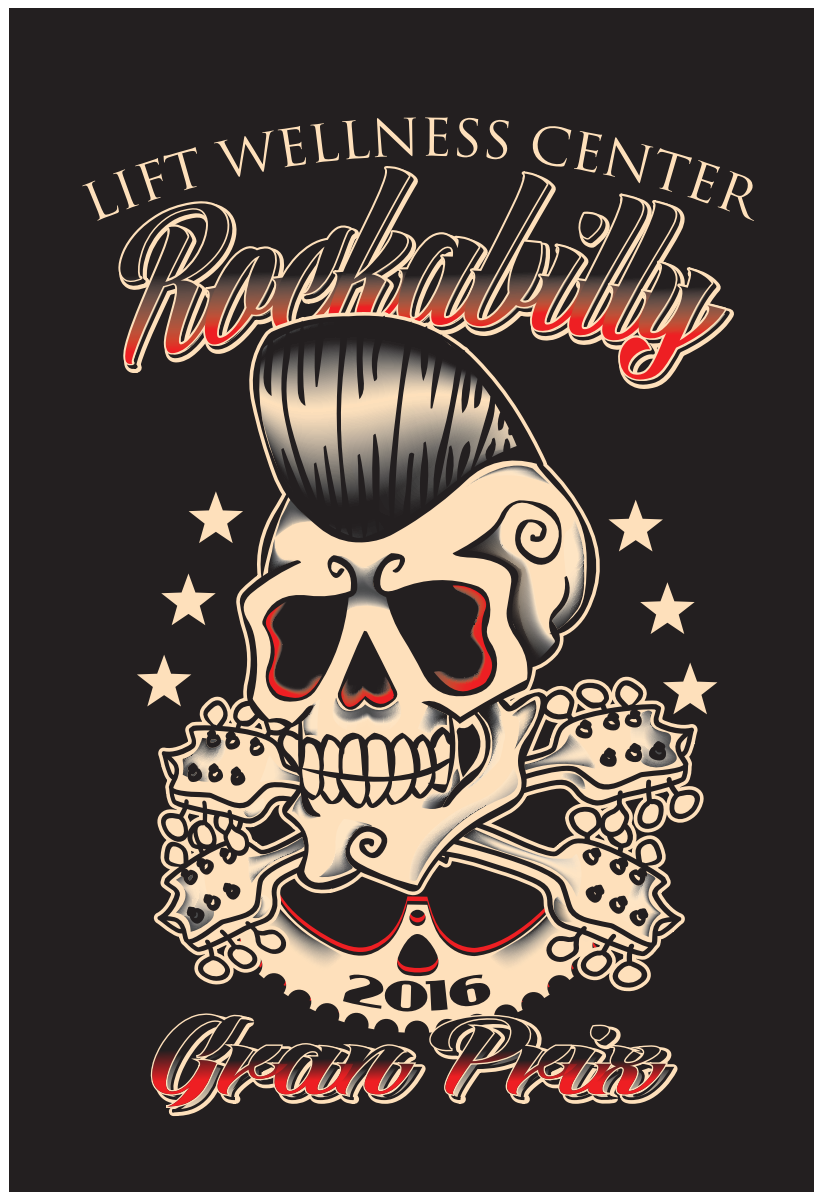


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# **2016 Lift Wellness Center / Rockabilly Gran Prix (Road Race, Time Trial, Criterium)**

## **LETTER FROM THE RACE DIRECTOR:**

Welcome to the 2016 Lift Wellness Center/Rockabilly Gran Prix! Marx-Bensdorf/BPC Cycling Teams and Lift Center Racing Team would like to thank our title sponson, the Lift Wellness Center, and are proud to bring you west Tennessee's premier cycling event. The race weekend brings a points-based omnium format over two days consisting of a road race, followed by a 5 mile time trial, and finishing with a criterium located in downtown Jackson. We encourage everyone to visit and thank our sponsors as without them, we would not be able to bring you this event. We ask that all participants follow the rules and directions of the race officials, promoters, and volunteers. Thanks to every one of you for your participation. Have a fun and safe weekend!

Thank you,  
Matt Joiner - Co-Race Director  
Mark Yoshida - Co-Race Director

## **TABLE OF CONTENTS**

<b>Registration information.....</b>	<b>2</b>
<b>General Rules.....</b>	<b>3</b>
<b>Bicycle City - Specialized Road Race information.....</b>	<b>4</b>
<b>Rockabilly Time Trial information.....</b>	<b>4</b>
<b>Lift Wellness Center Criterium information.....</b>	<b>5</b>
<b>Overall points competition.....</b>	<b>5</b>
<b>Prizes and Awards.....</b>	<b>6</b>
<b>Host Hotel, Directions, &amp; Course Maps.....</b>	<b>7-12</b>

# 2016 Lift Wellness Center / Rockabilly Gran Prix

Held under USAC permit #2016-1425

## BENEFITTING:



Bicycle City - Specialized • Road Race TBRA Road Series Division I Trinity Christian Academy 10 Windy City Rd. • Jackson, TN 38305 Sat., June 18 • 11 mile loop				Rockabilly • Time Trial TBRA Road Series Division III Trinity Christian Academy 10 Windy City Rd. • Jackson, TN 38305 Sat., June 18 • 5:00 pm • 30 sec. intervals			Lift Wellness Center • Crit TBRA Road Series Division I Lift Wellness Center 101 Jackson Walk Plaza • Jackson, TN 38301 Sun, June 19 • .6 mile course			“Omnium” Points Payout	Total Payout (including bonuses)
Juniors (all)	8:10 am	1 laps	\$50/3	Group 1	5 mi	\$50/3	8:00 am	20 min.	\$50/3	\$ 50/3	\$ 200
Men Cat 5	8:00 am	2 laps	medals/3	Group 2	5 mi	medals/3	8:30 am	25 min.	medals/3	medals/3	medals
Woman Cat 4	8:05 am	2 laps	medals/3	Group 3	5 mi	medals/3	9:05 am	25 min.	medals/3	medals/3	medals
Masters 50/60+ (see Gen. Info)†	9:35 am	3 laps	\$300/5	Group 4	5 mi	\$75/3	9:40 am	30 min.	\$160/4	\$380/5	\$ 995
Masters 35/45+ (see Gen. Info)††	9:30 am	4 laps	\$375/5	Group 5	5 mi	\$100/3	10:20 am	50 min.	\$250/4	\$540/6	\$1,345
Men Cat 4	9:40 am	4 laps	\$300/5	Group 6	5 mi	\$75/3	11:20 am	40 min.	\$160/4	\$380/5	\$ 915
Men Cat 3	11:35 am	5 laps	\$375/5	Group 7	5 mi	\$100/3	12:30 pm	50 min.	\$250/4	\$540/6	\$1,265
Women Pro/1/2/3	11:40 am	4 laps	\$600/6	Group 8	5 mi	\$200/3	1:30 pm	40 min.	\$600/6	\$1,000/10	\$2,400
<b>FREE! The Lift Wellness Center Rockabilly Rascals Kids Crit • 2:20 pm on Sunday, June 19 • Two Races: 6 years &amp; under / 7-10 years • Register at Lift Center on day of crit • Awards for all!</b>											
Men Pro/1/2*	11:30 am	6 laps	\$1,000/10	Group 9	5 mi	\$300/4	3:00 pm	60 min.	\$1,000/10	\$1,000/10	\$3,380
*Cat 2 / †Masters 45+ / †† Masters 60+: \$20 1st place bonus for each event & overall points competition											\$10,500

The Lift Wellness Center / Rockabilly Gran Prix is a 2-day, 3-event race held in Jackson, TN. Racing will start Saturday morning with a road race, that will consist of one main hill that will be sure to take it's toll as the laps tick by. A 5 mile time trial will follow on Saturday afternoon and consist of a 5 mile flat to rolling course. Sunday morning will wrap up the race weekend with a fast criterium on mostly new pavement, that will be held in downtown Jackson.

## REGISTRATION:

- **Pre-registration ONLY** at [www.usacycling.org](http://www.usacycling.org)
- Registration closes on Thursday, June 16 at 1pm Central Time.
- All 3 events (RR, TT, & Crit) registration:
  - **Adult categories: \$80**
  - **Juniors: FREE**
- Individual event registration:
 

• <b>Adult categories:</b>	RR/\$40	TT/\$30	Crit/\$35
• <b>Juniors:</b>	RR/Free	TT/Free	Crit/Free

## PACKET (Race Number) PICK-UP:

- **Friday night (June 17) 6-8pm:** Lift Wellness Center, 101 Jackson Walk Plaza, Jackson
- **Day of Race:** Race packets may be picked up prior to each event.
- You must have a valid USAC license present to pick-up race packet.
- **You must purchase a one-day license (\$10 per race day) if you do not have a current USAC license!**

## 2016 Lift Wellness Center / Rockabilly Gran Prix

### General Rules:

- All 2016 USAC rules are in effect.
- Held under USAC permit #2016-1425
- Valid and current USAC license must be presented at packet pick-up.
- All racers are required to sign a USAC Event Release form before racing.
- **Racers must register for all 3 events, to be eligible for the "Omnium" Points Payout.**
- Promoter reserves the right to adjust start time / mileage, cancel / combine events, remove riders from events, and modify prize lists as necessary.
- Events will be held rain or shine.
- Helmets **MUST** be worn while on the bike at all times.
- Field limit for Juniors & Cat 5 races is 75 riders, all other races is 100 riders.
- Masters 35-49 must be Cat 1/2/3/4
- Masters 50+ may be Cat 1/2/3/4/5
- All numbers supplied by the promoter must be used. **Frame number is not required for the Time Trial.** No folding or cutting of numbers is allowed.
  - Side numbers should be placed on the correct side of the jersey with the bottom edge of each number aligned with the jersey side seam.
  - **The promoter is not responsible for scoring problems due to incorrect number placement.**
  - **Number Placement**
    - **Road Race, Time Trial, & Crit: BACK and RIGHT**
- Frame numbers must be attached inside the frame triangle or behind the seat post. Frame number is not required for the Time Trial.
- After completing your races, please do not congregate at the finish line.
- All events will have officials on the race courses and / or at the finish lines.
- There will be corner marshals and / or signs at all intersections on the courses. Ultimately, it is the riders' responsibility to know the course!
- Please dispose of your trash properly. Littering, whether on or off the bike, will not be tolerated. Our ability to hold this race in the future is dependent on everyone following this rule; racers and non-racers alike. **Penalty for this offense may result in disqualification.**
- The race promoters are not responsible for dogs, vehicles, and other hazards that may occur. Race at your own risk. Precautions have been taken to ensure a safe and fair event.
- The race promoters are not responsible for equipment or personal belongings.
- Overall points competition based on points as specified by the 2016 USAC points scale.
- **Pay-outs will be available after the protest period has past for each event.** You must present the paymaster your USAC license or race number to claim your prize money. Unclaimed prize money will be mailed to you, provided we have a legible name and address on file. A \$5 fee will be deducted from the amount of the prize for postage and handling.
- **PODIUM PICTURES WILL FOLLOW EACH RR & CRIT RACE CATEGORY. WE REQUEST YOU STAY FOR THE PHOTO SHOOT IF YOU PLACE IN THE TOP 3 OF YOUR RACE FIELD.**

