

ADIRONDACK 540



2010 RULEBOOK

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ABOUT THE RACE

Welcome to the Adirondack 540. This race is held on a 136-mile loop which begins and ends in Wilmington, NY. Riders may race 1, 2, 3 or 4 laps. The 4 lap race is a qualifier for the 2011 – 2012 editions of Race Across America.

REGISTRATION/BIKE INSPECTION/PRE-RACE MEETINGS

All riders must register, have their bikes inspected and attend a pre-race meeting. Riders entered in a race that begins on Sept.17.2010 must attend session # 1. Riders entered in a race that begins on Sept.18.2010 may attend either session. Please note that there will not be a session on Friday morning, Sept.17.2010.

Session #1: Sept.16.2010: Registration/Inspection: 5:00 PM – 6:00 PM; Meeting: 6:00 PM – 7:00 PM.

Session #2: Sept.18.2010: Registration/Inspection: 5:45 AM – 6:15 AM; Meeting: 6:15 AM – 6:45 AM.

RACES/CATEGORIES/DIVISIONS

RACES: RAAM Qualifier | Golden Gallop | Silver Sojourn | Bronze Blast | Les Truffles Voyage

CATEGORIES: Standard | Tandem | Fixed | Single Speed | Antique | HPV | Recumbent | Hand Cycle | Other

DIVISIONS: Solo | Teams

AGE GROUPS: RQ: M/F U 50 | M/F 50 - 59 | M/F 60 - 69 | M/F 70+; OTHER RACES: M/F

NOTE: Once the race begins, no one will be permitted to change races or categories. However, if a rider drops out of one event, they may sign up for another.

RACE SCHEDULE

All races begin and end at the Alpine Country Inn & Suites, located at 5647 Route 86, Wilmington, NY.

EVENT	START DATE	START TIME	LAPS	MILES	LIGHTS	LIMIT
Adirondack 540:	Sept.17.2010	6:50 AM	4	544	Required	53H
Golden Gallop:	Sept.17.2010	6:50 AM	3	408	Required	53H
Silver Sojourn I:	Sept.17.2010	6:50 AM	2	272	Required	53H
Silver Sojourn II:	Sept.18.2010	7:00 AM	2	272	Required	29H
Bronze Blast I:	Sept.17.2010	6:50 AM	1	136	Not Required	53H
Bronze Blast II:	Sept.18.2010	7:00 AM	1	136	Not Required	29H
les Truffles Voyage:	Sept.17.2010	6:50 AM	1	136	Not Required	53H

WEATHER

Weather will play an important part in the race, and can contribute to a rider not finishing, so please be prepared. Day-time highs range between 65° – 75° and nighttime lows range between 30° – 40°. These are averages, but the actual weather may be warmer, colder or both. Sunrise is about 7 AM, sunset about 7 PM. September is also a wet month in the Adirondacks, so be prepared.

FOOD & SUPPLIES

We'll have Hammer Nutrition gels, bars and drinks, as well as other snacks and drinks at each checkpoint. We'll also have tires, tubes, lights, reflective gear, cables, etc., for sale at a nominal cost. Please note that our food and supplies are meant solely for the use of riders.

SANCTIONING

Ultra Marathon Cycling Association | UltraCycling Cup | World Cup of UltraCycling | Race Across America

RACE AWARDS

All official finishers of the Adirondack 540 RAAM Qualifier and overall M/F winners of the other race events will receive a personalized commemorative wooden plaque. Please note that one plaque per team will be awarded to teams that meet the award criteria.

RULES & REGULATIONS

1. GENERAL

- A. All of our rules and regulations are meant to maximize the safety of the riders and maintain the integrity of the competition.
- B. We will follow standard RAAM rules, modified for our event. If there is a discrepancy between our rules and RAAM rules, our rules take precedence. In addition, if RAAM rules cover anything not listed here, their rules will be enforced when appropriate.
- C. In an emergency, all attention must be focused to resolve the situation. Riders and their crews are expected to help in these situations, and will be given credit for any lost time, if necessary.
- D. All rules and regulations must be obeyed by all riders and support crew members at all times.
- E. All of the events in the Adirondack 540 are non-drafting time trials held on a 136 mile loop with 2 checkpoints.
- F. The 544 mile solo race is a qualifying event for the 2011 – 2012 editions of RAAM. To qualify, a rider must finish with a minimum average speed of 10.5 MPH, or within 51H 49M. See rule # 17 for more details.
- G. Once the race begins, no one will be permitted to change races or categories. If a rider drops out of one event, they may sign up for another, but no credit will be given for miles ridden in a previous event.
- H. The Race Director has the authority to override, modify or invent rules based on extenuating circumstances.

2. CONDUCT

- A. Riders and support crew members must conduct themselves in a civil manor at all times. Be particularly courteous at checkpoints and do not act in a loud or disruptive manner, especially at night.
- B. Riders and support crew members may not act maliciously towards, intentionally impede the progress of, or misdirect any other person for any reason. Violation of this rule or any other inappropriate behavior by a rider or support crew member will result in the rider's immediate disqualification.
- C. When staying at the race motel, park in designated areas only, do not use room towels to clean bikes and do not disrupt the other guests or neighbors. Do not set up a tent or shanty without the express permission of race officials or motel management. If you are not staying at the race motel, ask to be directed to authorized parking areas.

3. TRAFFIC LAWS

- A. Riders, follow vehicles and support crew members must obey New York State traffic laws at all times. This includes, but is not limited to: stopping and waiting at red lights until they turn green, stopping at stop signs and checking for traffic before proceeding, using (hand) signals for all turns, keeping as far to the right as safety permits, using the shoulder whenever possible and obeying speed limits.

4. DRAFTING

- A. Drafting is not allowed in any event, except for teams (see rule # 9). Any solo rider caught drafting will be immediately disqualified. Riders must maintain at least a 10 meter space cushion between each other and vehicles.
- B. For safety, we will allow riders to ride side by side during the night, traffic and local laws permitting. However, if this rule is taken advantage of, it will be immediately rescinded and the offending riders disqualified.

5. MECHANICAL SUPPORT

- A. All riders should be self-sufficient and properly equipped. They or their support crew should have everything necessary to repair or adjust their bicycles and combat the elements. We'll have tires, tubes, lights, reflective gear, cables, etc., available for sale at each checkpoint, but please note that these supplies are meant solely for the use of riders.
- B. Race officials may help a rider, but take no responsibility or make any guarantees to fix mechanical problems when and where they occur.
- C. Riders and support crew members are encouraged to assist one another with mechanical or other problems, but no time credit will be given unless it is an emergency or extenuating situation.

6. BICYCLES & AERO AIDS

- A. All bicycles must be propelled solely by human force. Any type of human powered vehicle is allowed and will

be assigned to its appropriate category, or the “open” category.

- B. There is no limit on the number of bicycles a rider may use, and it is highly recommended to bring a spare.
- C. Riders may use single speed and fixed gear bicycles within the standard category, but riders entered in the single speed, fixed or any other bicycle-specific type category may only use that type of bike.
- D. If a rider wishes to use different combinations of bicycles, other than standard/single/fixed, they will be entered in the “other” category. In addition, if a rider is using a type of bicycle or human powered vehicle that does not fit into one of our pre-set categories, they will also be entered in the “other” category.
- E. Standard bicycles must be no more than 2 meters long and 75 CM wide.
- F. Disc wheels, wheel covers and/or aero bars are allowed in the standard category.

7. HELMETS

- A. Riders must wear an approved helmet at all times.

8. LIGHTS & REFLECTIVE GEAR

- A. All lighting requirements must be met by all riders, regardless of whether a follow vehicle is behind them or not. Lights and reflective gear must be used from 7:00 PM – 7:00 AM, or at the direction of race officials.
- B. Riders must use at least one steady white front light visible from 500’ mounted to the bicycle, a steady red rear light visible from 300’ mounted to the bicycle and a second flashing red rear light visible from 300’ mounted to the bicycle. A second headlight is also strongly recommended.
- C. Riders must wear a reflective vest (or sash) and reflective ankle bands. Additional lighting and reflective gear is also recommended.
- D. Any rider caught riding without lights or reflective gear between the hours of 7:00 PM – 7:00 AM will be immediately disqualified, regardless of whether a follow vehicle is behind them or not.

9. TEAMS

- A. Teams may be comprised of 2 – 8 members. Each team member must register individually. The same rules and regulations that apply to individual riders also apply to teams.
- B. Rider exchanges may take place anywhere on the course, traffic, road and other conditions permitting.
- C. Any number of teammates may ride at the same time.
- D. Drafting is allowed between teammates, but not between rival teams, solo racers or any other rider.

10. SLEEP

- A. Sleep is not mandatory, but is recommended when a rider needs it. Even a short cat nap can be surprisingly refreshing if you’re tired.
- B. Race officials reserve the right to pull a rider and/or support crew member off the course and order them to rest if that person is suffering from sleep deprivation and/or riding or acting in an unsafe manner.

11. ROUTE

- A. The route is not marked, but is easy to follow. The cue sheet is listed on page 11, and extra copies and a map will be handed out at the pre-race meetings.
- B. All riders and teams must ride (or walk with their bicycle) every inch of the route.
- C. Riders are allowed to leave the course and may be driven to and from their destination, but must leave from and return to the exact same spot. A race official must be notified immediately when this occurs.
- D. No credit will be given for navigational errors or mileage ridden off the course.

12. CHECKPOINTS

- A. There will be two checkpoints: the Alpine Country Inn & Suites in Wilmington and the Super 8 Motel in Ticonderoga. Checkpoints are designated as neutral zones, and riders must slow to 10 MPH while in the checkpoint area.
- B. Riders must report to the official timekeeper at both checkpoints when they arrive. If a rider stays at a checkpoint for more than 15 minutes, they must also report when they depart. Officials will be located near the

- gazebo and/or in the official's room of the Alpine Country Inn & Suites, and in the lobby and/or official's room at the Super 8. If a rider has a support crew, their crew may check them in.
- C. At each checkpoint, riders may resupply, rest, shower and leave a bag. Each checkpoint will be manned and stocked with Hammer Nutrition gels, bars and drinks, as well as other snacks and drinks. We'll also have tires, tubes, lights, reflective gear, cables for sale at a nominal cost. Please note that our accommodations, food and supplies are meant solely for the use of riders, and are available on a first come/first served basis.
 - D. It is solely the rider's responsibility to make sure their time is recorded when they pass through a checkpoint. Any violation may result in penalties and/or disqualification.

13. SUPPORT CREWS

- A. While we strongly recommend the use of a support crew, we have made the use of one optional. If one is used, it may follow directly behind the rider at any time (traffic permitting), except for a neutral zone at the beginning of the race. It is also recommended to have at least 2 people.
- B. Support crew members must obey all of the rules and regulations. If a support crew member violates a rule, it may result in their expulsion from the race and penalties and/or disqualification for their rider.
- C. Support crew members must be considerate of the surrounding area in which the course travels. They should not play loud music or behave in a disruptive manner, especially at night.
- D. Support crew members are not allowed to ride a bicycle anywhere on the course at any time during the race.

14. SUPPORT VEHICLE REQUIREMENTS

- A. All support vehicles must be less than 78" wide.
- B. All support vehicles must use their emergency flashers and headlights whenever they are supporting their rider, and/or traveling below the posted speed limit.
- C. All support vehicles must display a slow moving triangle and a sign that states: CAUTION: BICYCLES AHEAD, both mounted to the rear of the vehicle. The sign may be hand made.
- D. As per NY State Police request, no overhead lighting of any kind is allowed on support vehicles.

15. FOLLOWING THE RIDER/HAND-OFF'S/PASSING

- A. There will be a neutral zone for the first 15 miles of the race in which support crews are not allowed to follow or assist their rider. There is a large parking area just past Lake Placid near the ski jumps, where crews should assemble. After their rider passes, they may begin to follow and assist them.
- B. Follow vehicles must stay as far to the right as safety permits while driving behind their rider. If the shoulder is wide enough for the vehicle to use, they must use it. If it's not, they must drive as close to the right edge of the pavement as possible.
- C. Follow vehicles should never block traffic to the rear. If traffic builds up behind them, they must pull off the road and allow it to pass. Then, when it is clear, they may continue to follow their rider. If there is a lot of traffic, or if the road is narrow, follow vehicles must pull over and leapfrog their rider. In this situation, aid can only be given via pedestrian hand-off's.
- D. Follow vehicles must display courtesy to other traffic when supporting their rider. This includes, but is not limited to, dimming your headlights when another vehicle or cyclist is approaching.
- E. Follow vehicles may not impede the progress of another rider or their follow vehicle.
- F. Follow vehicles may only travel alongside their rider to pass along food, water, etc. Continuous travel alongside a rider is prohibited.
- G. All rolling hand-off's to the rider must be made from the passenger side of the vehicle by a person other than the driver. Under no circumstances should the rider be on the driver's side while the vehicle is moving. All rolling hand-off's from the follow vehicle must wait until traffic is clear and it's safe to make an exchange. You should never disregard other traffic when making an exchange.
- H. When a rider with a follow vehicle passes another rider, use this procedure: rider A passes rider B and gets clear. When a gap of 30 meters forms between the two riders, rider A's follow vehicle may pass rider B (and their follow vehicle) and continue to follow their rider. Rider B (and their follow vehicle) may not impede the progress of rider A or their follow vehicle.

- I. If a rider has a support crew, it is strongly recommended that they follow them during the night. When a support vehicle follows their rider at night, they should stay as close to them as possible and keep them in their headlights at all times. This will provide the most protection and light to their rider. A distance between 3 – 5 meters is recommended.
- J. Riders may not be pushed, pulled, towed or otherwise assisted by their follow vehicle.
- K. Make certain you have enough supplies and gas to make it through the entire night before 11 PM. On some parts of the route, it will be impossible to find food or gas after that.

16. QUALIFYING FOR RAAM

- A. Solo riders interested in racing in RAAM, must qualify to be eligible. There are several ways to qualify, including meeting the qualification standard at an officially sanctioned race such as the Adirondack 540. For other ways to qualify, visit the RAAM website at: www.raceacrossamerica.org.
- B. To qualify for the 2011 – 2012 editions of Race Across America at the Adirondack 540, a rider must finish the 544 mile solo race with a minimum average speed of 10.5 MPH or 51H 49M. This standard applies to all solo riders, regardless of age or gender.
- C. Teams do not have to qualify for RAAM, and individual riders on teams are not eligible to qualify for RAAM the Adirondack 540.

17. PETS

- A. Pets are not allowed anywhere on the course or at either checkpoint at any time during the race.

18. PENALTIES

- A. Riders and support crew members must obey all rules and regulations at all times. There will be no exceptions. Unless otherwise noted, the following penalties apply:
 - 1ST Offense: 30 minutes, served immediately
 - 2ND Offense: 60 minutes, served immediately
 - 3RD Offense: DISQUALIFICATION
- B. Race officials reserve the right to immediately disqualify a rider and ban them from future races if the situation warrants it.

19. RACE OFFICIALS/PROTESTING

- A. Race officials have complete authority and the decision of the race director is the final word on all matters.
- B. Race officials may be stationed along the route as well as at checkpoints, in vehicles and on bicycles. A race official may also ride with any crew or in any support vehicle at any time for any reason.
- C. Any rider wishing to make an official protest must do so in writing and submit it to the race director no later than one hour after their race's respective time limit has expired. The race director will rule on all protests within one hour.

20. BANNED SUBSTANCES & TESTING

- A. We adhere to the current Union Cycliste Internationale's Anti-Doping Rules, including their banned substance list, with the exception of the use of caffeine. The use of any substance on the banned substance list should be limited to medically justified indications. Any rider using a substance on the banned substance list for medical reasons must present a doctor's letter to that effect to the race director prior to the start of the race.
- B. Intravenous injections are not to be given to or taken by any rider or support crew member.
- C. If a rider fails a drug test it will result in their immediate disqualification and a ban of three years from any Adirondack Ultra Cycling event. If a support crew member fails a drug test it will result in the immediate disqualification of their rider and a ban of three years from any Adirondack Ultra Cycling event for themselves and their rider.
- D. If a rider or support crew member refuses to submit to a drug test, they will be assumed guilty and will be given the same penalties as if they had failed a test.
- E. Riders and support crew members may not use a substance that is on the banned substance list. In addition to this list, all illegal drugs and all alcoholic beverages are also banned.

21. BANNED SUBSTANCE LIST

We adhere to the current Union Cycliste Internationale's Anti-Doping Rules, including their banned substance list, with the exception of the use of caffeine. The use of any substance on the banned substance list should be limited to medically justified indications. Any rider using a substance on the banned substance list for medical reasons must present a doctor's letter to that effect to the race director prior to the start of the race.

SUBSTANCES PROHIBITED AT ALL TIMES (IN & OUT OF COMPETITION):

S1. ANABOLIC AGENTS

Anabolic agents are prohibited.

1. Anabolic Androgenic Steroids (AAS)

a. Exogenous* AAS including:

18 α -homo-17 β -hydroxyestr-4-en-3-one; bolasterone; boldenone; boldione; calusterone; clostebol; danazol; dehydrochloromethyl-testosterone; delta1-androstene-3, 17-dione; delta1-androstenediol; delta1-dihydro-testosterone; drostanolone; ethylestrenol; fluoxymesterone; formebolone; furazabol; gestrinone; 4-hydroxytestosterone; 4-hydroxy-19-nortestosterone; mestanolone; mesterolone; metenolone; methandienone, methandriol, methyldienolone; methyltrienolone; methyltestosterone; mibolerone; nandrolone; 19-norandrostenediol; 19-norandrostenedione; norbolethone; norclostebol; norethandrolone; oxabolone; oxandrolone; oxymesterone; oxymetholone; quinbolone; stanozolol; stenbolone; tetrahydrogestrinone; trenbolone and other substances with similar chemical structure or similar biological effect(s).

b. Endogenous** AAS:

Androstenediol (androst-5-ene-3 β ,17 β -diol), androstenedione (androst-4-ene-3,17-dione); dehydroepiandrosterone (DHEA); dihydrotestosterone, testosterone.

2. Metabolites and Isomers:

5 α -androstane-3 α ,17 α -diol ; 5 α -androstane-3 α ,17 β -diol; 5 α -androstane-3 β , 17 α -diol; 5 α -androstane-3 β ,17 β -diol ; androst-4-ene-3 α , 17 α -diol; androst-4-ene-3 α ,17 β -diol; androst-4-ene-3 β , 17 α -diol; androst-5-ene-3 α , 17 α -diol; androst-5-ene-3 α ,17 β -diol ; androst-5-ene-3 β , 17 α -diol; 4-androstenediol (androst-4-ene-3 β ,17 β -diol); 5-androstenedione (androst-5-ene-3,17-dione); epi-dihydrotestosterone; 3 α -hydroxy-5 α -androstan-17-one;3 β -hydroxy-5 α -androstan-17-one;19-norandrostérone; 19-norétiocholanolone.

3. Other Anabolic Agents, including but not limited to :

Clenbuterol, zeranol, zilpaterol.

For purposes of this section:

* "exogenous" refers to a substance which is not capable of being produced by the body naturally.

**"endogenous" refers to a substance which is capable of being produced by the body naturally.

S2. HORMONES & RELATED SUBSTANCES

The following substances, including other substances with similar chemical structure or similar biological effect(s), and their releasing factors, are prohibited:

1. Erythropoietin (EPO);
2. Growth hormone (hGH) and Insulin-like Growth Factor (IGF-1), Mechano Growth Factors (MGFs);
3. Gonadotrophins (LH, hCG);
4. Insulin;
5. Corticotrophins.

S3. BETA-2 AGONISTS

All beta-2 agonists including their D- and L- isomers are prohibited. Their use requires a Therapeutic Use Exemption. As an exception, formoterol, salbutamol, salmeterol and terbutaline, when administrated by inhalation to prevent and/or treat asthma and exercise-induced asthma/broncho constriction require an abbreviated Therapeutic Use Exemption. Despite the granting of a Therapeutic Use Exemption, when the Laboratory has reported a concentration of salbutamol (free plus glucuronide) greater than 1000 ng/mL, this will be considered as an Adverse Analytical Finding unless the athlete proves that the abnormal result was the consequence of the consequence of the therapeutic use of inhaled salbutamol.

S4. AGENTS WITH ANTI-OESTROGENIC ACTIVITY

The following classes of anti-estrogenic substances are prohibited:

1. Aromatase inhibitors including, but not limited to, anastrozole, letrozole, aminoglutethimide, exemestane, formestane, torelactone.
2. Selective Estrogen Receptor Modulators (SERMs) including, but not limited to, raloxifene, tamoxifen, toremifene.
3. Other anti-estrogenic substances including, but not limited to, clomiphene, cyclofenil, fulvestrant...

S5. DIURETICS & OTHER MASKING AGENTS

Diuretics and other masking agents are prohibited.

Masking agents include but are not limited to :

Diuretics*, epitestosterone, probenecid, alpha-reductase inhibitors (e.g. finasteride, dutasteride), plasma expanders (e.g. albumin, dextran, hydroxyethyl starch.)

Diuretics include:

Acetazolamide, amiloride, bumetanide, canrenone, chlortalidone, etacrynic acid, furosemide, indapamide. metolazone,

spironolactone, thiazides (e.g. bendroflumethiazide, chlorothiazide, hydrochlorothiazide), triamterene, and other substances with similar chemical structure or similar biological effect(s). * A Therapeutic Use Exemption is not valid if an Athlete's urine contains a diuretic in association with threshold or sub-threshold levels of a Prohibited Substance(s).

