



KILLINGTON STAGE RACE

Technical Guide

Ver.1.0

Memorial Day Weekend 2019
May 25 - 27

KSR LLC



Present the
**2019 Killington
Stage Race**

RACE SPONSORS



TOWN OF
KILLINGTON
VERMONT



Killington



FIRST STOP
BIKE & Ski

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Welcome from the Race Organizers

Welcome to the 2019 Killington Stage Race!

The Town of Killington, the Killington Chamber of Commerce, Killington Resort, KSR LLC, the Green Mountain Bicycle Club are happy to welcome racers and their families and friends to the Killington Stage Race in its 23rd 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 Killington Resort. Our other great sponsors include Champion System for making our leader's jerseys and race numbers, the Lookout Restaurant, First Stop Bike & Ski and the Grand Summit Hotel. 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 restaurants and merchants know that you are here for the race.

This year the Killington Resort will have numerous summer activities open for race weekend. There will be a number of fun things to do including the Beast mountain coaster, zip line and of course skiing!

Once again, we welcome you to the 2018 KSR. We wish you a safe and fun weekend of competition.



Gary Kessler, Race Director

Welcome to Killington Resort! We're The Beast of the East for a reason. Our four-season resort sits on 3,000 acres in the heart of Central Vermont's Green Mountains and offers more fun 365 days of the year. Whether you're into snow sports, golf, mountain biking, hiking or outdoor adventure, we have something for you. Thank you for visiting our world-class destination for East Coast adventure enthusiasts. Learn more about Killington Resort at www.killington.com and get social with us by tagging [#beast365](https://twitter.com/beast365).

Race Staff

Gary Kessler Race Director
Peter Oliver.....Assistant Race Director, Caravan Coordinator
Kevin Bessett Registrar Extraordinaire!
Sean, Dan, Mat, CalebCourse Set-up Crew
Bob D.....Course Prep & Marking

USA Cycling Race Officials

Chris ConstantinoChief Referee
Sandy RovelliChief Judge
Alan AtwoodAssistant Chief Referee

Officials: Alissa Weigand, Jim Smith, Assistant Judge;
Assistant Referees - Marleen Grandia, David Rovelli, Dorothy Pumo, Gary Toth & Dave Harmacek
Moto-Referee - Shaun Weigand, Dan Celik, Pat Bradley, Tony Philpin, James Whitaker, Ela Schmuhl & Gary Bavolar
Apprentice - Timothy Perry, Paul Zimmerman

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

The Grand Summit Resort, 228 E Mountain Rd, Killington, VT 05751 (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 – Killington Welcome Center

Friday, May 24

6:00 - 7:30PM at the Killington Welcome Center on Rt. 4, 2319 US Rt. 4, Killington, VT 05751

Saturday, May 25

7:30AM - 11:00PM (from 7:30AM to 8:45AM only the following fields can pick-up their registration packets: W-3/4/5, M 4/5 Open, M-4/5 Masters & 60+, at the Killington Welcome Center on Rt. 4, 2319 US Rt. 4, Killington, VT 05751 (5 miles from the start at Skyship – about an 8 minute drive)

Monday, May 27

Open/Citizens Only: 7:40AM - 8:10AM at the time trial start. **No parking in this area.**

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 2019 USA Cycling rules see: <https://www.usacycling.org/resources/rulebook>

SUPPORT

LOOK NRS 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. **LOOK NRS 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 LOOK NRS 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. After racing on Saturday and Sunday, wheels will be left in the staging area at the start (at the Skyship base). **Please claim your wheels immediately after you finish.** Wheels unclaimed an hour after the finish of racing on Saturday or Sunday will be brought to the start of the next day's stage or to race headquarters, **BUT** 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.

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

<u>Wheel Support Matrix</u>			
Category	Saturday	Sunday	Monday
Men P/1/2	LOOK NRS	LOOK NRS	LOOK NRS
Men 3	LOOK NRS	LOOK NRS	LOOK NRS
Men 4/5 Open	LOOK NRS	Neutral	LOOK NRS
Men 4/5 Masters & 60+	Neutral	Neutral	LOOK NRS
Men Master's 45+	Neutral	Neutral	LOOK NRS
Women 3/4/5	LOOK NRS	Neutral	LOOK NRS
Open Events	NA	NA	LOOK NRS

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 K/QoM, intermediate sprints and 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

The frame number may be placed inside of the top tube and the down tube. The frame number may also be placed under the seat or on the rear brake.

