

2009 USA Cycling



USA CYCLING

GREATER LOUISVILLE SPORTS COMMISSION AND USA CYCLING

Masters National Road Championships

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WELCOME TO LOUISVILLE, KY

WELCOME TO THE BLUEGRASS STATE OF KENTUCKY WHERE THE GREATER LOUISVILLE SPORTS COMMISSION AND USA CYCLING ARE HONORED TO HOST THE 2009 USA CYCLING MASTERS ROAD NATIONAL CHAMPIONSHIPS. THIS RACE BIBLE WILL SERVE AS AN ALL-INCLUSIVE GUIDE FOR THE ENTIRE WEEK.

LOUISVILLE IS LOCATED IN THE HEART OF KENTUCKY ALONG THE BEAUTIFUL OHIO RIVER. THE CITY SITS AT 486FT ABOVE SEA LEVEL. THE CITY EXPERIENCES AN AVERAGE OF 195 DAYS OF SUN PER YEAR AND THE AVERAGE TEMPERATURE FOR THE ENTIRE MONTH OF JULY IS A HIGH OF 87 DEGREES FAHRENHEIT AND A LOW OF 70 DEGREES FAHRENHEIT. MOST MORNINGS WILL START COOL BUT USUALLY TEMPERATURES WARM QUICKLY AS THE MORNING PROGRESSES AND THE SUN RISES. IN THE LOUISVILLE AREA, THERE CAN BE GUSTY WINDS AND ADVERSE WEATHER AT ANY POINT, SO PLEASE PLAN ACCORDINGLY WITH CLOTHING AND GEAR.

SINCE MANY PARTICIPANTS ATTENDING MIGHT NOT BE ACCUSTOMED TO THE HUMIDITY REMEMBER TO DRINK LOTS AND LOTS OF WATER.

FOR MORE INFO ABOUT THE CITY OF LOUISVILLE, VISIT
www.louisville-visitors.com

Driving Directions

TO DOWNTOWN LOUISVILLE (THE GALT HOUSE)

140 North Fourth Street
Louisville, KY 40202
502-589-5200

COMING FROM THE NORTH: Take I-65 S (Crossing into KENTUCKY). Merge onto I-64 W toward ST LOUIS. Take the 3RD STREET exit, EXIT 5B, toward RIVER ROAD/DOWNTOWN. Turn RIGHT onto W RIVER RD. Turn LEFT onto N 4TH ST. End at 140 N 4th St

COMING FROM THE EAST: TAKE I-64 W toward LOUISVILLE/CINCINNATI. Take the 3RD STREET exit, EXIT 5B, toward RIVER ROAD/DOWNTOWN. Turn RIGHT onto W RIVER RD. Turn LEFT onto N 4TH ST. End at 140 N 4th St

COMING FROM THE SOUTH: Take I-40 W/I-65 N. Merge onto I-65 N via EXIT 208 toward LOUISVILLE/CLARKSVILLE/I-24 W. Merge onto I-24 W/I-65 N via EXIT 86A on the LEFT toward CLARKSVILLE/LOUISVILLE. Keep RIGHT to take I-65 N via EXIT 88A toward LOUISVILLE (Crossing into KENTUCKY). Merge onto I-64 W via EXIT 137 toward ST LOUIS. Take the 3RD STREET exit, EXIT 5B, toward RIVER ROAD/ DOWNTOWN. Turn RIGHT onto W RIVER RD. Turn LEFT onto N 4TH ST. End at 140 N 4th St

COMING FROM THE WEST: Take I-64 E via EXIT 2 toward LOUISVILLE (Passing through INDIANA, then crossing into KENTUCKY). Merge onto S ROY WILKINS AVE via EXIT. 4 toward DOWNTOWN. Turn LEFT onto W MARKET ST/ US-31W E/ US-60. Turn RIGHT onto S 4TH ST. End at 140 S 4th ST.

Driving Directions

Directions from The Galt House Hotel to:

CHURCHILL DOWNS – CRITERIUM

700 Central Avenue
Louisville, KY 40208
502-636-4400

Start out going SOUTH on N 4TH ST toward W MAIN ST/ US-31W W/ US-60 TRUCK W. Turn LEFT onto W MARKET ST/ US-31W E/ US-60 TRUCK E. Continue to follow W MARKET ST/ US-60 TRUCK E. Turn RIGHT onto S 1ST ST/ US-31E E/ US-60 TRUCK E. Continue to follow S 1ST ST. Merge onto I-65 S via the ramp on the LEFT toward NASHVILLE. Take the CRITTENDEN DR exit, EXIT 132, toward FAIR/ EXPO CTR. Turn SLIGHT RIGHT onto CRITTENDEN DR. Turn RIGHT onto CENTRAL AVE. CENTRAL AVE becomes CENTER AVE. CENTER AVE becomes CENTRAL AVE. Turn LEFT at S 4TH ST. Continue on S 4th ST and turn RIGHT on LONGFIELD AVE. ENTER CHURCHILL DOWNS AT GATE 10.

PARKING: Once in Churchill Downs take immediate right and stay along the farthest right portion of the parking lot. You will be able to park right there and walk under the track, through the tunnel and into the infield.

CHEROKEE PARK- ROAD RACE

2501 Alexander Road
Louisville, KY 40204
502-458-9450

Start out going NORTH on N 4TH ST toward W RIVER RD. Turn RIGHT onto W RIVER RD. Merge onto **I-64 E** via the ramp on the **left** to **Lexington/Cincinnati/I-71**. Take the GRINSTEAD DR exit, EXIT 8.

Turn RIGHT onto GRINSTEAD DR. Turn SLIGHT LEFT onto CHEROKEE PKWY/US-60 ALT. Turn LEFT onto ALEXANDER RD.

PARKING: Parking is available on both sides of ALEXANDER RD. between CHEROKEE PKWY and the SCENIC LOOP. More parking is available Between the SCENIC LOOP and BARNEY AVE. More parking is available in the neighborhoods nearby. There will be **NO PARKING IN THE GOLF COURSE PARKING LOT!**
THANK YOU!!

Spencer County High School- TIME TRIAL

520 Taylorsville Road

Taylorsville, KY 40071

502-477-3255

Start out going WEST on MAIN ST/ US-31W W/ US-60 toward N 2ND ST/ US-31. Turn RIGHT at N 4TH ST. Turn RIGHT at W RIVER RD and then merge onto I-64E via ramp on the LEFT to LEXINGTON/ CINCINNATI/ I-71. Take EXIT 19A to merge onto KY-155/ TAYLORSVILLE RD toward JEFFERSONTOWN/ TAYLORSVILLE. Turn RIGHT at KY-1531/ KY-155/ TAYLORSVILLE LAKE RD. Continue following KY-155 for 13 miles and school will be on the LEFT.

PARKING: As you come into Taylorsville you will go through the first light and then immediately after the light you will see the high school on your left and the driveway to the school. Take that left into the school and you can park anywhere in the schools parking lot.

Schedule of Events

2009 USA Cycling Masters Road Nationals Schedule - Louisville, KY
Saturday, June 27 – Registration and Packet Pick-up

12 PM – 8 PM Galt House Hotel

Sunday June 28th – Road Races

7 AM – 2:30 PM \$20 - Day-of-Race Packet Pick-Up @ Start/Finish (Road Race)

| Time | Category | Laps | Distance |
|----------|-------------|------|----------|
| 8:00 AM | Women 30-34 | 9 | 45 mi |
| 8:07 AM | Women 35-39 | 9 | 45 mi |
| 10:30 AM | Women 40-44 | 7 | 35 mi |
| 10:37 AM | Women 45-49 | 7 | 35 mi |

1:15 PM Women 30-49 Awards

| | | | |
|---------|-------------|----|-------|
| 1:00 PM | Women 50-54 | 6 | 30 mi |
| 1:05 PM | Women 55-59 | 6 | 30 mi |
| 1:10 PM | Women 60+ | 5 | 25 mi |
| 3:00 PM | Tandems | 10 | 50 mi |
| 3:07 PM | Tandems | 10 | 50 mi |

3:15 PM Women 50+ Awards

5:30 PM Tandems Awards

7 PM – 9 PM Registration/Packet Pick-Up @ Galt House

Monday June 29th – Road Races

7 AM – 3:30 PM \$20 - Day-of-Race Packet Pick-Up @ Start/Finish (Road Race)

| Time | Category | Laps | Distance |
|----------|-----------|------|----------|
| 8:00 AM | Men 65-69 | 7 | 35 mi |
| 8:07 AM | Men 70+ | 6 | 30 mi |
| 10:00 AM | Men 60-64 | 7 | 35 mi |
| 12:00 PM | Men 55-59 | 8 | 40 mi |

12:15 PM Awards Men 55+

| | | | |
|---------|-----------|----|-------|
| 2:00 PM | Men 50-54 | 8 | 40 mi |
| 4:00 PM | Men 30-34 | 13 | 65 mi |

