



EASTERN COLLEGIATE  
**ECCC**  
CYCLING CONFERENCE



**PSU**  
*Cycling*

# The Glyceraldehyde 3-Phosphate Dehydrogenase Classic

You may want to familiarize yourself with the process of ATP (cell's energy currency) and lactic acid production before March 13<sup>th</sup> and 14<sup>th</sup>.

**March 13<sup>th</sup> and 14<sup>th</sup> 2004**

USCF Permit # 2004-000158

## **Rattlesnake Pike Uphill ITT- Sat. March 13th**

**Where:** Unionville, Centre County, PA. See Exhibit A below.

**Registration:** Friday 7pm-10pm at [The Bicycle Shop](#) in State College. Directions below.

Saturday beginning 7am at the Unionville Community Center at start line and ending one half hour before your scheduled category begins.

**Course:** Challenging 5-mile uphill individual time trial with 4 switchbacks. Climbing gear and oxygen masks recommended. At least a 23 in the rear.

**Race:** 8:00am - Men's D at 30 second intervals

To follow 5 minutes - Women's B at 30 second intervals

To follow 5 minutes - Men's C at 30 second intervals

To follow 5 minutes - Women's A at 30 second intervals

To follow 5 minutes - Men's B at 30 second intervals

To follow 5 minutes - Men's A at 30 second intervals

**Race format:** 30-second intervals between racers. 5-minute intervals between categories.

## **Historic Bellefonte Criterium- Sat. March 13th**

**Where:** Historic downtown Bellefonte, Centre County, PA. See Exhibit B below.

**Registration:** Friday 7pm-10pm at [The Bicycle Shop](#) in State College. Directions below.

Saturday 11am-12pm at start/finish line registration tent.

**Course:** Approximately one-mile loop. Same course as 2002 Eastern Collegiate Cycling Championships. Rolling with 4 turns. Slight uphill finish.

**Race:** 1:00pm - Men's D - 25 minutes

1:30pm - Men's C - 35 minutes

2:15pm - Women's B - 25 minutes

2:45pm - Men's B - 45 minutes

3:30pm - Women's A - 45 minutes

5:00pm - Men's A - 60 minutes

**Race format:** Criterium map included. The race will be run in a clockwise direction. Wheel-pit at start/finish. **Riders deemed out of contention will be pulled from the race.**

## **State College Circuit Race- Sun. March 14th**

**Where:** Downtown State College, Centre County, PA. See Exhibit C below.

**Registration:** Friday 7pm-10pm at [The Bicycle Shop](#) in State College. Directions below.

Saturday 8pm-11pm at 902 Willard Circle in State College. Sunday 7-7:30am at start/finish line registration tent.

**Course:** 2-mile loop rolling with a steep hill (some unknown percent at this time).

**Race:** 8:00am - Men's D race (9 laps, 18 miles, will take about 1 hour)

9:00am - Women's B race (9 laps, 18 miles will take about 1hr)

10:00am - Men's C race (13 laps, 26 miles, will take about 1.5 hrs)

11:30pm - Men's B race (18 laps, 36 miles, will take about 1.5 hrs)

1:00pm - Women's A race (18 laps, 36 miles, will take about 1.5 hrs)

2:50pm - Men's A race (24 laps, 48 miles, will take about 2 hrs)

**Race format:** Circuit map included. The race will be run in a clockwise direction. Start/finish line location to be announced. Fraser St. is the steep hill. **Riders deemed out of contention will be pulled from the race.**

## **Contact Information**

Race Director: Lou Devlin

Email: [ljd152@psu.edu](mailto:ljd152@psu.edu)

Phone: 814-861-6615

Mail: 902 Willard Circle

State College, PA 16803

President: Jordyn Drayton

Email: [jtd143@psu.edu](mailto:jtd143@psu.edu)

Phone: 814-272-6380

## **Penn State Cycling website**

[www.clubs.psu.edu/bike](http://www.clubs.psu.edu/bike)

## **Pre-registration**

### Option 1

Mail to Lou Devlin using above contact info. Please use this spreadsheet format to fill in your roster information: ( [http://www.clubs.psu.edu/bike/raceflyers/prereg\\_format.xls](http://www.clubs.psu.edu/bike/raceflyers/prereg_format.xls) ) Copy of racing license and proof of current enrollment must be received no later than March 8<sup>th</sup>. Changes may be made to pre-registered rosters (via email) until March 10<sup>th</sup> without penalty. Registration received after March 8<sup>th</sup> and changes made to pre-registration rosters after March 10<sup>th</sup> will be subject to a \$5.00 per rider per event late registration fee. Withdrawals will not be refunded after March 10<sup>th</sup>. Please make payment payable to **Penn State Cycling Club**.

