



COLUMBIA PLATEAU STAGE RACE

Official Race Bible

May 7,8,9, 2004

Sanctioned by OBRA



The race is to be held in North Central Oregon, in the area known as the Columbia Plateau. Although this area is sparsely populated it is becoming a popular area for cyclists. The area provides a number of challenging courses with light traffic and for this reason we have chosen it as the venue for the stage race.

LOCATION

The race is to be held approximately 200 miles (about 3 hours) east of Portland, Oregon.

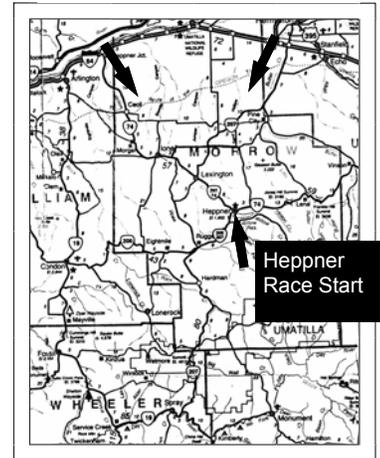
Traveling from the west: Travel east on Interstate 84 and take the Highway 74 exit to lone/Heppner: exit #147. Head south on Highway 74 until you reach Heppner.

Traveling from the east: Travel west on Interstate 84 and take the Highway 207 exit. Head south to Lexington, about 32 miles. Turn left onto Highway 74, heading southeast, until you reach Heppner.

RACE SCHEDULE

| | | | | |
|-----------|-----------------|-------------------|-----------------------|---------|
| Stage I | Friday, May 7 | Heppner Road Race | Cat 3/4 55 miles | 1:00 pm |
| | | | Pro/1/2, 76 miles | 1:10 pm |
| | | | Masters 40+, 55 miles | 1:15 pm |
| | | | Women, 55 miles | 1:20 pm |
| Stage II | Saturday, May 8 | Rietmann Grade TT | 2+ miles | 9:00 am |
| Stage III | Saturday, May 8 | lone Road Race | Pro/1/2, 77 miles | 1:00 pm |
| | | | Cat 3/4, 63 miles | 1:40 pm |
| | | | Masters 40+, 63 miles | 1:55 pm |
| | | | Women, 63 miles | 2:00 pm |
| Stage IV | Sunday, May9 | Fossil Road Race | 85 miles | 9:00 am |

Race Location & Start Map



REGISTRATION, SIGN IN AND PRIZE LIST

| <u>Category</u> | <u>Fee w/o Food</u> | <u>Fee w/ Food</u> | <u>Total Cash Prizes</u> | <u>GCPrizes</u> | <u>Stage Prizes</u> | <u>Points</u> | <u>Team Competition</u> |
|-----------------|---------------------|--------------------|--------------------------|-----------------|---------------------|---------------|-------------------------|
| Pro/1/2 | \$85 | \$130 | \$1,940 | \$1,300 | \$180 | \$160 | \$300 |
| Cat 3/4 | \$80 | \$125 | \$970 | \$862 | \$108 | | |
| Women | \$80 | \$125 | \$545 | \$469 | \$46 | \$30 | |
| Masters 40+ | \$80 | \$125 | \$545 | \$499 | \$46 | | |

The registration for entries must be postmarked by April 30, 2004. Make check or money order payable to Mark Schwyhart. **NOTE!** **No registration entries will be accepted after April 30th.** If you are interested in the food package, you must sign up for it by the pre-registration deadline. At the beginning of the race, you will be required to sign in and receive your designated number. Numbers will be assigned based upon category. You will be required to sign in at each stage. GC prize list is 25 deep for Pro/1/2 and Category 3/4 fields, 15 deep for Masters 40+ and 15 deep for the Women's field. Race day registration will be open from 10:00 am to 12:30 pm at Heppner High School. The school is located on the west side of town, up on the hill (to your right as you enter town from the northwest).

LICENSING

The Columbia Plateau Stage Race is sanctioned by OBRA (Oregon Bicycle Racing Association). All participants must have a current membership from OBRA or a license issued by your state association, USCF or other related organization. Oregon riders must be OBRA members. OBRA membership will be waived for out of state licensed riders. Bring your license; you will be asked to show it.