7:15 PM Awards Men 30-34, 50-54

7 PM – 9 PM Registration/Packet Pick-Up @ Galt House

2009 USA Master's Road National Championships

Tuesday, June 30th - Road Races

7 AM – 1:30 PM \$20 - Day-of-Race Packet Pick-Up @ Start/Finish (Road Race)

| Time | Category | Laps | Distance |
|----------|-----------|------|----------|
| 8:00 AM | Men 35-39 | 12 | 60 mi |
| 11:00 AM | Men 40-44 | 10 | 50 mi |

11:30 AM Awards Men 35-39

| | | | |
|---------|-----------|----|-------|
| 2:00 PM | Men 45-49 | 10 | 50 mi |
|---------|-----------|----|-------|

5:00 PM Awards Men 40-44 and Men 45-49

7 PM – 9 PM Registration/Packet Pick-Up @ Galt House

Wednesday, July 1 - Time Trials – All Categories

7 AM – 4 PM \$20–Day-of-Race Packet Pick-Up @ Start/Finish (Time Trial Only)

8:00 AM (30 second intervals for individual, 1 minute intervals for tandems)

| | |
|-------------|---------|
| Men 30-34 | 25.8 km |
| Men 35-39 | 25.8 km |
| Men 40-44 | 25.8 km |
| Men 45-49 | 25.8 km |
| Men 50-54 | 25.8 km |
| Men 55-59 | 25.8 km |
| Men 60-64 | 25.8 km |
| Women 30-34 | 25.8 km |
| Women 35-39 | 25.8 km |
| Women 40-44 | 25.8 km |
| Women 45-49 | 25.8 km |
| Women 50-54 | 25.8 km |

Break

1:30 PM Awards for Completed Age Groups

| | |
|-------------------|---------|
| Tandem Men 70+ | 25.8 km |
| Tandem Mixed 70+ | 25.8 km |
| Tandem Women 70+ | 25.8 km |
| Tandem Men 90+ | 25.8 km |
| Tandem Mixed 90+ | 25.8 km |
| Tandem Women 90+ | 25.8 km |
| Tandem Men 110+ | 25.8 km |
| Tandem Mixed 110+ | 25.8 km |
| Elite Tandems | 25.8 km |

Break

2:30 PM Awards Tandem

2009 USA Master's Road National Championships

| | |
|-------------|-------|
| Men 65-69 | 20 km |
| Men 70-74 | 20 km |
| Men 75-79 | 20 km |
| Men 80+ | 20 km |
| Women 55-59 | 20 km |
| Women 60-64 | 20 km |
| Women 65-69 | 20 km |
| Women 70+ | 20 km |

4:00 PM Awards Women 55+, Men 65+

7 PM – 9 PM Registration/Packet Pick-Up @ Galt House

Thursday, July 2nd - Criteriums

7 AM – 3:30 PM \$20 - Day-of-Race Packet Pick-Up @ Start/Finish (Criterium)

| | <u>Category</u> | <u>Distance (mi)</u> | <u>Laps</u> |
|-------|-----------------|----------------------|-------------|
| 10:00 | Women 30-34 | 50 | 25 |
| 11:30 | Women 35-39 | 50 | 25 |
| 12:45 | Women 40-44 | 40 | 22 |
| 2:00 | Women 45-49 | 39 | 19 |

2:15 Awards Women 30-44

| | | | |
|------|-------------|----|----|
| 3:15 | Women 50-54 | 19 | 39 |
| 4:30 | Women 55-59 | 19 | 39 |

5:45 Awards Women 45+

7 PM – 9 PM Registration/Packet Pick-Up @ Galt House

Friday, July 3rd - Criteriums

7 AM – 4:30 PM \$20 - Day-of-Race Packet Pick-Up @ Start/Finish (Criterium)

| | <u>Category</u> | <u>Distance (mi)</u> | <u>Laps</u> |
|-------|-----------------|----------------------|-------------|
| 10:00 | Women 60+ | 19 | 39 |
| 11:15 | Men 70+ | 22 | 44 |
| 12:30 | Men 65-69 | 22 | 44 |
| 1:45 | Men 60-64 | 22 | 44 |

2:00 Awards Women 60+, Men 60+

| | | | |
|------|-----------|----|----|
| 3:00 | Men 55-59 | 25 | 50 |
| 4:30 | Men 50-54 | 25 | 50 |

6:00 Awards Men 50-59

7 PM – 9 PM Registration/Packet Pick-Up @ Galt House

Saturday, July 4th - Criteriums

7 AM – 2:30 PM \$20 - Day-of-Race Packet Pick-Up @ Start/Finish (Criterium)

| | <u>Category</u> | <u>Distance (mi)</u> | <u>Laps</u> |
|-------|-----------------|----------------------|-------------|
| 10:00 | Men 45-49 | 25 | 50 |
| 11:30 | Men 40-44 | 31 | 62 |
| 1:15 | Men 35-39 | 31 | 62 |
| 2:45 | Men 30-34 | 38 | 66 |

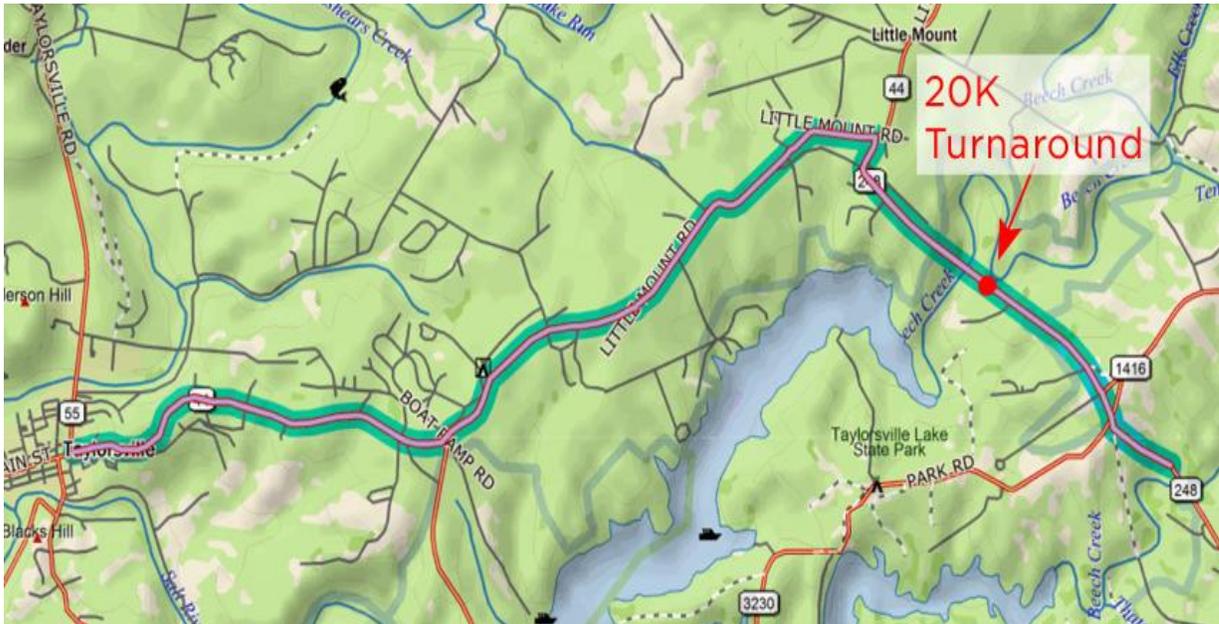
4:30 Awards Men 30-49

Awards Ceremonies

| | <u>Group</u> | <u>Time</u> | <u>Place</u> |
|--------------------------|----------------------|-------------|------------------|
| <u>Road Race</u> | | | |
| Sunday June, 28 | Women 30-49 | 1:15 pm | Cherokee Park |
| | Women 50+ | 3:15 pm | Cherokee Park |
| | Tandems | 5:30 pm | Cherokee Park |
| Monday June, 29 | Men 55 + All | 12:15 pm | Cherokee Park |
| | Men 30-34, 50-54 | 7:15 pm | Cherokee Park |
| Tuesday June, 30 | Men 35-39 | 11:30 am | Cherokee Park |
| | Men 40-49 | 5:00 pm | Cherokee Park |
| <u>Time Trial</u> | | | |
| Wednesday July, 1 | Completed Age Groups | 1:30 pm | Taylorsville, KY |
| | Tandems | 2:30 pm | Taylorsville, KY |
| | Men 65+, Women 55+ | 4:00 pm | Taylorsville, KY |
| <u>Criterium</u> | | | |
| Thursday July, 2 | Women 30-44 | 2:15 pm | Churchill Downs |
| | Women 45-59 | 5:45 pm | Churchill Downs |
| Friday July, 3 | Women 60+, Men 60+ | 2:00 pm | Churchill Downs |
| | Men 50-59 | 6:00 pm | Churchill Downs |
| Saturday July, 4 | Men 30-49 | 4:30 pm | Churchill Downs |

Course Descriptions

Time Trial – Taylorsville, KY



Time Trial

The time trial will start and finish at Spencer County High School, in Taylorsville, KY. The course will be 25.8k or 20k, depending on age and/or discipline. It is an out and back course in both instances. Pavement is good to excellent. The course is has some climbs and rolling hills. Turnaround will be marked with cones and fencing. An race official will be present. Neutral support will be located on the course.