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 GC penalty, subsequent offenses=1 minute GC penalty. There is 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 affect stage placings but all other disciplinary measures and time penalties affect 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 warning and \$20.00 fine for first offense. Second offense \$100 fine and disqualification from the stage race per USAC 8A1(a). 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.

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 (except the time trial) at least 15 minutes before the announced time of their start. Sign-in closes 10 minutes before the announced starting time. Sign-in penalties: First offense – Warning; Second offense - 30 second GC time penalty.

STAGING

Riders must report to the staging area (for all stages except the 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 centerline 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 Spot 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 take care when crossing the road and moving within the feed zone area.

For Sunday Stage 2 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 \$35.00 fine per occurrence 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.

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

FINISHING

All riders must complete the previous stage(s) 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.

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 (Killington Grand Summit Hotel) 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.

INDIVIDUAL GENERAL CLASSIFICATION (GC)

Per USAC stage race rule 3H4(c), 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 28. 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 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 at the discretion of the Race Director. **PLEASE ATTEND!**

Stage 1 Awards will be presented at the Lookout Restaurant at 5:00PM 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 Killington Grand Summit Hotel (228 E Mountain Rd, Killington, VT 05751) at 5:00PM by the pond off the ground floor of the hotel. In the case of inclement weather in the Grand Ballroom on the ground floor of the hotel. 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 Awards will be presented at the Killington Library (adjacent to the ITT finish) (2998 River Road, Killington, VT). Start time is 12:10 but could change based on total field sizes. Please bring identification as it will be necessary to pick-up your prize money. If you are not on the stage podium, 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.

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.

First Stop Bike Shop Circuit Race

Saturday, May 25, 2019

Stage 1

DISTANCE

18 miles/29km per lap (Plus - 1.2 mile/2 km from the start to the course for the first lap and for the finish)

START TIMES

<u>Morning Wave</u>	<u>Category</u>	<u>Distance</u>
8:30am	Men 4/5 Open	2 laps/38 miles – 62 km
8:40am	Men 4/5 Masters & 60+	2 laps/38 miles – 62 km
8:45am	Women 3/4/5	2 laps/38 miles – 62 km

<u>Afternoon Wave</u>	<u>Category</u>	<u>Distance</u>
11:15pm	Men Pro/1/2	4 laps/74 miles – 119 km
11:25pm	Men 3	4 laps/74 miles – 119 km
11:35am	Men Master's 45+	3 laps/54 miles – 90 km

NEUTRAL ZONE

The race will be neutral at a controlled speed of approximately 20 mph for the first 1.2 miles (2 kilometers) on Route 4, until the full field has passed the junction of Route 4 and Route 100.

INTERMEDIATE SPRINTS

Intermediate sprints will be at mile 16.8/27.5km at the Woodward Reservoir boat access. The **centerline rule will be in effect for all intermediate sprints.**

- Men P/1/2, & Men 3 – 4 sprints
- Women 3/4/5 & Men 4/5 Open & Masters – 2 sprint
- Men Master's 40+ – 3 sprints

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

K/QOM COMPETITION

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

- Men P/1/2, & Men 3 – 4 sprints
- Women 3/4/5, Men 4/5 Open & Masters – 2 sprints
- Men Master's 40+ – 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 sprint points and GC time bonus:

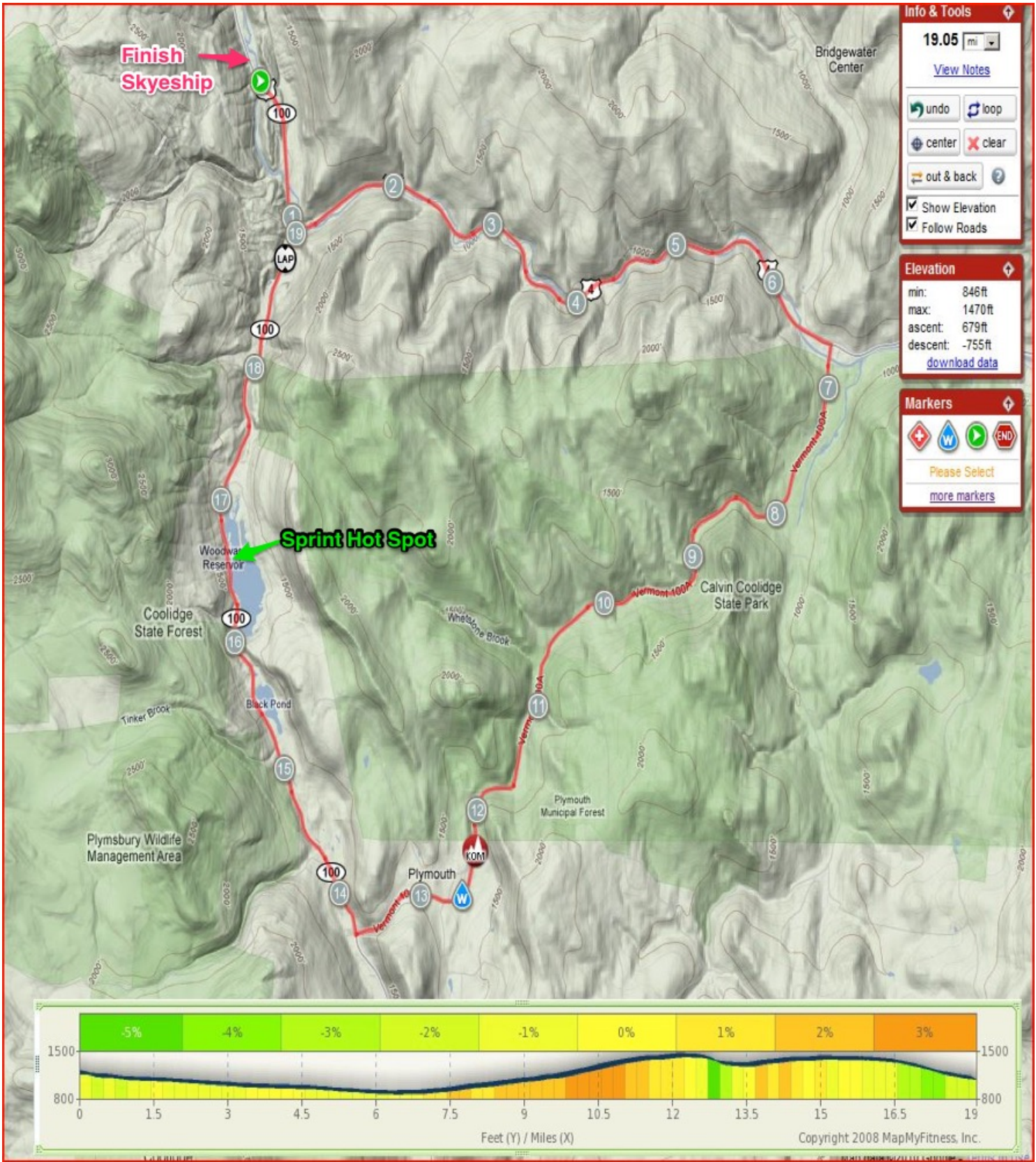
Points= 12-8-6-4-2

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

COURSE DESCRIPTION

A 19-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 on and a right turn onto Rt. 100A. There will be a controlled start for the first 1.2 miles/2K until past the Rt. 100 south intersection. The pavement on Rt. 4 is in very good condition with a wide shoulder. Please be aware that the shoulder narrows at bridges and there are numerous bridges. Once you make the right turn and cross the historic bridge in Bridgewater 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 is 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 very 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 as sight lines are not ideal. Once back onto Rt. 100 it is 3.2 miles/5.1km to the sprint Hot Spot at the boat access on Woodward Reservoir. In this stretch the course rolls along passing lakes and ponds. Be alert to storm grates on the right hand shoulder and some broken pavement along the shoulder. The finish has moved to the Skyeship base area which is the start location. On the final lap racers will take a **left** onto Rt. 4. It is 1.2 miles/2km from the turn to the finish. At the finish you will have the entire road at 500M to go (be aware that there is a rumble strip on the yellow line at 500M to 350M). Look for the red 500M 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. 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
1.2	2	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!!!
16.8	27.5	Sprint Hot Spot (Fish & Wildlife Boat Launch)
19	30.6	Right Turn to Lap
19	30.6	Left Turn to Finish
20.2	33.1	Finish at Skyeship Base Area



PARKING

Skyeship 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

For all racers and will be located at the gondola base station. If the weather is inclement it will be under cover on the second floor of the base lodge.

