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The Parish National Bank

Tour de Louisiane

34th Annual Stage Race

Covington • Abita Springs

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June 18-19, 2005
New Orleans Bicycle Club

TOUR DE LOUISIANE XXXIV

This year the *Tour de Louisiane* celebrates its 34th year as a club-promoted stage race. As far as we know, it's the oldest such race in the country. This is a race that is run entirely by and for competitive cyclists, most of whom would really rather be riding in it. The promoter, officials, judges and assistants are primarily active racers who donate their time and energy toward running a bicycle race that they, as bicycle racers, can be proud of. The Tour is promoted by the **New Orleans Bicycle Club**, and many of its members contribute to its success. We generally consider "success" to be breaking even on expenses, not sending anyone to the hospital, and not taking up so much time that we have to miss any area races.

We would like to thank Acadian Ambulance, and the Tangipahoa Parish Sheriff's Office for their invaluable assistance in planning and organizing this year's Road Races, as well as Duane Haines, our chief moto official. We would like to thank Abita Springs Police Chief **Thelma Edwards** and **Sgt. Fred Roshto** for assistance with the Abita Time Trial. We would like to give special thanks to Covington Mayor **Candace Watkins** and Officer **Chris Lang** for their invaluable assistance with the Criterium course. In addition, thanks go to **Kathleen Craig** and **Pam Keller** of the Covington Economic Development Committee. We would also like to thank all of the members of the New Orleans Bicycle Club and Louisiana bicycle racing community who helped out when needed. We would like to offer our special thanks to the following individuals and organizations:

Parish National Bank	The Spokesman
The City of Covington	Adam's Bicycle World
Premier Event Management	East Bank Schwinn
Northlake Dental	Asset Planning Services
Acme Oyster House	Robin Robert, CLU
Dr. Gumbo's	Amy Berger + Designs
Signorelli's Custom Draperies	Reggie Bresette, LLC
TEC Engineering	Ronnie Schmitt
Ponseti's Shoes	Freret Hardware
Quality Body & Fender	Bayou Bicycles

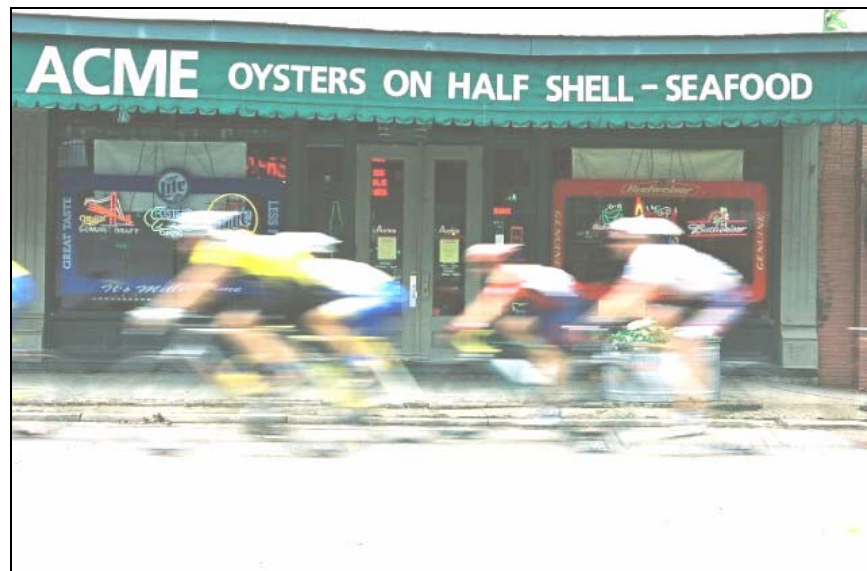
Our biggest thanks, however, go to the riders themselves, who have supported this event for over a three decades, and without whom events such as this would be meaningless.



The New Orleans Bicycle Club



The original **New Orleans Bicycle Club** was founded in 1880, and incorporated in 1885. Six years later, in 1891, the club built its own clubhouse, which still stands at the corner of Baronne and Peniston. After disbanding some time later, the club was finally reorganized in 1968 by a few interested cyclists who had recently discovered "ten-speeds". Incorporated a couple of years later, the club was responsible for nearly all organized racing in the state for some years. One of the club's first big projects was the New Orleans 100 National Bicycle Race, which was held on March 30, 1969. This 100 Km race on the Lakefront carried an entry fee of \$2.25, and featured "trophies and possibly prizes". There were no classes or categories, and the race was sanctioned by the ABL of A, later renamed the United States Cycling Federation. From this humble beginning evolved the Tour de Louisiane. The Tour has been host to a number of notable riders, including national champions and Olympic competitors, but has always remained open to the club riders that form the basis of U.S. cycling. For more information about the club and its activities, visit the website at www.gnofn.org/nabc/.



AWARDS CEREMONY AT ACME OYSTER HOUSE

(Corner of Columbia & Boston, near Start/Finish)