ACCOMMODATION AND MEALS

As the venue for the race consists of small communities which are unable to accommodate large numbers of individuals due to the small numbers of commercial accommodations, arrangements have been made to provide the participating riders with a place to stay. In all instances, the accommodation will be of a camping arrangement either in the gym or on the school ground. You must bring a sleeping bag and pad. General amenities (toilets and showers) will be available for use.



ACCOMMODATIONS

Accommodations at all locations will be open for all riders and accompanying individuals, however you are free to make alternative arrangements for accommodation, but must do so at your own expense.

The dates and locations of accommodations are as follows:

| <u>Date</u> | <u>Town</u> | <u>Location</u> |
|-------------|-------------|---------------------|
| May 7 | lone | lone High School |
| May 8 | Fossil | Wheeler High School |

All riders must vacate the premises each morning one hour prior to the start of the stage. At the end of Stage IV, when returning to Heppner, showers will be available for you. For riders who show up early and want to stay in Heppner on Thursday night, May 6th, we have permission to use the fields above the High School. Showers may be available. A portable toilet is available. If you have any questions, please call us at (503) 231-0236 before April 30th; call (541) 422-7156 after April 30th.

NOTE! Do NOT wear your cycling shoes in the buildings (especially the gym) or, ride your bike in the buildings.

You may NOT take your bike on the gym floor or, wear your cycling shoes. Please park your bike in the hallways of the school.

MEALS

We have made arrangements for meals, which will be prepared by community groups within the area. We will provide breakfast, dinner and a snack after each race. You will be issued a meal card. Please present this at the beginning of each meal. If you have a support person accompanying you who is not in the race, but wants meals, they may purchase a meal ticket for \$45. If you wish additional meal tickets, they must be requested by the pre-registration deadline. Menu and location of meals are as follows:

| <u>Date</u> | <u>Town</u> | <u>Meal</u> | <u>Location</u> |
|-------------|-------------|-------------|---|
| May 7 | lone | Dinner | lone High School |
| May 8 | lone | Breakfast | lone High School |
| May 8 | lone | Lunch | lone High School |
| May 8 | Fossil | Dinner | Fossil Fairgrounds or Elementary School |
| May 9 | Fossil | Breakfast | Fossil Fairgrounds or Elementary School |

Snacks: Cookies, juice, and fruit

Dinner: lone: Steak, salmon, vegetarian lasagna, baked potatoes, various salads, dessert

Dinner: Fossil: Spaghetti with meat or marinara sauce, green and Caesar salad, rolls, cheesecake

Breakfast: Scrambled eggs, ham, bagels, biscuits, yogurt, dry cereal, oatmeal, fruit, coffee, tea, juice, hot chocolate

TRANSPORTATION OF BELONGINGS

As this event has three point-to-point road races, we will transport your belongings. They must be at the designated site well before the start of each stage. Please mark all bags clearly with name, address, and race number. The belongings will be transported to the end of day destination and sorted by field. The organizers will not transport any luggage which is not at the designated location. Perishable items must be placed in appropriately packaged containers to avoid spills and spoilage. Two tags will be provided for labeling of your bags & equipment. NOTE! Bags must NOT exceed 30 pounds. In addition, please secure items inside bags. No dangling pumps, shoes, etc.

EQUIPMENT AND SUPPORT

Road surfaces for all the stages are good to excellent except for some rough sections on Stage I. Flats and rim damage should be minimal. We will provide neutral support to all riders. Each team (one or more riders) in each category must provide one set of spare wheels for neutral support during the event. For each category, there will be at least one neutral support vehicle. No team or individual support allowed. If you are interested in providing a support vehicle, contact the promoter. See "rules" section for more on support.

Any rider(s) falling behind will not be provided further support from their category support vehicles. In addition, any riders falling behind the main pack must follow the rules of the road and obey any traffic signs. If a rider falls behind and wishes to quit, a sag wagon following the last category will pick them up. If you do not finish one stage you will not be allowed to compete in any further stages.

We cannot disallow aero equipment for the Rietmann Grade time-trial, but we would ask you to consider whether you really need it. Since it is uphill, there is little if any advantage in disk wheels and we'd prefer to limit the amount of this type of equipment that we will need to transport.