### Option 2

[The Glyceraldehyde 3-Phosphate Dehydrogenase Classic](#) You still must present racing license and proof of current enrollment during check-in. Bikereg registration will close March 12<sup>th</sup> at 12 noon.

Lou knows how difficult it is sometimes to get registration from your team. Please do your best to pre-register. It helps make race-day for any promoter much less hectic. One-day (\$5) and annual (~\$50) licenses will be available at all registration locations. Any questions or concerns can be directed to Lou or to our president Sir Jordyn Drayton.

## **Race Fees**

\$7 for ITT. \$13 for Criterium. \$17 for Circuit. The higher than usual entry fees are due to the State College Police Department's slightly higher than usual fees for police marshals. These entry fees are the lowest possible we can charge without taking a huge financial hit for the weekend. Expect a smooth and well-organized race course. Sorry for any inconvenience. Questions-call me.

## **Race Numbers and Release Forms**

Race numbers and release forms will be handled by PEP Results. Check [www.eccc-info.com](http://www.eccc-info.com) for details.

## **Awards**

Awards will be given to the top three places in each category of each race. There may also be trophies for 1<sup>st</sup> place omnium in each category.

**Come to registration at The Bicycle Shop on Friday from 7-10! All racers can pick up a free water bottle and are eligible for 15% off in-store merchandise!**

## **Directions to The Bicycle Shop**

*From the North:* Take 87 S to 84 W to 81 S to I- 80 W (see below for directions from 80).

*From the West (Pittsburgh):* Take 22 E to I-99/ US 220 N towards Altoona, turn Right at traffic light on to US-220 to 322 E towards State College. Get off at Atherton Street ramp. You'll be on Atherton for 4 miles then look for Arby's and turn right onto W. College Ave. The Bicycle Shop is one block on right, parking on street and out back.

*From Allentown:* Take I- 476 N to exit 95 I-80 W (see below for directions from 80).

*From the East (New Jersey) Rt. 80 Westbound:* Take exit 161 towards Bellefonte (stay left at fork off of ramp to US -220S/26 S approximately 11 miles) follow signs towards Innovation Park/ Penn State Univ./ Beaver Stadium becomes Park Avenue. Stay Straight on Park Avenue for about 2.5 miles then turn left at "T" onto Atherton Street. Go approximately 0.5 mile then look for Arby's and turn right onto W. College Ave. The Bicycle Shop is one block on right, parking on street and out back.

## **Directions to Unionville Community Center on Rattlesnake Pike**

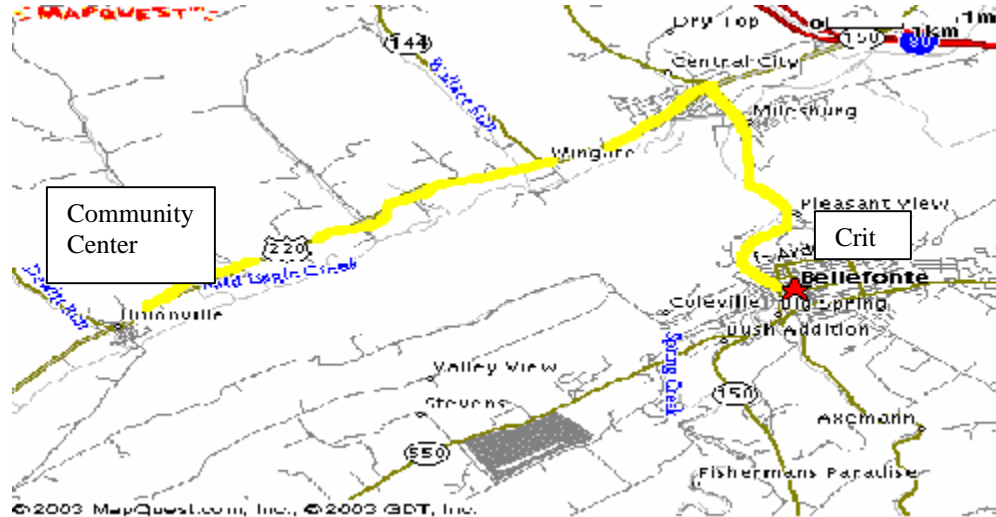
*From the North:* I-81 S. Merge onto I-80 W via exit number 151B toward BLOOMSBURG. Take the PA-150 S/US-220-ALT S exit- exit number 158- toward MILESBURG/ALTOONA. Merge onto US-220 ALT S. See map below.

