

SARATOGA 12/24



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ABOUT THE RACE

Welcome to the Saratoga 12/24. The race is held on a marked 32 mile loop which begins and ends in Schuylerville, NY.

SCHEDULE

All events begin at the Dovegate Inn, Located at 184 Broad Street in Schuylerville, NY.

Saratoga Challenge:	July.09.2011	8:00 AM	24H Race	Lights Required
Hudson River Ramble:	July.09.2011	8:00 AM	12H Race	Lights Not Required
Nighthawk 12:	July.09.2011	7:00 PM	12H Race	Lights Required
Triple Lap Challenge:	July.09.2011	10:00 AM	10H Limit	Lights Not Required
One Lap Fun Ride:	July.09.2011	11:00 AM	32 Miles	Lights Not Required
Midnight Madness Fun Ride:	July.09.2011	11:59 PM	32 Miles	Lights Required

COURSE RECORDS

24H Men:	Larry Ide	Monmouth, IL	452.6 Miles	2007
24H Men 50+:	Joel Sothern	Laguna Niguel, CA	449.4 Miles	2008
24H Men Fixed Gear:	David Lafferty	Billerica, MA	411.2 Miles	2008
24H Men 50+ Fixed Gear:	Ed Mulheren	Charlotte, NC	159.5 Miles	2007
24H Women:	Melinda Lyon	Boxford, MA	415.7 Miles	2007
24H Women 50+:	Nancy Guth	Fredericksburg, VA	350.9 Miles	2004
24H Recumbent Men:	John Schlitter	St. Petersburg, FL	460.6 Miles	2007
24H Hand Cycle Men:	Bill Schwarz	Kinderhook, NY	261.2 Miles	2004
12H Men:	Peter Oyler	Toronto, ON	250.5 Miles	2010
12H Men U 18:	Garrett Loomis	Williamsburg, MA	191.4 Miles	2005
12H Men 50+:	Bud Eichorn	Somers, NY	241.3 Miles	2005
12H Men Fixed Gear:	David Lafferty	Billerica, MA	227.5 Miles	2009
12H Women:	Kate Marshall	Croton on Hudson, NY	207.0 Miles	2009
12H Women 50+:	Nancy Guth	Fredericksburg, VA	200.0 Miles	2009
12H Recumbent Men:	Larry Graham	Westerville, OH	241.8 Miles	2005
12H Recumbent Women:	Maria Parker	Lumberton, NC	211.0 Miles	2009
12H Mixed Tandem:	Bill Johnson/Joyce Beebe	Cincinnati, OH	195.0 Miles	2010
12H Hand Cycle:	Bill Schwarz	Kinderhook, NY	130.6 Miles	2007
12H High Wheeler:	Bill Ingraham	Seituate, MA	95.4 Miles	2004
12H 2-Man Team:	Team Battenkill	Bolton Landing, NY	243.5 Miles	2009
12H Nighthawk Men:	Doug Haluza	Centerport, NY	198.0 Miles	2010
Triple Lap Men:	John Nobile	Fairfield, CT	04H 26M	2009
Triple Lap Women:	Gail Adams	Tariffville, CT	08H 42M	2009
Triple Lap Mixed Tandem:	David & Emily Lafferty	Billerica, MA	04H 34M	2010

RACES/CATEGORIES/DIVISIONS

RACES: Saratoga Challenge 24, Hudson River Ramble 12, Nighthawk 12 & Triple Lap Challenge

CATEGORIES: Standard, Tandem, Fixed, Single Speed, Antique, High Wheel, HPV, Recumbent, Hand Cycle, Other

DIVISIONS: Solo, Teams

AGE GROUPS: M/F U 18, M/F 18-49, M/F 50 - 59, M/F 60 - 69, M/F 70+

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

WEATHER

It will most likely be hot and humid. Highs average in the mid to upper 80's, but it can be as warm as the high 90's. Lows average in the mid 50's but can stay in the 70's, or drop down into the 40's. Also, be prepared for thunder storms. Sunrise is about 5:30 AM, sunset about 8:30 PM.

FOOD

We'll supply Hammer Nutrition gels, bars and drinks, as well as snacks and other drinks at each checkpoint.

SANCTIONING

Ultra Marathon Cycling Association. We are also part of the UltraCycling Cup.

RACE AWARDS

We will award trophies to the overall male and female winners in the Saratoga Challenge, Hudson River Ramble and Nighthawk 12. Other prizes may also be awarded, including merchandise.

RULES & REGULATIONS

1. GENERAL

- A. We will follow RAAM rules, with some modifications, including no drafting. If there is a discrepancy between our rules and RAAM rules, our rules will take precedence.
- B. All rules and regulations are meant to maximize the safety of the riders. 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.
- C. All rules and regulations must be obeyed by all riders and support crew members at all times.
- D. All of the events that comprise the Saratoga 12/24 are non-drafting time trials held on a fully marked 32 mile loop with 2 checkpoints. The 24-hour, both 12-hour races and the Triple Lap Challenge are part of the UMCA's UltraCycling Cup competition.
- E. Once the race begins, no one will be permitted to change races or categories. However, if a rider drops out of one race, they may sign up for another.
- F. The race director has the authority to override, modify or create rules based on extenuating circumstances.

2. CONDUCT

- A. Riders and support crew members must conduct themselves in a civil manor at all times. When entering checkpoints, do not act in a loud or disruptive manner, especially at night.
- B. Riders and support crew members may not act maliciously towards any other person for any reason. Riders and support crew members may not intentionally impede the progress of or misdirect any other person for any reason.
- 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 permission of race officials or motel management. If you are not staying at the race motel, ask to be directed to authorized parking areas.
- D. Violation of the conduct rules or any other inappropriate behavior by a rider or support crew member will result in the rider's immediate disqualification.

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 except for teams (see rule # 9) and in the 32-mile fun rides. Riders must maintain at least a 10 meter space cushion between each other and vehicles. When passing, riders may encroach on the 10 meter space cushion if necessary, but if they linger, they will be considered to be drafting.
- B. For safety, we will allow riders to ride side by side during the night. However, if this rule is taken advantage of, it will be immediately rescinded and the offending riders immediately disqualified.
- C. Violation of the drafting rules will result in a rider's immediate disqualification.

5. MECHANICAL SUPPORT

- A. All riders should be self-sufficient and properly equipped. Riders and/or their support crew should have everything necessary to repair or adjust the rider's bicycle and combat the elements.
- B. Race officials may help, 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.
- D. We'll have a small selection of tires, tubes, lights, reflective gear, cables and other items available for sale at each checkpoint in case a rider needs anything.

6. BICYCLES & AERO AIDS

- A. All bicycles must be propelled solely by human force. There is no limit as to the number of bicycles a rider may use. A rider may switch between standard, single speed and fixed gear bicycles within the standard category. A rider may also switch between different types of bicycles, but will be entered in the “other” category.
- B. Standard bicycles must be no more than 2 meters long and 75 cm wide. All types of human powered vehicle will be allowed, but will be entered in the appropriate category. 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 8:30 PM – 5:30 AM, or at the direction of the Race Director.
- 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 or rider.
- C. Riders must wear a reflective vest (or sash) and reflective ankle bands. Additional lighting and reflective gear is also highly recommended.
- D. Any rider caught riding without lights or reflective gear between the hours of 8:30 PM – 5:30 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 and their support crews.
- B. Rider exchanges may take place anywhere on the course. Any number of teammates may ride at the same time. Mileage is calculated for the first rider completing a lap or finishing, and is not cumulative.
- C. 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. If you’re tired, even a short nap can be surprisingly refreshing.
- 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. All riders and teams must ride (or walk with their bicycle) every inch of the route to earn mileage.
- B. 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.
- C. No credit will be given for navigational errors or for leaving the course.

12. CHECKPOINTS

- A. Checkpoints are designated as neutral zones. There will be an “N” marked on the road just before and just after each checkpoint. Riders must slow to 10 MPH in the neutral zone and no passing is allowed.
- B. There will be two checkpoints: the Dovegate Inn in Schuylerville and Bluebird Road in Moreau. Riders must have their time recorded by the official timekeeper when they arrive and depart. If a rider has a support crew, and the official timekeeper is not readily obvious, their crew may check them in by reporting their time of passage to the official timekeeper.
- C. If a rider stops at a checkpoint for more than 15 minutes (or drops out of the race), they must report to the official timekeeper when they arrive and then again when they leave.