FEED ZONES

There will be neutral feed zones with hand-up bottles of water for all riders. If you require anything different, you must carry it from the start. The feeders will be volunteers, so please be courteous. In the feed zones all vehicles should be parked COMPLETELY off the course. If you cannot park completely off the road surface in the feed zone park above or below the feed zone and ensure your vehicle is completely off the roadway. All bottles thrown off in the feed zones will be used for next stage feed. If you have any bottles that you can't part with, don't bring them. **NOTE!** Bottles will NOT be available at stage start. Use bottles you finished with for the next stage.

The neutral feed zones will be clearly marked on the course. They are designated on the enclosed maps.

OREGON STATE HIGHWAY PATROL/MORROW COUNTY SHERIFF

The Oregon State Police and/or Morrow County Sheriff will be assisting us in monitoring the riders and will also provide additional safety measures such as issuing tickets to those vehicles that endanger the riders. These patrolmen will be taking necessary steps to make traffic laws work. Each rider must do their part and obey the traffic rules. Your cooperation with these individuals will be greatly appreciated.

CLIMATE AND CLOTHING

The climate in Eastern Oregon tends to be very dry and there seems to be very little chance of rain. During May it tends to be warm during the day and cooler at night. The temperature may range anywhere between the 50's and 90's.

WHAT TO BRING:

Tools, Pillows, Sleeping Bag, Ground Cloth, Pad, Towels, Toiletries, Tent (optional).

RACE RULES

- All riders must sign at least 15 minutes prior to the start of each stage, except stage 1.
- Riders must complete each stage in order to qualify for the next stage.
- There may be a time limit enforced for riders more than 20% behind 1st place, as determined by the Chief Referee.
- The Chief Referee will also have the authority to pull riders who represent a danger to a field.
- Both race numbers are to be worn during all road stages.
- The Chief Referee will announce feed zones.

All rules and regulations will be followed per OBRA. We would like to stress that:

- Any crossing of the centerline will be subject to penalty, whether it is done as an act of safety, rider neglect or intent to take unfair advantage during the race.
- No physical contact is allowed between riders; any accepting of pushes from spectators will result in a minimum 30 second penalty.
- Any hanging on motor vehicles of any sort or pacing behind them will result in immediate expulsion from the remainder of the race.
- Any behavior dangerous to other riders or spectators will be subject to penalty or expulsion.
- Any use of profanities or inappropriate behavior will be subject to penalty or expulsion.
- No individual support. Any violations will result in penalties to the rider being supported. Three violations will result in disqualification.

SPECIAL THANKS

In addition to the race organizers, we would like to thank the following individuals and organizations for helping with this event:

Bike N' Hike, RussAuto.com, Specialized, City of Heppner, City of Lone, City of Fossil, Heppner Chamber of Commerce, Fossil Junior & Senior Classes, Lone Topic Club, Morrow County Sheriff, Oregon State Police, Morrow County EMT'S, Lone Preschool, Umatilla County Road Department, Morrow County Road Department, Morrow County School District, Fossil School District, Oregon Department of Transportation, Lone Grade & High School Classes, Lone Volunteer Fire Department, Heppner High School Classes, Lone Booster Club, and our friends and family.

Please show your appreciation to the above groups. Thank You.

Given prior years incidents, the race is at risk of being discontinued. Therefore we ask you to please be courteous and considerate to all individuals you encounter, whether or not they are supporting the race. If you do have a complaint, please address your concerns to the promoters or organizers in a constructive manner.

BIKE N' HIKE



Stage I: Heppner to lone Road Race. Friday, May 7, 2004.

Category 3/4 55 miles, start at 1:00 pm
 Pro/1/2 76 miles, start at 1:10 pm
 Masters 40+ 55 miles, start at 1:15 pm
 Women: 55 miles, start at 1:20 pm

Course Description: Gradual uphill for first 12 miles followed by a moderate 2 mile climb and 2 mile descent into Lena. Then a gradual descent for 15 miles and a 2-3 mile climb (feed zone). Remainder of course rolls along to a descent just before finish.

Category 1/2 Additional Loop: After Lena, flat for 1/2 mile then a 3-4 mile climb to top of Franklin Hill (feed zone). Rolls along top and then gradually descends to Vinson. A gradual, but somewhat rolling descent into Pine City with a slight uphill just before 2-3 mile climb begins (feed zone).