*From Allentown:* US-22 W. Take the I-476/TOLL ROAD/PENNA TURNPIKE exit toward PHILADELPHIA/SCRANTON. Merge onto I-476 N via the exit- on the left- toward SCRANTON AND NORTH (Portions toll). Take the I-80/PA-940 E exit- exit number 95. Merge onto I-80 W. Take the PA-150 S/US-220-ALT S exit- exit number 158- toward MILESBURG/ALTOONA. Merge onto US-220 ALT S.

**From the East (New Jersey) Rt. 80 Westbound:** Take the PA-150 S/US-220-ALT S exit- exit number 158- toward MILESBURG/ALTOONA. Merge onto US-220 ALT S.

## Directions to Historic Bellefonte

**From ITT course:** Union St./US 220 towards Milesburg/Bellefonte for about 6 miles. Take the PA-150 S/PA-144 S ramp toward MILESBURG/BELLEFONTE. Follow this into Historic Bellefonte.



**From Rt. 80 Westbound:** Take the PA-150 S/US-220-ALT S exit- exit number 158- toward MILESBURG/ALTOONA. Merge onto US-220 ALT S. Take the PA-150 S/PA-144 S ramp toward MILESBURG/BELLEFONTE. Follow this into Historic Bellefonte.

## Directions to State College Circuit

**From Historic Bellefonte:** Start out going East on W HOWARD ST toward N ALLEGHENY ST/PA-144. Turn RIGHT onto N ALLEGHENY ST/PA-144. Turn RIGHT onto W HIGH ST/PA-550 S. Continue to follow PA-550 S. Turn LEFT onto PA-150/PA-550/S WATER ST. Continue to follow PA-150. PA-150 becomes E COLLEGE AVE/PA-26 S. Take the ramp toward PENN STATE UNIVERSITY. Keep LEFT at the fork in the ramp. Turn LEFT onto UNIVERSITY DR. Turn right onto E. Hamilton.

**From the north:** Take 87 S to 84 W to 81 S to I- 80 W (see below for directions from 80).

**From Rt. 80 Westbound:** I-80 W. Take the US-220 S/PA-26 exit- exit number 161- toward BELLEFONTE. Keep LEFT at the fork in the ramp. Turn LEFT onto JACKSONVILLE RD/US-220 S/PA-26 S. Continue to follow US-220 S. Merge onto MT NITTANY EXWY/US-322 E toward STATE COLLEGE/LEWISTOWN. Take the PA-26 ramp toward STATE COLLEGE. Turn RIGHT onto E COLLEGE AVE/PA-26 S. Take the ramp toward PENN STATE UNIVERSITY. Keep LEFT at the fork in the ramp. Turn LEFT onto UNIVERSITY DR. Turn right onto E. Hamilton.