Reminder: Number Packet Pick-Up is at the Killington Welcome Center on Rt. 4, 2319 US Rt. 4 Killington, VT 05751. This is 5 miles from the start (approximately 8 minutes by car to the start) so please plan accordingly!

GEAR RECOMMENDATIONS

53x12 or 50x11

FEED ZONE

Located on Messer Hill Road and Coolidge Farm Road just past the K/QOM. Feeders and supporters 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 so that we can return next year.

Wheel Support

See support matrix above.

WARM-UP AREA

You may warm-up on Mission Farm Road just across from the start as well as on East Mountain Road. **Do not 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 to move in.
2. Just prior to the Plymouth town line at mile 9 be alert as there is a small hole on the right side of the bridge.
3. There is a hole just at the right onto Messier Rd 200M prior to the K/QoM.
4. There is a fast downhill for .6 miles on Rt. 100A after Plymouth Notch which ends with a sharp right hand turn (Salt Ash Hill turn) at the bottom where care should be taken.
5. Pavement on Rt. 100 has degraded especially along what was the shoulder.
6. Approaching the intermediate Hot Spot Sprint there are 3 drainage grates outside the fog line. They are marked but will likely cause at minimum a flat. **DO NOT** ride outside the fog line!
7. After the hot spot sprint the shoulder disappears completely in places please use caution.
8. There is an uphill leading into the final 500M where racers can use the entire road. There is a center rumble strip until 350M so plan accordingly and use caution.

EMERGENCY MEDICAL SERVICES

At the finish area at the finish at Skyeship as well as roving on the course.

Junior Roll Out

Past the finish at the right turn onto Mission Farm Road

Lookout Road Race

Sunday, May 26, 2019

Stage 2

DISTANCE

61 miles/99 km Except Men Pro/1/2 - 76 miles/123K

START TIMES

8:50am – Men 4/5 Open

9:00am – Men Master's 45+

9:10am – Men 4/5 Masters & 60+

9:15am – Women 3/4/5

10:00am – Men P/1/2

10:05am – Men 3

NEUTRAL ZONE

The race will be neutral at a controlled speed of 15 mph for the first .6 mile (1 kilometer) on Route 4. Racing will begin once the last rider in a field has completed the neutral zone.

FINISH BONUS & COMPETITIONS

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

SPRINT COMPETITION

The single sprint location 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 = 8-6-4-3-2

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

Points= 12-9-7-5-3

At the 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. Note: All neutral wheels will be returned to the start at the Skyship base.

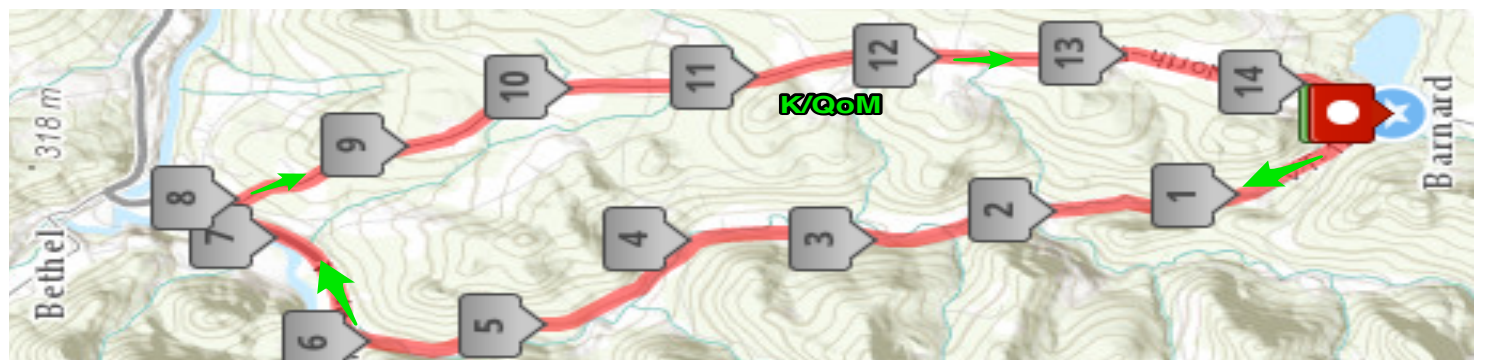
DIRECTIONS TO PARKING – SEE: STAGE 1 DIRECTIONS TO THE START

SIGN-IN AREA

For all racers is located by the gondola base lodge. If the weather is inclement it will be under cover on the second floor of the base lodge.