Recommended Gearing: 39 x 21.

Pavement

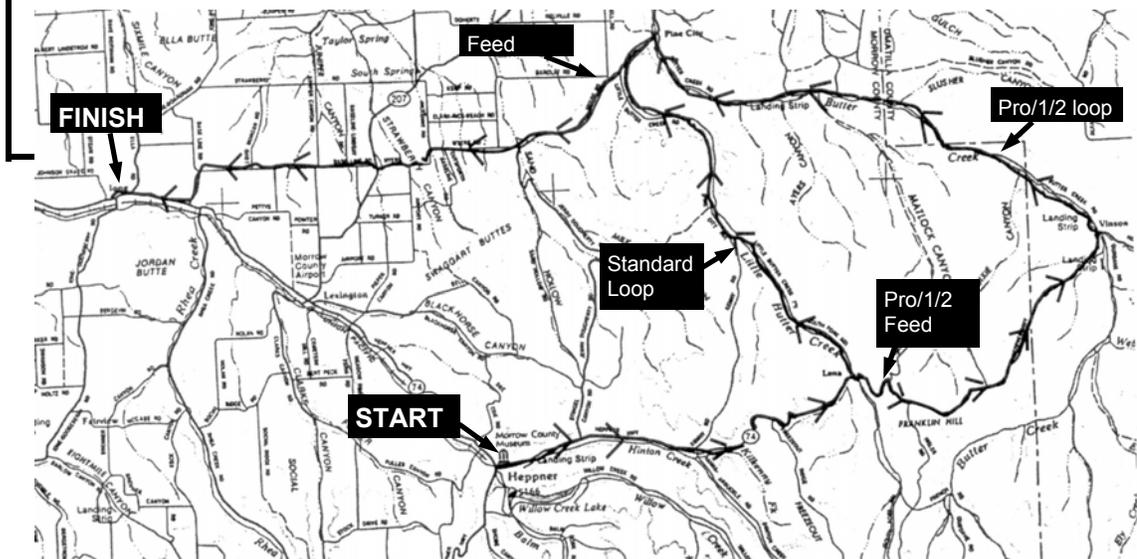
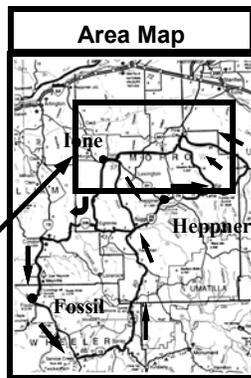
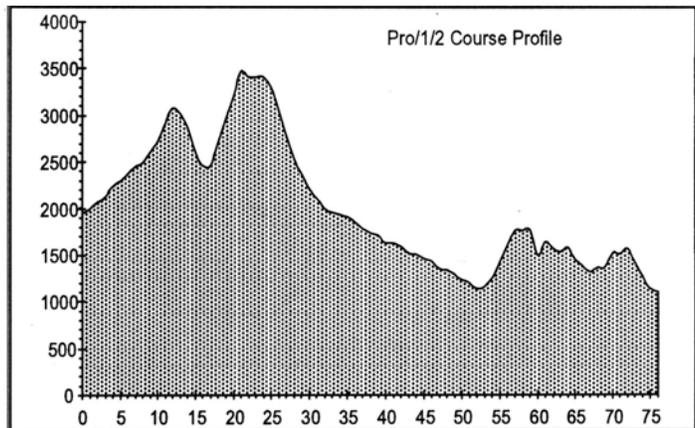
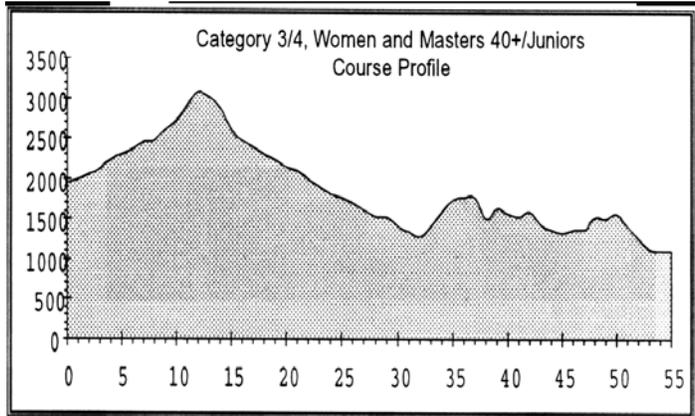
Conditions: Fair to Excellent, except for:

Cat 1/2 loop:

The road is a little rough between Vinson and Pine City.