535 E. Boston Street - 893-5553

photo by Malcolm Schuler



3. A. Vargas (Challenger Schw)

JUNIOR

1. E. Hojem (Unat)
2. D. Friedt (Unat)

1999

SENIOR 1,2,3

1. G.W. Wenzel (Emerald Coast)
2. L. Schimmel (RBM)
3. J. Hurling (Cajun Cyclists)

SENIOR 4

1. C. Cearley (Team LaS'port)
2. E. Murphy (Barrel)
3. R. Baker (WFW)

SENIOR 5

1. K. McKee (Cajun Cyclists)
2. C. Savage (AW)
3. W. Matthew (NOBC)

MASTER 35

1. S. Ewing (Unat)
2. R. Raspet (Oxford)
3. J. Todd (Velo V)

WOMEN

1. W. Webb (Emerald Coast)
2. T. Rodosta (Sear)
3. J. Mallette (GCC)

JUNIOR

1. C. Thomas (NOBC)
2. D. Friedt (Red Stick)
3. M. Schuler (NOBC)

2000

SENIOR 1,2,3

1. Frank Moak (Herring)
2. Jack Ditt (Herring)
3. Chris Stokes (Herring)

SENIOR 4

1. Eddie Corcoran (Lakeshore)
2. Rob Hudson (MTD)
3. Darrell O'Quinn (Red Stick)

SENIOR 5

1. Mike Corcoran (Lakeshore)
2. S. Pinsonneault (Red Stick)
3. Michael Lacassin (Lakesh.)

MASTER 35

1. Mike Lew (NOBC)
2. Scott Ewing (ABP)
3. Kirby Hebert (unatt)

WOMEN

1. Wendy Webb (ABP)
2. Mary McLaurin (GCCA)
3. Traci Rodosta (Denver V)

JUNIOR

1. Nick Payne (Broadway)
2. David Kral (Broadway)
3. Ben Schuler (Lakeshore)

2001

SENIOR 1,2,3

- Bryan Bunch (Herring)
- Tim Erwin (Supplementwatch)
- Gary Zyriek (Herring)

SENIOR 4

- Bert Rareshide (NBO)
- Glen Dyson (TX Flyers)

Ben Schuler (NOBC)

SENIOR 5

- Mike Corcoran (Lakeshore)
- Lawrence Holliday (Earthquake)
- Shawn Olin (Navy)

MASTER 35+

- Scott Ewing (Emerald Coast)
- Brent Thompson (Unat)
- George Heagerty (Emerald Coast)

WOMEN

- Wendy Webb (Emerald Coast)
- Josie Babin (Red Stick)

Courtney Elbourne (NOBC)

2002

SENIOR 1,2,3

- Gary Zyriek (Herring)
- Frank Moak (Herring)
- Shawn Casey (Herring)

SENIOR 4

- Mike Corcoran (NOBC)
- Doug Harwell (NOBC)
- Boyd Hemphill (Woodlands)

SENIOR 5

- David Field (Unat)
- Bain Foote (Twin City)
- Louis Lefleur (Cajun)

MASTER 35+

- Cal Partlow (Emerald Coast)
- Rich Raspet (Memphis MotorWks)

Daniel Thompson (Jackson Metro)

WOMEN

- Giselle Pagel (MFS)
- Shontelle Gautier (Cajun)
- Felicia Finston (LaS'port)

JUNIOR

- Brennan Percy (MFS)

2003

SENIOR 1,2,3

- Mat Stephens (GCCA)
- Frank Moak (Herring)
- Gary Zyriek (Herring)

SENIOR 4

- Scott Mitchell (La S'port)
- Brian Loflin (La S'port)
- Peter Sims (CycleSport)

SENIOR 5

- Kyle Boudreaux (Unat)
- Johnny Harrison (Unat)
- Davis Donald (Unat)

MASTER 35+

- James Sanders (MMW)
- Steve Martin (NOBC)
- Richard Raspet (MMW)

WOMEN

- Josephine Babin (MFS)
- Sandra Taylor (LaS'port)
- Shery McNeely (Twin Cities)

JUNIOR

- Kurt Weisinger (Southern Elite)
- Dylan Jason (MFS)
- Francis Asproditos (NOBC)

2004

CATEGORY 1,2,3

- Joseph D'Antoni* (Cajun Cycl)
- Troy Porter (Herring Gas)
- Bain Foote (Herring Gas)
- Tim Regan (Herring Gas)

* 2-yr suspension, Sept. '04

CATEGORY 4

- Brandon Morvant (NOBC)
- Scott Koppersmith (Cadence)
- Will Cheramie (Tiger CF)

CATEGORY 5

- Rob DeJean (NOBC)
- Robert Santopadre (NOBC)
- James Haycraft (Adams)

MASTER 35+

- James Sanders (MMW)
- Ed Chapman (Olympus)
- Matt Rinard (NBO)

WOMEN

- Shannon Koch (LaS'port)
- Courtney Elbourne (NOBC)
- Sheri McNeeley (Twin City)

JUNIOR

- Dylan Jason (MFS)
- Andrew Hammond (ProBike)
- Brooks Abel (Unat)

SCHEDULE OF EVENTS

SATURDAY, JUNE 18, 2005

6:45 am REGISTRATION. Abita Springs. All Classes.

8:00 am ABITA SPRINGS TIME TRIAL. 3.0 miles. Unidirectional from Abita Springs on La. 36 (South). Start in order of race number. Return SINGLE FILE!!

1:00 pm TANGI ROAD RACE. 22.5 mile loop in rolling hills near Loranger, La., and passing through Husser, La. (*all distances are approximate*)

1:00 pm Senior 1/2/3:67.5 Miles (3 Laps).

1:10 pm Senior 4:67.5 Miles (3 Laps).

1:20 pm Master-35:67.5 Miles (3 Laps).

1:30 pm Senior 545 Miles (2 Laps).

1:35 pm Junior:45 Miles (2 Laps).

1:40 pm Women:45 Miles (2 Laps).

Groups start in the above order.

SUNDAY, JUNE 19, 2005

COVINGTON CRITERIUM. Start/finish at St. Tammany Emergency Operations Center (old Parish Courthouse) on Boston Street, Covington, Louisiana. Approx. 0.8-mile course, to be ridden counter-clockwise.

7:30 am Women/Juniors (combined) 30 min + 2 laps.

8:15 am Senior 5/Public 30 min + 2 laps.

9:00 am Master-35 45 min + 2 laps.

10:00 am Senior 4 45 min + 2 laps.