- D. At each checkpoint we will have space available for riders to leave a bag or cooler. 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 a small selection of tires, tubes, lights, reflective gear, cables and other items available for sale at each checkpoint in case a rider needs anything. Please note that our food and supplies are meant solely for the use of riders.
- E. It is solely the rider's responsibility to make sure their time is recorded when they pass through a checkpoint. Any violation will 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 a crew is used, it is recommended to have at least 2 people.
- B. Support crews may leap frog their rider during the day and provide support via pedestrian hand off's. At night, they may follow directly behind their rider.
- C. Support crew members must obey all of the rules and regulations. If a support crew member violates a rule, it will result in their expulsion from the race and penalties and/or disqualification for their rider.
- D. 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 late at night.
- E. Support crew members are not allowed to ride a bicycle on the course at any time during the race.

14. SUPPORT VEHICLE REQUIREMENTS

- A. All support vehicles must be less than 78" wide.
- B. Headlights must be used at all times while driving on the course and emergency flashers must be used while supporting a rider, driving slowly or whenever pulled over.
- 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 and slow moving triangles may be purchased at most auto parts, farm supply or hardware stores.
- 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. Support crews may leap frog their rider during the day and provide support via pedestrian hand off's, and at night, they may follow directly behind their rider, traffic permitting.
- B. There will be a neutral zone for the first 16 miles of the race in which support crews are not allowed to follow or assist their rider. Crews should assemble at the second checkpoint and after their rider passes, may begin to assist them.
- C. 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 is not, they must drive as close to the right edge of the pavement as possible.
- D. 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.
- E. Follow vehicles must display courtesy to other traffic when supporting their rider. This includes dimming their headlights when another vehicle or cyclist is approaching.
- F. Follow vehicles may not impede the progress of another rider or their follow vehicle.
- G. Follow vehicles may only travel alongside their rider to pass along food, water, etc. Continuous travel alongside a rider is prohibited.
- H. 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 or in the lane of traffic. 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.

- I. 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.
- J. 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 maximum amount of protection and light to their rider. A distance between 3 – 5 meters is recommended.
- K. Riders may not be pushed, pulled, towed or otherwise assisted by their follow vehicle.
- L. Make certain you have enough supplies and gas to make it through the entire night before 11 PM. Most stores close at that time, but there is a 24-hour convenience store in Schuylerville.

16. 12 & 24 HOUR RACE END

- A. Each race ends exactly 12 or 24 hours after its respective start. Riders may race right up to that time.
- B. There are mileage markers every mile. At the end of the 12 or 24 hours the rider must stop, and whatever 2 marks they are between we will add the higher distance to their complete lap totals. We will use an array of race officials, volunteers and support crews to confirm all mileages and pick up riders. We will also verify any partial laps against a rider's time through each checkpoint.
- C. Riders may have a car follow directly behind them for the last 15 minutes of their respective race and drive them back to the start when they complete their race. All rules governing follow vehicles will apply while the vehicle is behind their rider and penalties may be incurred for rule violations. If the end of race follow vehicle is not used during the race, we will waive the signage requirements.
- D. Ties will be won by whoever reaches the distance first, or whoever is furthest between the 2 mile marks at race end. In some cases, we may adjust a rider's total mileage by 1/10 of a mile to alleviate confusion in the final standings.
- E. If a rider needs to be picked up at race end, they must notify a race official at least two hours before the end of their race.