## 2016 Lift Wellness Center / Rockabilly Gran Prix

### EVENT 1

#### Bicycle City - Specialized ROAD RACE: Saturday, June 18 TBRA Road Series Division I

- Parking & staging area located at:  
**Trinity Christian Academy • 10 Windy City Rd., Jackson, TN 38305**
- Course:
  - 11 mile loop for all categories.
  - There will be corner marshals or markers at all intersections on the course. Ultimately, it is the riders' responsibility to know the course!
  - Please refer to course map section of the Race Bible for more detailed information..
- **ABSOLUTELY NO PARKING ALLOWED AT THE FINISH LINE AREA!** All vehicles must park in the Trinity Christian Academy parking lot.
- Wheel truck will be provided. Wheels in, wheels out. **Wheels must be placed in wheel vehicle no later than 15 minutes prior to your race time.** Wheels can be picked up at the finish area after the race.
- The course will be open to traffic, remain aware of your surroundings at all times.
- **Wear numbers on the back and RIGHT side of Jersey.**

#### COURSE DESCRIPTION:

This is a fast course with one hill that is sure to bring on attacks.

<u>GROUP</u>	<u>START</u>	<u>LAPS</u>
Men Cat 5	8:00 am	2
Women Cat 4	8:05 am	2
Juniors	8:10 am	1
Masters 35+ (cat 1/2/3/4)	9:30 am	4
Masters 50+ (cat 1/2/3/4/5)	9:35 am	3
Men Cat 4	9:40 am	4
Men Pro/1/2	11:30 am	6
Men Cat 3	11:35 am	5
Women Pro/1/2/3/4	11:40 am	4

### EVENT 2

#### Rockabilly TIME TRIAL: Saturday, TBRA Road Series Division III

- Parking & staging area is located at:  
**Trinity Christian Academy • 10 Windy City Rd., Jackson, TN 38305**
- Time Trial starts at 5:00 p.m.
- Racers start at 30 second intervals.
- The course will be open to traffic, remain aware of your surroundings at all times.
- **Wear numbers on the back and RIGHT side of jersey.**
- Frame number is not required for the Time Trial.

#### COURSE DESCRIPTION:

5 mile course. Flat to rolling terrain.

## 2016 Lift Wellness Center / Rockabilly Gran Prix

### EVENT 3

#### Lift Well Center CRITERIUM: Sunday, June 19 TBRA Road Series Division I

- Parking area is located near:  
**Lift Wellness Center • 101 Jackson Walk Plaza, Jackson, TN 38301**
- Free lap rule will be in effect. No free laps within the final 8 kilometers of the race.
- Wheel pit area will be provided - wheels in, wheels out.
- The course will be closed to traffic.
- **Wear numbers on the back and RIGHT side of the jersey.**

#### COURSE DESCRIPTION:

.7 mile course

<u>GROUP</u>	<u>START</u>	<u>LENGTH</u>
Juniors (all)	8:00 am	20 min.
Men Cat 5	8:30 am	25 min.
Women Cat 4	9:05 am	25 min.
Masters 50+ (1/2/3/4/5)	9:40 am	30 min.
Masters 35+ (1/2/3/4)	10:20 am	50 min.
Men Cat 4	11:20 am	40 min.
Men Cat 3	12:30 pm	50 min.
Women Pro/1/2/3/4	1:30 pm	40 min.
<b>Kid Crit (6 &amp; under / 7-10)</b>	<b>2:20 pm</b>	<b>200 meters</b>
Pro/1/2	3:00 pm	60 min.

### OVERALL POINTS COMPETITION

- Riders will compete for points in each event and final placings are determined by total points in all events. **Riders must register for all 3 events to be eligible for the overall points competition.**

#### Circuit Race

Place - Points

1st = 25  
2nd = 20  
3rd = 16  
4th = 14  
5th = 12  
6th = 10  
7th = 9  
8th = 8  
9th = 7  
10th = 6  
11th = 5  
12th = 4  
13th = 3  
14th = 2  
15th = 1

#### Crit

Place - Points

1st = 25  
2nd = 20  
3rd = 16  
4th = 14  
5th = 12  
6th = 10  
7th = 9  
8th = 8  
9th = 7  
10th = 6  
11th = 5  
12th = 4  
13th = 3  
14th = 2  
15th = 1

#### Time Trial

Place - Points

1st = 10  
2nd = 9  
3rd = 8  
4th = 7  
5th = 6  
6th = 5  
7th = 4  
8th = 3  
9th = 2  
10th = 1

# 2016 Lift Wellness Center / Rockabilly Gran Prix

## 2016 Lift Wellness Center / Rockabilly Gran Prix Prize Money Awards Breakdown: \$10,500 Total Cash Purse

Category	Event	Purse/# deep	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Pro/1/2	Road Race	\$1000/10	\$245	\$190	\$150	\$105	\$80	\$65	\$55	\$45	\$35	\$30
	Time Trial	\$300/4	\$120	\$90	\$60	\$30						
	Criterium	\$1000/10	\$245	\$190	\$150	\$105	\$80	\$65	\$55	\$45	\$35	\$30
	Overall	\$1000/10	\$245	\$190	\$150	\$105	\$80	\$65	\$55	\$45	\$35	\$30
<b>Cat 2: \$20 1st place bonus for each event &amp; Omnium overall</b>												
Women Pro/1/2/3	Road Race	\$600/6	\$170	\$140	\$110	\$80	\$60	\$40				
	Time Trial	\$200/3	\$100	\$70	\$30							
	Criterium	\$600/6	\$170	\$140	\$110	\$80	\$60	\$40				
	Overall	\$1000/10	\$245	\$190	\$150	\$105	\$80	\$65	\$55	\$45	\$35	\$30
Men Cat 3	Road Race	\$375/5	\$120	\$90	\$70	\$55	\$40					
	Time Trial	\$100/3	\$45	\$35	\$20							
	Criterium	\$250/4	\$100	\$65	\$50	\$35						
	Overall	\$540/6	\$160	\$120	\$90	\$75	\$55	\$40				
Masters 35+ (1/2/3/4)	Road Race	\$375/5	\$120	\$90	\$70	\$55	\$40					
	Time Trial	\$100/3	\$45	\$35	\$20							
	Criterium	\$250/4	\$100	\$65	\$50	\$35						
	Overall	\$540/6	\$160	\$120	\$90	\$75	\$55	\$40				
<b>Masters 45+: \$20 1st place bonus for each event &amp; Omnium overall</b>												
Men Cat 4	Road Race	\$300/5	\$95	\$70	\$55	\$45	\$35					
	Time Trial	\$75/3	\$35	\$25	\$15							
	Criterium	\$160/4	\$65	\$45	\$30	\$20						
	Overall	\$380/5	\$120	\$90	\$75	\$55	\$40					
Masters 50+	Road Race	\$300/5	\$95	\$70	\$55	\$45	\$35					
	Time Trial	\$75/3	\$35	\$25	\$15							
	Criterium	\$160/4	\$65	\$45	\$30	\$20						
	Overall	\$380/5	\$120	\$90	\$75	\$55	\$40					
<b>Masters 60+: \$20 1st place bonus for each event &amp; Omnium overall</b>												
Juniors	Road Race	\$50/3	\$25	\$15	\$10							
	Time Trial	\$50/3	\$25	\$15	\$10							
	Criterium	\$50/3	\$25	\$15	\$10							
	Overall	\$50/3	\$25	\$15	\$10							
Women Cat 4	Road Race	medals/3										
	Time Trial	medals/3										
	Criterium	medals/3										
	Overall	medals/3										
Men Cat 5	Road Race	medals/3										
	Time Trial	medals/3										
	Criterium	medals/3										
	Overall	medals/3										



## 2016 Lift Wellness Center / Rockabilly Gran Prix

### HOST HOTELS:

(Mention “ROCKABILLY GRAN PRIX” for discounted rates)

**Hampton Inn**  
150 Campbell Oaks Dr.  
Jackson, TN 38305  
731-427-6100

### DIRECTIONS TO ROAD RACE:

**Trinity Christian Academy**  
10 Windy City Rd.  
Jackson, TN 38305

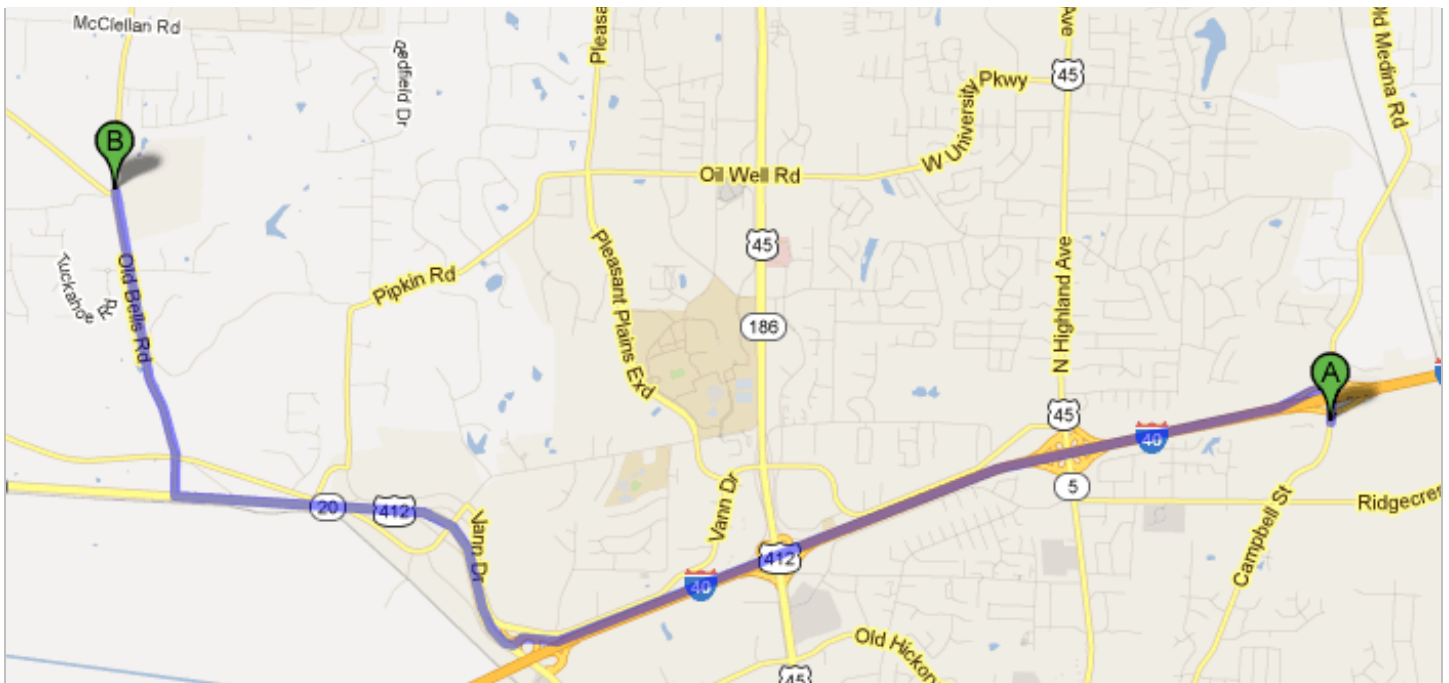
#### From Hampton Inn:

1. I-40 west 3.7 mi
  2. Take exit 79 for US 412/Vann Dr. toward Alamo/Dyersburg 0.4 mi
  3. Turn right onto State Route 20 W / TN-20 W / US-412 W / Hollywood Dr. 2.0 mi
  4. Turn right toward Old Bells Rd. 0.2 mi
  5. Continue straight onto Old Bells Rd. 1.3 mi
  7. Continue onto Windy City Rd. 85 ft.
- Destination will be on the right.