PARKING: As you come into Taylorsville you will go through the first light and then immediately after the light you will see the high school on your left and the driveway to the school. Take that left into the school and you can park anywhere in the schools parking lot.

CRITERIUM – Churchill Downs

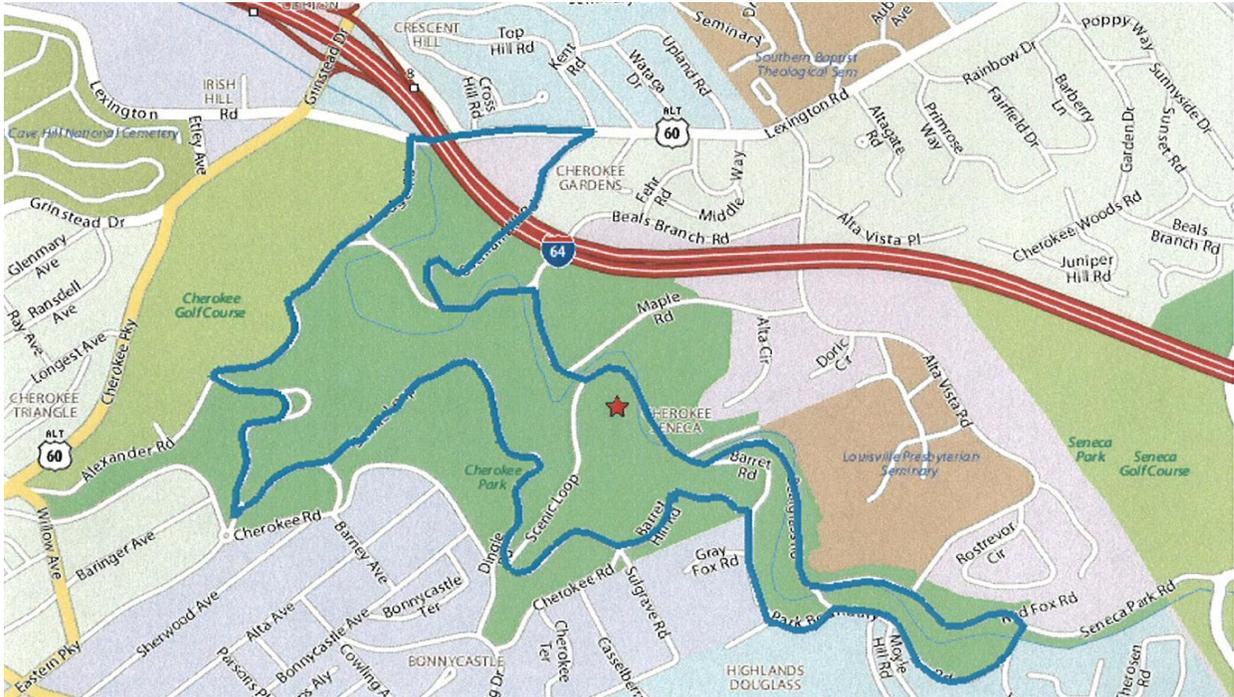


criterium

This is an approximately .5 mile course in the infield of Churchill Downs. The course is flat with 4 turns and a chicane. Neutral support will be available during the race.

PARKING: Gate 10 Longfield Lot--Once you turn into Churchill Downs gate 10 take immediate right and stay along the farthest right portion of the parking lot. Continue straight along the race track. You will park there and then walk through the tunnel and into the infield.

Road Race - Cherokee Park



Road Course

This is an approximately 5-mile loop that goes thru and around Cherokee Park. The course is rolling. The lowest approximate elevation is 450', the highest 550'. Pavement is good to excellent. Turns will be marked as necessary. There will be officials on the course with each race, as well as neutral support provided by Shimano.

Start Finish is at a new location from last year!!
(For location please see driving directions above (page 6))

PARKING: Parking is available on both sides of ALEXANDER RD. between CHEROKEE PKWY and the SCENIC LOOP. More parking is available Between the SCENIC LOOP and BARNEY AVE. More parking is available in the neighborhoods nearby.

Event Staff and Race Officials

Event Staff

Tom Vinson – USA Cycling Events Manager
Shawn Farrell – USA Cycling Technical Director
Tom Mahoney – USA Cycling Membership
Larry Martin – USA Cycling Regional Coordinator
Dave Towle – Announcer
Dirk Cowley – Sports Base Online
Brittany Cowley – Sports Base Online
Fred Patton – Phoenix Timing
Hilda Patton – Phoenix Timing
Sean Kettering – Phoenix Timing
Greg Fante – Director of Sports Development Louisville Sports Commission
Troy Killian – Director of Operations Louisville Sports Commission
Kevin Woodward – LSC Staff Coordinator
Marc Luking – Volunteer Coordinator

Race Officials

John Tarbert – Chief Referee
Ken Hart – Chief Judge
Dean Crandall - Referee
Joan Durdaller – Referee
Alice Stevenson – Judge
Judy Miller – Judge
Debbie Vinson -- Judge
Kirk Leidy – Moto Official
Brett Griggs – Moto Official
Vicki Johnston – Moto Official
Charlie Stevenson – Moto Official
Scott Anthony – Moto Official
Harry Williamson – Moto Official

ELIGIBILITY, RULES & REGISTRATION GUIDELINES

LICENSE REQUIREMENTS

1. ALL PARTICIPANTS MUST HAVE A CURRENT & VALID USA CYCLING LICENSE WITH THE PROPER CATEGORY AT THE TIME OF REGISTRATION. Riders who attempt to register, but do not hold a current and valid USA Cycling license, will NOT be allowed to complete the registration process until they can provide a valid USA Cycling license number. In order to avoid this situation, please make sure that your Sports Base Online profile is current and includes your USA Cycling license number.

ELIGIBILITY

1. At the time of registration, all participants of the USA Cycling Master Road National Championships MUST meet the minimum required category for the respective event according to the 2009 USA Cycling Rulebook. Riders attempting to register for an event without having the required category will be removed from the registration list with no refund provided.

2. All participants in the USA Cycling Master Road National championships MUST be either a U.S. citizen or resident alien.

3. All participants in the USA Cycling Master Road National Championships MUST have a racing age of 30 or over. Riders with a racing age of 30 or over who hold Elite status per USA Cycling rules may NOT compete in the USA Cycling Master Road National Championships. This includes riders who:

- Are, or have been, members of a UCI-registered team of any type (road, track, MTB) in the calendar year of the championship.
- Have competed in the Elite category of a UCI World Championship, Continental Championships or World Cup in the road discipline in 2009

4. All participants MUST race in the current age class as shown on their 2009 USA Cycling license. Riders MAY NOT race up or down in racing age class.

REGISTRATION

1. PARTICIPANTS MAY ONLY REGISTER ONE START SPOT PER ATHLETE. Riders are allowed to register one start spot per athlete, per event. Start spots are not allowed to be held, sold or otherwise transferred to other riders at a later time.

2. REGISTRATION FOR THE 2009 USA CYCLING MASTER ROAD NATIONAL CHAMPIONSHIPS WILL OPEN 60 DAYS PRIOR TO THE FIRST DAY OF THE EVENT. Online registration for the 2009 edition will open at 12:00 p.m. EDT on Tuesday, April 29 at www.sportsbaseonline.com. Please note: In 2009 USA Cycling has introduced an open registration process with NO MAXIMUM FIELD SIZE LIMIT and the option of running heats if warranted by the number of registrants. The determination of whether or not heats are necessary will be made by USA Cycling officials following the close of online registration and all affected participants will be notified by e-mail. **Online registration will close at 12:00 p.m. EDT on Tuesday, June 24.**

3. In an attempt to encourage members to register for the event early, USA Cycling has implemented a **LATE ONLINE REGISTRATION** period. The late online registration period will begin two weeks prior to the close of online registration at **12:00 p.m. EDT on Tuesday, June 10** Members who register online after this time will incur an additional \$25.00 late registration fee PER EVENT in addition to the original registration fee.