GEAR RECOMMENDATIONS

34x25/27 or 39x25/30 (Based on climbing ability & fitness level). There are several sustained pitches of 10%, with some short grades exceeding 15%.



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. For the next nearly 20 miles the course trends steadily downhill on mostly new or improved pavement. Racers will pass through the towns of Pittsfield and then Stockbridge where they will merge onto Rt. 107. Caution a rumble strip has been added to the yellow line on 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 of this hill 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. Use caution on the right turn onto Rt. 4. 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 many 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. In .3 miles there is a right turn onto the Vale Road for the final climb of the day as racers push up the narrow twisty road to the finish at the Administrative building just below the K1 Base Lodge. Expect a chalked roadway and lots of cheering spectators to encourage you 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 Men P/1/2 ONLY see extension below
32.4	52	Left Turn onto Rt. 12 South Barnard - Use Caution

34.5	55.5	Start of Feed Zone 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
59.9	96.5	Right Turn onto Vale Road
61	98	Finish at K1 Base Area

Men Pro/1/2 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
74.9	123.1	Right Turn onto Vale Road
76	124	Finish at Administration Building below K1 Lodge

WHEEL SUPPORT

LOOK NRS will support the following fields: **Men P/1/2, Men 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. LOOK NRS will only be supporting the Men P/1/2, Men 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.

Note: All neutral wheels will be returned to the start at the Skyeship base once your field has finished.

EMERGENCY MEDICAL SERVICES

At the start, in Woodstock at the end of Prosper Road in the EMS building, at the finish, and 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; feeding outside the zone will be subject to fines or GC time penalties. 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. Be sure to drive the speed limit when in Bridgewater as it is very heavily patrolled. DO NOT park on Rt. 12 unless you 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 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 unusual. Please use caution and follow the directions of the police/marshals.
2. Rt. 107 has a rumble strip on the yellow line. Please use caution.
3. The Hot Spot Sprint has good sight lines but caution should be used to stay to 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 on Rt. 12 has some rough areas so please be alert.
8. Prosper Road is gravel and has some pot holes and loose gravel. Be alert. Also just past the top of the climb the road narrows. **STAY TO THE RIGHT!** The last .25 miles are rough and shadowed hold on tightly and float over your saddle.
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 of driveways 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.

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 base lodge and stay on the far right going down the Killington Access Road. 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. Please stay on the main road – only racers may travel on the Vale Road. 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.

Champion System Individual Time Trial

Monday, May 27, 2019

Stage 3

DISTANCE

10.6 miles/ 17 km

TENTATIVE START ORDER Actual Start Times for each racer by name will be posted on the KSR website and race headquarters based on GC placing following Stage 2. Lowest placed riders in each field will start earlier with the top placed riders starting last. Listed is the planned start order for each field. Actual start time will be dependent on the total number of racers.

