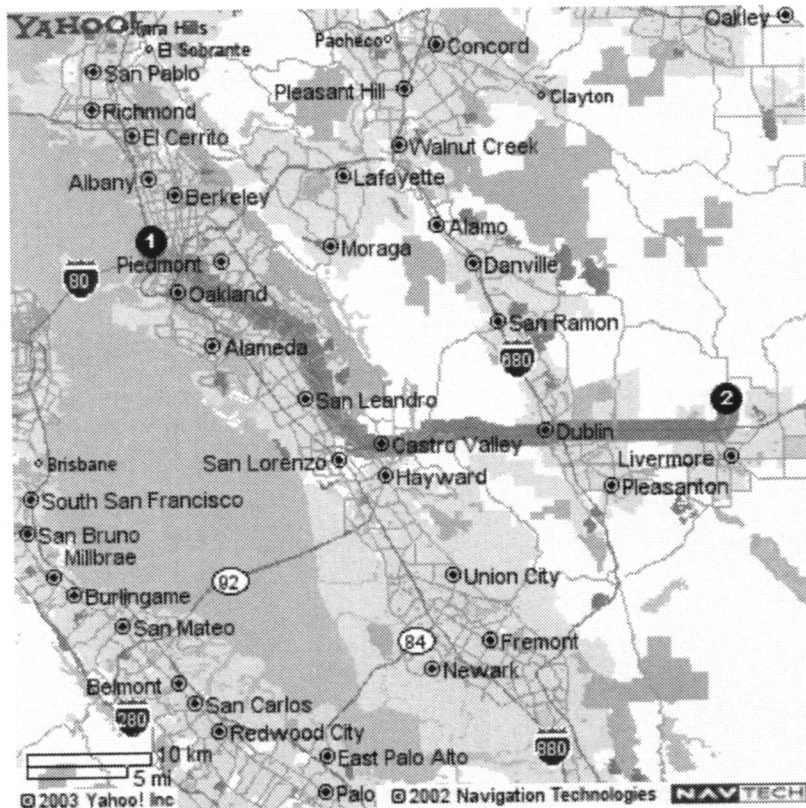
Special Note: If you are coming to the Bay Bridge on I-80 from Emeryville or Berkeley during carpool hours, there is a special fly-over lane on the far left that speeds you onto the bridge quickly, and cheaply (free!).

**From San Francisco:** Take I-80 east on the Bay Bridge, and take **the left-side exit** to Treasure Island. Follow the signs to Treasure Island. You'll pass through a gate, but you do not need to speak to anyone. Turn right at California, which is the first major street on your right. Take California all the way to the other end of the island. The parking area is on your right, in front of the large hangar near the intersection of Avenue I and California.



### To Team Time Trial: Driving time-1 hour

**From Emeryville (Host Hotel):** Get onto I-80 West/I-580 East going towards San Francisco and the Bay Bridge. Immediately merge to the left for I-580 towards Hayward/Stockton. Remain on I-580 towards Stockton for approximately 30 miles. Exit onto N. Livermore. Turn left at the stoplight, and go straight through the intersection. Take the first left after the freeway ramp, onto Cayetano Court. This is the parking and warm up area.