## Parking/Bathroom Facilities

**For ITT:** Park at the Unionville Community Center. Bathrooms available inside Community Center.

**For Criterium:** Park at school. Portable bathroom units available near start/finish area.

**For Circuit:** Park on E. Prospect Ave. See Map.

Penn State Cycling thanks these sponsors:



441 W. COLLEGE AVE.  
STATE COLLEGE PA.  
814-238-9422



**RUDY PROJECT.**  
*Technically Cool Eyewear™*



**DeFeet®**  
Technically Engineered Apparel For Athletes.

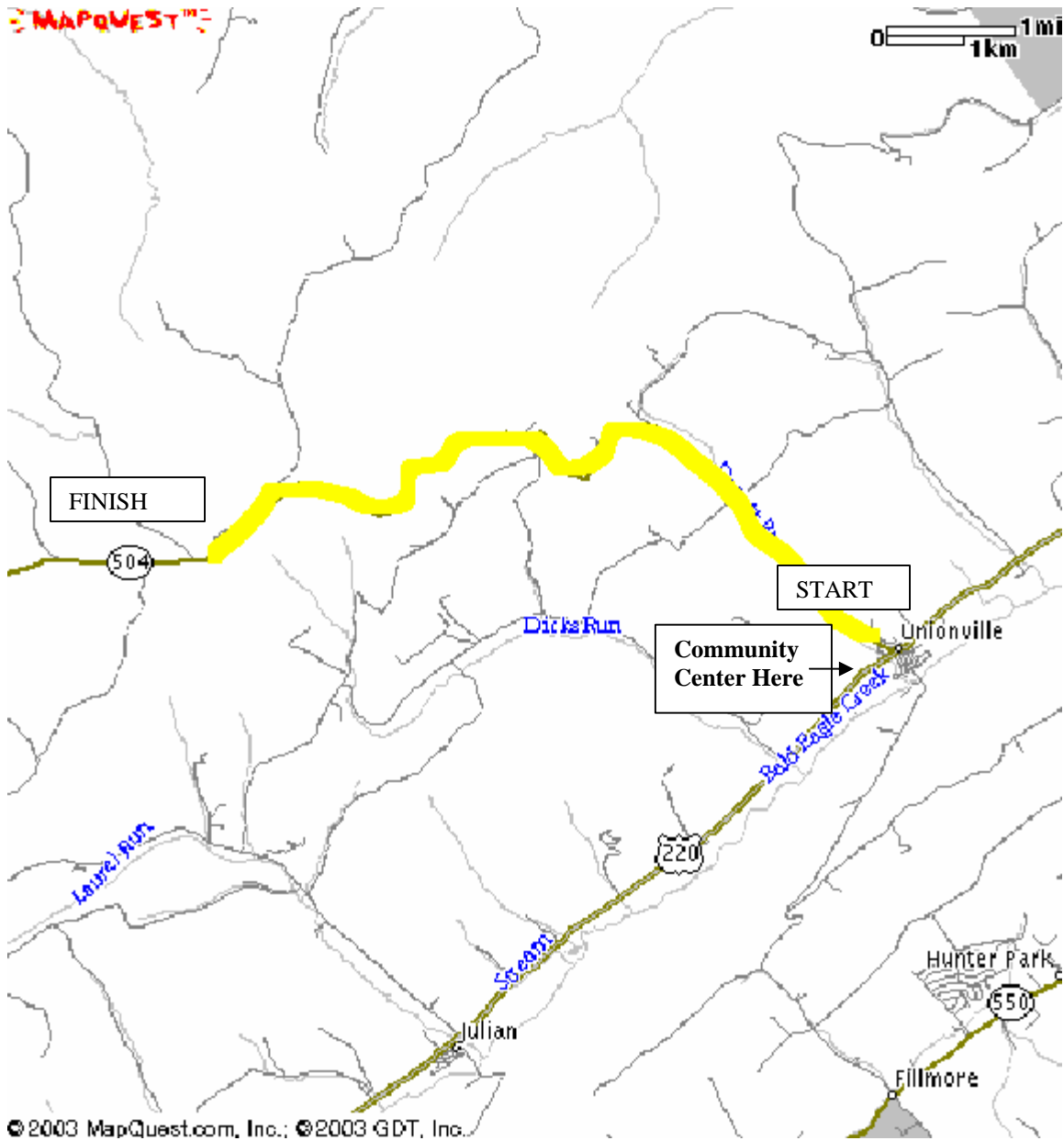


This weekend would not be possible without the support of our friends at:



# Exhibit A

Individual Time Trial Course  
Event Date: March 13<sup>th</sup>, 2004  
Event Time Begin: 7:00am  
Event Time End: 11:00am



## