



KILLINGTON STAGE RACE

Technical Guide

**Memorial Day Weekend 2014
May 24 - 26**

KSR, LLC



Present the

***2014 Killington
Stage Race***

RACE SPONSORS



TOWN OF
KILLINGTON
VERMONT



See **Page 26** for Special Offers from Local Merchants

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Welcome from the Race Organizers

Welcome to the 2014 Killington Stage Race!

The Town of Killington, the Killington Chamber of Commerce, KSR LLC, the Green Mountain Bicycle Club, Killington Mountain School Team, the Mad River Riders are happy to welcome racers and their families and friends to the Killington Stage Race in its 19th year.

The KSR would not be possible without the generous support of our sponsors who recognize the value of this great event. We want to thank our primary sponsor the Town of Killington Economic Development and Tourism Commission. Our other great sponsors include Long Trail Brewing, the Lookout Restaurant, First Stop Bike & Ski, Mountain Green and Champion System. All the lodging properties listed on our lodging page are doing their part to support the event as well, so please thank them for supporting the KSR. To help ensure the event takes place next year be sure to let the Killington merchants know that you are here for the race.

Once again, we welcome you to the 2014 KSR. Whether it is your first KSR or you are a veteran we wish you a very safe and fun weekend of competition.

For the KSR Organizers,



Gary Kessler, Race Director



On behalf of the Town of Killington, welcome to the 2014 Killington Stage Race.

Killington has a rich tradition of cycling, and the Stage Race kicks off the first of many cycling and mountain biking events this summer. We wish you the best of luck in the race and invite you to come back to Town this summer for one of our many events and festivals.

In a few weeks we'll host the Long Trail Century Ride. On Saturday, June 21, this one day events offers 20, 60, or 100 mile rides and all proceeds benefit Vermont Adaptive.

In August, the Vermont Challenge takes riders on a 1-4 day tour of Southern and Central Vermont.

Off bike, riders can enjoy dozens of other events and activities including the Killington Wine Festival July 18 - 20 and our free concert series, *Cooler in the Mountains* which takes place on Saturday afternoons from July 26 - August 30.

Please visit www.DiscoverKillington.com to sign up for our newsletter or friend Discover Killington on Facebook so you can keep current on our exciting activities and events.

Best,

A handwritten signature in black ink that reads 'Seth'.

Seth Webb
Killington Town Manager

Race Staff

Gary Kessler Race Director
Peter Oliver.....Assistant Race Director, Caravan Coordinator
Melanie SimonVolunteer Coordinator
Kevin BessettRegistrar Extraordinaire!
Nicole Kesselring.....Assistant Caravan Coordinator
SeanHead Course Guy
Dan, Mat & DavidAssistant Course Guys
Bob D.....Course Prep & Marking Guy

USA Cycling Race Officials

Christian Constantino Chief Referee
Sandy Rovelli Chief Judge

Referees: Paula Henry, Avi Kurlantzick, James Lockhart, Dorothy Pumo, Haley Oller, Julie Renquin, David Rovelli, Patrick Ruddy, Pamela Schmuhl, James Smith, Gary Toth
Motor Referees: John Balaban, Robert Belcher, Kevin Broderick, Elizabeth Campbell, Bruce McGalliard, John Malczyn , Nicholas Rossi, Pamela Schmuhl

Contact Liz Campbell at 1-802-342-3881 if you have a question for the officials during the race.

General and Technical Information

START TIMES

The start times contained in this technical guide supersede all other previously posted start times! These start times may change due to unexpected circumstances. Any changes in start times will be posted in the daily communiqué. Please consult it at the race headquarters or on-line.

ANNOUNCING

Ian Sullivan

RACE RESULTS and PHOTO FINISH

John Frey, Velocity Results

RACE HEADQUARTERS

Mountain Green Resort, Killington Access Road (Please do not call for race results).

LOCAL HOSPITALS

Rutland Medical Center (Rutland) 802-775-7111

Gifford Medical Center (Randolph) 802-728-7000

Central Vermont Medical Center (Berlin) 802-371-4283

Fletcher Allen Health Care (Burlington) 802-847-0000

Porter Hospital (Middlebury) 802-388-4701

Dartmouth-Hitchcock (Hanover, NH) 603-650-5000

REGISTRATION PACKET PICKUP – NEW LOCATION!

Friday, May 23

6:00 - 7:30PM at the Killington Chamber of Commerce Building, 2319 U.S. 4
Killington, VT 05751

Saturday, May 24

7:00AM - 12:30PM at the Killington Chamber of Commerce Building, 2319 U.S. 4
Killington, VT 05751 (6 miles from the start at Skyship – about an 8 minute drive)

Monday May 26

Open/Citizens Only: 7:20AM - 8:00AM Long Trail Brewery by Brewery entrance

LICENSES

A valid USAC or UCI license ***MUST BE PRESENTED*** at registration to receive your race packet. One day (for non-stage race events) and annual licenses are available at all the packet pick-ups.

RACE CONDUCT

Races will be conducted under 2014 USA Cycling rules see:

<https://s3.amazonaws.com/USACWeb/forms/rules/2014-USAC-Rulebook.pdf>

SUPPORT

SRAM and volunteer neutral support will be provided. No team or individual support will be allowed. Under no circumstances may team cars or individual support cars follow the race (USAC rule 3C4a). GC time deductions, monetary fines, or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for non-compliance.

See the Support Matrix below for the details. **SRAM and neutral wheels will be supporting only the fields to which they are assigned and will not stop to support racers in other fields.** Where SRAM does not provide support, volunteer neutral support will be provided. For fields that will be serviced by volunteer support, 10 sets of wheels will be required for the service vehicle to maintain neutral support. If there are fewer than 10 sets of wheels, wheels-in, wheels-out rules will apply. Wheels will be left at the start of the Circuit Race and Road Race (at Skyship) by the first aid & rental shop awnings. **Please claim your wheels immediately after you finish.** Race organizers are **not responsible** for unclaimed or stolen wheels. Please, if the loss of your wheel will be too much to bear do not put it in the wheel van as wheels have been reported missing in the past.

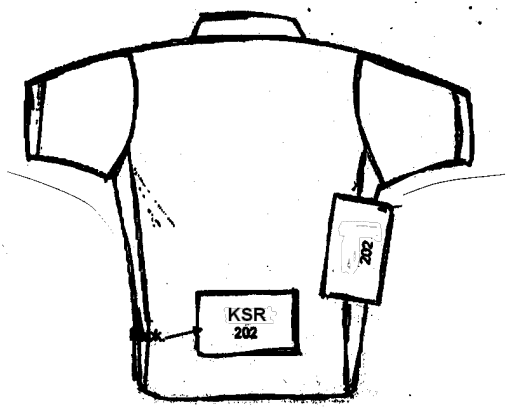
Under no circumstances may team cars or individual support cars follow the race. Non-compliance will result in a \$75.00 fine per USAC Stage Race Rule 8A5(a).

NOTE: All service is to be done from the right hand side of the road. You must be stopped to receive service.

Wheel Support Matrix			
Category	Saturday	Sunday	Monday
Men Pro/1/2	SRAM	SRAM	SRAM
Men 3	SRAM	SRAM	SRAM
Men 4/5 Open	SRAM	Neutral	SRAM
Men 4/5 Masters	SRAM	Neutral	SRAM
Men 40+	SRAM	Neutral	SRAM
Men 50+/60+	Neutral	Neutral	SRAM
Women 1/2/3	SRAM	SRAM	SRAM
Women 3/4	Neutral	Neutral	SRAM
Open Events	Follow Car	NA	SRAM

NUMBERS

For all fields, a total of three (3) numbers will be issued to each rider: two (2) jersey numbers and one (1) frame number. **All three numbers must be worn Saturday & Sunday. Only 1 jersey number and the frame number are needed for the ITT on Monday.**



One jersey number is to be worn on the pocket area, which allows the number to be visible from behind. The other number is to be worn on the side of the jersey, so the number is visible to the officials and finish camera on the judging stand at the finish of each event.