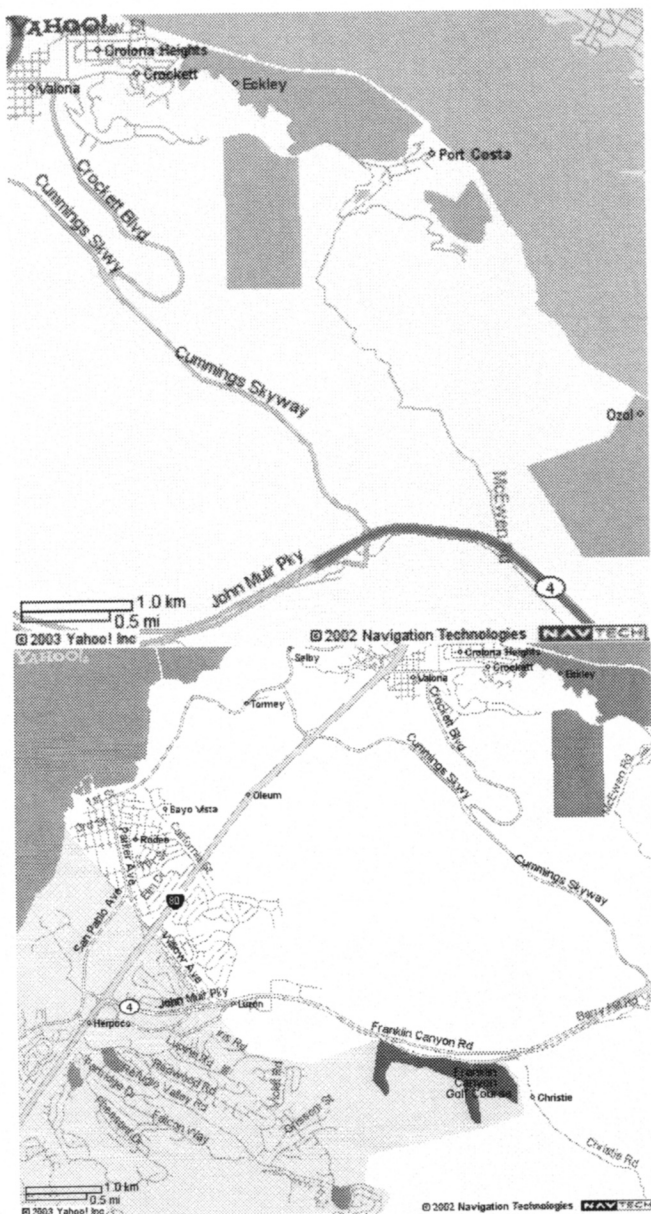
### To Road Race: Driving time-1 hour

**From Berkeley/Emeryville (Host Hotel):** take I-80 east (north is the direction you'll drive, however) towards Sacramento. Exit onto Hwy. Highway 4 east towards Stockton/Martinez. Exit off of Hwy. 4 at Cummings Skyway. At the end of the ramp you'll be at the intersection of Cummings Skyway and Franklin Canyon. To park, turn left and cross over Highway 4. Parking is on the gravel shoulder on the left side of the road.

**From Hwy. 4 heading west:** please exit the highway at the Cummings Skyway exit, not the McEwen exit. To park, turn right onto Cummings Skyway from the exit. Parking is on the gravel shoulder on the left side of the road.

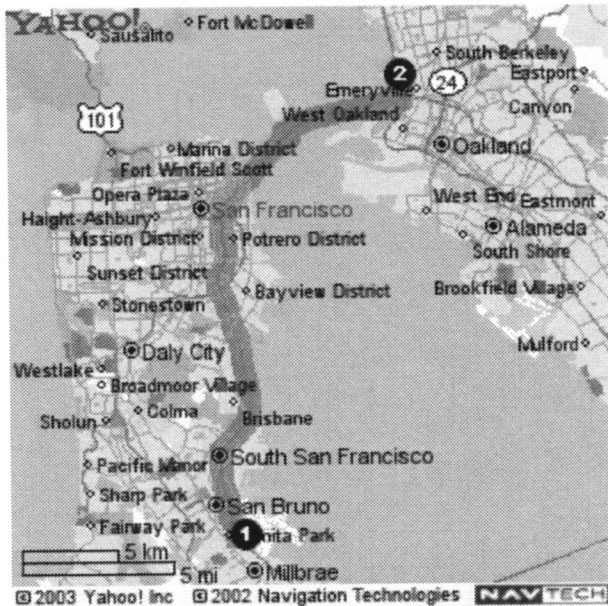
### To Road Race Feed Zone:

Feed zone is located on Franklin Canyon Rd. on the rise before the finish

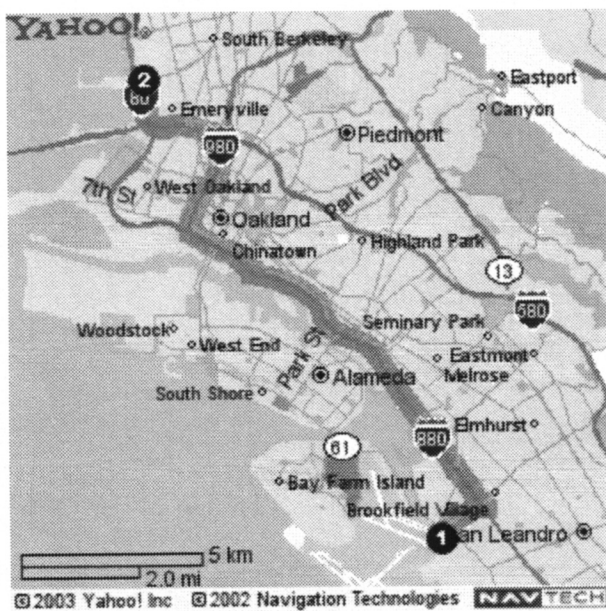


## Transportation

- San Francisco International Airport - The busiest airport in the Bay Area, ~1 hour drive to Berkeley.