4. Also, in an attempt to allow as many competitors as possible to register for the event, USA Cycling will also allow **late on-site registration**. Participants may register for the 2009 USA Cycling Master Road National Championships up until one day prior to their respective race. All on-site registration must be completed by the close of registration the day BEFORE your event. Please note: **All on-site registrants will incur a 100% increase in the original registration fee.**

5. USA Cycling will accommodate refund requests up until two weeks prior to the opening of onsite registration. **Refunds will no longer be considered after 12:00 p.m. EDT on Sunday, June 15.** All refunds are subject to a 20% processing fee.

6. Packet Pick-up/On-site Registration will be available every day throughout the event at the host hotel. There will be specific times designated each day. USA Cycling encourages participants to pick up their race packets during these times. In order to pick up your packet, you MUST present your valid USA Cycling license at packet pick-up/registration. Additional on-site packet pick-up will be available at the start line each day, subject to a \$20.00 late fee.

RULES

1. FOR 2009 USA CYCLING NATIONAL CHAMPIONSHIPS: For all National Championships for riders ages 17 and up (i.e., junior 17-18, U23, elite, and masters), all bikes must be UCI legal. For any questions regarding bike measurements please refer to the UCI rule book at

<http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type=FILE&id=34033&LangId=1>

2. Individual Time Trials are open to ALL categories – men's categories 1 - 5 and women's categories 1-4.

3. ROAD RACE RULES: For master men's age groups 30-54, riders MUST be Category-3 or higher. For age groups 55 and above, there are no category requirements. For master women's age groups 30-44, riders MUST be Category-3 or higher. For age groups 45 and above, there are no category requirements.

4. CRITERIUM RULES: For master men's age groups 30-54, riders MUST be Category-3 or higher. For age groups 55 and above, there are no category requirements. For master women's age groups 30-44, riders MUST be Category-3 or higher. For age groups 45 and above, there are no category requirements.

5. TANDEM ROAD RACES: Tandem Road National Championships shall be conducted over a distance of 60-90 kilometers for men's, women's and mixed teams whose ages' sum falls into the following categories: 70+, 90+ and 110+. **The one who steers MUST be a Category 1, 2 or 3 rider at the time of registration.**

6. TANDEM TIME TRIALS: Tandem Time Trial National Championships will be conducted over a distance of 30-50 kilometers for men's and mixed teams, whose ages' sum falls into the following categories: 70+, 90+ and 110+ and for women's teams whose ages' sum falls into the following categories: 70+ and 90+.

Bike Measurement for USA Cycling Championship Events

Introduction

From the beginning of 2009, bicycles used in NRC races and National Championship events for riders with a racing age of 17 years and above must comply with dimensional and fit standards already implemented worldwide by the International Cycling Union, of which USA Cycling is a member federation.

USA Cycling Road Regulations 1J1 (e) Bicycles must meet current UCI technical regulations at events that select 17-18, U23 and elite riders for international competition or national teams. All bicycles used in Federation National Championship (for age 17 and older riders) and NRC races must comply with the current UCI regulations.

The intent of this article is not to discuss every possible dimension that is regulated for a bicycle in cycling competitions. It is intended to give you a clear understanding of what must be measured, generally how it will be measured, when it should be measured and issues that may affect a rider's fit on the bicycle for International competition and USA Cycling events as noted above.

The equipment regulations that are finally being enforced here are now approaching 11 years of implementation at the international level. Frame element dimensions are very specific, but manufacturers are largely maintaining this compliance. Don't assume, however, that all equipment complies with the regulations, especially older or custom designed equipment.

Bicycle Design/Dimensions

The general dimensions of the bicycle frame and wheels are not in question and are relatively straightforward to follow and are not discussed here. This does not mean they are unimportant; rather something you can review without interpretations. If you have a custom built bicycle or want to use a one of a kind design, you should review the following information in detail. (UCI Regulations Chapter 1-1.3.001)

The overriding principle required for frame design is a "double triangle", the front triangle formed by the seat, top and down tube, the second formed by the seat tube and rear wheel stays. For specific events, some variation is allowed in the frame design of a bicycle, specifically for track and time trial events. The familiar straight line, double triangle form is for mass start events for road and cyclo-cross. For time trial and track events, there is an allowance of a more free flowing design, although the same double triangle is evident if you just ignore the curves and connect the dots.



The Bicycle above is legal. It has a double triangle configuration.



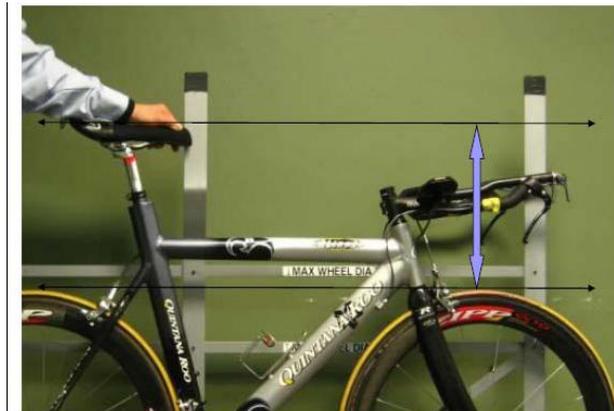
The Bicycle above is not legal. It has no seat tube or seat stays.

Bike Weight

For all road, cyclo-cross and track events there is a minimum weight requirement of 6.8 kg (14.99 lb). Ultra light road bikes and many track bikes may weigh less than the minimum weight. These are not allowed without adding additional weight to the bicycle to achieve the minimum weight. Water bottles, tool bags, pumps and such items that can simply be removed from the bike are not counted in the minimum required weight.

Handlebars

The regulations limit the normal forward reach of standard handlebars to 5 cm beyond the front wheel axle. This does not include the brake levers. As with most bicycles, the manufacturing industry makes compliance happen almost regardless of the components or frame. Handlebars of any kind must be lower than a level line drawn from the top of the saddle. The lowest part of the bars must also be higher than the top of the wheels.



Wheels

Wheels must be of the same diameter, between 550 mm and 700 mm, including the tire. For mass start races if the wheel does not pass the test of being "traditional" it must be specifically approved by the UCI. The regulations define a "traditional wheel" as any wheel with a rim with any cross section dimension no larger than 2.5 cm and with a minimum of 16 metallic spokes, whose maximum cross section does not exceed 2.4 mm. Anything more exotic than this for massed start events must first be tested and approved by the UCI. The UCI maintains a web site with this information under the "Rules" tab. The publication, "Non-Standard Wheels in Conformity with Article 1.3.018" contains the latest approved wheels.

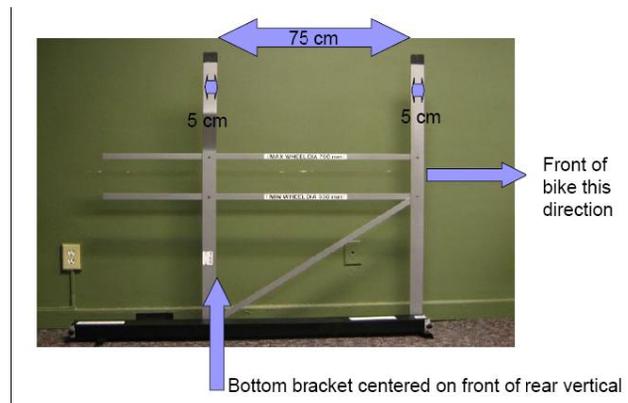
<http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type=FILE&id=MzUyMjk&>

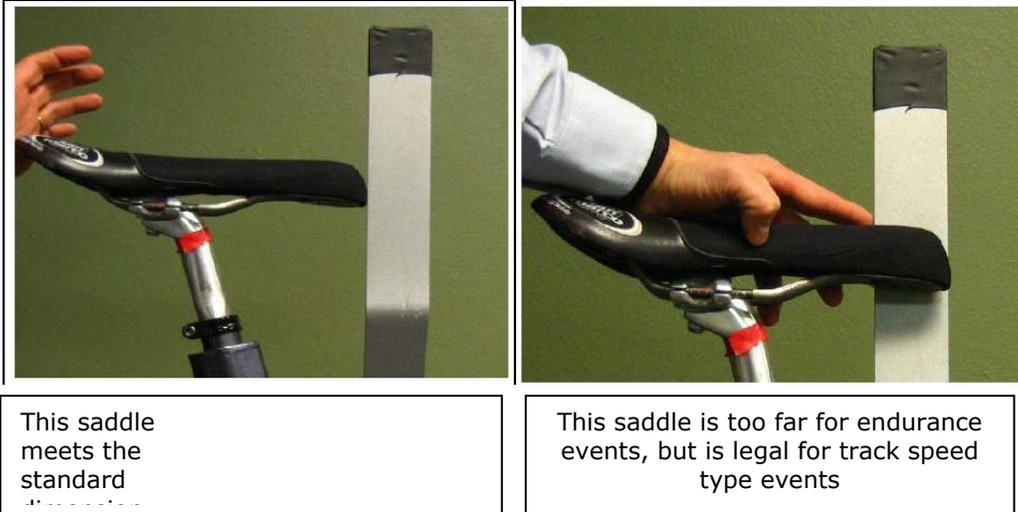
There are currently over 150 wheels on this list. The wheels are listed by manufacturer. Some equipment is cross manufactured so make sure you know the wheel's origin before assuming that it is not an approved wheel. Again, 11 years of international market compliance has seen the market become self-regulating on many fronts. With the popularity of triathlon, there is still reason to be watchful, however.