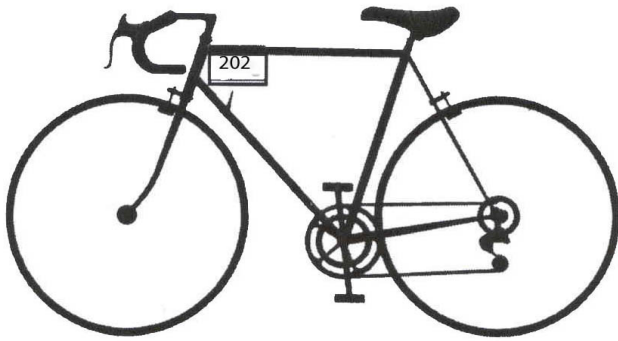
Position of jersey numbers:

Stage 1: Right side and back pocket

Stage 2: Right side and back pocket

Stage 3: Right side

Frame Number



The frame number is to be placed inside of the top tube and the down tube. The frame number may also be placed under the seat on small or compact frames. **NOTE:** Improperly worn/placed numbers may result in the rider not being placed in an event. Penalties for misplacing, mutilating or reducing the size of frame or rider numbers: 1st offense=warning. 2nd offense=30 second penalty, subsequent offenses=1 minute penalty. There will be a \$20 replacement fee for numbers that need to be reissued. Please do not lose your numbers.

GENERAL CLASSIFICATION (GC) SCALE OF PENALTIES

The Chief Referee will have full discretion in levying penalties for violations of USAC racing rules and regulations posted in this technical guide.

Relegations effect stage placings but all other disciplinary measures and time penalties effect only the general classification (GC).

General classification time penalties are listed below. However, the Chief Referee reserves the right to assess monetary fines or additional GC time penalties based on the degree of the offense committed.

FINES

Monetary fines issued to riders or teams must be paid directly to USA Cycling per USAC rule 1K2d..

RESTROOM FACILITIES

There will be restroom facilities provided at the start of each venue. There will be portolets near the finish of each day's stage.

Public urination is subject to the following penalties: First Offense – \$50. Second Offense – disqualification

HELMETS

Per USAC general racing rule 1J1, riders are required to wear a securely fastened helmet at all times while mounted on a bicycle (does not apply to riding rollers/trainers during warm-up). This rule is in effect at all times for all KSR competitors from the opening of registration through the final awarding of prizes after Stage 3. Failure to follow this rule will result in a \$20.00 fine/occurrence. Immediate disqualification and \$20.00 fine for removing helmet during race.

WARM-UP/COOL DOWN

Each stage has specific warm-up and cool-down instructions. While warming up and cooling down, or in transit to the designated area, riders are reminded that the roads are open to public traffic. Riders must obey all traffic laws of the State of Vermont; riding so not to impede traffic, obeying all traffic lights and posted signs and yielding to police and rescue vehicles and school buses. Per USAC stage racing rule 8A5a, a monetary fine of \$35 will be assessed for reported infractions. Disqualification from the stage race for any infractions reported to the Chief Referee or Organizer by police or rescue personnel.

Riders **MUST YIELD** to emergency vehicles. Failure to do so will result in immediate disqualification as well as a monetary penalty and possible arrest and prosecution under Vermont Law. Please do not risk these consequences and do not put the event in danger of being canceled by not yielding!

Refer to the individual stage sections of this guide for specific information concerning warm-up/cool down areas for a particular stage.

SIGN-IN

Riders must personally sign-in for all stages at least 15 minutes before the announced time of their start. Sign-in closes 10 minutes before the announced starting time except for the Time Trial where sign in is not required. Sign-in penalties: First offense – 15 second GC time penalty; Second offense - 30 second GC time penalty; Third offense - disqualification.

STAGING

Riders must report to the staging area (for all stages except Time Trial) no less than 10 minutes before the published start time.

The GC top five as well as the Sprint and K/QOM leaders for each category will be called to the front row prior to the start of Sunday's stage.

CENTERLINE

The centerline rule, USAC 3B1, is in effect for all races and will be STRICTLY ENFORCED.

Deliberate riding on the left side of the center line in order to advance position or repeated drifting to the left of the center line without provocation will result in a GC time penalty.

First offense: 30 seconds; 2nd offense: 1 minute; 3rd offense: Disqualification from the Stage Race. Additionally, riders may also be relegated or disqualified at the discretion of the Chief Referee.

The centerline rule is in effect for all Hot Sport sprints, K/QOM sprints, and the finishes on Sunday and Monday. In addition to the GC penalties listed above, riders will be relegated or disqualified for sprinting over the centerline.

NOTE: The USAC Officials with each category, may, at their discretion, ask riders to immediately withdraw from the race for centerline violations. Once asked to leave, riders are to remove themselves from the field and hand in their race numbers. Riders that have been asked to withdraw will be disqualified from the stage and are ineligible to compete in subsequent stages.

TAKING PACE/OUTSIDE ASSISTANCE

Per USAC road rule 3B5, taking pace or assistance from any outside means is forbidden, including holding onto a motor vehicle or taking pace from riders in a different race occurring concurrently on the same course.

Taking pace from riders in a different race or from a motor vehicle over a distance of at most 100 meters, will result in a 20 second GC time penalty and either relegation or disqualification at the discretion of the Chief Referee.

Taking pace from a motor vehicle for more than 100 meters will result in relegation and a GC time penalty of 2 minutes. The 2nd offense results in disqualification.

RIDING OUTSIDE PROTECTED AREA

Riders who are outside of the protected area (behind the follow vehicles) are required to obey all traffic laws of the State of Vermont, including riding so as not to impede the flow of traffic and obeying all traffic lights and posted signs.

EMERGENCY VEHICLES

Riders **MUST YIELD** to emergency vehicles (Ambulance/Fire Trucks/Police). Failure to do so will result in immediate disqualification as well as a monetary penalty and possible arrest and prosecution under Vermont Law. Please do not risk this series of consequences and do not put the event in danger of being canceled by not yielding!

JUNIOR ROLLOUT

ALL juniors, (no matter which category they are competing in) must report to rollout **IMMEDIATELY** after finishing each stage. Per USAC Rule 114, the maximum chain gear ratio allowed is 7.93 meters (rollout 26’). **ROLLOUT IS ALWAYS AT THE FINISH.** Look for signs each day.

Penalties for failing to report to rollout: 1st offense: relegation (stage), loss of any sprint or K/QOM placings and a GC time penalty of 1 minute; 2nd offense: disqualification from the stage race.

Penalties for a rider whose bike fails rollout: 1st offense: relegation (stage), loss of any sprint or K/QOM placings and a GC time penalty of 1 minute. 2nd offense: disqualification from the stage race.

FEEDING

Feeding shall occur only from designated feed zones. Riders are expected to dispose of feeding materials in the feed zone areas only. Penalties for feeding outside designated feed zones: 1st offense - warning; 2nd offense - 30 second time penalty; subsequent offenses - 1 minute time penalty.

Rider support personnel in the feed zone are responsible for maintaining the cleanliness of the area. Riders who have support personnel who leave waste materials at feed zones will be subject to fines. We ask that feeders please help us keep the feed zones clean.

Feeders should use care when crossing the road and moving within the feed zone area.

On Sunday May 25 (Champion System Road Race) feed zone vehicles must depart for the feed zone prior to the stage start. They may not follow or pass any race caravans on the way to the feed zone. Feed zone vehicles must follow the course in reverse to return to the Finish Area. They may not follow or pass any race caravans. Feed zone vehicles passing race caravans will have their riders disqualified.

NO LITTERING

Please respect our roads and our neighbors. Participants who discard bottles or wrappers in unapproved areas will be subject to a \$50.00 fine and/or disqualification from the race at the discretion of the Chief Referee and Race Director. Additionally, under Vermont law, littering is subject to prosecution including a penalty.

24 V.S.A. § 2201. Throwing, depositing, burning, and dumping refuse; penalty; summons and complaint

Approved areas for discarding litter are Feed zone areas marshaled by volunteers.

FINISHING

All riders must complete a previous stage in order to be eligible to start the next stage.

For all stages once you have crossed the finish line **DO NOT** turn around and ride back across the finish line. Every stage is designed for racers to continue riding in the direction of the race. If a racer wishes to go to the finish he or she must walk (not ride) on the grass by the shoulder. Per USAC stage racing rule 8A5a, a monetary fine of \$20 will be assessed for reported infractions.

Others are finishing behind you and the determination of results is greatly slowed. Proceed straight ahead through the finish area before making any changes in your line of travel.

If you remain in the finish area after your finish please move out of open roadway and obey the instructions of marshals. Failure to obey instructions of officials or race staff can result in a \$20.00 - \$100.00 fine per USAC rule 8A5(a).

When finishing, **DO NOT STOP** and ask the officials on the line whether or not you have made the time cut. Time cut information will be posted with the results for each field.