Short loop:

Very rough section between Lena and feed zone.



Stage II: Rietmann Grade Time Trial (in Ione). Saturday, May 8, 2004.

Distance: 2+ miles (for all groups)

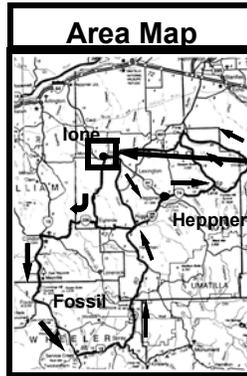
First rider starts at 9:00 am

Individual start times will be posted at the start.
Individuals will be started at 30-second intervals. The order of categories will be Pro/1/2, Cat 3/4, Masters 40+ and Women. The start order in each group will be in reverse GC. The start of the time trial will begin just north of the intersection of Highway 74 and Ella Road.

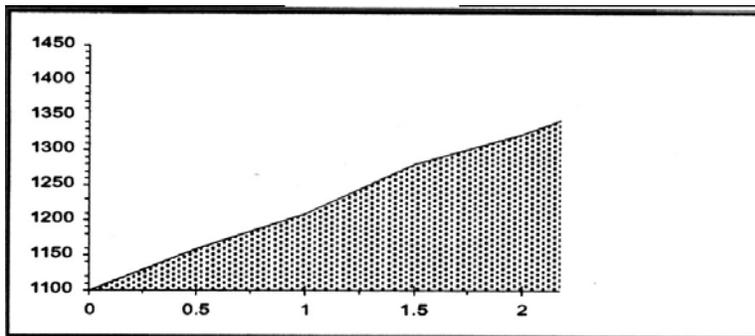
Course Description. The time trial is a gradual uphill for two+ miles.

Recommended Gearing: 39 x 21

Pavement Conditions: Good to Excellent.