11:00 am Senior 1,2,3 60 min + 2 laps.

12:30 pm Awards Ceremony, All Classes.

2005 TOUR DE LA PRIZELIST

\$4,000 CASH TOTAL

Senior 1/2/3: ...\$1,400, 14 Places

Master 35: ...\$900, 10 Places

Senior 5 \$250, 5 Places

Senior 4\$900, 10 Places

Junior 18\$250, 5 Places

Women\$300, 5 Places

RULES AND REGULATIONS

FINAL STANDINGS IN ALL CLASSES WILL BE DETERMINED BY TOTAL ELAPSED TIME. Timing will be to the nearest second (truncated). See bunch timing rules below. Scoring for General Classification only, no Team Standings or Points Competitions (sorry, that would require *real* organization). **Reminder:** All riders on the same team must wear identifiably similar jerseys in the Road Race and Criterium.

RACE NUMBERS

The large number should be placed on the *side* of the lower back, just above the pockets (if any), turned so that the numbers are upright when the rider is horizontal. The small number goes on the shoulder, preferably so that it is visible from the front/side. We will be picking places by eye for the Road Race, and will have videotape as backup for the criterium. Judging for the Time Trial and Road Race will be on the right, and the Criterium on the left, so...

Time Trial: Numbers on **RIGHT** side.

Road Race: Numbers on **RIGHT** side.

Criterium: Numbers on **LEFT** side.

Numbering generally as follows:

Senior 1/2/3:	#1-99	Senior 5:	#200-299
Senior 4:	#100-199	Junior:	#400-449
Master-35:	#300-399	Women:	#450-499

TIME BONUSES

STAGE PLACINGS

The top finishers in the Road and Criterium stages will be awarded bonuses as follows for First, Second, and Third place finishes (all classes).