MISHAPS

Per USAC stage race rule 3H6c(ii) any rider suffering a mishap within the last 3 kilometers of Stage 1 will be given the time they would have attained had the mishap not occurred, provided the rider, if able, reports the crash to finish line officials immediately following the race. The rider will be given his/her actual place across the finish line (or last place in the stage if unable to cross the finish line). The rider will be allowed to start the next stage.

The Race Commission shall determine the applicability of USAC 3H6c(ii) for any rider suffering a mishap in the last 3 kilometers of Stage 2.

Riders suffering a mishap during the Stage 3 (Time Trial) will receive the time of the slowest rider in their category and permitted to start the next stage provided they report to the finish line officials immediately following the time trial.

If you are involved in a mishap please report it to an official or the race organizer so that the proper paper work can be completed. This is for your protection and will allow you to file a claim if needed under the USAC insurance in place for the event.

TIME CUT

Per USAC rule 3H6c(iv), riders must finish each stage within a time limit equal to the winner in his/her field plus 20%. Riders who do not finish within the time cut may be eliminated from the stage race and not be permitted to start the next stage.

The Chief Referee reserves the right to extend the time cut for a particular field or stage should conditions warrant it. There is no time cut for Stage Three (Time Trial).

RESULTS

Results, official race announcements and notices, once available, will be posted at Race Headquarters (Mountain Green Resort) as soon as they are completed. Results will also be available on www.velocityresults.net/results as well as the race website, www.KillingtonStageRace.com, each evening.

GROUP FINISH RULE (Stages 1 & 2):

For Stages 1 & 2, all riders of a group reaching the finish together shall receive the same finishing time as the leader of that group. Note: The Chief Referee and Chief Judge reserve the right to determine which riders comprise a finish group. For the finish of Stage 1 the pack finish rule will be liberally construed meaning that if you are not a sprinter and are not going for the win there is no need to mix it up with those who are. You will receive the same time and help keep the racing safe so you can race on Sunday!

INDIVIDUAL GENERAL CLASSIFICATION (GC)

Per USAC stage race rule 3H3c, each rider's GC shall be calculated by summing the rider's time in all individual stages, taking into account any time bonuses and penalties. In case two or more riders are tied in their final GC, their order shall be determined by adding the fractions of a second from the individual time trial back into the total time. If this does not resolve the tie, the next method is adding their places obtained in each stage. If this does not break the tie, their places in the final stage shall decide the order.

PROTESTS

Per USAC rule 1O3, riders who have a protest regarding race conduct must present their protest in writing no later than 1 hour after their finish. **Riders who have a protest about finish order** have until 30 minutes before the start of the next day's stage. **Protests regarding final general classification placement must be lodged no later than 15 minutes** after the official posting on Monday May 26.

Protests made beyond the listed time periods will not be considered and results will not be changed if a protest is not lodged. This means that asking for a correction to results after you return home on Monday will not likely result in a change.

AWARD CEREMONIES

Prizes for individual stages will be available after the completion of each stage. Prizes for overall general classification will be available after the final results for each category become official on Monday.

The top three finishers as well each day as well K/QOM and Sprint leaders are **required to attend** a brief podium presentation where both the Leaders' Jerseys and prizes will be awarded. Failure to attend the presentation may result in the forfeiture of that day's prize money in the discretion of the Race Director. **PLEASE ATTEND!**

Stage 1 Awards will be presented at the Lookout Restaurant at 5:30PM located at 2910 Killington Road Killington, VT. The top 3 finishers as well as the K/QOM and Sprint Leader from each category must be present at the awards ceremony.

Stage 2 Awards will be presented at the Foundry Restaurant (200 Killington Access Road) at 5:30PM. The top 3 finishers as well as the K/QOM and Sprint Leader from each category must be present at the awards ceremony.

Stage 3 Awards & Final GC, Sprint & K/QOM Best U23 Rider (Men P/1/2, Men 3 & Women 1/2/3) Awards will be presented at the Killington Library (adjacent to the ITT finish) (2998 River Road, Killington, VT). Please bring identification as it will be necessary to pick-up your prize money. If you are not on the final podium or a winner of the Sprint or K/QOM jersey you are **not required** to be present to pick-up your prize money. All unclaimed prize money will be paid within 10 days following the event.

12:00pm for Citizens, Men 4/5 Open, Men 4/5 Masters, Women 3/4, Men 50.

2:30pm for Men 3, Women 1/2/3, Men 40, Men P/1/2.

All podium presentations prior to the determination of the official final results are unofficial and subject to later modification based on the determination of any protests and/or imposition of any penalties.

LEADERS' JERSEYS

A GC Leader's Jersey, K/QOM Leader's Jersey (Saturday and Sunday) and a Sprint Leader's Jersey (Saturday and Sunday) will be awarded at the end of each day (or prior to the start of racing the following day) in each race category. The leader in each of these competitions is required to wear the Leader's Jersey each day he/she remains in the lead of that competition. If a rider is the leader in the GC competition as well as an additional competition that rider shall wear the GC Leader's Jersey. A new jersey will only be awarded when there is a lead change. If a rider regains the lead, that rider will not be awarded a new Leader's Jersey, but shall use the previously awarded Leader's Jersey. Riders in a leader's jersey may wear a skinsuit in Monday's ITT instead of a leader's jersey if they so choose.

ROAD CONDITIONS

We have worked closely with the Vermont Agency of Transportation (VTrans) and the town of Killington. VTrans has filled in some cracks and potholes, as well as swept the race courses. Despite their very significant (and greatly appreciated) efforts the roads are not debris-, crack- or pothole-free. As a racer you must pay attention to the road conditions and use caution to avoid damage to your equipment and yourself. Please read each course description carefully as it contains details about road conditions.

MASSAGE

There will be a number of massage therapists present to help you recover from each day's racing. They will be conveniently located in the Skyship parking area.

Lookout & First Stop Bike Shop Circuit Race

Saturday, May 24, 2014

Stage 1

DISTANCE

18 miles/29km per lap (1 mile/1.5 km from the start to the course for the first lap)

START TIMES

Morning Wave

	Category	Distance
8:55am	Women 1/2/3	3 laps/53 miles – 88.5 km
9:10am	Men 4/5 Open	2 laps/37 miles – 60 km
9:20am	Men 4/5 Masters	2 laps/37 miles – 60 km
9:25am	Women 3/4	2 laps/37 miles – 60 km
9:35am	Citizens/Open	2 laps/37 miles – 60 km

Afternoon Wave

	Category	Distance
12:30pm	Men P/1/2	4 laps/72 miles – 116 km
12:35pm	Men 3	4 laps/72 miles – 116 km
12:45pm	Men 40	3 laps/53 miles – 88.5 km
12:50pm	Men 50/60	3 laps/53 miles – 88.5 km

INTERMEDIATE SPRINTS

Intermediate sprints will be at the *FINISH LINE*. The **centerline rule will be in effect for all intermediate sprints.**

- Men Pro/1/2, & Men 3 – 3 sprints
- Women 3/4 & Men 4/5 – 1 sprint
- All other fields – 2 sprints

Intermediate Sprint Points will be awarded 5 deep: 6-4-3-2-1

K/QOM COMPETITION

Located just after the turn off Rt. 100A onto Messer Hill Road. Points will be scored each time up the climb.

- Men Pro/1/2, & Men 3 – 4 sprints
- Women 3/4, Men 4/5 – 2 sprints
- All other fields – 3 sprints

Points will be awarded 4 deep= 7-5-3-1

THE FINISH

Racers may use the entire roadway from 500 meters (look for signs & banners) from the finish but use caution and be alert for any cars in the finishing zone. There will be large red banners flying at the 500M to go line. Do not take the entire roadway until you pass these banners.