Course Profile



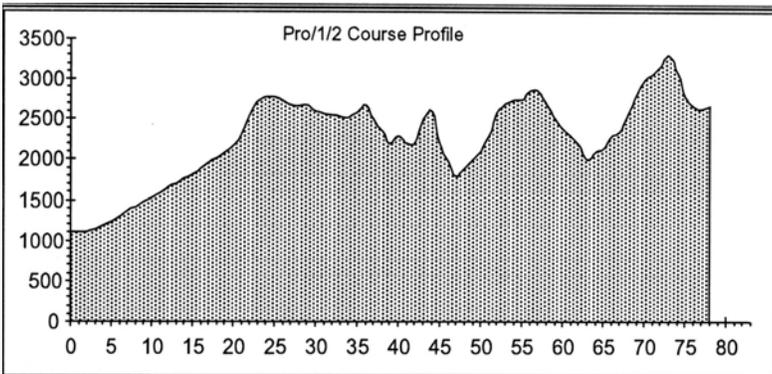
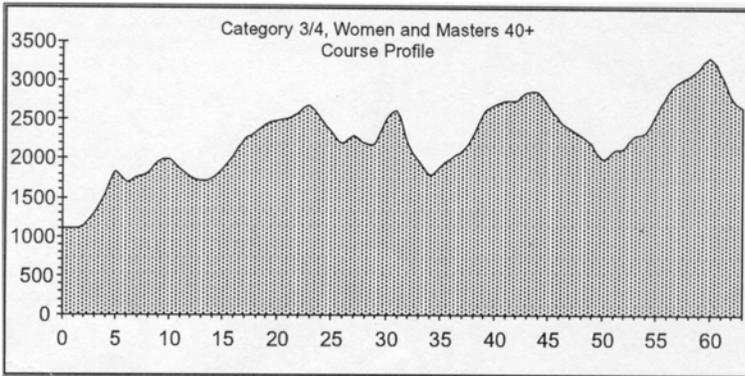
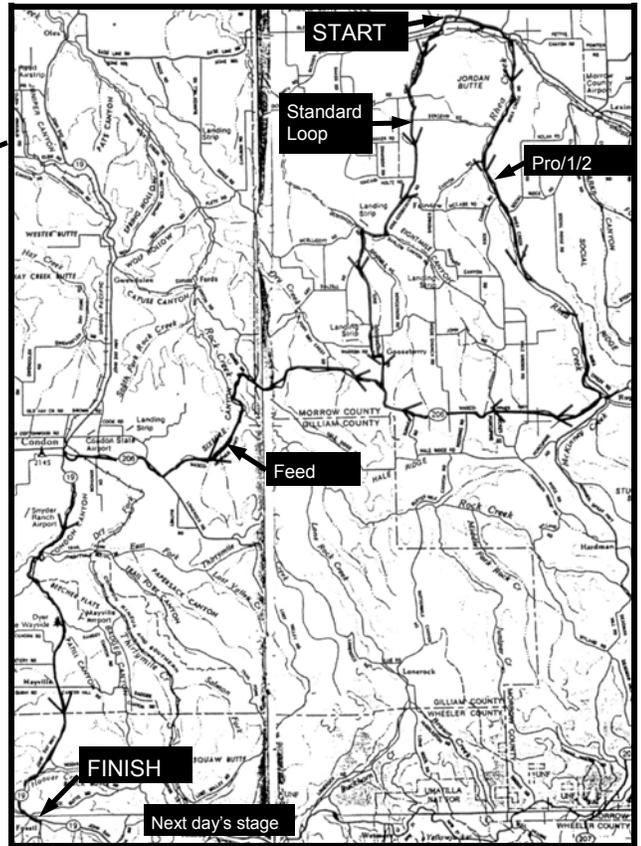
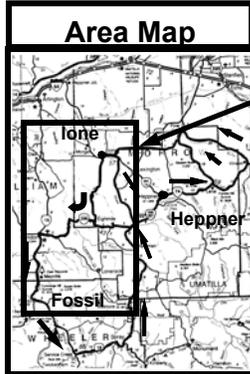
Stage III: lone to Fossil. Saturday, May 8, 2004.

- Pro/1/2 77 miles, start at 1:00 pm
- Category 3/4 63 miles, start at 1:40 pm
- Masters 40+ 63 miles, start at 1:55 pm
- Women: 63 miles, start at 2:00 pm

Course Description: The race is to begin in front of the high school. This course is primarily made up of rolling hills with three substantial climbs and ending with a long descent to the finish.

Recommended Gearing: 39 x 21

Pavement Conditions: Good to excellent.

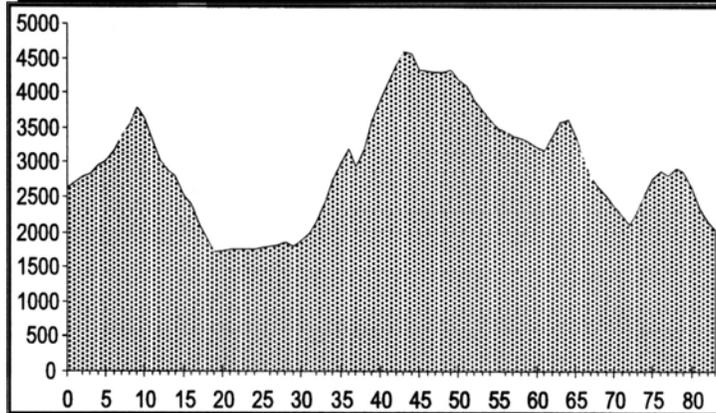


Stage IV: Fossil to Heppner. Sunday, May 9, 2004

Distance: 85 miles (for all groups)

- Pro//2: start at 9:00 am
- Category 3/4: start at 9:10 am
- Masters 40+: start at 9:25 am
- Women: start at 9:30 am

Course Description: This stage starts at the Fossil Fairgrounds. The course has four climbs. The first is a climb of 1200 feet over eight miles followed by a downhill of over 2,000 feet in 12 miles. The course is then flat for 12 miles and followed by a climb of 2,800 feet in 13 miles. This is followed by a long rolling downhill with two more climbs to the finish.



Recommended Gearing: 39 x 23

Pavement Conditions: Good to Excellent