Category

Start time

Open/Citizens

8:15 AM

Men 4/5 Open

8:30 AM

Men 4/5 M & 60+

Men Masters 45+

Men 3

Women 3/4/5

Men P/1/2

Finish Bonus

No finish bonus

K/QOM & SPRINT

None

SIGN-IN NOT REQUIRED

FEEDING

None

SUPPORT

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

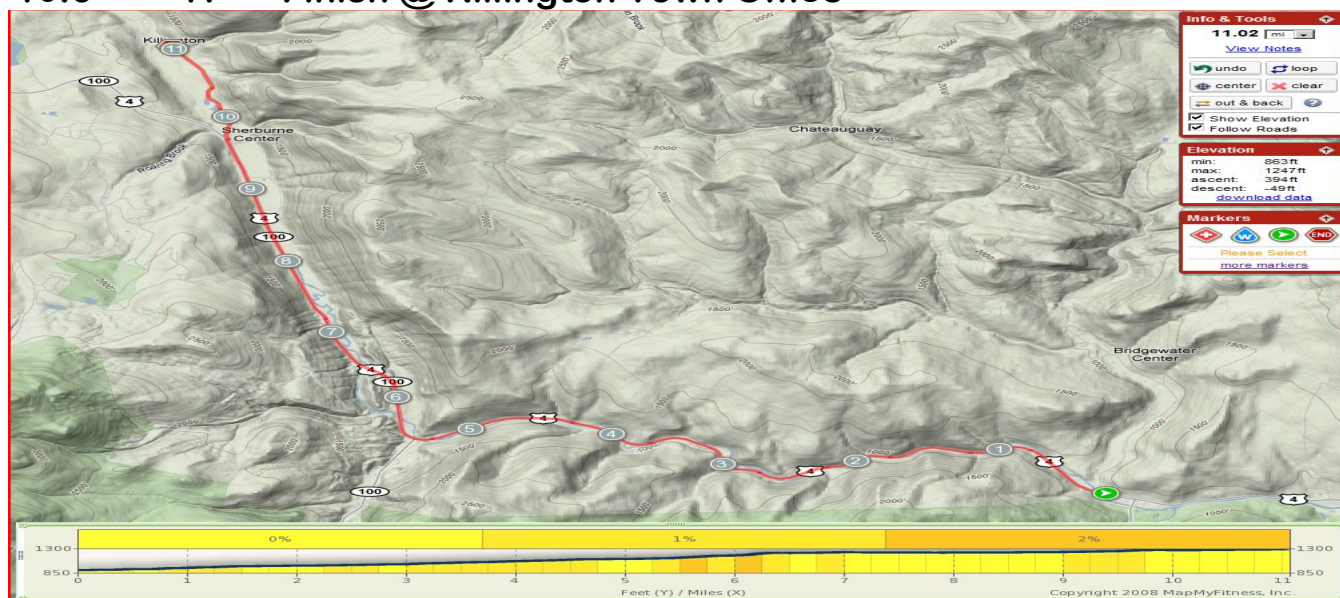
Under no circumstances may team cars or individual support cars follow racers during the ITT (USAC rule 3C4a). GC time deductions, monetary fines or disqualification will be assessed at the discretion of the Chief Referee and the Organizer for non-compliance.

COURSE DESCRIPTION

The race starts just west of the Long Trail Brewery on Rt. 4 in West Bridgewater in a road side pull out. 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 other racers. 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 sight lines on this section of Rt. 4 are very long so you will have a good view of the racers ahead of you for motivation. 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.

<u>Distance</u>		<u>Description</u>
Miles	KM	
0	0	Start @ Rt. 4 Pull Off .4M/.65KM west of Long Trail Brewery
5	8	Rt. 100 S Intersection (Wheel Pit)
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. We have worked with Vtrans to have the very wide shoulder on Rt. 4 swept.
2. **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.
3. **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!
4. 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 Skyeship base area (**NO parking at Long Trail Brewery**). **DO NOT PARK on Rt. 4!**

There is also parking in the following areas:

- Skyeship Base Area - 6 miles from the start.
- Sunrise Base Area – 5 miles from the start on Rt. 100 just south of the Rt. 4 & 100 intersection.
- Pull offs on Rt. 4 (do not park on the shoulder or roadway)
- Pull offs on Rt. 100A
- Bridgewater town offices 1-mile east of the start.

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

- Rt. 100A which was part of the circuit race course is good for a warm-up area.
- Parking at Skyeship and riding to the start is another warm-up option.

RESTROOM FACILITIES

There will be portolets at Skyeship and in the start area as well as at the finish.

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. **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.

Prize Value Breakdown

Place	Men Pro/1/2		Men 3		Women 3/4/5 Men 4/5, 45+	
	Daily	G.C.	Daily	G.C.	Daily	G.C.
1	\$150	\$400	\$100	\$250	\$60	\$180
2	\$110	\$320	\$70	\$200	\$40	\$130
3	\$70	\$250	\$50	\$140	\$25	\$90
4		\$150		\$90		\$65
5		\$90		\$60		\$40
6		\$60				
7						
8						
Daily Prize	\$330		\$220		\$125	
Daily Totals	\$990		\$660		\$375	
Primes Totals						
Sprint	\$120		\$100		\$60	
K/QOM	\$120		\$100		\$60	
Totals	\$1,230	\$1,270	\$860	\$740	\$495	\$505
Grand Totals	\$2,500		\$1,600		\$1,000	

In the event of a tie on GC, the tie will be resolved per USAC rule 3H4c.
 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).