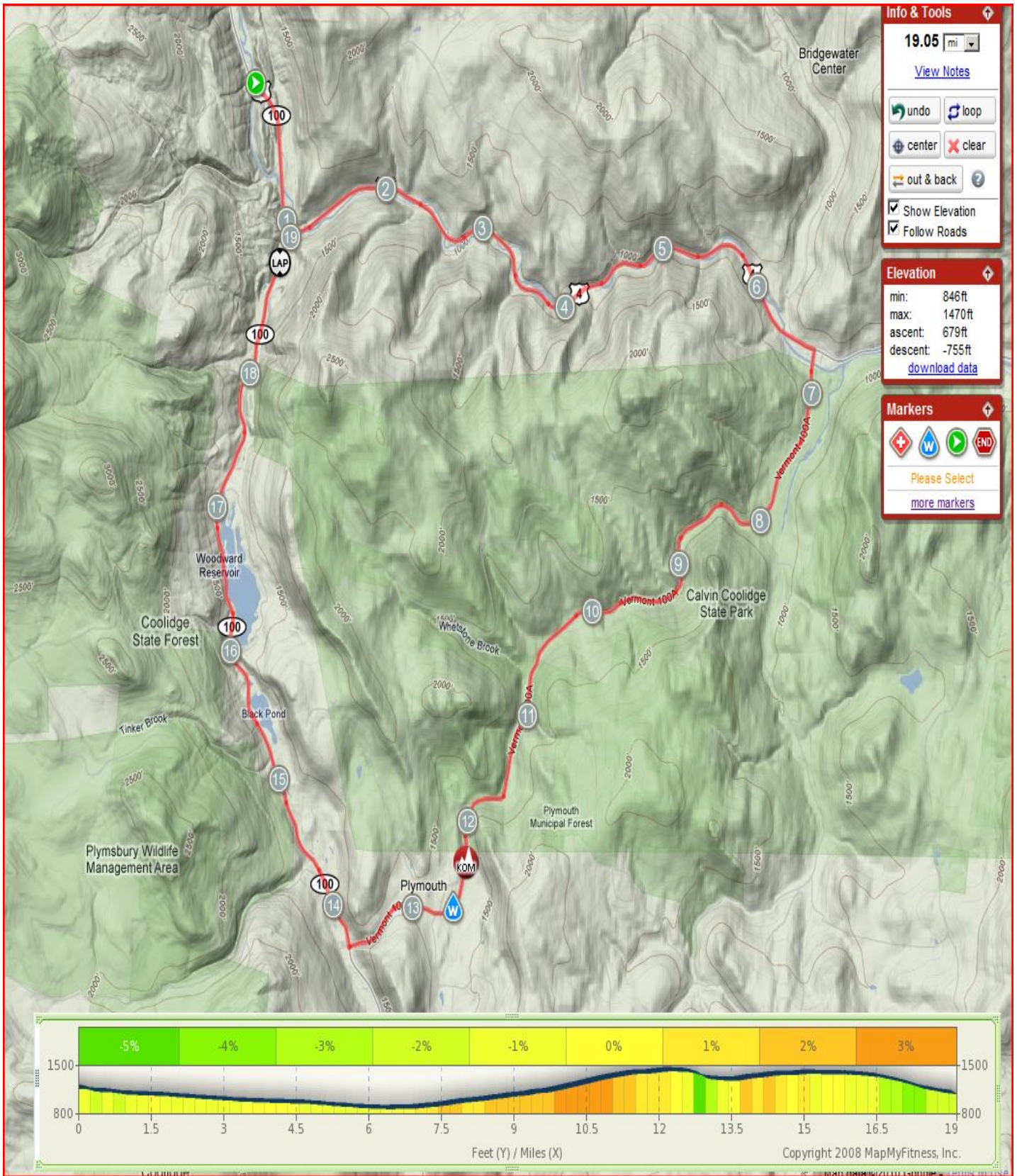
Finishing Sprint is 5 deep for both points and GC time bonus:

Points= 12-8-6-4-2
GC time bonus = 12-8-6-4-2 (seconds)

COURSE DESCRIPTION

An 18-mile circuit which starts at the Skyeship Base Area and travels east on Rt. 4 with a fast opening 6.6 miles to West Bridgewater and a right turn onto Rt. 100A. There will be a controlled start for the first mile until past the Rt. 100 south intersection. The pavement on Rt. 4 is in good condition with a wide shoulder. Please be aware that the shoulder narrows at bridges and there are numerous bridges. Once you make the turn and cross the historic bridge there is a very gradual climb of 5.7 miles to Plymouth Notch and the K/QOM and feed zone. The course will take racers through the village of Plymouth Notch, which was the birth place of Calvin Coolidge, the 30th President of the United States and where he was sworn into office and is buried. The historic village has been preserved in nearly identical condition to how it appeared during Coolidge's life. After passing through Plymouth Notch and turning right back onto Rt. 100A there is a short climb and then a fast steep .6 mile/1K downhill with a sharp right hand turn at the bottom onto Rt. 100 heading north. Please use caution. *The race will not be won on this downhill but it certainly could be lost if you fail to negotiate the sharp turn at the bottom.* There will be several police officers present to control traffic, but please be alert for any vehicles. Once back onto Rt. 100 it is 5.3 miles to the finish. In this stretch the course rolls along passing several lakes and ponds. Be alert to storm grates on the right hand shoulder. The final mile into the finishing straight is downhill and fast. The actual finish straight is flat and long so being at the front on the final downhill is pretty much a guarantee of not winning the sprint. On the final lap ONLY you will have the entire road at 500M to go. Look for the red flags. Use caution and look for vehicles that may be on the road. The group finish rule will be **liberally construed** on this stage to encourage racers to ride safely. If you are not a sprinter and are not going for the win if you are with the group at 500M even if a small gap opens you will receive the same finish time as the winner. Please ride responsibly so you and your competitors can race on Sunday.

<u>Distance</u>		<u>Description</u>
Miles	KM	
0	0	Start at Skyeship Base Area
1.1	1.77	Just past the Rt. 100 S & Rt. 4 E intersection Racing Begins
6.7	10.7	Right turn onto Rt. 100A
12.3	19.8	Right Turn onto Messer Hill Road
12.4	20	K/QOM & Feed Zone
12.5	20.2	Entering Historic Plymouth District
12.7	20.4	Right Turn onto Rt. 100A
13.1	21	Steep Down Hill - Use Caution!
13.6	21.9	Sharp Right Turn at bottom of hill onto Rt. 100 - CAUTION!!!
18.8	30.2	Finish & Sprint Hot Spot (Sunrise Base Area)
19	30.6	Right Turn to Lap - Left back to start at Skyeship



PARKING

Skyship Base Area – Rt. 4 Killington (GPS Address = 7428 VT Route 4).

DIRECTIONS TO START

- *From the north:* VT Rt. 100 south. For I-89 go south to exit 1 (VT Rt. 4 – Woodstock Exit). Take Rt. 4 west through Woodstock to Skyeship.
- *From the east:* Take VT Rt. 4 west to Skyeship.
- *From the west:* Take VT Rt. 4 east to Skyeship.
- *From the south:* VT Rt. 100 north. For I-89 or I-91 North to exit 1 (VT Rt. 4 – Woodstock Exit). Take Rt. 4 west through Woodstock to Skyeship.

SIGN-IN AREA

Is **REQUIRED** for all stage racers is by the base lodge. If the weather is inclement it will be under cover on the second floor outside of the lodge building.

Reminder: Number Packet Pick-Up is at the Killington Chamber of Commerce Building, 2319 U.S. 4 Killington, VT 05751 (6 miles from the start – approximately 8 minutes) not at the start so please plan accordingly!

GEAR RECOMMENDATIONS

55x11 if you are a sprinter going for the win!

FEED ZONE

Located on Messer Hill Road and Coolidge Farm Road just past the K/QOM. Support personnel should park in the visitor center parking lot which is a right just south of the Messer Hill Road turn off Rt. 100A. There is a walking path to the feed zone. **Do not** feed or park at the Post Office located in town. Please also respect this historic location and clean up after yourselves.

Wheel Support

SRAM will support the following fields: Men Pro/1/2, Men 3, Men 4/5, Men 40+ & Women 1/2/3.

Neutral support will be provided for Men 50+ & Women 3/4. In these fields there must be 10 sets of wheels or the support will be wheels-in/out only!

WARM-UP AREA

You may warm-up on Mission Farm Road just across from the start as well as on E. Mountain Road. **There is to be no warm-up on Route 4**; violators will be subject to fines and/or GC point penalties or disqualification at the discretion of the Chief Referee and Race Organizer.

CAUTIONS

1. Rt. 4 has a wide shoulder, but the road narrows at bridges please be prepared.
2. There is a fast downhill for .6 miles on Rt. 100A after Plymouth Notch which ends with a sharp right hand turn (Salt Ash turn) at the bottom where care should be taken.
3. There is a fast downhill leading into the long finishing straight use caution. Keep in mind you cannot win this sprint from the back rows. Please use good judgment so that everyone is able to race on Sunday.

EMERGENCY MEDICAL SERVICES

At the finish area at the Sunrise Base Lodge as well as roving on the course.