- Oakland International Airport - The closest airport to Berkeley, ~1/2 hour drive.



## Shuttle Information

Bike transportation can be arranged on an individual basis by contacting Stephen Skory at 510.409.7638

## Race Courses

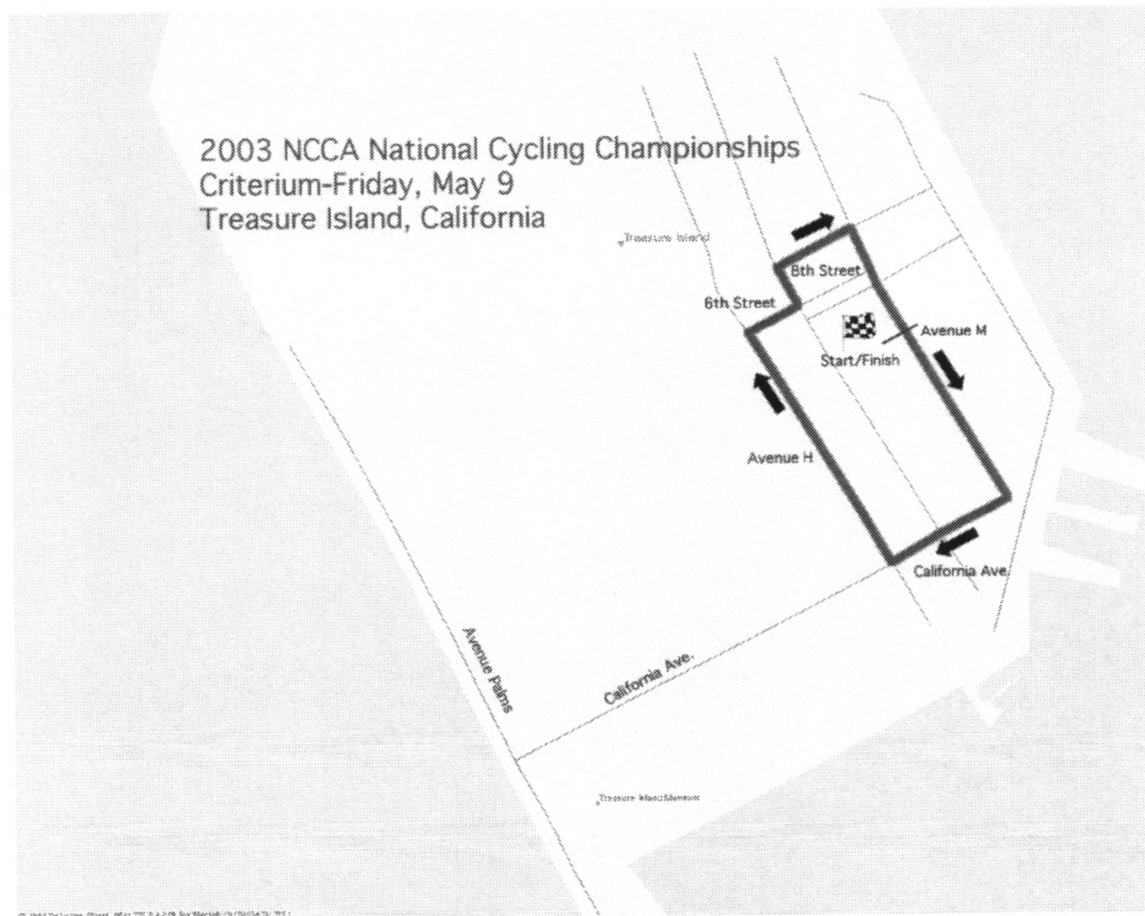
### criterium-NCCA National Championship-Friday, May 9, 2003

1.6 km course on Treasure Island

Flat course

Start and Finish on Avenue M between 4<sup>th</sup> and 5<sup>th</sup> streets

10:00	Women Division II	50 min + 3 laps
11:15	Men Division II	70 min + 3 laps
1:00	Men Division I	70 min + 3 laps
2:45	Women Division I	50 min + 3 laps



## Race courses (cont.)

### Team Time Trial-NCCA National Championship

13 mile flat/rolling out-and-back course East of Livermore. *Each Group will do 2 laps*

Start and Finish on East Livermore Rd.