1st Place: 10 Seconds

2nd Place: 7 Seconds

3rd Place: 5 Seconds

1. C. Davis (Loyola)

2. M. Kirtley (LCC)

3. M. Collins (Unat)

Master-35

1. B. Sims (MCA)

2. G. Cormie (LCC)

3. M. Overby (River)

Junior

1. B. Anderson (LDDS)

2. B. Andrews (PFF)

3. C. Bobbit (TRB)

Women

1. L. Kirtley (Unat)

2. B. Gautier (Cajun)

3. J. Downing (Cajun)

1991 Senior 1-3

1. R. Tenney (Cajun)

2. M. Lew (Unat)

3. G. Konrad (Loyola)

Senior 4

1. R. Horesovsky (Fla)

2. J. Stiller (NOBC)

3. N. Morse (Loyola)

Master-35

1. B. Sims (MCA)

2. D. Dunham (NOBC)

3. R. Raspet (MCA)

Junior

1. I. Brauner (Velo)

2. J. Christian (LTU)

3. J. Sylvester (Cajun)

Women

1. K. Erdoes (OK)

2. C. Corderman (Emerald)

3. S. Hosman (OSI)

1992 Senior 1-3

1. G. Eberdt (RCCA)

2. S. Swann (SCCC)

3. B. Guidry (Cajun Cyc)

Senior 4

1. M. Greco (Velo Sp)

2. J. Stiller (Unatt)

3. T. Stringer (GCBC)

Master-35

1. D. Hyde (River City)

2. G. Cross (Natchez)

3. R. Raspet (RCBC)

Junior

1. B. Rabner (Loyola)

2. I. Brauner (Loyola)

3. P. Guyton Jr (NOBC)

Women

1. B. Livingston (Cajun)

2. J. Howard (GCRC)

3. M. McGunnis (Loyola)

1993 Sr. 1-3

1. T. Bauer (Ruston)

2. K. Perry (Cajun)

3. J. Cardona (Ruston)

Senior 4-5

1. J. Pierce (River City)

2. L. R. Walker (SBC)

3. J. Stiller (NOBC)

Master-35

1. S. Hendricks (Health)

2. G. Cross (Red Stick)

3. M. Trione (Cadence)

Junior

1. K. Parker (Cajun)

2. J. Harling (Cajun)

3. M. Manning (SF)

Women

1. G. Bauer (Whole F.)

2. B. Jensen (Red Stick)

3. J. Pryor (Red Stick)

Cit./Cat.5

1. R. Harris (Farrell)

2. M. Ducote (Unat)

3. M. Sinkule (SBC)

1994 Senior 1-3

1. G. Konrad (Unat)

2. K. Perry (Cajun)

3. S. Casey (Herring)

Senior 4-5

1. M. Greco (Velo)

2. J. Stiller (NOBC)

3. P. Knoup (Memphis)

Master-35

1. M. Trione (Port City)

2. R. Raspet (Memphis)

3. S. Martin (Unat)

Women

1. L. Miller (Herring)

2. V. Chwalinski (RCCA)

3. R. Younie (Cajun)

Junior

1. A. Peuhs (BBC)

2. J. Hurling (Cajun)

3. J. D'Antoni (NOBC)

Citizen

1. D. Jarrell

2. C. Partlow

3. A. Moore

1995

SENIOR 1/2/3

1. Gordon Konrad (GNO)

2. S. Harrick (Landis)

3. S. Casey (Herring)

SENIOR 4/5

1. J. Stiller (Playground Earth)

2. B. Ridge (GNO)

3. M. Anderson (IWSM)

MASTER-35+

1. S. Martin (Unat)

2. C. Reed (Internet) at 00:03

3. G. Cross (Red Stick) at

00:19

WOMEN

1. G. Pagel (Red Stick)

2. L. Williams (NOBC) at 00:37

3. R. Simons (GNO) at 00:48

JUNIOR

1. J. Labauve (GNO)

2. T. Rives (Red Stick) at

00:01

3. D. Reiss (Unat) at 01:29

CITIZEN

1. P. Shannon

2. C. Schumann

3. K. Ziblich

1996

SENIOR 1,2,3

1. R. Konrad (GNO)

2. S. Casey (Herring)

3. T. Bauer (GNO)

SENIOR 4,5

1. J. Lee (Mezza Luna)

2. E. Chapman (AWV)

3. T. Smith (Unat)

MASTER-35

1. R. Robert (NOBC)

2. G. Cross (Red Stick)

3. B. Parnell (GS Houston)

WOMEN

1. G. Pagel (Red Stick)

2. R. Simons (NOBC)

3. L. Miller (Herring)

PUBLIC

1. J. Earhart (Unat)

2. M. Fontana (Unat)

3. K. Ziblich (NOBC)

1997

SENIOR 1,2,3

1. Kenney Bellau (Herring)

2. Frank Moak (Herring)

3. Joey D'Antoni

(Saturn/NOBC)

SENIOR 4

1. J. Watson (Sr. Speedy)

2. F. Sunderman (Red Stick)

3. R. Bernard (Saturn/NOBC)

SENIOR 5

1. D. Horn (Mezza Luna)

2. J. Thompson (Roadkill)

3. M. Golsen (Roadkill)

MASTER 35

1. Scott Martin (Sir Speedy)

2. D. Sharp (Texas Eagles)

3. M. Barrilleaux

(Saturn/NOBC)

WOMEN

1. Rosanne Simons

(Sat/NOBC)

2. Laura Williams

(Saturn/NOBC)

3. K. Sunderman (Cajun

Cyclists)

1998

SENIOR 1,2,3

1. C. Alexander (Herring)

2. T. Rives (Unat)

3. B. Faulk (Sr. Speedy)

SENIOR 4

1. J. Watson (Sr. Speedy)

2. S. Tomaszewski (Red Stk)

3. J. Clark (Red Stick)

SENIOR 5

1. L. Holliday (Unat)

2. S. Bernard (Roadkill)

3. Z. Broussard (Sr. Speedy)

MASTER 35

1. G. Vega (Cycle Center)

2. D. Sharp (TX Eagles)

3. E. Corcoran (Unat)

WOMEN

1. K. Scully (La S'port)

2. G. Pagel (Red Stick)

TOUR DE LA WINNERS CIRCLE

1972 Senior "A"

1. John Howard (Ca.)
2. Bill Shook (Ohio)
3. Jim Montgomery (Ala)
4. Bobby Phillips
5. Bill Guazzo (Ca.)
6. Don Bir (Ohio)
7. Jim McFadden (NOBC)
8. Skip Sperry (Tx)
9. K. Papageorge (Tx)
10. Peter Green (Tx)

Senior "B"

1. Doug Haddock (NOBC)
2. Craig Bennight (Tx)
3. A. Reynolds (Tx)
4. C. Winkleman (Ohio)
5. K. Fitzsimmons (Ohio)

Novice

1. Chris Todd (NOBC)
2. Don Lagrone (NOBC)

Junior

1. Tim Waterbury (Ohio)
2. Tip House
3. Rod Joslin
4. J. Kryzanowski
5. Dan Chavetz

Intermediate

1. Lloyd Hawkins

1981 Senior 1-2:

1. Culin O'Brein (FVW)
2. Ian Bowles (NFRC)
3. Dan Casebeer (SIU)

Senior 3-4:

1. John Prosser (FVW)
2. Tom Thompson (EV)
3. Scott Yarbrow (A&M)

Women:

1. Tracy Stiller (TVS)
2. Jakelene Sutton (ABC)
3. Sally Draper (NOBC)

Junior:

1. John McAllister (NOBC)
2. P. Hennessey (NOBC)
2. Deborah Melton
3. A. Vallotton (NOBC)

1982 Senior 1-2:

1. Ned Gallaher (SIDI)
2. Dan Casebeer
3. Richard Fries (NFRC)

Senior 3-4:

1. Chris Laporte (NOBC)
2. J. McAllister (NOBC)
3. Seth Poole (AW)

Women:

1. Jacquie Phelan (VC)
2. Tracy Stiller (TVS)
3. Adrienne Schmidt QC

Veterans:

1. Denis Carroll (NOBC)
2. Michael Jenkins (BR)

3. Bill Sherk (LSSC)

1983 Senior 1-2:

1. Dan Casebeer
2. Tom Doughty
3. Tom Finklea

Senior 3-4:

1. Joel Thompson
2. Todd Gogulski
3. Stephen Katchur

Veterans:

1. Stan Truxillo
2. Denis Carroll
3. Jim Bergin

Women:

1. Susan Ehlers
2. Laura Peyche
3. Mary Reoch

1984 Senior 1-2:

1. David Ware
2. Tom Schuler
3. Dan Casebeer

Senior 3-4:

1. Richard Lugg
2. Kevin Callaway
3. Hamilton Ory

Senior 3-5:

1. James Davis
2. David Stephens
3. Stan Truxillo

Women:

1. Carol Addy
2. Paula Andros

1985 Senior 1-2:

1. Brian Roberts (NOBC)
2. Charles Kinnual (Tur)
3. Mike Lew (NOBC)

Senior 3-4:

1. Andres Holquin (LSU)
2. Chris Laporte (LSU)
3. Frank Moak (MCA)

Senior 3-5:

1. Stan Truxillo (NOBC)
2. Jim Bergin (NOBC)
3. Denis Carroll (NOBC)

Women:

1. Louise Hose (BRBRC)
2. Jennifer Johnston (CC)
3. JoGwin Shelby (NOBC)

1986 Senior 1-3:

1. J. Mastrianni (ECAL)
2. C. Martel (CYTRON)
3. H. Ory (BRBRC)

Senior 4:

1. T. Wright (LSUBRC)
2. B. Fontenot (CS)
3. S. Stonebreaker (NOBC)

Senior 3-5:

1. J. Flemming (LBC)
2. S. Truxillo (NOBC)
3. B. Jones (KBC)

Women:

1. L. Hose (LSU)
2. P. Martin (BRBRC)
3. J. Shelby (NOBC)

1987 Senior 1-3:

1. Mike Lew (VSRC)
2. Robert Bart (VSRC)
3. Stephen Apsey (LSU)

Senior 4:

1. David Guillory (Unat)
2. Scot Wyman (PFF)
3. David Henderson

Senior 3-5:

1. Bruce Flemming (LB)
2. Stan Truxillo (NOBC)
3. W. Hudson (NOBC)

Women:

1. Jan Ripple (LSU)
2. J. Shelby (NOBC)
3. Debbie Lamarche

1988 Senior 1-3:

1. M. Lew (VSRC)
2. M. McMurry (PFF)
3. P. Raines (PFF)

Senior 4:

1. D. Bennet (VSRC)
2. C. Gober (Unat)
3. M. Blaylock (SWBC)

Master 3-5:

1. R. Raspet (MCA)
2. R. Legeai (NOBC)
3. S. Truxillo (NOBC)

Women:

1. D. Lamarche (SWBC)
2. E. Stevenson (PFF)

1989 Senior 1-3:

1. Bruce Sanders (MCA)
2. Randy Gibson (TCC)
3. J. Sutherland (GSH)

Senior 4:

1. Damon Cupp (TLS)
2. William Anderson
3. J. Maheu (VSRC)

Master 3-5:

1. Steve Clark (GSH)
2. Robert McNeely (TLS)
3. Mike Williams (TWE)

Junior:

1. Steve Pigott (MCA)
2. Chris Harvey (VSRC)
3. Billy Andrews (PFF)

Women:

1. Edwina Weyard (KB)
2. Leigh Kirtley (MCA)
3. Holly Langford (LSU)

1990 Senior 1-3:

1. J. Merle (JB)
2. J. Phyfer (MCA)
3. M. Lew (JB)

Senior 4

HOT SPOTS

There will be a single HOT SPOT for each class in the Road Race and in the Criterium. Road Race Hot Spots will be at the finish line on completion of **Lap 1** (all classes). Criterium Hot Spots will be at the approximate mid-point of each race (see Criterium section of program). Bonuses will be awarded for First and Second places at the Hot Spots as below (all classes):

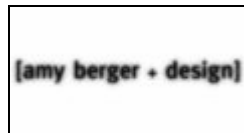
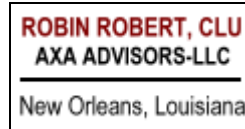
1st Place: 7 Seconds
2nd Place: 5 Seconds

TRAFFIC CONTROL

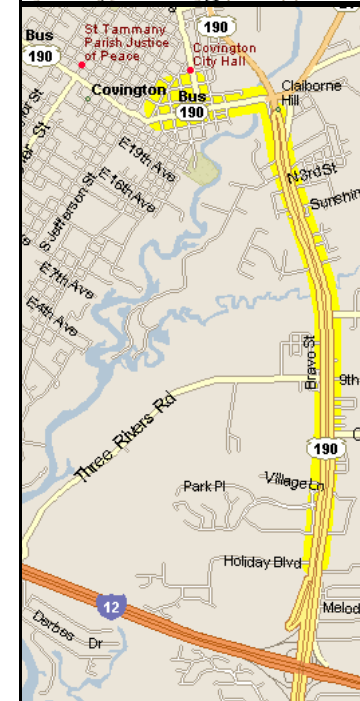
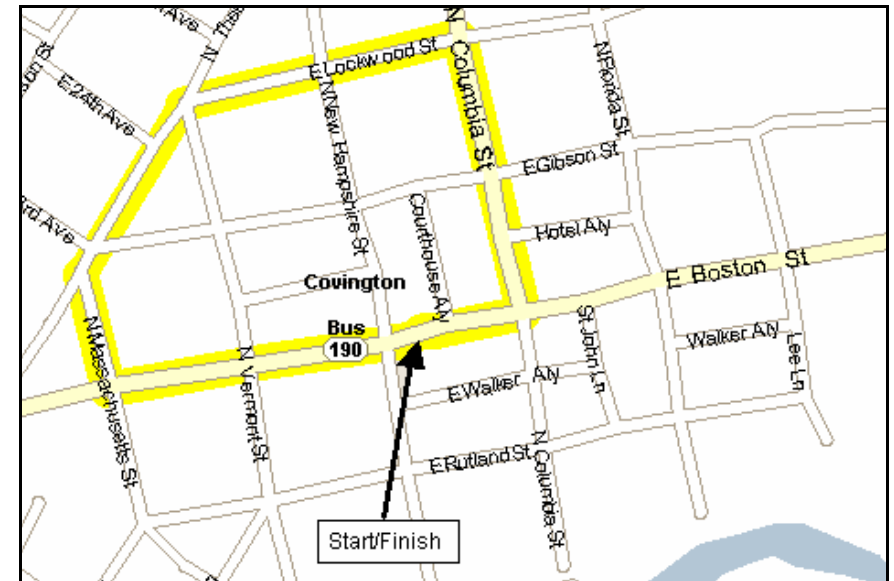
Both the Time Trial and Road Race courses are **OPEN TO TRAFFIC**. Please remember that most drivers do not know how to react to a racing peleton. Use your head and **STAY IN THE RIGHT LANE AT ALL TIMES!** All turns should be monitored, but the final responsibility for safety rests with the rider! We sometimes have trouble stopping cars. **HEADS UP THROUGH TURNS!** When warming up before races, **KEEP THE ROAD CLEAR** by not standing around in the street talking, etc. This is very important to our ability to continue to have races on our course. Riders are reminded that the time trial and road courses are open to traffic, and that they should at all times avoid blocking the road, especially in the start/finish area. Please respect the rights of others with whom we share the road. Team and individual vehicles are to stay in the parking area at all times. *Private following vehicles are not allowed on the course.* Special course instructions appear below for each event.