Champion System Road Race

Sunday, May 25, 2014

Stage 2

DISTANCE

61 miles/99 km Except men P/1/2 - 76 miles/123K

START TIMES

9:00am – Men 4/5 Open

9:10am – Men 4/5 Masters

9:20am – Men 50/60

9:30am – Women 1/2/3

9:35am – Women 3/4

10:00am – Men Pro/1/2

10:10am – Men 3

10:20am – Men 40+

FINISH BONUS & COMPETITIONS

There is no finish bonus. There are both Sprint and K/QOM competitions.

SPRINT COMPETITION

The single sprint in this race will be in Bethel .4 miles east of the Rt. 107 & Rt. 12 intersection. The centerline rule will be in effect for the Hot Spot Sprint:

Points = 6-4-3

K/QOM COMPETITION

There are three K/QOM sprints (four for Men P/1/2).

On the North Road points will be awarded 5 deep:

Points = 12-9-7-4-2

On the East Mountain Road points will be awarded 5 deep:

Points= 12-9-7-4-2

At the K1 Base Area (race finish) points will be awarded 5 deep:

Points= 8-6-4-3-2

PARKING AT START or Finish

Skyship Base Area - Killington. Racers can also park at the finish at K1 and ride mostly downhill to the start with your vehicle waiting for you at the finish.

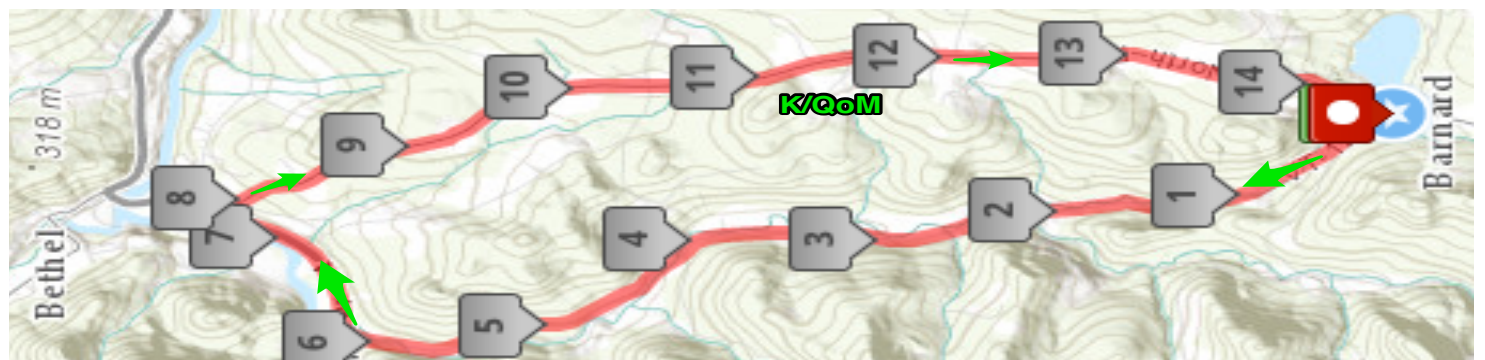
DIRECTIONS TO PARKING – SEE: STAGE 1 DIRECTIONS TO THE START

SIGN-IN AREA

Is **REQUIRED** for all stage races is by the Skyship base lodge. If the weather is inclement it will be under cover on the second floor outside of the lodge building.

GEAR RECOMMENDATIONS

34 x23/25 or 39 x 25/27 (Based on climbing ability & training)



Men P/1/2 Extension - ONLY

COURSE DESCRIPTION

The race starts at the Skyeship Base Area and heads west on Rt. 4. It is flat for the first 3 miles then climbs past River Road for 2 miles to the intersection of Rt. 100 where racers turn right and head north. Please use caution at this intersection. Please use caution. For the next nearly 20 miles the course trends steadily downhill. Please use **extra** caution once you turn onto Rt. 100 and later Rt. 107, as the pavement has cracks and potholes after a hard winter and is rough in places. Stay outside (left) of the Fog Line (white line) as the pavement is often poor or non-existent in that area. Leave plenty of space as the race cannot be won here but it certainly can be lost if you crash or flat. As you approach Pittsfield there is a temporary bridge in place use caution. Racers will pass through the towns of Pittsfield and then Stockbridge where they will merge onto Rt. 107. The Sprint Hot Spot is located just prior to the road starting to climb once again. Once in Bethel racers will take a hard right onto the North Road. The North Road climb hits hardest at the bottom with several steep pitches. While the pitch relents at 5K to go to the K/QOM the road still goes up. Once past the K/QOM the road continues to climb and roll for several more miles. There are great views to the right (west) so have a glance between deep breaths. There is a short, fast descent into the town of Barnard. At the bottom racers will be making a left turn. (P/1/2 Men will make a right onto Rt. 12 in Barnard the **first time** down this hill. Then take Rt. 12 north back to Rt. 107 where they will turn right and climb North Road a second time). There is some curbing near this area so please be sure to stay on the proper side of the yellow line and use caution when making the turn. Once on Rt. 12 racers will climb for 2 miles out of Barnard village. Near the top of this climb they will pass through the day's feed zone. Once through the feed zone racers will have a long fast downhill towards Woodstock, where the course turns right on to the Prosper Road. This road is paved to start but turns to hard packed gravel and climbs steadily. The road is mostly very smooth but there are some potholes and loose gravel to be aware of especially on the downhill. Also be aware that the road narrows after the summit. Please stay well right! As racers approach the Rt. 4 intersection the road turns back to pavement. There is a narrow bridge here so please use caution. Once on Rt. 4 racers travel 14 miles and pass through the outskirts of Woodstock and into Bridgewater. Please use caution in Bridgewater, as there are lots of residential driveways. Racers will return to the start at Skyeship, but this is not the end of the race, as the course turns left onto East Mountain Road. While not a "gap climb" make no mistake -- this is a long hard challenging climb. The K/QOM is 3 miles in, but the road climbs further up past the race headquarters. Please use caution here, as there are several curbed islands ("road furniture") to be aware of before the left turn onto the Killington Road. This is the final climb of the day as racers push to the top of the road that ends just past the finish at the K1 base area. Expect a chalked roadway and lots of cheering spectators to encourage racers over the finish line.

<u>Distance</u>		<u>Description</u>
Miles	KM	
0	0	Start @ Skyeship Base Area
5.2	8.3	Turn Right Rt. 100 North - Caution Intersection
10	16	Rough Pavement
11	16.8	Rough Pavement
12.7	20.4	Entering Town of Pittsfield - Caution @ Gas Station
15.9	25.6	Stay Right onto Rt. 107 East
24.1	38.8	Caution Rt. 12 Intersection
24.5	39.4	Sprint Hot Spot
25.5	41	Right Turn onto North Road - Use Caution
29.9	48	K/QoM Hot Spot (Ferndale Drive)
31.9	51.3	CAUTION FAST DOWN HILL

Pro/1/2 Men ONLY see extension below

32.4	52	Left Turn onto Rt. 12 South Barnard - Use Caution
34.5	55.5	Start of Feed Zone North Just South of Gulf Road
35	56	End Feed Zone (second pull off)
39.4	63.4	Right Turn onto Prosper Road (Dirt Road)
40.5	65.2	Caution Road Narrows Stay Right! Fast Down Hill
41.7	67.1	Right Turn onto Rt. 4 West - Use Caution @ intersection
46.2	74.3	Entering Bridgewater
55.1	88.7	Left Turn onto East Mountain Road (back at Skyeship)
57	91.7	K/QoM Hot Spot (Ledge End Road)
59.4	95.6	CAUTION - Raised Islands Dividing Roadway
59.6	96	Left Turn onto Access Road
61	98	Finish at K1 Base Area

Pro/1/2 Men Extension ONLY Lap 1

32.4	52	Turn RIGHT onto Rt. 12 north
38.6	62	Turn right onto Rt. 107 (just past the Hot Spot Sprint)
40.1	66.8	Turn right onto North Road
44.5	74.1	K/QoM second Hot Spot (Ferndale Drive)
46.5	77.6	CAUTION FAST DOWN HILL
47	78.3	Left Turn onto Rt. 12 South Barnard - Use Caution
49.5	81.6	Start of Feed Zone North Just South of Gulf Road
50	82	End Feed Zone (second pull off)
54.4	88	Right Turn onto Prosper Road (Dirt Road)
55.5	91	Caution Road Narrows Stay Right! Fast Down Hill
56.7	93.7	Right Turn onto Rt. 4 West - Use Caution @ intersection
61.2	100.9	Entering Bridgewater
70.1	115.3	Left Turn onto East Mountain Road (back at Skyeship)
72	118.3	K/QoM Hot Spot (Ledge End Road)
74.4	122.2	CAUTION - Raised Islands Dividing Roadway
74.6	122.6	Left Turn onto Access Road
76	124	Finish at K1 Base Area

WHEEL SUPPORT

SRAM will support the following fields: **Men Pro/1/2, Men 3 & Women 1/2/3.**

Neutral support will be provided for all other fields. In these fields there must be 10 sets of wheels or the support will be wheels-in/out only! Com 1 will have a set a wheels to service small breaks.

There is a 1.8-mile dirt road section in the course (Prosper Road) and some rough pavement. You should consider using **sturdy tires and wheels** and be sure your bottle cages hold your bottles securely. **Be prepared to fix a flat tire as the service vehicles usually go with any break and support for other fields will not provide service for racers not in the race they are supporting.**

SRAM will only be supporting the Men P/1/2, Men 3 & W 1/2/3. They will not stop to assist riders from other fields.

It is your responsibility to be able to repair your bicycle in the event the support vehicle is unable to help you. A final sweep van will take riders back to the start. It will be the last vehicle so racers may have to wait for it to arrive.

EMERGENCY MEDICAL SERVICES

At the start, Woodstock at the end of Prosper Road, and the finish area at K1 as well as roving on the course.

FEED ZONE

The feed zone is located on Rt. 12 both north and south of the Gulf Road in Barnard. The start and end of the feed zone will be marked with signs. Please do not feed outside this zone. Also please pick-up all trash and bottles. Not doing so could result in loss of this course or no feeding in the future.

All feed zone vehicles should depart soon after the start of the race and go backwards on the course to get to Gulf Road. Drive the speed limit when in Bridgewater as it is very heavily patrolled. **DO NOT** park on Rt. 12 unless you do so in a pull off and are completely off the road. You may park on the shoulder of Gulf Road but do not block the road. You should park at the southern entrance not the northern entrance. Feed zone vehicles must follow the course in reverse back but stay on Rt. 12 south **(do not turn onto North Road! It is longer and you will encounter racers)** take a left on Rt. 107 west to Rt. 100 north and go up the Killington Access Road to get to the finish. This will be shorter than following the race and will get you to the finish much more quickly. Please use care while on the race course on Rt. 12.

WARM-UP AREA

Racers may warm-up on the East Mountain Road as well as on Rt. 4 heading east and the Mission Road across from the start. Please be respectful of the church goers. **DO NOT warm-up on the course.**

NOTES OF CAUTION

1. The intersection of Rt. 4 and Rt. 100 north is complicated. Please use caution and follow the directions of the police.
2. Rt. 100 north has some cracked, potholed and generally rough pavement. Please leave space during the fastest downhill sections (just after the turn onto Rt. 100 north) for 3 miles so that pavement imperfections can be seen.
3. The Hot Spot Sprint has good sightlines but caution should be used to stay on the right of the yellow line for this sprint.
4. The turn from Rt. 107 to North Road is sharp. Please stay in the proper lane as you make this turn.
5. The downhill into Barnard is moderately fast. There is curbing near the junction with Rt. 12. Please use caution as you come through this area and make the LEFT turn.
6. P/1/2 men need to turn right the first time through this intersection! Left the second time.
7. After the feed zone there is a fast downhill. The pavement has some rough areas so please be alert.
8. Prosper Road is gravel and has some pot holes. Be on the lookout for them. Also just past the top of the climb the road narrows. **STAY TO THE RIGHT!**
9. At the junction of Prosper Road and Rt. 4 there is a narrow concrete bridge. Use caution approaching it and as you turn onto Rt. 4
10. Once in Bridgewater use caution as many houses are close to the road. Be alert to vehicles pulling out onto the road in this area.
11. Near the intersection of East Mountain Road and the Killington Road be alert as there are several islands with curbing.
12. The pavement on the final climb up to the K1 base area is in poor condition. Use caution.

COOL-DOWN/FINISH AREA

Racers may remain at the finish area at the top of the Killington Access Road to watch the race. If a racer remains at the finish, he or she must move completely out of the travel portion of the roadway and follow the directions of race marshals, police and officials. Riders who do not move out of the roadway will be assessed time penalties or maybe disqualified. There will be water at the finish. To return to the start please ride to the far right going down the Killington Access Road. Please respect other racers as you go down East Mountain Road by staying to the far right. Once at the bottom you will be back to Skyship. You may wish to have a car at the finish, as there is plenty of parking.

SPECTATING AT THE FINISH

Spectators are welcome and encouraged to be at the finish. There is plenty of parking at the K1 base area. If you arrive after racers are on the finishing climb please take the road to the right just after the Snowshed Base Area onto the service road that parallels the finishing climb and park in the lots near the K1 Base Lodge. Please stay off the finish climb! If you arrive early (prior to the racers) we will have chalk for you to chalk the road with. **Please- NO PAINT!** This is a privately owned road and we would like to be able to use it in the future.

Long Trail Brewery Individual Time Trial

Monday, May 26, 2014

Stage 3

DISTANCE

10.6 miles/ 17 km

TENTATIVE START ORDER – Actual Start Times for each racer will be posted on the KSR website and race headquarters based on GC placing following Stage 2. **Listed is the planned start order.**

<u>Category</u>	<u>Start time</u>
Open/Citizens	8:15 AM
Men 4/5 Open	8:30 AM
Men 4/5 Masters	
Women 3/4	
Men 50+	
Men 3	
Women 1/2/3	
Men 40+	
Men Pro/1/2	

Finish Bonus

No finish bonus

K/QOM & SPRINT

None

SIGN-IN NOT REQUIRED

FEEDING

None

SUPPORT

SRAM support will be at the start area and will have a wheel pit near the intersection of Rts 4 & 100.

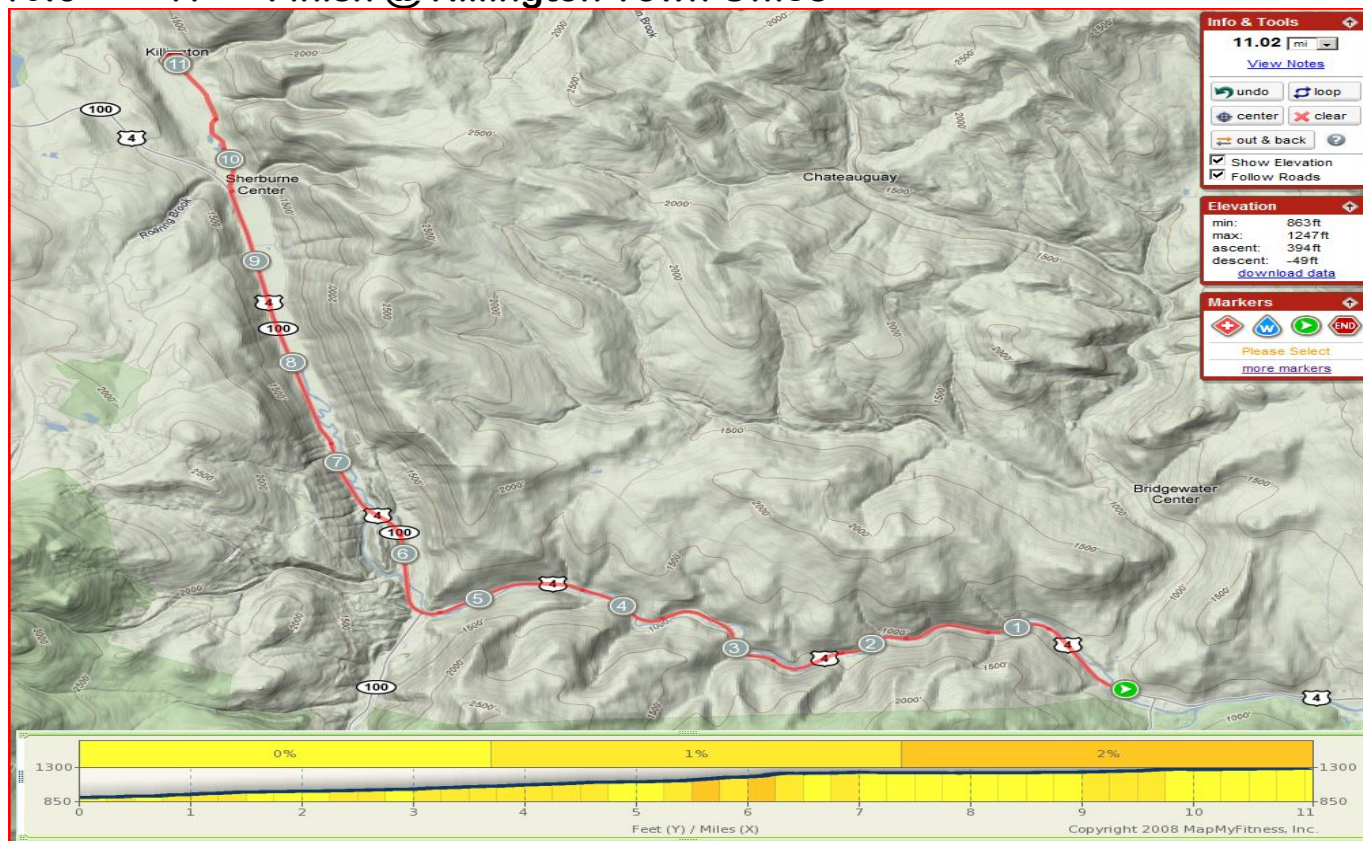
Under no circumstances may team cars or individual support cars follow racers during the ITT (USAC rule 3C4a. GC time deductions, monetary fines or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for non-compliance.