Bike Fit and Adjustment

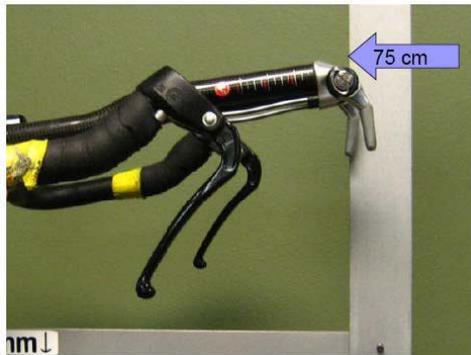
The rider's points of supports; saddles, handlebars and pedals, have dimensional and adjustment limits that affect the rider's position on the bicycle. The regulations for rider's fit on the bicycle vary between general endurance and pure speed events. First, the standard fit details are given. Following this, exceptions for body fit, or morphological exceptions will be reviewed.

For endurance or all mass start events; **road, track and cyclo-cross**, the nose of the saddle must be a minimum of 5 cm behind a vertical line drawn up through the center of the crank axle. For speed events (track); **sprint, 500m, 750m, kilometer and team sprint**, the nose of the saddle may move forward inside this 5 cm dimension, but never beyond the center of the crank.





For time trial events, handlebar extensions may be added. These extensions may offer forearm support, but cannot be designed to allow pulling or applying leverage against the handlebars. The maximum forward horizontal dimension of the handlebar extensions is 75 cm and is measured horizontally from the center of the bottom bracket axle to the end of the extension. Handlebar extensions should be parallel or nearly parallel to the ground such that the rider's arms are parallel to the ground when in use.

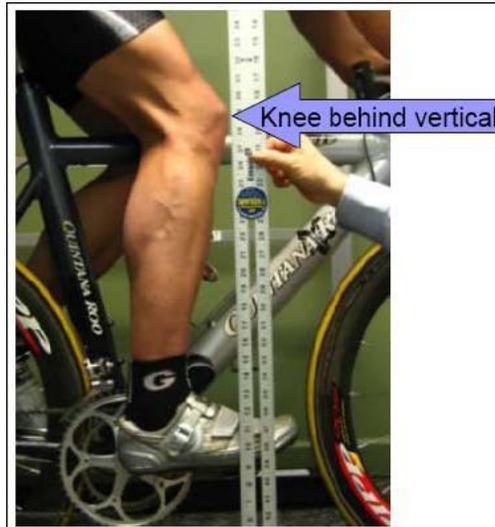


These bar extensions are the limit. The shift lever is right at 75 cm from the bottom bracket axle.

Saddle Position Morphology and Exceptions

One of the primary fit regulation issues is where the nose of the saddle can be in relation to a vertical line through the bottom bracket. As noted above, the regulation indicates the saddle must be 5 cm behind this line for most events. A rider whose saddle position is forward of this point, but no further forward than the center of the bottom bracket, must pass the following morphology test to be allowed to use this saddle position. Seated on the bike, with feet in shoes and clipped into the pedals, the foot/pedal is placed in the forward position (pedal horizontal-3 o'clock). In this position, the leading edge of the knee cannot be forward of the vertical line through center of the pedal axle. If the knee is found to be forward of this line, the saddle

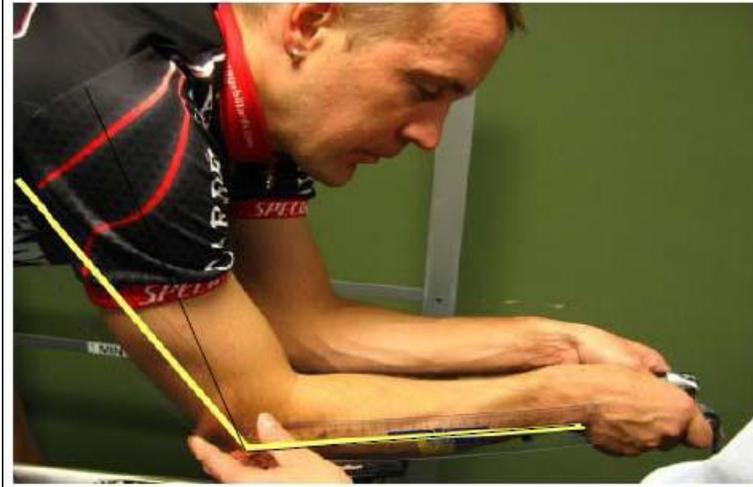
must be adjusted backwards and the verification is undertaken again. If the saddle cannot be adjusted for proper compliance, a smaller saddle might be an option. The saddle must be between 24 cm and 30 cm in length. Shorter riders and those with small frames are more likely to need this fit test performed. Note that the rider may not slide off the back of the saddle to move the knee back for this test. In fact, a rider who has normal leg length and is over 5' 6" really has no business requesting this test as such a rider can easily attain a legal position simply by moving the saddle back.



This rider would pass the morphological test for the saddle position behind the vertical. Note that the rider must be in their true riding position when doing this test.

Handlebar Extension Morphology

Extensions, whether a clip-on device or full replacement of the handlebar, are designed to offer the rider a more aerodynamic position, with an extended reach. Enforcement of handlebar regulations is to regulate two things; "superman" position (extended forward reach) and a level arm position. The regulation limits a handlebar extension to a horizontal dimension of 75 cm measured from the center of the bottom bracket axle to the end of the extension. A rider with a longer extension, but only up to a maximum of 80 cm overall (another 5 cm) must pass the following morphology test in order to be allowed to use the distance between 75 cm and 80 cm. The rider is placed on the bike, again in the appropriate time trial position and the angle between the rider's forearm and upper arm is measured. As long as this angle is not greater than 120°, the additional extension length, up to the 80 cm maximum, is allowed. The rider must reach to the end of the extension before this measurement is taken. If you do not use some portion of end the bar and don't want it to be part of this measurement, then it should be adjusted back or removed. Riders may not slide off the front of their saddle to decrease this angle. If a shift lever is added to the extension, the non-moveable portion of this device is counted in the overall measurement. This test is more common for tall riders.



This rider passes the handlebar extension morphology test. His elbow angle is less than 120 degrees.

Timing of Bike Check

Plan accordingly. Just as 17-18 Junior's must have their bike verified for roll-out for the maximum gear of 7.93 meters (26'), all bikes must be checked for nearly all events. Bikes are normally checked or verified for each event, each time they are used. The emphasis of compliance review is largely focused on, but not exclusively, on time trial and track events. Bikes are first checked for overall equipment, weight and dimensional compliance. If all the regulations are met, the bike is passed with no further testing required. Assuming the equipment and weight are acceptable, but the dimensions (for saddle position, handlebar placement, handle bar extensions) are outside the standard allowable limits, the bike and rider must be checked for morphological fit exceptions. A check of the bicycle with the rider seated, with racing shoes attached to pedals and the rider in the appropriate riding position for the specific event, is done. Remember, it takes a few minutes to verify your bike's compliance even if everything is adjusted within the specified regulations. If you know that you require a test for exceptions as outlined in this article, report to the officials a bit earlier than normal. Once a bike has been verified, however, it cannot leave the measurement area without being re-verified before the start of the event.

We hope this essay has been useful to you. If you have any questions about bike Measurement, please feel free to contact Shawn Farrell, USA Cycling Technical Director, at 719-866-3364 or sfarrell@usacycling.org

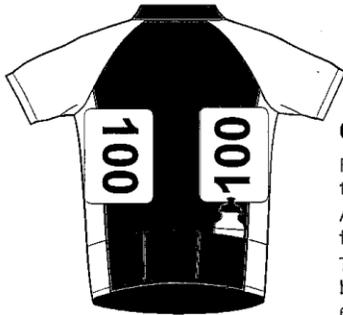
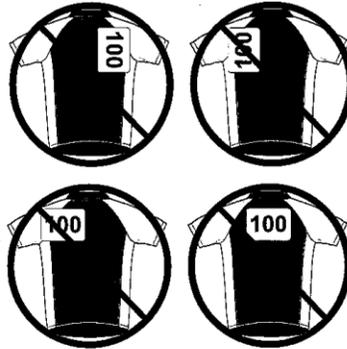
Time Trial, Criterium and Road Race Bib Placements



Back of Jersey

Time Trial Bib Placement

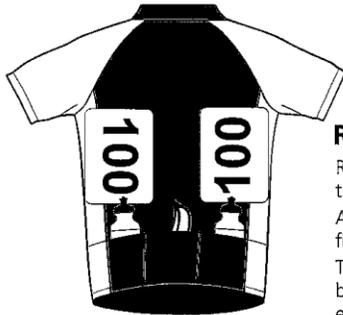
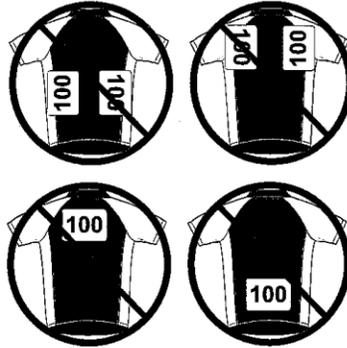
Race numbers must not be folded, trimmed, or altered in any way. Altering of numbers will result in fines and/or penalties. Trimmed, damaged, or lost numbers must be replaced at the rider's expense.