Start times to be posted in Host Hotel

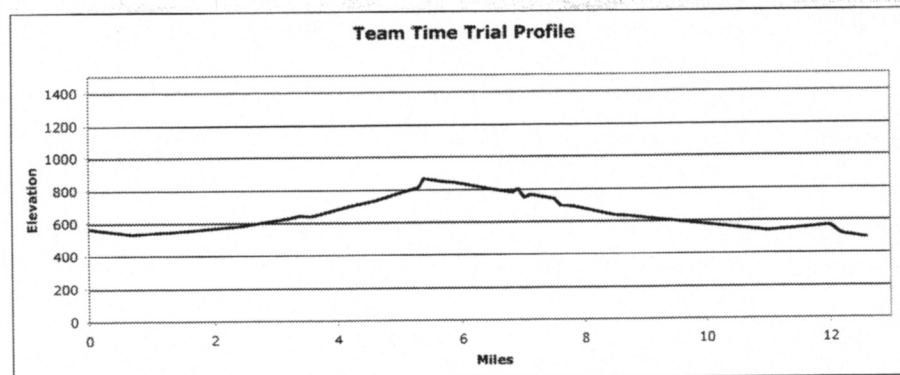
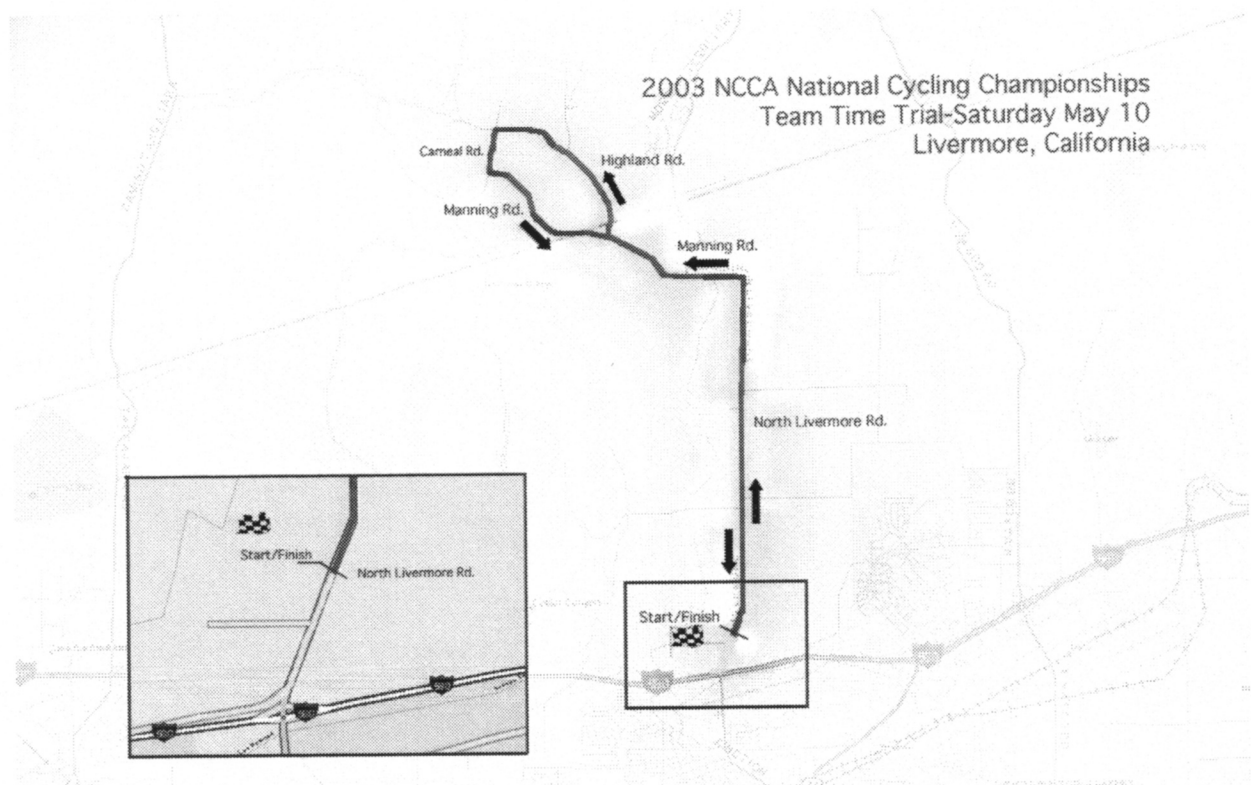
**Start time 7:30 run in following order:**