COURSE DESCRIPTION

The race starts just west of the Long Trail Brewery on Rt. 4 in West Bridgewater. Racers will start at 30-second intervals and travel west on Rt. 4 towards Killington. There is a very wide shoulder and racers must race within that shoulder and not ride out on Rt. 4 except where the shoulder narrows at bridges and if passing. Moto and stationary officials will be present on the course to monitor compliance. Approaching the Skyeship on Rt. 4 there is a slight rise. Just prior to the right turn onto River road there is a second rise. The sightlines on this section of Rt. 4 are very long so you will have a good view of the racers ahead of you. The turn off Rt. 4 is a hard slow right onto River Road. Once on River Road the course twists with a very short rise to the finish in front of the Killington Town Offices. Be aware that shortly after the finish the road turns to gravel. There will be water in the Town Office parking lot.

NOTES: Riders suffering a mishap during the Stage 3 Time Trial will receive the time of the slowest rider in their category and be placed in the final GC.

Distance		Description
Miles	KM	
0	0	Start @ Rt. 4 Pull Off .4M/.65KM west of Long Trail Brewery
5	8	Rt. 100 S Intersection
6.1	10.2	Skyeship Base Area just after first rise
9.4	15.1	Right onto River Road
10.6	17	Finish @ Killington Town Office



NOTES OF CAUTION

1. **NO PARKING ON RIVER ROAD!** Doing so will result in a **\$20 Fine as well as a 30 second GC time penalty**. This will be monitored and numbers noted. There is plenty of parking at the town office, Recreation Area and Library. Please use these spaces if you plan to spectate at the finish.
2. **Once racing begins at 8:15AM racers may not pre-ride the course on their bikes or in their vehicles.** Please be considerate of your fellow racers!
3. To return to your car once you have finished please ride single file on River Road and use the bike-lane provided. Please be considerate of your fellow racers who are still racing. Please use caution at the River Road and Rt. 4 intersection and ride on the wide shoulder on Rt. 4.

RACE PARKING

Racers may park at Long Trail Brewery. There is parking set out for racers, please use that parking and not the reserved parking for the Brew Pub. **DO NOT PARK on Rt. 4!**

There is also parking in the following areas:

- Skyship Base Area - 6 miles from the start of stage 1.
- Sunrise Base Area – 5 miles from the start at the finish area of stage 1.

DIRECTIONS TO START

- *From the north:* VT Rt. 100 south to Rt. 4 east to Bridgewater Corners. For I-89 go south to exit 1 (VT Rt. 4 – Woodstock Exit). Take Rt. 4 west through Woodstock to Bridgewater Corners.
- *From the east:* Take VT Rt. 4 west to Bridgewater Corners.
- *From the west:* Take VT Rt. 4 east to Bridgewater Corners.
- *From the south:* VT Rt. 100 north to Rt. 4 east to Bridgewater Corners. For I-89 or I-91 North to exit 1 (VT Rt. 4 – Woodstock Exit). Take Rt. 4 west through Woodstock to Bridgewater Corners.

WARM-UP AREA

- Cycleops will have 20 trainers set-up under a tent in the start area. These are for the use of riders within the final 15 minutes prior to their start time.
- Rt. 100A which was part of the circuit race course is good for a warm-up area.
- Parking at Skyship and riding to the start is another warm-up option.

RESTROOM FACILITIES

There will be portolets at Long Trail Brewery near the rear of the building. There will also be portolets in the start area and at the finish as well as at Skyship and Sunrise base areas.

Prize Value Breakdown

Place	Men Pro/1/2		W1/2/3, Men 3		Men 4/5 open, 4/5 Masters, 40+, 50+		W3/4	
	Daily	G.C.	Daily	G.C.	Daily	G.C.	Daily	G.C.
1	\$180	\$440	\$120	\$300	\$75	\$225	\$50	\$150
2	\$140	\$370	\$85	\$220	\$50	\$170	\$30	\$115
3	\$100	\$285	\$55	\$175	\$30	\$120	\$20	\$75
4		\$150		\$120		\$70		\$40
5		\$100		\$75		\$50		\$20
6		\$75		\$55				
7		\$50		\$35				
8		\$30						
Daily Prize	\$420		\$260		\$155		\$100	
Daily Totals	\$1,260		\$780		\$465		\$300	
Primes Totals								
Sprint	\$120		\$120		\$75		\$50	
K/QOM	\$120		\$120		\$75		\$50	
Totals	\$1,500	\$1,500	\$1,020	\$980	\$615	\$635	\$400	\$400
Grand Totals	\$3,000		\$2,000		\$1,250		\$800	

In the event of a tie on GC, the tie will be resolved per USAC rule 3H3c. Racers must present photo identification and sign when collecting prize money. All uncollected prizes will be sent to racers within 10 days following the event. Sprint and K/QOM prize money is 1 deep (winner takes all).

SPRINT & K/QOM COMPETITIONS

Sprint Competition: All categories will have a Sprint Leader competition. There will be sprints during the circuit race and road race (see the details of each stage for when points and/or GC time bonuses will be available) where the top riders will earn points at a Hot Spot Sprint. A Sprint Leader's Jersey will be awarded after the stage completion Saturday and Sunday to the leader of the sprint competition. A cash prize (1 deep - winner takes all) will be awarded to the rider with the most points after the time trial as well as some fine product from our friends at Long Trail (only to those of legal drinking age). **To be eligible to win the sprint competition a rider must complete all stages and receive a final GC time).** Leaders of the Sprint competition will be required to wear the Sprint Leaders Jersey unless also in the GC lead in which case the GC Leader's Jersey shall be worn. A legal skinsuit may be worn in lieu of the Sprint Leader's Jersey for the Time Trial. In the event of a tie between two or more racers having an equal number of Hot Spot Sprint points by the end of Stage 3, USAC rule 3H4d will be applied to determine the Sprint winner.

K/QOM: All categories will have a K/QOM competition during the circuit race and road race (see the details of each stage for when points will be available) where riders can earn points by placing in the top 4 or 5 at the K/QOM Hot Spot. A K/QOM Jersey will be awarded after the circuit race and road race. A cash prize (1 deep - winner takes all) will be awarded to the rider with the most K/QOM points as well as some fine product from our sponsor Long Trail (only to racers of legal drinking age).

To be eligible to win the K/QOM competition a rider must complete all stages and receive a final GC time. Leaders of the competition will be required to wear the K/QOM Leaders Jersey unless also in the GC lead in which case the GC Leader's Jersey shall be worn. A legal skinsuit may be worn in lieu of the K/QOM Leader's Jersey for the Time Trial. In the event of a tie between two or more racers having an equal number of K/QOM points by the end of Stage 3, USAC rule 3H4e will be applied to determine the K/QOM winner.

Special Offers from Our Sponsors

Long Trail Brewing Company - a sponsor of the 2014 Killington Stage race, located in Bridgewater Corners. Be sure to stop by and visit their brew pub for lunch or dinner while you are in Killington.

The Lookout Restaurant located on the Killington Road is offering racers and officials a 15% discount on food. Just show your race number or license to get the discount. Be sure to say hello to Phil!