Back of Jersey

Criterium Bib Placement

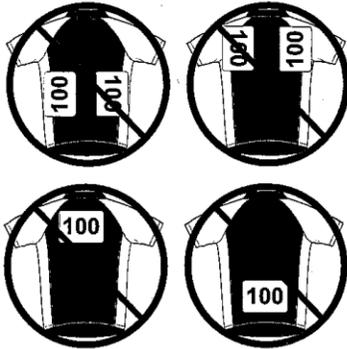
Race numbers must not be folded, trimmed, or altered in any way. Altering of numbers will result in fines and/or penalties. Trimmed, damaged, or lost numbers must be replaced at the rider's expense.



Back of Jersey

Road Race Bib Placement

Race numbers must not be folded, trimmed, or altered in any way. Altering of numbers will result in fines and/or penalties. Trimmed, damaged, or lost numbers must be replaced at the rider's expense.



Louisville Attractions and Events

With more than 120 attractions, many of them one-of-a-kind, Louisville has something for every age and interest. Discover the history of the city's beginnings on the Ohio River, the traditions of the Kentucky Derby or the makings of the legendary Louisville Slugger. London's Royal Armories are on display at their only location outside of England, the Frazier International History Museum. Take time to explore the city's nooks and crannies in neighborhoods like Old Louisville. Visit the "Urban Bourbon Trail," where you can raise a glass at six of the world's best-stocked and most-celebrated whiskey bars. Or take a short drive to one of Bourbon Country's famous distilleries.

Spectator sports include a Triple A baseball team at Louisville Slugger Field, an indoor football league and the college sports of the University of Louisville Cardinals and Bellarmine University Knights. Live Thoroughbred racing is offered at Churchill Downs in the spring and fall, and simulcast wagering is offered year-round.

Louisville is also an art city. The Speed Art Museum, Kentucky Museum of Art & Craft and the new 21C Museum Hotel offer permanent and changing exhibits. Galleries abound with monthly "trolley hops" to showcase exhibits. Blown glass is a popular medium with two downtown studios – Glassworks and Flame Run. Louisville is one of only a few cities in the U.S. with a professional full-time orchestra, opera, ballet, children's theatre, dinner theatre and Broadway series.

The list of must-see attractions goes on and on, from baby animals at the zoo to unique museums and historic homes. For a list of all the attractions in Downtown Louisville and neighboring areas, please visit www.GoToLouisville.com and click on Visitors. At this link, you can surely find something to do, somewhere to eat, or somewhere to shop.

Events

The following is a list of events happening in Louisville during your stay. For a more detailed and complete list, please go to www.GoToLouisville.com, and click on Events at the top of the page. We assure you that there is something for everyone of all ages and interests!

Best of the Collection Tours

Sponsored by: The Speed Art Museum
Location: 2035 S. 3rd St.
Description: Join us on a docent led tour and discover the museum treasures that make up the Speed. Meet at Front Desk.
Admission: Free
Hours: Saturday and Sunday 1:00 and 3:00, Thursdays 7:00 p.m.
Dates: Every Saturday, Sunday and Thursday
Phone: (502) 634-2700
URL: www.speedmuseum.org

English Silver in the Age of Matthew Boulton: The James C. Codell, Jr. Collection

Sponsored by: Speed Art Museum, The
Location: 2035 S. 3rd St.
Description: Over the span of 30 years James C. Codell, Jr. of Winchester, Kentucky, collected the work of innovative English industrialist Matthew Boulton. Mr. Codell's foresight created one of the world's great collections of silver, silver-plate, and other metalwork produced by Boulton's firm between the 1760's and the 1820's. From richly guided candelabra to sparkling silver tureens, this exhibition captures the elegance of the English table during the late 18th and 18th centuries. This collection was generously given to The Speed Art Museum so that others might enjoy the artistry of Boulton's creations.
Hours: Tues-Wed, Fri 10:30 a.m. - 4 p.m.; Thurs 10:30 a.m. - 8 p.m.; Sat 10:30 a.m.- 5 p.m.; Sun. Noon - 5 p.m.; Closed Mon.
Dates: April 12 - August 2, 2009
Phone: (502) 634-2700
URL: <http://www.speedmuseum.org/exhibitions.html#english>
Event Type / Category: Exhibit

IMAX: Country Music: The Spirit of America

Sponsored by: Louisville Science Center
Location: 727 W. Main St.
Description: Through rare and historical footage and performances by some of country music's biggest stars, this remarkable film shows that country music is far more than just entertainment. It's also a driving force in, and historical record of, our nation's social and political development. Includes performances by Dolly Parton, Alison Krauss, Lee Ann Womack, Lyle Lovett, Vince Gill, Alan Jackson, Dwight Yoakam, and many more!
Admission: \$8 adults, \$7 children (2-12 y/o), seniors 60+, and college students

2009 USA Master's Road National Championships

Hours: Times may vary
Dates: Opening July 1, 2009
Phone: (502) 560-6100
URL: www.louisvillescience.org
Event Type / Category: Indoor, Theatre

Derby Decades: Simply Chic, Part I

Sponsored by: Kentucky Derby Museum
Location: 704 Central Ave. Louisville KY, 40208
Description: The exhibit opens with a display of lavish gowns on April 10th. Each decade since 1875 (the year of the first Kentucky Derby) will be represented by gowns styled on 60 mannequins. Donned by members of high society and celebrities, these gowns will showcase the flavor and elegance of Derby season. Gowns will be included from Armani, Issey Miyake, Nina Ricci, Karl Lagerfeld, Bob Mackie, Chanel, Escada, Carolina Herrera and Bill Blass, along with vintage dresses from the 20's and 30's and antique outfits from the late 1800's. As an addition to this special collection, elaborate beaded gowns loaned by well-known Kentucky Derby celebrity hostess Tricia Barnstable will be also be displayed.
Admission: Adults \$12, Seniors \$11, Children (13-18) \$8, Children (5-12) \$5, Children under 5 are free
Hours: Monday- Saturday 8 a.m. - 5 p.m., Sunday 11 a.m. - 5 p.m.
Dates: April 10 - August 1, 2009
Phone: 502) 637-7097
Email: wtreinen@derbymuseum.org
URL: www.derbymuseum.org
Event Type / Category: Exhibit

Muhammad Ali Center

Location: One Muhammad Ali Plaza, 144 N. Sixth St., Louisville KY, 40202
Description: Located in the heart of downtown Louisville, Kentucky, the Muhammad Ali Center is both a cultural attraction and an international education center that is inspired by the ideals of its founder Muhammad Ali. The Ali Center's 2 1/2 levels of innovative exhibits, educational and public programming, and global initiatives carry on Muhammad's legacy and inspire exploration of the greatness within ourselves. Much more than a place that tells the story of one man's journey, The Ali Center reaches beyond its physical walls to fulfill its mission. The mission of the Muhammad Ali Center is to preserve and share the legacy and ideals of Muhammad Ali, to promote respect, hope, and understanding, and to inspire adults and children everywhere to be as great as they can be.
Admission: Adults \$9, Seniors (65+) \$8, Children (6-12) \$4, Students with ID \$5, Military \$5, Groups of 20 or more \$7 per person. Members and children 5 and under are free.
Hours: Tuesday-Saturday 9:30 a.m.- 5 p.m., Sunday 12 noon- 5 p.m. Monday closed.
Dates: Year round.
Contact Name: Muhammad Ali Center

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Phone: (502) 584-9254
Email: info@alicenter.org
URL: www.alicenter.org
Event Type / Category: Exhibit, Indoor