Total Distance: 7.7 miles

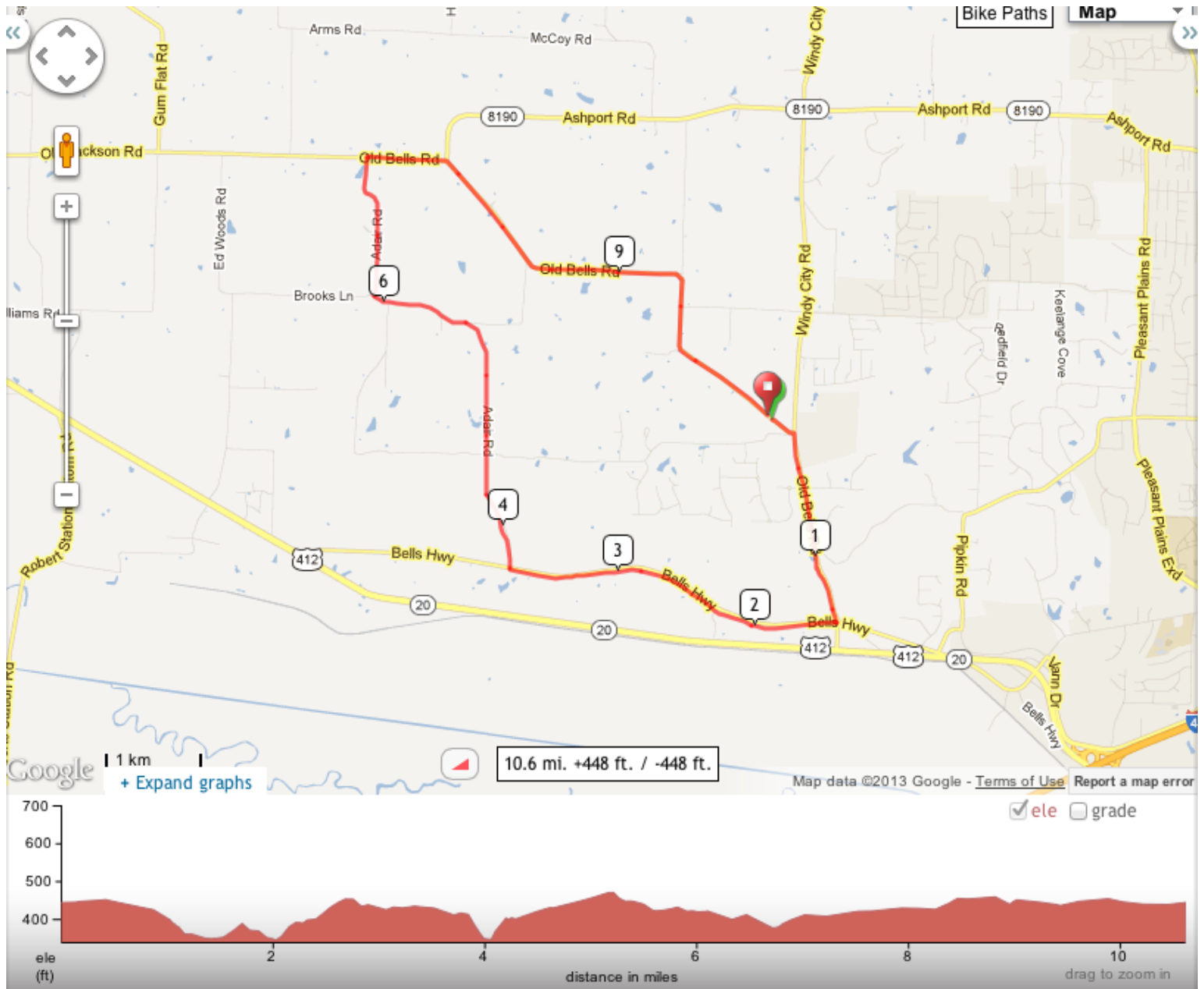
Total Estimated Travel Time: 11 minutes

Parking located in the Trinity Christian Academy lot.



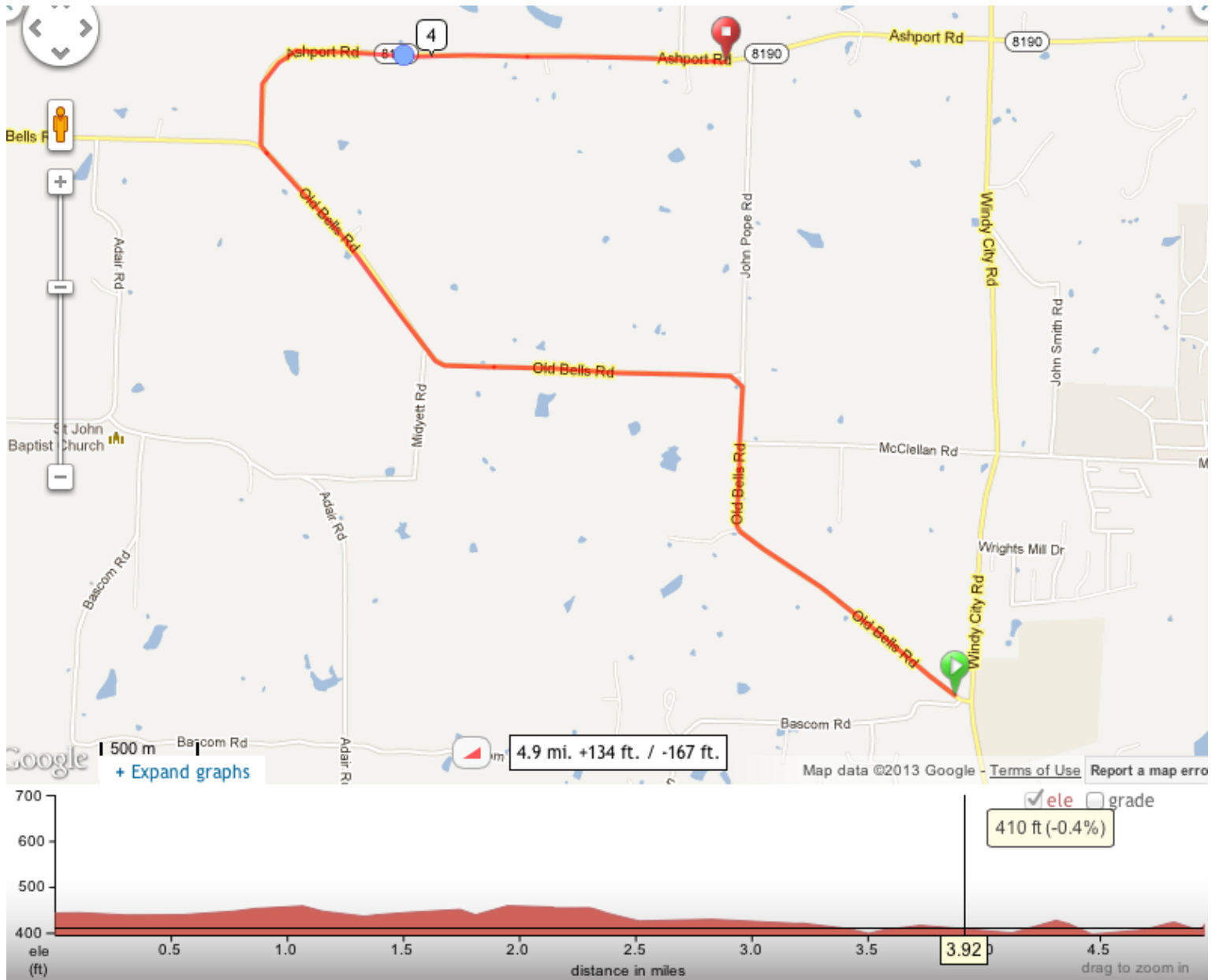


# 2016 Lift Wellness Center / Rockabilly Gran Prix Bicycle City - Specialized Road Race Course



# 2016 Lift Wellness Center / Rockabilly Gran Prix Rockabilly Time Trial Course

**DIRECTIONS TO TIME TRIAL: Same as Road Race directions**



## 2016 Lift Wellness Center / Rockabilly Gran Prix

### DIRECTIONS TO CRITERIUM:

Lift Wellness Center  
101 Jackson Walk Plaza  
Jackson, TN 38301

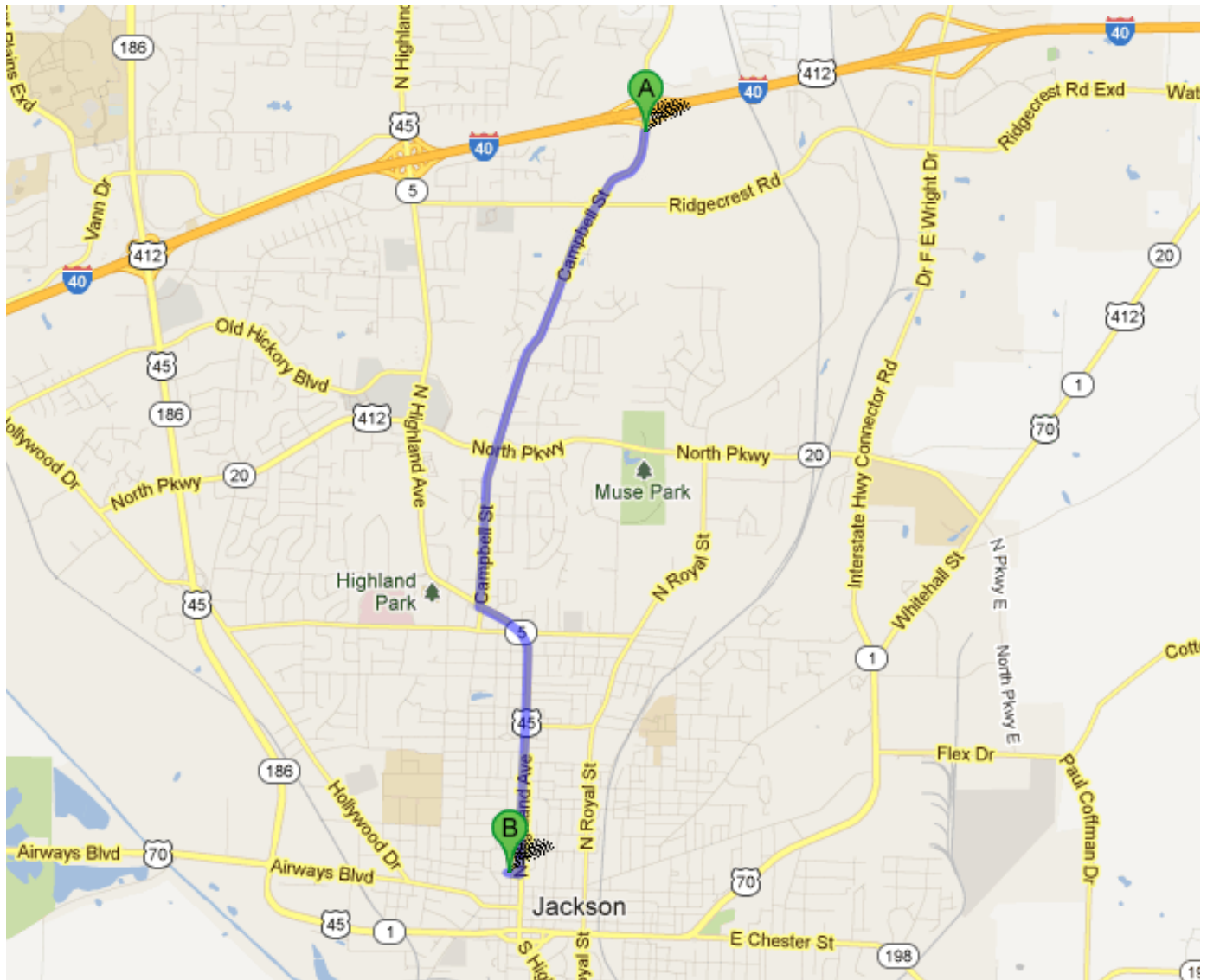
#### From Hampton Inn:

1. Head south on Campbell St. 2.7 mi
2. Turn left onto N. Highland Ave. 1.5 mi
3. Turn right onto Jackson Walk Plaza 322 ft.