McGrath's Irish Pub at the Inn at Longtrail – Patty & Murry McGrath are long time supporters of the KSR. They have a great Irish Pub with live Irish folk music on Friday & Saturday nights starting at 7:30. Grab dinner & a beverage. Be sure to tell them you are here for the KSR.

The Foundry Restaurant – Is offering a 10% discount off the regular menu to all racers and officials. Just show your license to get the discount. (Not applicable to the pasta special).



2319 US Route 4 | P.O. Box 114
Killington, VT 05751

(802) 773-4181
www.KillingtonChamber.com

Bike Shops in Killington

First Stop Ski & Bike Shop – Sponsor of Stage 1 of the 2012 KSR!

8474 Route 4 (802) 422-9050
Killington, VT 05751 www.firststopboardbarn.com

Open:
Open daily: 9:30am - 5:00pm

Your mom & pop bike shop since 1979. The original full service bike shop in Killington, VT and a proud stage race sponsor. We will offer a special discount to Stage Race competitors, volunteers & fans on accessories & service. Mechanics will be on site for both quick fixes & major repairs. First Stop is located on Route 4, 1 mile east of the Killington Skyship Gondola.

True Wheels Bike Shop at Basin Sports

2886 Killington Road (802) 422-3234
Killington, VT 05751 www.truewheels.com

Open:
Open daily: 10:00am - 6:00pm

Memorial Day Weekend Regional Events

May 24th & 25th- Billings Farm & Museum The Cheese & Dairy Celebration will showcase many of New England's artisan cheesemakers, who will offer samples, discuss their products, and have cheese on hand for purchase. Visitors can Judge Jerseys with the farm manager to improve their bovine knowledge, participate in a dairy scavenger hunt, and a "name the calf" contest. www.billingsfarm.org

May 24th & 25th – Vermont Open Studio Weekend

Open Studio Weekend is a statewide celebration of the visual arts & the creative process when Vermont artists & craftspeople invite the public to visit them in their studios. More than 260 sites will be open during this event, with more than 285 artists & artisans participating. Call (802) 223-3380 for locations.

Hikes & Walks

Please Note: All starting points are from the Killington Chamber of Commerce, which is located at 2319 US Route 4

Thundering Falls Trail & Waterfall	Killington, VT .25 miles 15 minutes	From the Killington Chamber, turn right onto Rt. 4 East & follow about 2 miles; turn left onto River Road, located just after a small, white church. Follow River Road until the pavement ends & a dirt road begins. After passing Thundering Brook Road, there is a small parking lot on the left side of River Road. From the parking lot, take a boardwalk path – great for strollers or wheelchairs – that travels a short distance over wetlands to the beautiful, 100 ft. high Thundering Falls.
Deer Leap at Sherburne Pass	Killington, VT 3.1 miles 1.5 to 2 hours	From the Killington Chamber, turn left onto Route 4 West. At the top of Pico Pass, park at the Inn at Long Trail on the left. The trailhead is on the right side of the building. Deer Leap is a rock outcrop with panoramic views of Coolidge Range, Sherburne Pass & Pico Mountain.
Kent Pond	Killington, VT 1 – 3.5 miles 45 min.- 2 hours	From the Killington Chamber, turn right onto Route 4 East & take the next left onto Route 100 North. The parking lot is on the right. The trailhead is on the right side of the parking lot, near the road. Follow the white & yellow trail blazes for a variety of hikes around the pond to see brooks with cascading pools & a waterfall.

Shopping, Activities & Attractions

Business	Description	Phone #	Street Address
Billings Farm & Museum	Visit a working farm & view exhibits	(802) 457-2355	5302 River Rd. Woodstock, VT 05091
Chaffee Center for the Visual Arts	Art studio featuring local & national artists	(802) 775-0356	16 South Main St. Rutland, VT 05701
The Deli at Killington Corners & Cordially Yours	State Liquor Outlet; convenience goods	(802) 747-4407	2068 Route 4 Killington, VT 05751
Disc Golf at Base Camp Outfitters	Disc golf course	(802) 775-0166	2363 Route 4 Killington, VT 05751
Green Mountain National Golf Course	Golf packages available	(802) 422-GOLF	476 Barrows-Towne Rd. Killington, VT 05751
Green Mountain Rock Climbing Center	Indoor rock climbing walls	(802) 773-3343	223 Woodstock Ave. Rutland, VT 05701
The Greenbrier	Gift shop	(802) 775-1575	2507 Route 4 Killington, VT 05751
Killington Arts Guild & Cabin Fever Gifts	Art gallery & gift shop	(802) 775-0166	2363 Route 4 Killington, VT 05751
Killington Golf Course	Golf packages available	(802) 422-6700	4673 Killington Rd. Killington, VT 05751
Killington Market & Deli	Groceries; wine & beer	(802) 422-7736	2023 Killington Rd. Killington, VT 05751
Liquid Art Coffeehouse & Gallery	Café & art gallery; wifi access	(802) 422-2787	37 Miller Brook Rd. Killington, VT 05751
The Phat Italian	Convenience goods; wine & beer	(802) 422-7428	2384 Killington Rd. Killington, VT 05751
Plymouth Artisan Cheese	Handcrafted artisan cheese; factory tours	(802) 672-3650	3780 Route 100A Plymouth, VT 05056
President Calvin Coolidge State Historic Site	Tour Coolidge's birthplace	(802) 672-3773	3780 Route 100A Plymouth, VT 05056
Vermont Institute of Natural Science (VINS)	Nature center & Raptor Re-hab	(802)359-5000	6565 Woodstock Road, Quechee, VT 05059

Dining in Killington

KSR Sponsor in Yellow Please eat here!

Restaurant:	Phone	Street	Hours	Breakfast	Lunch	Dinner	Light Fare
Choices Restaurant & Rotisserie	802.422.4030	2820 Killington Rd.	Thurs: 5pm - 10pm Fri/Sat: 5pm - 11pm Sun: 5pm - 9pm			.	
The Deli at Killington Corners	802.775.1599	2068 Route 4 East	Sun - Sat: 6:30am - 7pm <i>Deli closes at 6pm</i>	.	.		.
Domenic's Pizzeria	802.770.7070	2822 Killington Rd.	Thurs: 3pm - 9pm Fri/Sat: 3pm - 10pm			.	
The Garlic	802.422.5055	1724 Killington Rd.	Sun - Thurs: 5pm - 9pm Fri/Sat: 5pm - 10pm			.	
Charity's Restaurant	802.422.3800	8 Killington Rd.	Fri: 3pm - 10pm Sat/Sun: 12pm - 10pm		.	.	
The Foundry	802.422.5335	63 Summit Rd	Sun - Sat: 11am - 11pm			.	
Killington Market & Deli	802.422.7736	2023 Killington Rd.	Sun - Sat: 6:30am - 9:30pm
Liquid Art Coffeehouse & Gallery	802.422.2787	37 Miller Brook Rd.	Fri: 10am - 9pm Sat/Sun: 8am - 8pm Mon: 8am - 5pm	.	.		.
Long Trail Brewing Company Pub	802.422.5011	5520 US Route 4 Brdgwtr Crnrs, VT 05035	Sun - Sat: 11am - 6pm		.	.	
The Lookout Tavern	802.422.5665	2190 Killington Rd.	Thurs - Sun: 12pm - 10pm		.	.	
McGrath's Irish Pub <i>at The Inn at Long Trail</i>	802.422.7181	709 Route 4	Sun - Sat: 11:30am - 11pm <i>Food served until 9pm</i>		.	.	
Outback Pizza & Tabu Nightclub	802.422.9885	2841 Killington Rd.	Fri - Sun: 5pm - 9pm			.	
Ovations Restaurant <i>at The Killington Grand Resort Hotel</i>	802.422.6111	228 East Mountain Rd.	Sun - Sat: 7:30am - 10am 5:30pm - 9:00pm.	.		.	
Peppino's Restaurant	802.422.3293	747 Killington Rd.	Fri - Sun: 5pm - close			.	
The Phat Italian Market & Deli	802.422.7428	2384 Killington Rd.	Open Daily 6am - 10pm
Sunup Bakery	802.422.3865	2250 Killington Rd.	Fri - Sun: 7am - 3pm				
Wally's American Grill	802.422.3177	2841 Killington Rd.	Fri - Sat: 7am - 3pm	.	.		

**All days & hours of operation are subject to change.*