Kentucky Derby Museum

Location: 704 Central Ave. Louisville KY, 40208
Description: The Kentucky Derby Museum, which sits on the front steps of historic Churchill Downs, is a very visible part of our community. Graciously welcoming over 200,000 guests through the doors each year and giving them a first hand look at the event for which Louisville, Kentucky is known worldwide. The Museum aims to provide a lasting impression of tradition, hospitality and pride to our many visitors. When you visit the Kentucky Derby Museum you will find yourself immersed in the next best thing to actually being at the Derby! The Kentucky Derby Museum, one of Kentucky's premier attractions, captures the pride, traditions, and excitement of the "greatest two minutes in sports".
Admission: Adults \$12, Senior Citizens (55+) \$11, Young Adults (13-18) \$8, Children (5-12) \$5, Children under 5 free.
Hours: Monday - Saturday 8 a.m. - 5 p.m., Sunday 11 a.m. - 5 p.m.
Dates: Summer Hours (March 15 - November 30)
Phone: (502) 637-7097
Email: info@derbymuseum.org
URL: www.derbymuseum.org
Event Type / Category: Exhibit, Indoor

Speed Art Museum

Location: 2035 S. 3rd St. Louisville KY, 40208
Description: Established in 1927, the Speed Art Museum is Kentucky's oldest and largest art museum with over 13,000 pieces in its permanent collection. Its extensive collection spans 6,000 years, ranging from ancient Egyptian to contemporary art. The museum has distinguished collections of 17th century Dutch and Flemish painting, 18th century French art, Renaissance and Baroque tapestries, and significant holdings of contemporary American painting and sculpture. African and Native American works also represent a growing segment of the museum's collection. The Speed also houses paintings, sculpture, furniture, and decorative arts by Kentucky artists and created for Kentuckians. Since completing a major \$12 million renovation and expansion in 1997, the Speed has brought major exhibitions of photography, painting, design, and sculpture to the region to help fulfill its ambitious mission: bringing great art and people together. Located next to the University of Louisville's Belknap Campus, the museum serves more than 180,000 visitors annually.
Admission: Free
Hours: Tuesday, Wednesday and Friday 10:30 a.m.- 4 p.m., Thursday 10:30 a.m. - 8 p.m., Saturday 10:30 a.m. - 5 p.m., Sunday noon - 5 p.m., Monday closed.
Dates: Year round.
Phone: (502) 634-2700
URL: www.speedmuseum.org
Event Type / Category: Exhibit, Indoor

2009 Spring Meet

Sponsored by: Churchill Downs
Location: 700 Central Avenue, Louisville, KY 40208
Description: The Spring Meet opening day is April 25. Racing continues runs through July 5. Come out and enjoy all the excitement this legendary racetrack has to offer!
Admission: General Admission - \$2; Seniors - \$1
Dates: April 25, 2009 - July 5, 2009
Phone: (502) 636-4400
Email: customerservice@kyderby.com
URL: <http://www.churchilldowns.com/>
Event Type / Category: Outdoor, Sport

Fontaine Ferry

Sponsored by: Frazier International History Museum
Location: 829 W. Main St. Louisville KY, 40202
Description: From 1905 to 1969, Fontaine Ferry Park represented the very best of times for hundreds of thousands who enjoyed innocent hours of entertainment in the West Louisville amusement park on the banks of the Ohio River. For others, it was a sign of the times – a place they weren't allowed access because of the color of their skin. On May 16, the Frazier International History Museum opens Fontaine Ferry, a 3,800 square foot exhibition that explores this integral part of Louisville's history, just in time for the 40th anniversary of the park's closing.
Admission: Free with Museum Admission
Hours: 9 a.m. - 5 p.m. (Sunday noon – 5 p.m.)
Dates: May. 16, 2009 to Sept. 8, 2009
Phone: (502) 753-5663
URL: http://www.fraziermuseum.org/calendar_detail.asp?id=196
Event Type / Category: Exhibit, Indoor

Wild Music: Sounds & Songs of Life

Sponsored by: The Louisville Science Center
Location: 727 W. Main Street, Louisville, KY 40202
Description: Whales compose, bullfrogs chorus, songbirds greet the dawn, and people everywhere sing and dance. What do we all have in common? Long before the advent of iTunes, the musical instinct ran deep. Wild Music explores evidence for the biological origins of music through highly interactive exhibits and exceptional sound experiences, and -- in the process -- expands our understandings of what makes music. With its multicultural content, careful attention to accessibility, and rich menu of public programs and performances, Wild Music offers broad appeal for diverse, intergenerational audiences.
Dates: June 1, 2009 to Sep. 8, 2009
Phone: (502) 561-6100
URL: www.louisvillescience.org

2009 USA Master's Road National Championships

Event Type / Category: Exhibit, Indoor, Kid

IMAX

Sponsored by: Louisville Science Center

Location: 727 W. Main Street, Louisville, KY 40202

Description: Through June 30, Louisville Science Center's IMAX will be showing a variety of shows, including *Sea Monsters*, *Animalopolis*, and *Wild Ocean*. See <http://www.louisvillescience.org/site/imax/> for a full schedule. *Sea Monsters* allows you to follow a curious and adventurous dolichorhynchops – familiarly known as a "dolly" – as she travels through the most dangerous oceans in history. Along the way, she encounters giant turtles, enormous fish, fierce sharks, and the most dangerous sea monster of all, the mosasaur. *Animalopolis* takes a humorous journey inside the magical world of animals, full of "Seussian" style rhymes guaranteed to bring smiles and chuckles. Whether going nose to nose with hippos as they graze upon nature's massive salad bar, or eye to eye with dancing bears, discover how nature provides humor and wonder everywhere. *Wild Ocean* showcases a massive feeding frenzy which takes place in the oceans of South Africa as billions of fish migrate up the KwaZulu-Natal Wild Coast. Breaching whales, frenzied sharks, herding dolphins, and diving gannets compete in an epic underwater struggle for survival. However, there is a place on earth where man attempts to fit into the food chain, pursuing "sustainable" fishing practices in an attempt to preserve one of the most incredible migrations and feeding frenzies on the planet. In South Africa, business, government and the local people have joined forces in an attempt to protect this great and invaluable migration. This is where Africa meets the Sea.

Dates: May 1, 2009 – June 30, 2009

Phone: (502) 561-6100

URL: www.louisvillescience.org

Event Type / Category: Indoor, Kid

L & N Wine Bar and Bistro

Location: 1765 Mellwood Ave. Louisville KY,40206

Description: L & N features the area's most diverse wine list, offering nearly 80 wines by the glass and a carefully chosen bottle list from wine producing regions all over the world. Chef Rick Adams has created an extensive menu of quality bistro/comfort fare with a creative twist at affordable prices. Wine List voted Best of Louisville 2005 and 2008.

Hours: Monday though Saturday open at 5pm

Contact: Nancy Richards

Phone: (502) 897-0070

Email: nancy@landnwinebarandbistro.com

URL: www.landnwinebarandbistro.com

Event Type / Category: Other

Music on The Terrace

Sponsored by: Summit Lifestyle Center, The

Location: 9401 Brownsboro Rd. Louisville KY, 40241

Description: Live local bands every Thursday evening during June and July. Enjoy alfresco

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dining on The Terrace (between Qdoba and Mitchell's Fish Market) with the music of local and regional bands.

Admission: Free
Hours: 6:30 - 8:30 p.m.
Dates: Every Thursday in June and July.
Contact Name: Becky Norton
Phone: (502) 425-3441
Email: bnorton@bayerproperties.com
URL: www.thesummitonline.com
Event Type / Category: Food, Music/Outdoor

Andrea Keys: Ceramic Sculpture

Sponsored by: Kentucky Museum of Art & Craft
Location: Mary & Al Shands Gallery, 715 West Main Street, Louisville, KY 40202
Description: Andréa Keys is a young ceramic artist from Athens, Ohio who creates beautifully rendered and stylized life-size ceramic figures. Of her work she says, 'The sculptures that I make are driven by a desire to investigate how an individual's personal history affects their identity, behaviors and actions. I am interested in how intergenerational trauma and a person's past, particularly a past that has been interrupted by a traumatic event such as war, can influence patterned and learned behaviors that are passed through the family. I am utilizing images, patterns and symbols, found in specific notions of Western identity and psychology to create my characters, yet I am displaying them in environments that are unfamiliar. The element of fantasy that I create shows how the past and present, dream and reality, conscious and unconscious, and the familiar and unfamiliar can exist together in an environment that is uncanny, much like the way subconscious memories of a traumatic event can be very much alive in our conscious actions.'
Admission: Adults, \$5, Seniors \$4, Military \$4, Family (2 adults and all children) \$10, Children under 12 free, students with ID free.
Dates: May 23, 2009 – July 6, 2009
Phone: (502) 589-0102
URL: <http://www.kentuckyarts.org/index.cfm>
Event Type / Category: Exhibit, Indoor

Kaviar Forge & Gallery

Location: 147 Stevenson Ave., Louisville KY, 40206
Description: showcasing the work of sculptor/blacksmith Craig Kaviar. As the neighborhood transformed itself from a run down crime ridden neighborhood into a fashionable artsy historic district Mr. Kaviar decided to fulfill the second part of his dreamed and formally open an art gallery where he could feature some other very fine artist including painters and ceramists. Kaviar Forge & Gallery is committed to showcasing mature artists who have spent a lifetime creating their artwork, and whose expertise clearly shows in the depth and vitality of their works.
Hours: Wednesday – Friday noon- 6 p.m., Saturday noon – 4 p.m.
Phone: (502) 561-0377
URL: www.kaviargallery.com

Event Type / Category: Exhibit

Swords of the Americas & Art of the Duel

Sponsored by: Frazier International History Museum

Location: 829 W. Main St. Louisville KY, 40202

Description: The Frazier International History Museum is currently hosting two exhibitions in the third floor north gallery, *Swords of the Americas* and *Art of the Duel*. One is a unique and historically significant collection of artifacts. The other challenges romantic notions of dueling and poses the question—Is it defending one's honor or sanctioned murder? *Swords of the Americas*, George E. Weatherly's private collection of swords, sabers and related artifacts from the United States, Canada and various South American countries, is a fascinating glimpse into the past.