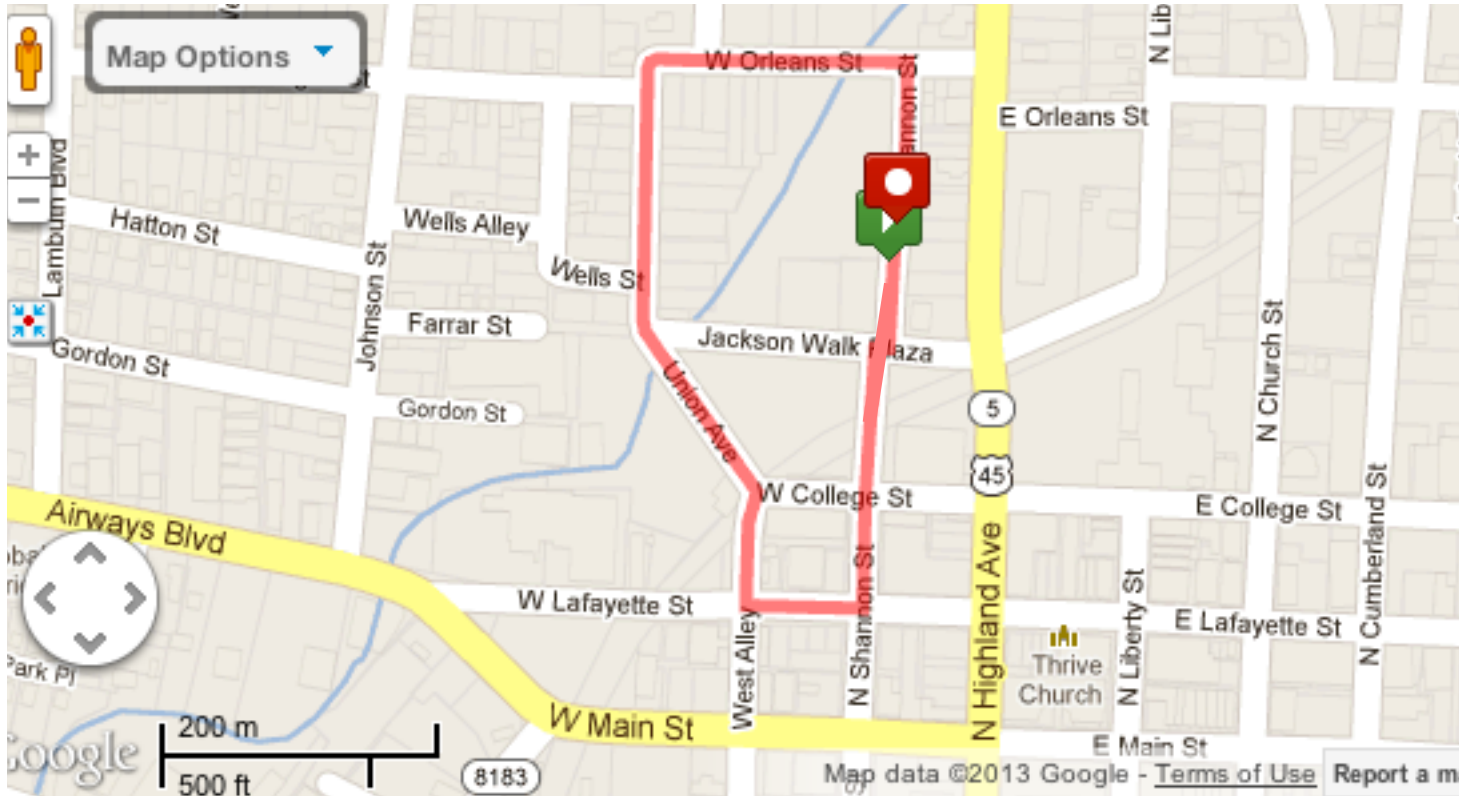
Total Distance: 4.3 miles

Total Estimated Travel Time: 10 minute

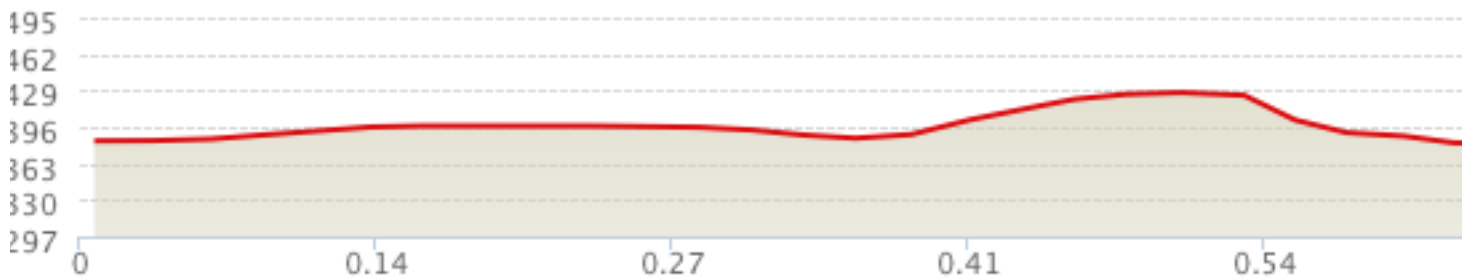
Lift Wellness Center is located in the center of the crit course, start/finish will be on the east side of the building. Parking is located on the sidestreets and parking lots around the crit course area.



# 2016 Lift Wellness Center / Rockabilly Gran Prix Lift Well Center Criterium Course



## ELEVATION (ft)



<b>384 ft</b>	<b>410.0 ft</b>	<b>36.0 ft</b>	
Start Elev	Max Elev	Gain	