METHODS PROHIBITED AT ALL TIMES (IN & OUT OF COMPETITION):

M1. ENHANCEMENT OF OXYGEN TRANSFER

The following are prohibited:

- a. Blood doping, including the use of autologous, homologous or heterologous blood or red blood cell products of any origin, other than for medical treatment.
- b. Artificially enhancing the uptake, transport or delivery of oxygen, including but not limited to, perfluorochemicals, and efaroxiral (RSR13) and modified haemoglobin products (e.g. haemoglobin-based blood substitutes, microencapsulated haemoglobin products).

M2. CHEMICAL & PHYSICAL MANIPULATION

The following is prohibited:

Tampering, or attempting to tamper, in order to alter the integrity and validity of Samples collected in Doping controls. These include but are not limited to intravenous infections*, catheterisation, and urine substitution.

* Except as a legitimate acute medical treatment, intravenous infusions are prohibited.

M3. GENE DOPING

The non-therapeutic use of cells, genes, genetic elements or of the modulation of gene expression, having the capacity to enhance athletic performance, is prohibited.

SUBSTANCES PROHIBITED IN COMPETITION

In addition to the categories S1 to S5 and M1 to M3 defined above, the following categories are prohibited in competition:

S6. STIMULANTS

The following stimulants are prohibited, including both their optical (D- and L-) isomers where relevant:

Adrafinil, amfepramone, amiphenazole, amphetamine, amphetaminil, benzphetamine, bromantan, carphedon, cathine*, clobenzorex, cocaine, dimethylamphetamine, ephedrine**, etilamphetamine, etilefrine, famprofazone, fencamfamin, fencamine, fenetylline, fenfluramine, fenproporex, furfenorex, mefenorex, mephentermine, mesocarb, methamphetamine, methylamphetamine, methylenedioxymphetamine, methylenedioxymethamphetamine, methylephedrine**, methylphenidate, modafinil, nikethamide, norfenfluramine, parahydroxyamphetamine, pemoline, phendimetrazine, phenmetrazine, phentermine, prolintane, selegiline, strychnine, and other substances with similar chemical structure or similar biological effect(s)***.

* Cathine is prohibited when its concentration in urine is greater than 5 micrograms per milliliter.

** Each of ephedrine and methylephedrine is prohibited when its concentration in urine is greater than 10 micrograms per milliliter.

*** The substances included in the 2005 Monitoring Program (bupropion, caffeine, phenylephrine, phenylpropanolamine, pipradrol, pseudoephedrine, synephrine) are not considered as Prohibited Substances.

NOTE: Adrenaline associated with local anaesthetic agents or by local administration (e.g. nasal, ophthalmic) is not prohibited.

S7. NARCOTICS

The following narcotics are prohibited:

Buprenorphine, dextromoramide, diamorphine (heroin), fentanyl and its derivatives, hydromorphone, methadone, morphine, oxycodone, oxymorphone, pentazocine, pethidine.

S8. CANNABINOIDS

Cannabinoids (e.g. hashish, marijuana) are prohibited.

S9. GLUCOCORTICOSTEROIDS

All glucocorticosteroids are prohibited when administered orally, rectally, intravenously or intramuscularly. Their use requires a Therapeutic Use Exemption approval. All other routes of administration require an abbreviated Therapeutic Use Exemption. Dermatological preparations are not prohibited.

S10. SPECIFIED SUBSTANCES*

"Specified Substances" * are listed below:

Ephedrine, L-methylamphetamine, methylephedrine; Cannabinoids; All inhaled Beta-2 Agonists, except clenbuterol; Probenecid; All Glucocorticosteroids; All Beta Blockers; Alcohol.

* "The Prohibited List may identify specified substances which are particularly susceptible to unintentional anti-doping rule violations because of their general availability in medicinal products or which are less likely to be successfully abused as doping agents." A doping violation involving such substances may result in a reduced sanction provided that the "...Athlete can establish that the Use of such a specified substance was not intended to enhance sport performance..."