TOUR DE LA 2002
photo by Malcolm Schuler



CRITERIUM MAP



"Since 1965"

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4. Lapped riders MAY NOT COMPETE FOR PRIMES. Lapped riders who compete for primes, bonus points, or for the finish will be disqualified! Lapped riders may not contest the final sprint. Riders may not drop back in order to assist another rider off the front of the pack.
5. Times of lapped and pulled riders will be calculated according according to USCF rules.
6. Riders must finish the Road Race and Time Trial in order to ride in the Criterium.
7. Following a bunch sprint, riders in the group must verify their presence in the group with the judges IMMEDIATELY after the sprint. See the section on CONTROL SHEET sign-in.
8. Bikes and tires will be checked at the start
9. NUMBERS: Place your shoulder number on your LEFT shoulder. Back number should be on left back, above the pockets.

HOT SPOT

There will be a time bonus Hot Spot at the approximate **mid-point** of each race for *First and Second places only* worth 7 and 5 seconds respectively. Hot Spots will be indicated by ringing of the bell.

CONTROL SHEET

All criterium riders are required to check in with the official handling the control sheet at the start line immediately (within 5 minutes) after the finish. If you feel you placed in the top 5 in a pack sprint, please verify your placing with the chief judge at that time.

BUNCH TIMING

Bunch timing is the same as for the Road Race (see Road Race Rules). Lapped riders may not contest the sprint.

CRITERIUM AND FINAL RESULTS

Results of each race will be posted in the area of the start/finish as soon as possible following that race. Protests of final results must be made within 15 minutes of posting. ALL awards will be given following the final race at the awards ceremony. Complete final results will be posted to the NOBC website at <http://www.gnofn.org/nobc/>.

STAGE 1

Abita Springs Time Trial

DIRECTIONS TO TIME TRIAL

The Time Trial start will be located a few blocks down **La. 36** at **Hickory Street**. The start list will be posted there as well. Make sure you know when you start! We will start each group in order of race number, so the first group to start will be the Senior 1,2,3s, who have numbers from 1-49. Riders will be staged on Hickory Street next to the Tammany Trace bicycle trail. Once you know when your start will be, you can warm up with a ride down La. 435 to the North.

TIME TRIAL RULES

- THE COURSE IS **OPEN TO TRAFFIC** – Heads up at all times! Riders must remain in the **RIGHT LANE** at all times.
- **START ORDER:** RIDERS WITHIN A CLASS START IN THE ORDER OF THEIR NUMBERS (SEE NUMBER SEQUENCES ABOVE).
- **START TIMES:** Riders start at 30-second intervals. There will be gaps in the sequence of numbers between classes, so **PAY ATTENTION TO THE NUMBER CALLER!!**
- **REPORTING TO THE STARTER:** You must be in the start line three minutes (6 riders) before your start. If a rider misses his start, he must **STOP** at the starting line (one foot down), then he may begin unless his start will interfere with that of another rider, in which case the referee will instruct him to wait. Timing begins from the original start time.
- **RETURNING FROM THE FINISH:** Riders are not allowed to ride two abreast as they ride back from the TT finish to the start. Riders doing so will be **penalized**. Stay as far to the right as possible so that traffic approaching from behind is not forced out into the path of the riders still doing their time trials.
- **RESTARTS** will normally not be allowed. Riders suffering mishaps will be given the time of the slowest rider who finishes in his class.
- **DO NOT WARM UP ON THE COURSE!** Don't exceed the 20 mph limit if you warm up on the Tammany Trace bike path. We recommend warming up on La. 435 instead. **DO NOT RIDE AGAINST TRAFFIC** - the road is open to traffic, and you must obey all applicable traffic regulations.

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TIME TRIAL COURSE

The Time Trial will be **ONE WAY**. The road surface is generally good to excellent. The course runs along La. 36 toward Hickory La. The following estimated start times are based on minimum anticipated field sizes. They may be significantly different on race day. Don't miss your start!! The times below are **estimated**, we should be able to provide more accurate times at the start. *They may be significantly different on race day.*

ESTIMATED TIME TRIAL START TIMES

#01 First Senior 1/2/3:	8:00 am
#100 First Senior 4:	8:15 am (assuming 30 Cat. 1-3s)
#200 First Senior 5:	8:45 am (assuming 30 Cat. 4s)
#300 First Master-35:	8:30 am (assuming 30 Cat. 5s)
#400 First Junior:	9:00 am (assuming 30 Masters)
#450 First Woman:	9:05 am (assuming 10 Juniors)

TIME TRIAL RESULTS

Results of the Time Trial will be posted, if all goes well, at the Road Race start by 12:00 noon. Do not disturb the officials at the finish line; they will be highly confused, possibly incoherent, and unable to tell you your time. If you suffered a mishap and failed to cross the finish line, notify the officials at the start line. You will be assigned the time of the slowest rider in your class, and you will be allowed to ride the next stage. If you find a problem with the TT results, notify the chief referee prior to the start of the Road Race.



STAGE 3

Covington Criterium

CRITERIUM SCHEDULE

COVINGTON CRITERIUM. Start/finish at St. Tammany Parish Emergency Operations Center on Boston Street, Covington, Louisiana. Approx. 0.8-mile course, to be ridden counter-clockwise.

7:30 am	Women/Juniors (combined)	30 min. + 2 laps.
8:15 am	Senior 5/Public	30 min. + 2 laps.
9:00 am	Master-35	45 min. + 2 laps.
10:00 am	Senior 4	45 min. + 2 laps.
11:00 am	Senior 1,2,3	60 min. + 2 laps.
12:30 pm		Awards Ceremony, All Classes.

DIRECTIONS TO CRITERIUM COURSE

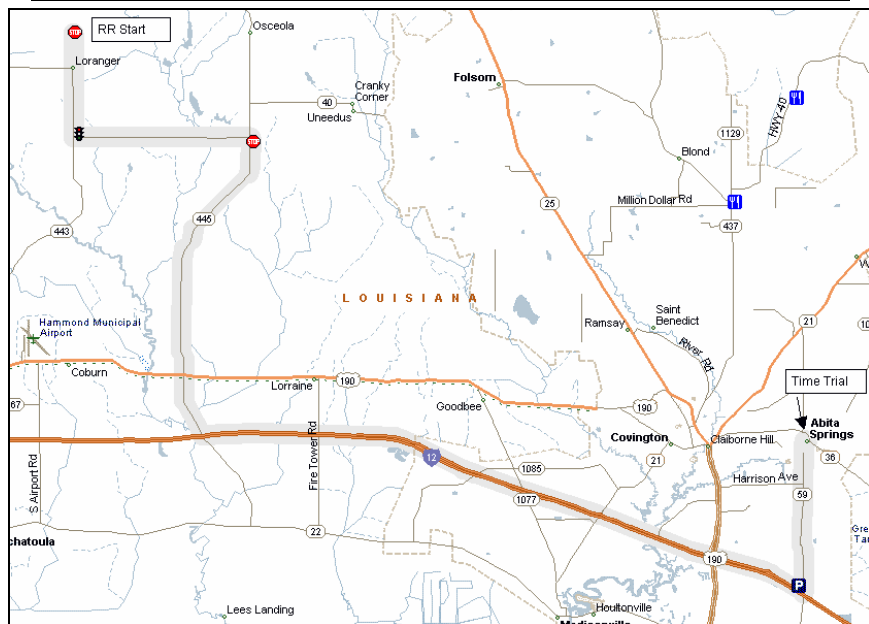
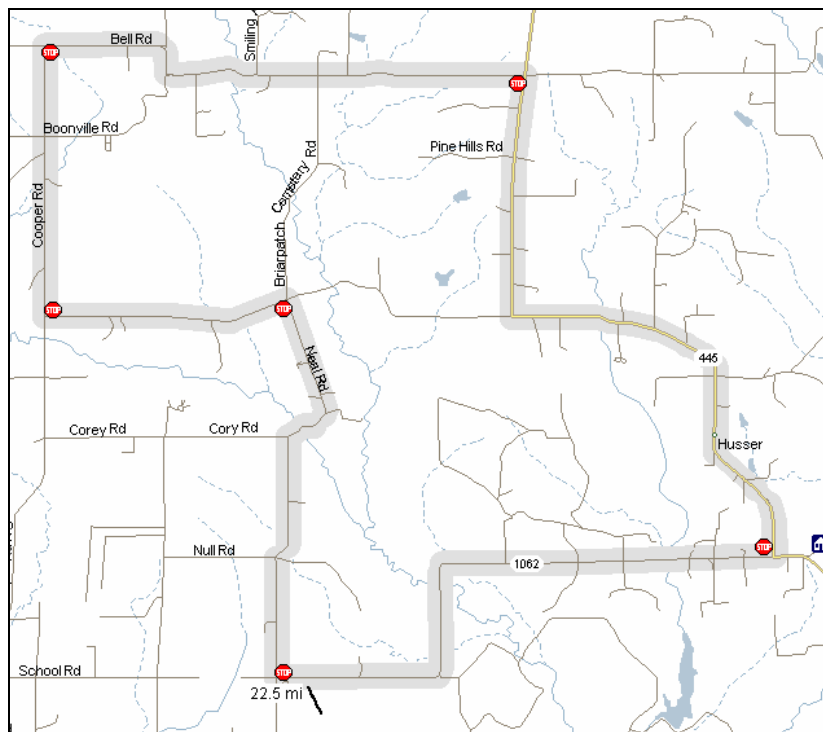
From the intersection of U.S. 190 and I-12, travel North on 190 about 3 miles to Covington. Turn left at the light (don't go over the bridge) to Boston Street. Park along streets North and East of the course (see map).

CRITERIUM COURSE

Special Precautions: Although we will, of course, have a closed (to traffic) road for these events, it is not impossible that someone will manage to get a car onto the course. Pedestrians and possibly automobiles may need to cross the course at various points, so stay alert! In particular, there is always the possibility of pedestrians wandering onto the course from other areas in downtown Covington. The road surface is old city asphalt, some good, some not so good, some rather bad. The course will be ridden counter-clockwise, and numbers go on the left side.

CRITERIUM RULES

1. Riders are not permitted to warm up on the course until all riders from the previous race have finished.
2. The FREE LAP RULE will be in effect. You **MUST** report to the pit in order to receive a free lap. The pit will be located in the area of the start line. Free laps are allowed only for mishaps as per USCF regulations. Riders suffering a mishap may not ride "against traffic" in order to get to the pit. Proceed in the direction of the race only. **NO FREE LAPS WILL BE GRANTED DURING THE FINAL 4 LAPS OF THE RACE.**
3. All riders finish on the same lap as the leader. Lapped riders will be pulled if they threaten to interfere with the finish. Times for pulled and lapped riders will be calculated.