Special Offers from Our Sponsors

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 Long Trail – Patty & Murray 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.

Killington Region Information

Bike Shops in Killington

First Stop Ski & Bike Shop – A Race Sponsor!!!

8474 Route 4
Killington, VT 05751

(802) 422-9050
www.firststopboardbarn.com

Open: Fri, Sun & Mon, 8am - 6pm
Sat, 7:30am - 6pm

Alpine Bike Works

2046 Route 4
Killington, VT 05751

(802) 773-0000
www.alpinebikeworks.com

Open: Daily, 10am - 5pm

True Wheels at Basin Sports

2886 Killington Rd.
Killington, VT 05751

(802) 422-3234
www.basinski.com

Open: Mon – Fri, 8:15am – 6pm
Sat & Sun, 7:15am – 6pm

Shopping, Activities & Attractions

Business	Description	Phone #	Street Address
The Deli at Killington Cordially Yours Liquor	<i>State Liquor Outlet, convenience goods, deli</i>	(802) 747-4407	2068 Route 4 Killington, VT 05751
Disc Golf at Base Camp Outfitters	<i>Disc golf course</i>	(802) 775-0166	2363 Route 4 Killington, VT 05751
Green Mountain National Golf Course	<i>Golf packages available</i>	(802) 422-GOLF	476 Barrows-Towne Rd. Killington, VT 05751
The Greenbrier	<i>Gift shop</i>	(802) 775-1575	2507 Killington Rd Killington, VT 05751
Killington ART Garage	<i>Family-friendly art workshops, paint & sips</i>	(802) 422-8844	2841 Killington Rd. Killington, VT 05751
Fire on the Mountain Glassworks	<i>Glass blowing studio, glass gifts</i>	(802) 422-6022	2841 Killington Rd. Killington, VT 05751
Killington Arts Guild & Cabin Fever Gifts	<i>Art gallery & gift shop</i>	(802) 775-0166	2363 Route 4 Killington, VT 05751
Killington Golf Course	<i>Golf packages available</i>	(802) 422-6700	4673 Killington Rd. Killington, VT 05751
Killington Market & Deli	<i>Groceries, wine & beer</i>	(802) 422-7736	2023 Killington Rd. Killington, VT 05751
Liquid Art Coffeehouse & Gallery	<i>Café, bar & art gallery with Wi-Fi access</i>	(802) 422-2787	37 Miller Brook Rd. Killington, VT 05751
The Phat Italian	<i>Convenience goods, wine & beer</i>	(802) 422-7428	2384 Killington Rd. Killington, VT 05751
JAX Food & Games	<i>Arcade games</i>	(802) 422-5334	1667 Killington Rd. Killington, VT 05751
Long Trail Brewery	<i>Brewery with self-guided tour</i>	(802) 672-5011	5520 Route 4 Bridgewater, VT 05035
Plymouth Artisan Cheese	<i>Handcrafted artisan cheese & museum</i>	(802) 672-3650	3780 Route 100A Plymouth, VT 05056

President Calvin Coolidge State Historic Site	<i>Tour Coolidge's birthplace</i>	(802) 672-3773	3780 Route 100A Plymouth, VT 05056
Farmhouse Pottery	<i>Pottery workshop & retail store</i>	(802) 774-8373	1837 W Woodstock Rd. Woodstock, VT 05091
Sugarbush Maple & Cheese Farm	<i>Cheese & maple farm</i>	(802) 457-1757	591 Sugarbush Rd. Woodstock, VT 05091
Billings Farm & Museum	<i>Visit a working farm & view historic exhibits</i>	(802) 457-2355	5302 River Rd. Woodstock, VT 05091
Chaffee Center of Visual Arts	<i>Art gallery</i>	(802) 775-0356	16 S. Main Street Rutland, VT 05701
Vermont Marble Museum	<i>Largest marble exhibit in the world</i>	(800) 427-1396	52 Main Street Proctor, VT 05765
New England Maple Museum	<i>Vermont's Maple Sugaring History Exhibit</i>	(802) 483-9414	4578 US-7 Pittsford, VT 0763

Hikes & Walks

Hiking guides are available at the Killington Welcome Center (2319 Route 4)