Then, discover *Art of the Duel*. Learn what separates a duel from regular fighting and ponder whether dueling was an effective process to address grievances or simply a socially-sanctioned form of murder. The display defines dueling and the special code of conduct required of the combatants. Learn where dueling was practiced and how it was done in various places, including the United States.

Admission: Free with Museum Admission

Hours: Monday – Saturday 9 a.m. – 5 p.m., Sunday noon – 5 p.m.

Dates: March 7, 2009 – August 9, 2009

Phone: (502) 753-5663

URL: http://www.fraziermuseum.org/calendar_detail.asp?id=242

Event Type / Category: Exhibit, Indoor

Shakespeare in Central Park – Romeo & Juliet

Sponsored by: Kentucky Shakespeare Festival

Location: C. Douglas Ramey Amphitheatre, Central Park, 4th Street & Magnolia Avenue

Description: 49th season of free Shakespeare in Central Park in historic Old Louisville.

Admission: Free

Hours: 8 p.m.

Dates: June 30th, July 1st

Contact Name: Doug Sumey, Managing Director

Phone: (502) 637-4933

Email: doug@kyshakes.org

URL: www.kyshakes.org

Event Type / Category: Festival, Outdoor, Theatre

Jazz Night at Maker's Mark Bourbon House & Lounge

Sponsored by: Fourth Street Live!
Location: 446 S. 4th Street Louisville KY,40202
Description: Bask in the luxury of Louisville's finest bourbon lounge while enjoying the sounds of great local jazz bands. Enjoy the world's finest bourbon or try the house wine for an evening you won't soon forget. \$2 off all bourbon.
Time: 7:00 p.m.
Date: July 30, 2009
URL: www.4thstlive.com
Event Type / Category: Music/Indoor

July 3rd Fireworks Cruise on the Belle of Louisville/ Spirit of Jefferson

Sponsored by: Belle of Louisville/Spirit of Jefferson
Location: 401 W. River Rd. Louisville KY,40202
Port: 4th Street Wharf
Description: Both the Belle of Louisville and the Spirit of Jefferson will celebrate the event with a funtastic cruise. A gigantic fireworks show will be featured. Get ready with your "ooooos" and "aaahs."
Admission: \$18 all ages.
Hours: Boards 8:00 p.m., Cruise 8:30- 11:00 p.m.
Date: Jul. 3, 2009
Phone: (502) 574-2992
URL: www.belleoflouisville.org
Event Type / Category: Cruise, Holiday, Indoor, Outdoor

Louisville Bats vs. Indianapolis Indians

Location: Louisville Slugger Field, 401 East Main Street, Louisville, KY 40202
Description: On July 2nd, Louisville's Triple A baseball team, the Louisville Bats take on the Indianapolis Indians in a double header beginning at 6:05 p.m. On July 3rd they will battle again at 7:05 p.m.
Admission: Children 12 & under, Seniors 65 and older, and active military personnel with proper ID receive \$1 discounts on all seats. To purchase tickets for one game, call Ticketmaster at (502) 361-3100 or come down to the Louisville Slugger Field Box office. Tickets range from \$5-\$10.
Dates: July 2 & 3
Contact Name: Gary Ulmer- President
Phone: 502-212-2287
Email: info@batsbaseball.com
URL: www.batsbaseball.com
Event Type / Category: Sports/Outdoor

July 4th Fireworks Cruise on the Belle of Louisville

Sponsored by: Belle of Louisville/Spirit of Jefferson
Location: 401 W. River Rd. Louisville KY, 40202
Description: Join us for the fun on the Fourth. Both the Belle of Louisville and the Spirit of Jefferson will celebrate the event with a fantastic cruise. A gigantic fire works show will be featured.
Admission: \$18 per person (all ages)
Hours: Boards at 8:00 p.m., cruises from 8:30 – 11 p.m.
Date: Jul. 4, 2009
Phone: (502) 574-2992
URL: www.belleoflouisville.org
Event Type / Category: Cruise, Holiday, Indoor, Outdoor

July 4th Fireworks Cruise on the Spirit of Jefferson

Sponsored by: Belle of Louisville/Spirit of Jefferson
Location: 401 W. River Rd. Louisville KY,40202
Description: Join us for the fun on the Fourth. Both the Belle of Louisville and the Spirit of Jefferson will celebrate the event with a fantastic cruise. A gigantic fireworks show will be featured.
Admission: \$17 per person (all ages)
Hours: Boards at 8 p.m., cruises from 8:30 - 11 p.m.
Date: Jul. 4, 2009
Phone: (502) 574-2992
URL: www.belleoflouisville.org
Event Type / Category: Cruise, Holiday, Indoor, Outdoor

Sky Trail High Adventure Course

Sponsored by: Louisville Zoo
Location: 1100 Trevilian Way, Louisville KY, 40213
Description: The whole family will want to try this exciting new high adventure course at the Zoo! Located near the Zoo Lake, the Sky Trail is a safe yet thrilling experience. Adventurers will see the Zoo from a whole new perspective from their perch high above the ground. It is two stories tall, including over 22 challenging elements including Ricketty Bridge, Tremor Bridge and Quarter Cargo Net plus footlines, balance beams, rope ladders and more! Climbers are safely tethered to the structure at all times. The Adventure Course is available for all ages although those under 48" require a helper.
Dates: Open now until September 15
Phone: (502) 459-2181
URL: www.louisvillezoo.org
Event Type / Category: Kid, Other, Outdoor

Calistoga Splash Park at Glacier Run

Sponsored by: Louisville Zoo
Location: 1100 Trevilian Way, Louisville KY, 40213

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Description: This nautically-themed splash park is the perfect place for kids to escape Kentucky's hot summer days! The Calistoga Splash Park at Glacier Run features 42 unique spray events (which means 42 ways to get wet) including 20-foot long and 25 foot high fishing boat for kids to climb on, two kid-sized slides off the back of the boat and dump buckets and spray heads on the deck of the boat. The Splash Park also includes a 50' geyser that erupts from the mast on a timed basis and a jelly jet launcher (2 kids pump up the launcher and when the pressure reaches a certain point it triggers water sprays).

Dates: May 1- mid-September.
Phone: (502) 459-2181
URL: www.louisvillezoo.org
Event Type / Category: Outdoor, Kid

Louisville Slugger Museum & Factory

Location: 800 West Main Street, Louisville, KY 40202

Description: It takes a special place to craft the Official Bat of Major League Baseball. Since 1884 Louisville Slugger has put prime lumber in the hands of the greatest players of the game. A visit to the museum shows you how the sport has changed a bit between then and now, but the "crack of the bat" remains one of the sporting world's most thrilling moments. There are exciting new renovations at Louisville Slugger Museum including the **'Hold a Piece of History'** exhibit, in which visitors are able to hold game-used Louisville Slugger bats swung by some of baseball's greats, past and present. A couple other thrilling renovations are **Babe's Bat** – a new and more prominent exhibit for one of the museum's signature pieces - a Babe Ruth bat featuring a hand notch for every home run he hit with it during the 1927 season, as well as **Joe DiMaggio's Bat** - showcasing a Louisville Slugger bat used by DiMaggio during his 56-game hitting streak in 1941.

Hours: Through June 30 Monday- Saturday 9 a.m.- 5 p.m., Sunday noon- 5 p.m. Starting July 1 open until 6 p.m.

Phone: 877-775-8443
URL: www.sluggermuseum.org
Event Type/Category: Indoor, Museum, Sports

Medical

Medical will be provided by



Frazier Rehab Institute

Sports Medicine

Jewish Hospital Health Network

Medical will be available at the finish line at each venue.

The hospital is located in downtown Louisville the address is

Jewish Hospital
200 Abraham Flexner Way
Louisville, KY 40202
(502)587-4011