For the most current information about the UCI's Anti Doping Policy, including their banned substance list, contact them at:

Union Cycliste Internationale | CH-1860 Aigle, Switzerland

PHONE: +41.24.468.58.11 | FAX: +41.24.468.58.12 | www.uci.ch | medical@uci.ch

HOTEL INFORMATION

During the race, we will have space available for riders to resupply, rest, shower and leave a bag. In addition, each checkpoint will be manned and stocked with Hammer Nutrition gels, bars and drinks, as well as snacks and other drinks. We'll also have tires, tubes, lights, reflective gear, cables, etc., for sale at a nominal cost. Please note that our accommodations, food and supplies are meant solely for the use of riders, and are available on a first come/first served basis.

WILMINGTON

RACE HEADQUARTERS:

Alpine Country Inn & Suites | 518.946.2263 | www.alpinecountryinnandsuites.com

OTHER HOTELS:

Birch Tree Lodge | 518.946.7282

Grand View Motel | 518.946.2209

Hawkeye Motel | 518.946.2347

Ledgerock Motel | 518.946.2302

Mountain Brook Lodge | 518.946.2262

North Pole Motor Inn | 518.946.7733

TICONDEROGA

CHECKPOINT:

Super 8 Motel | 518.585.2617 | www.super8.com

OTHER HOTELS:

Belfred Court Motel | 518.585.7000

Circle Court Motel | 518.585.7660

Green Acres Motel | 518.585.2274

Latchstring Motel | 518.585.2875

Please note there is also a Best Western located in Ticonderoga, but we strongly recommend that you do not use it because the management there does not welcome or accommodate bicyclists.

LOOP DIRECTIONS

Each loop is 136.1 miles and starts at the Alpine Country Inn & Suites in Wilmington, NY.

Head south on 86 to Lake Placid (12.0 miles).

In Lake Placid make a left at the light onto 73. Bear left at Sentinel Road to stay on NYS 73 and continue past the ski jumps. Descend Cascade Mountain into Keene. Continue through Keene Valley and over Round Mountain to US 9 south (27.5 miles).

Take US 9 south through North Hudson to NYS 74 east (18.1 miles).

Make a left at the stop sign and take NYS 74 east through Severance and over Chilson Hill to Ticonderoga (17.3 miles).

At the traffic light, make a right, then a quick left into the Wal-Mart Plaza. The checkpoint is at the Super 8 Motel, on the left just past McDonald's. Return to NYS 9N/22 and make a right. Continue north to Crown Point (7.9 miles).

In Crown Point, bear right to stay on NYS 9N/22 north and continue to Port Henry. In Port Henry bear right again to stay on NYS 9N/22 north and follow it to Westport (17.7 miles).

In Westport bear left to stay on NYS 9N north and continue to Elizabethtown. In Elizabethtown, turn left at the flashing light, then right just past Stewart's to stay on NYS 9N north. Continue over Hurricane Mountain to Keene (16.8 miles).

In Keene make a right at the stop sign and follow NYS 9N/73 north. At the north end of the village, bear right to stay on NYS 9N north (do not go up the hill!), taking it through Upper Jay to Jay (13.6 miles).

In Jay make a left onto NYS 86 south to Wilmington, just past the phone booth. (Pay attention! This turn is easy to miss.) In Wilmington, make a left at the stop sign to stay on NYS 86 south. The Alpine Country Inn & Suites is on the right, just past this turn (5.2 miles).



CUE SHEET

MILE	DIR	MARK	ROUTE	TOWN	SERVICES	NOTES
00.0	South	START	NYS 86	Wilmington	F, G	CP: Alpine Country Inn
12.0	L	TL	NYS 73	Lake Placid	All, H	Bike Shops
12.2	BL		NYS 73	Lake Placid		JCT. Averyville Road
12.6	BL		NYS 73	Lake Placid		JCT. Sentinel Road
14.0	S		NYS 73	Lake Placid		Ski Jumps
19.9	S		NYS 73	Lake Placid		Begin 5-mile descent
26.2	S		NYS 73/9N	Keene	F, G	JCT. NYS 9N
28.1	S		NYS 73/9N	Keene		JCT. NYS 9N
33.5	S		NYS 73	Keene Valley	F	Begin 4-mile climb
39.5	S		US 9	North Hudson		End NYS 73/JCT. I 87
51.0	S		US 9	North Hudson	F	Convenience Store
57.6	L	SS	NYS 74	Schroon	F, G	Convenience Store South of SS
69.9	S		NYS 74	Chilson		Begin 2-mile climb
71.9	S		NYS 74	Ticonderoga		Begin 2-mile descent
74.8	R	TL	NYS 9N/22	Ticonderoga	ALL, H	JCT. NYS 22/9N
74.8	L		Wal-mart Plaza	Ticonderoga		Use 2nd Entrance
74.9	U		Super 8 Motel	Ticonderoga		CP: Super 8 Motel
74.9	R	SS	NYS 9N/22	Ticonderoga		Return to Course
75.0	S	TL	NYS 9N/22	Ticonderoga		Continue North on NYS 9N/22
82.6	R		NYS 9N/22	Crown Point	F, G, HW	Stay on NYS 9N/22
100.4	S		NYS 9N	Westport	F, G, AP	JCT. NYS 22
104.4	S		NYS 9N	Westport		JCT. I 87
108.7	L	FL	NYS 9N/US 9	Elizabethtown	F, G, H	JCT. US 9
109.2	R		NYS 9N	Elizabethtown		JCT. US 9/Begin 4-mile climb
117.2	S		NYS 9N	Keene		Begin 2-mile descent
119.3	R	SS	NYS 9N/73	Keene	F, G	JCT. NYS 73
121.2	R		NYS 9N	Keene		JCT. NYS 73
127.2	R		NYS 9N	Upper Jay		Stay on NYS 9N
130.8	L		NYS 86	Jay		TURN IS EASY TO MISS!
135.0	L	SS	NYS 86	Wilmington	F, G	
136.1	S	END	NYS 86	Wilmington	CP	CP: at Alpine Country Inn

DIRECTION KEY: BL: Bear Left; BR: Bear Right; L: Left Turn; R: Right Turn; S: Straight; U: U-turn

MARK KEY: CP: Checkpoint; FL: Flashing Light/Stop Sign; SS: Stop Sign; TL: Traffic Light

SERVICES KEY: AP: Auto Parts; F: Food; G: Gas; H: Hospital/Emergency; HW: Hardware

NOTES: Most stores and gas stations will be closed between 11PM – 6AM. Make sure you have enough fuel and supplies for the entire night by 11PM. There are 24 hour supermarkets in Ticonderoga (Wal-mart) and Lake Placid. (In Lake Placid, continue on 86 for about 2 miles past 73 South.) There are also several bike shops located in Lake Placid.

IMPORTANT PHONE #'S

John's Cell: 518.583.3708 | Kathy's Cell: 518.587.7801 | Alpine Country Inn: 518.946.2263 | Super 8: 518.585.2617

COURSE RECORDS

EVENT	NAME	CITY	TIME	YEAR
Men's Adirondack 540:	Brett Walker	Salisbury, NH	32H 16M	2006
Men's 50 – 59 ADK 540:	Doug Levy	Willow Grove, PA	37H 40M	2006
Men's Over 70 ADK 540:	Lew Meyer	Berwyn, PA	52H 52M	2008
Women's Adirondack 540:	Jennifer Krebs	Reston, VA	49H 29M	2006
Women's 50 – 59 Adirondack 540:	Nancy Guth	Stafford, VA	52H 01M	2008
2-Man Team Adirondack 540:	Team Weinberg	Middlebury, VT	42H 34M	2009
Men's Golden Gallop 408:	Tim Carroll	Cleveland Heights, OH	34H 12M	2007
Women's Golden Gallop 408:	Jo Ann Fafrowicz	Durham, NC	40H 25M	2007
Men's Silver Sojourn 272:	Brett Walker	Salisbury, NH	14H 42M	2008
Women's Silver Sojourn 272:	Barbara Kingsborough	Mt. Kisco, NY	29H 59M	2009
Men's 50 – 59 Silver Sojourn 272:	Mark Hnatov	Port Jefferson, NY	23H 20M	2005
Men's Bronze Blast 136:	Brian Donohue	Bolton Landing, NY	07H 00M	2008
Men's 50 – 59 Bronze Blast 136:	Vytas Janusauskas	Nepean, ON	07H 49M	2005
Men's 60 – 69 Bronze Blast 136:	Ross Mc Cabe	Albany, NY	09H 15M	2008
Women's Bronze Blast 136:	Patty Loubris	Beverly, MA	10H 10M	2009
Men's Hand Cycle Bronze Blast 136:	Bill Schwarz	Kinderhook, NY	15H 05M	2004
Women's les Truffes Voyageé 61/75:	Kathy Ceceri	Saratoga Springs, NY	15H 06M	2005

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