Women Division II

Women Division I

Men Division II

Men Division I





## Race courses (cont.)

### Road Race-NCCA National Championship

9.6 mile hilly Circuit outside Crockett, CA

8:00 a.m. Women Division I

77km/5 laps

8:10 a.m. Women Division II

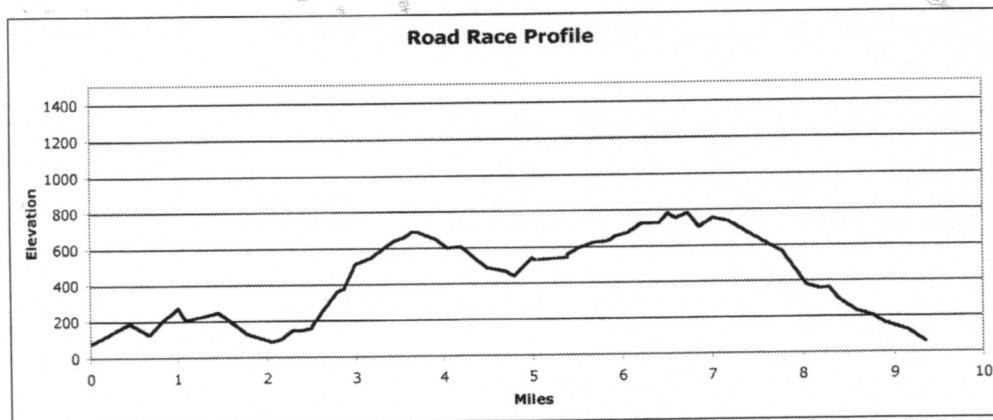
77km/5laps

11:30 a.m. Men Division I

124km/8 laps

11:40 a.m. Men Division II

124km/8 laps



**Race detail:****2003 NCCA National Road Race Championship**

Miles	Action	Location
0.00	Start	Franklin Canyon Rd.
0.30	right	Cummings Skyway
2.30	right	Crockett Rd.
4.17	right	Pomona Rd.
4.88	right	Carquinez Scenic Rd.
6.73	right	McEwen
9.06	right	Franklin Canyon Rd.
9.61	-	End Lap 1
19.22	-	End Lap 2
28.83	-	End lap 3
38.44	-	End Lap 4
<b>48.05</b>	-	End Lap 5 ( <b>finish women</b> )
57.66	-	End lap 6
67.27	-	End lap 7
<b>76.88</b>	-	<b>Finish men</b>

# Speed Table-NCCA National Road Race Championship

## Women

ETA2 19 mph	ETA3 21 mph	ETA4 23 mph	Kilo.	Miles	Remaining	Location	NOTES
8:00a	8:00a	8:00a	0.00	0.00	48.05	Franklin Canyon Rd.	Women Division I
8:00a	8:00a	8:00a	0.48	0.30	47.75	Cummings Skyway	<b>5 Laps/ 77 KM</b>
8:07a	8:06a	8:06a	3.70	2.30	45.75	Crockett Rd.	
8:13a	8:11a	8:10a	6.71	4.17	43.88	Pomona Rd.	
8:15a	8:13a	8:12a	7.85	4.88	43.17	Carquinez Scenic Rd.	
8:21a	8:19a	8:17a	10.83	6.73	41.32	McEwen	
8:28a	8:25a	8:23a	14.58	9.06	38.99	Franklin Canyon Rd.	
8:30a	8:27a	8:25a	15.47	9.61	38.44	End Lap 1	
9:00a	8:54a	8:50a	30.93	19.22	28.83	End Lap 2	
9:31a	9:22a	9:15a	46.40	28.83	19.22	End lap 3	
10:01a	9:49a	9:40a	61.86	38.44	9.61	End Lap 4	
10:31a	10:17a	10:05a	77.33	48.05	0.00	finish	

ETA2 19 mph	ETA3 21 mph	ETA4 23 mph	Kilo.	Miles	Remaining	Location	NOTES
8:10a	8:10a	8:10a	0.00	0.00	57.66	Franklin Canyon Rd.	Women Division II
8:10a	8:10a	8:10a	0.48	0.30	57.36	Cummings Skyway	<b>5 Laps/ 77 KM</b>
8:17a	8:16a	8:16a	3.70	2.30	55.36	Crockett Rd.	
8:23a	8:21a	8:20a	6.71	4.17	53.49	Pomona Rd.	
8:25a	8:23a	8:22a	7.85	4.88	52.78	Carquinez Scenic Rd.	
8:31a	8:29a	8:27a	10.83	6.73	50.93	McEwen	
8:38a	8:35a	8:33a	14.58	9.06	48.60	Franklin Canyon Rd.	
8:40a	8:37a	8:35a	15.47	9.61	48.05	End Lap 1	
9:10a	9:04a	9:00a	30.93	19.22	38.44	End Lap 2	
9:41a	9:32a	9:25a	46.40	28.83	28.83	End lap 3	
10:11a	9:59a	9:50a	61.86	38.44	19.22	End Lap 4	
10:41a	10:27a	10:15a	77.33	48.05	9.61	finish	

# Speed Table-NCCA National Road Race Championship

## Men

ETA2 21 mph	ETA3 23 mph	ETA4 25 mph	Kilo.	Miles	Remaining	Location	NOTES
11:30a	11:30a	11:30a	0.00	0.00	76.88	Franklin Canyon Rd.	Men Division I
11:30a	11:30a	11:30a	0.48	0.30	76.58	Cummings Skyway	<b>8 Laps/ 124 KM</b>
11:36a	11:36a	11:35a	3.70	2.30	74.58	Crockett Rd.	
11:41a	11:40a	11:40a	6.71	4.17	72.71	Pomona Rd.	
11:43a	11:42a	11:41a	7.85	4.88	72.00	Carquinez Scenic Rd.	
11:49a	11:47a	11:46a	10.83	6.73	70.15	McEwen	
11:55a	11:53a	11:51a	14.58	9.06	67.82	Franklin Canyon Rd.	
11:57a	11:55a	11:53a	15.47	9.61	67.27	End Lap 1	
12:24p	12:20p	12:16p	30.93	19.22	57.66	End Lap 2	
12:52p	12:45p	12:39p	46.40	28.83	48.05	End lap 3	
1:19p	1:10p	1:02p	61.86	38.44	38.44	End Lap 4	
1:47p	1:35p	1:25p	77.33	48.05	28.83	End Lap 5	
2:14p	2:00p	1:48p	92.79	57.66	19.22	End lap 6	
2:42p	2:25p	2:11p	108.26	67.27	9.61	End lap 7	
3:09p	2:50p	2:34p	123.72	76.88	0.00	finish	

ETA2 21 mph	ETA3 23 mph	ETA4 25 mph	Kilo.	Miles	Remaining	Location	NOTES
11:40a	11:40a	11:40a	0.00	0.00	76.88	Franklin Canyon Rd.	Men Division II
11:40a	11:40a	11:40a	0.48	0.30	76.58	Cummings Skyway	<b>8 Laps/ 124 KM</b>
11:46a	11:46a	11:45a	3.70	2.30	74.58	Crockett Rd.	
11:51a	11:50a	11:50a	6.71	4.17	72.71	Pomona Rd.	
11:53a	11:52a	11:51a	7.85	4.88	72.00	Carquinez Scenic Rd.	
11:59a	11:57a	11:56a	10.83	6.73	70.15	McEwen	
12:05p	12:03p	12:01p	14.58	9.06	67.82	Franklin Canyon Rd.	
12:07p	12:05p	12:03p	15.47	9.61	67.27	End Lap 1	
12:34p	12:30p	12:26p	30.93	19.22	57.66	End Lap 2	
1:02p	12:55p	12:49p	46.40	28.83	48.05	End lap 3	
1:29p	1:20p	1:12p	61.86	38.44	38.44	End Lap 4	
1:57p	1:45p	1:35p	77.33	48.05	28.83	End Lap 5	
2:24p	2:10p	1:58p	92.79	57.66	19.22	End lap 6	
2:52p	2:35p	2:21p	108.26	67.27	9.61	End lap 7	
3:19p	3:00p	2:44p	123.72	76.88	0.00	finish	



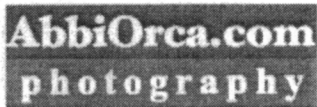
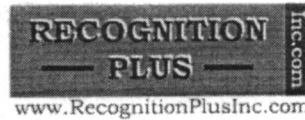
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