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: 15 miles off final total
 - 2ND Offense: Additional 25 miles off final total
 - 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. Adirondack Ultra Cycling complies with the current Union Cycliste Internationale's Anti-Doping Rules, including their banned substance and method list, with the exception of the use of caffeine. The use of any substance or method

on this list should be limited to medically justified indications. Any rider using a substance or method on this 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 at any time during the race, unless it is a medical emergency or other pre-existing condition.
- 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 & METHOD LIST

Adirondack Ultra Cycling complies with the current Union Cycliste Internationale's Anti-Doping Rules, including their banned substance and method list, with the exception of the use of caffeine. The use of any substance or method on this list should be limited to medically justified indications. Any rider using a substance or method on this 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:

18a-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:

5a-androstane-3a,17a-diol; 5a-androstane-3a,17 β -diol; 5a-androstane-3 β , 17a-diol; 5a-androstane-3 β ,17 β -diol; androst-4-ene-3a, 17a-diol; androst-4-ene-3a,17 β -diol; androst-4-ene-3 β , 17a-diol; androst-5-ene-3a, 17a-diol; androst-5-ene-3a,17 β -diol; androst-5-ene-3 β , 17a-diol; 4-androstenediol (androst-4-ene-3 β ,17 β -diol); 5-androstenedione (androst-5-ene-3,17-dione); epi-dihydrotestosterone; 3a-hydroxy-5a-androstan-17-one;3 β -hydroxy-5a-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 administered 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, testolactone.
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 efaproxiral (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, methylenedioxyamphetamine, 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, ophtamologic) 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 and method list, contact them at: Union Cycliste Internationale | CH-1860 Aigle - Switzerland | PHONE: +41.24.468.58.11 | FAX: +41.24.468.58.12
WEB: www.uci.ch | E-MAIL: medical@uci.ch

HOTEL INFORMATION

Race Headquarters:

Dovegate Inn Bed & Breakfast | 518.695.3699

Other Hotels:

Old Saratoga Motor Inn | Schuylerville | 518.695.9997

Schuyler Yacht Basin/Campground/RV Park | Schuylerville | 518.695.3193

Best Western | Saratoga Springs | 518.584.2350

Hilton Garden Inn | Saratoga Springs | 518.587.1500

Holiday Inn | Saratoga Springs | 518.584.4550

Marriott Courtyard | Saratoga Springs | 518.226.0538

Prime Hotel | Saratoga Springs | 518.584.4000

Saratoga Downtowner | Saratoga Springs | 518.584.6160

St. Charles Motel | Saratoga Springs | 518.584.2050

Super 8 | Saratoga Springs | 518.587.6244

LOOP DIRECTIONS

Each loop is 31.9 miles

Start in Schuylerville at the Dovegate Inn

North on 32 through Bacon Hill to Gansevoort (8.9 miles)

In Gansevoort, cross the RR tracks and make a right to stay on 32 north to Bluebird Road (TL) (6.2 miles)

Take Bluebird Road east to Fort Edward Road (SS) (1.4 miles)

Take Fort Edward Road to the end at 197 (TL) (2.8 miles)

Make a right on 197, then a quick left on to West River Road (100 feet)

Take West River Road to the end at 32 (SS) (9.9 miles)

Make a left on 32 south to the Dovegate Inn (2.7 miles)

Turn around and repeat as many times as possible!