STAGE 2

Tangi Road Race

ROAD RACE SCHEDULE

1:00 pm TANGI ROAD RACE. 22.5 mile loop in rolling hills near Loranger, La., and passing through Husser, La. (*all distances are approximate*)

1:00 pm	Senior 1/2/3:	67.5 Miles (3 Laps).
1:10 pm	Senior 4:	67.5 Miles (3 Laps).
1:20 pm	Master-35:	67.5 Miles (3 Laps).
1:30 pm	Senior 5/Public	45 Miles (2 Laps).
1:35 pm	Junior:	45 Miles (2 Laps).
1:40 pm	Women:	45 Miles (2 Laps).

Groups start in the above order. Juniors may be combined with Women if field sizes are small.

DIRECTIONS TO ROAD RACE

From Abita Springs, take **La. 59** South 4.5 miles to **I-12**.

Turn **RIGHT** (West) on I-12 18.5 mi. to **La. 445** at Robert, Louisiana.

Turn **RIGHT** (North) on 445 9.5 mi., crossing U.S. 190 to La. 40.

Turn **LEFT** (West) on **La. 40** 5 miles to the flashing light at La. 443.

Turn **RIGHT** (North) through Loranger, continuing 3 miles to **La. 1062**.

Turn **RIGHT** on 1062 and continue 0.2 mi. Park around the metal building (originally a fitness center) on your left. Total trip distance is about 40 miles. Allow at least 45 minutes travel time.

PARKING

Park only in the field around the old Fitness Center, 0.2 mi. East of the corner. Please remember to use the facilities provided. The local folks are watching!

ROAD RACE RULES

COURSE IS OPEN TO TRAFFIC

1. A single following car will be provided for main groups. The large groups will have lead motorcycles. **ABSOLUTELY NO PRIVATE VEHICLES ARE ALLOWED ON THE COURSE !!!**
2. **FEEDING** only in the area of the start/finish (see map), past the finish line. Feeding anywhere else, or from a vehicle will result in **DISQUALIFICATION** of the rider! We will try to have some volunteers to provide neutral feeds to riders without support.
3. **COURSE:** Check the course map! Riders are responsible for staying on the course. The Road Race route includes turns at five intersections.

4. Riders must finish the preceding stage in order to ride in the current one. (the only exception is the Time Trial in the event of a mishap). Riders who do not finish the stage DO NOT sign the finish control sheet. All riders on a team will be penalized in the case of DNF riders claiming to have finished.
5. Riders must MAINTAIN LANE POSITIONS in the final 200 meters for a sprint finish. WE DO NOT GUARANTEE A CLEAR LEFT LANE. If you do not feel you are in contention for the sprint (3 places get bonuses), you need not sprint if you are in contact at 200 meters. See section on bunch timing below.
6. CROSSING THE CENTER LINE of the road is prohibited. We are VERY serious about this! See special section below.
7. All U.S.C.F. rules will be enforced at all times.
8. Riders in different races (separate starts) may not work together in the Road Race.
9. NUMBERS: Place your shoulder number on your RIGHT shoulder. Place your back number on your RIGHT back.
10. Special rules and information appear below.

ROAD RACE COURSE

The Road course starts in Loranger at the building 0.2 mi. East of the intersection of Hwy 443 and 1062. The 22.5 mi. course consists of seven turns (rt, rt, lft, rt, rt, rt, rt), and is moderately hilly with a fair to excellent road surface, except for a 2-mile stretch between turns 4 and 5 on Cooper Rd., which is quite rough. The course will be ridden clockwise. Feeding is allowed only in the area of the start/finish (see above rules section). All vehicles must park in the lot at the start/finish area. **No vehicles are allowed on the course.** **SPECIAL PRECAUTION** must be taken by riders at each intersection. Remember, we sometimes have trouble stopping cars. DO NOT blindly follow other riders through this turn. Should you encounter farm animals along the route, give 'em a wide berth!! **NOTE:** Riders finishing outside the 20% time limit in the Senior USCF Road Races *may* be disqualified.

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BUNCH TIMING

Riders finishing in a group will be given the same time as the leader unless there is a clear (ie. five-bike-length) gap *at 200 meters*. ALL RIDERS must verify their finish by signing the control sheet IMMEDIATELY after.

OVERLAPPING GROUPS

If one group catches another group on the course, the group being overtaken should neutralize until the overtaking group and its following car has passed it. Riders in one group are not allowed to accept or receive pace from riders in other groups.

CONTROL SHEET

There will be an official with a control sheet in the finish area following each race. Riders must check in with this official immediately following their finishes. Failure to confirm your finish with the referee may result in a DNF placing! Signing the finish control sheet if you did not finish will result in disqualification and/or team penalties. When returning to the start/finish area after your finish, watch for other oncoming riders.

FOLLOWING CARS

There will be a single following car with neutral, rider-provided, wheel support. Following cars will be located near the start line. Spare wheels must be labeled with the rider's number and name. It is strongly recommended that you write your name on the tire. The official in the following car will keep track of riders receiving spare wheels. Please offer wheels to your group's following car. Don't forget to retrieve them immediately after the race! Riders who receive wheel changes during the race are expected to return those wheels to the following car immediately after the finish. Unclaimed wheels will be at the officials table at the Criterium.

LEFT LANE RULE

RIDERS ARE FORBIDDEN TO USE THE LEFT LANE. We are NOT able to provide a secure rolling enclosure. A race official in each following car will be looking specifically for this offense (because it is extremely dangerous and it jeopardizes our ability to use the course in the future). Increasing one's position while over the center line will result in a 30 second penalty (count on it!). Repeated violations for any reason will result in **DISQUALIFICATION!!**

ROAD RACE RESULTS

Final results through stage 2 will be posted near the start/finish of the criterium and at the host hotel on Saturday night in the window of the CR's room. Protests of stage and GC placings are acceptable up until the start of the next stage.