Thundering Falls Trail & Waterfall	Killington, VT .25 miles; 15 minutes	<i>From the Killington Welcome Center, turn left onto Route 4 East; follow 2 miles; turn left onto River Road (at White Church); follow until pavement ends; pass Thundering Brook Road; small parking area located on left side of road where trail begins. Take boardwalk path that travels a short distance over wetlands to the beautiful, 100 ft. high Thundering Brook Falls.</i>
Deer Leap Rock at Sherburne Pass	Killington, VT 3.1 miles; 1.2-2 hours	<i>From the Killington Welcome Center, turn right onto Route 4 West; follow to top of Sherburne Pass; park on right at Inn at Long Trail. Trailhead starts on the right side of parking lot.</i>
Kent Pond Loop	Killington, VT 1-3.5 miles; 45 min-2 hours	<i>From the Killington Welcome Center, turn right onto Route 4 West and take immediate right onto Route 100 North; parking lot is on the right. Trailhead is on the right side of the parking lot, near the road. Hike around the pond to see brooks with cascading pools & a waterfall.</i>

Killington Region Restaurant Guide

Please note: all restaurants are located within 15 miles of the entrance to the Killington Road.

Restaurant:	Phone #:	Street Address:	Days & Hours of Operation*:	Breakfast	Lunch	Dinner	Coffee/Light Fare	Happy Hour	Entertainment
The Bakery	(802) 775-3220	122 West Street Rutland, VT 05701	6a-4p weekdays; 6a-2p weekends	•	•		•		
Charity's Restaurant	(802) 422-3800	8 Killington Rd. Killington, VT	3p-2a mo-th 12p-2a fr-su		•	•		•	
Choices Restaurant & Rotisserie	(802) 422-4030	2820 Killington Rd Killington, VT	5p-9p w, th, su 5p-10:30p fr, sa			•			
The Deli at Killington Corners	(802) 775-1599	2068 Route 4 Killington, VT	6:30a-7p daily	•	•		•		
Domenic's Pizzeria	(802) 422-7070	2822 Killington Rd. Killington, VT	3p-10p su – th 3p-11p fr, sa			•		•	
The Garlic	(802) 422-5055	1724 Killington Rd. Killington, VT	5p-9p su-th 5p-10p fr, sa			•		•	
The Foundry at Summit Pond	(802) 422-5335	63 Summit Rd. Killington, VT	11:30a-11p fr, sa 11a-2p su (brunch)		•	•		•	•
JAX Food & Games	(802) 422-5334	1667 Killington Rd. Killington, VT	3p-2a daily			•		•	•
Killington Market & Deli	(802) 422-7736	2023 Killington Rd. Killington, VT	6:30a-9:30p daily	•	•	•	•		

Killington Mountain Lodge	(802) 422-4302	2617 Killington Rd. Killington, VT	6:30a-9:30a daily	•			•		
Liquid Art Coffeehouse & Gallery	(802) 422-2787	37 Miller Brook Rd. Killington, VT	3p-9p wed 8a-9p th-su	•	•	•	•		•
Long Trail Brewing Co. Pub	(802) 672-5011	5520 Route 4 Bridgewater, VT	11a-6p daily		•	•			
The Lookout Tavern	(802) 422-5665	2190 Killington Rd. Killington, VT	12p-10p th-su		•	•		•	
McGrath's Irish Pub at Inn at Long Trail	(802) 775-7181	709 Route 4 Killington, VT	11:30a-11p daily Food until 9p		•	•		•	•
Moguls Sports Pub	(802) 422-4777	2630 Killington Rd. Killington, VT	3p-2a mo-fr 12p-2a sa, su		•	•		•	
Outback Pizza	(802) 422-9885	2841 Killington Rd. Killington, VT	4p-10p tu-fr, mo 11a-2a sa, su		•	•		•	•
The Phat Italian Market & Deli	(802) 422-7482	2384 Killington Rd. Killington, VT	6a-10p daily	•	•	•	•		
Preston's	(802) 422-5001	228 E Mountain Rd. Killington, VT	4p-10p daily			•	•		
Sunup Bakery	(802) 422-3865	2250 Killington Rd. Killington, VT	7a-3p fr-su	•	•		•		

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

Highlight indicates race sponsor

Race Notes