TL = Traffic Light | SS = Stop Sign

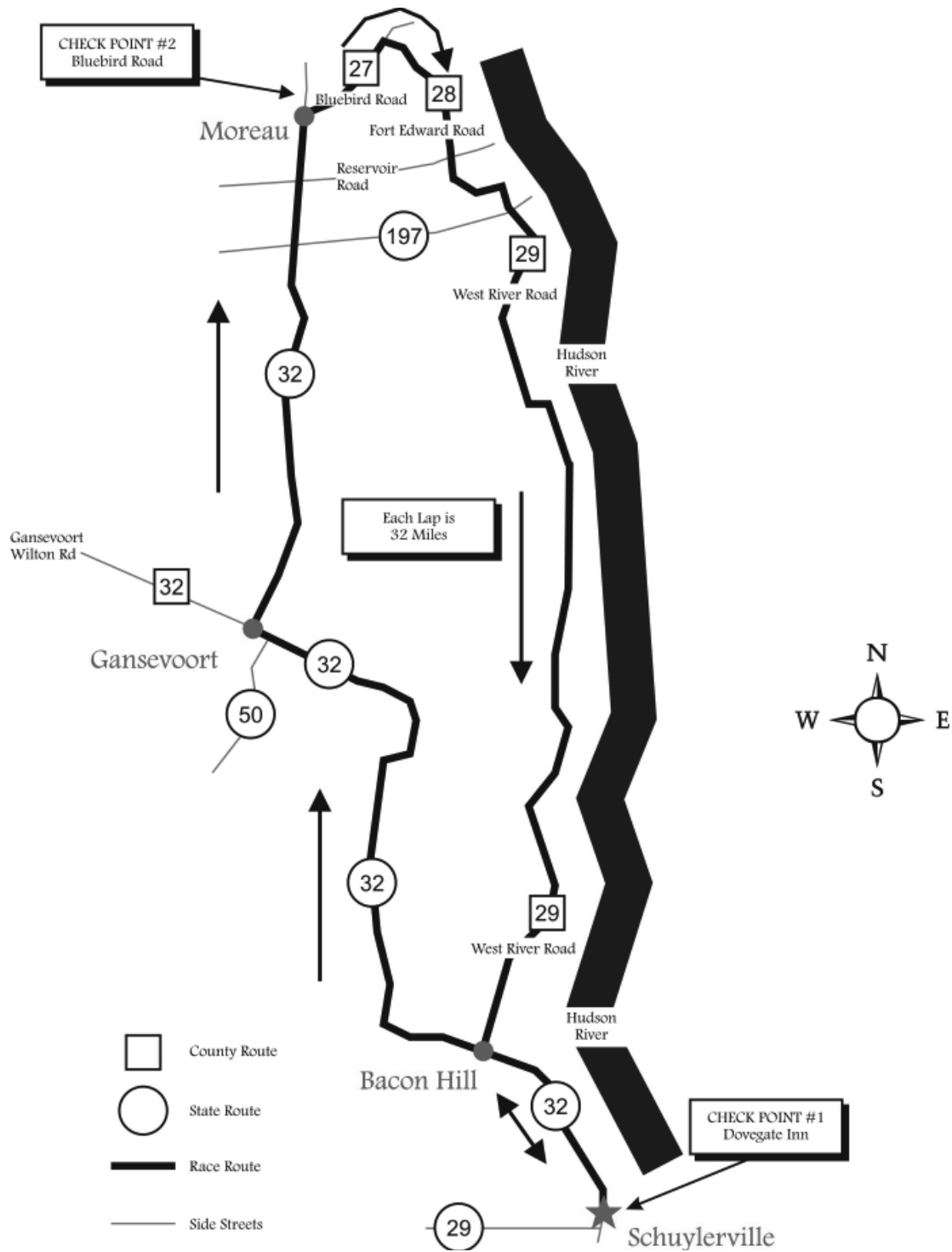
There are convenience stores located in Schuylerville, Gansevoort and at Bluebird road.

The closest 24 hour supermarkets are in Greenwich, Saratoga Springs and South Glens Falls. Schuylerville also has a 24 hour convenience store one block north of race headquarters.

Make sure to have enough fuel and other supplies to get through the night by 11:00 PM. After that, it may be difficult to resupply until 6:00 AM.



COURSE MAP

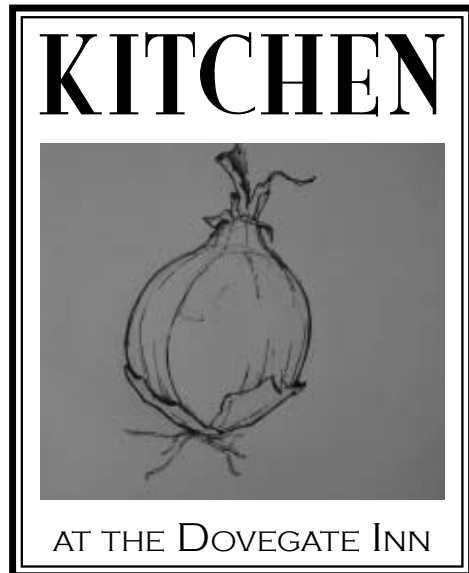


IMPORTANT PHONE NUMBERS

John's Cell: 518.583.3708 | Kathy's Cell: 518.587.7801

Dovegate Inn: 518.695.3699 | Old Saratoga Motor Inn: 518.695.9997

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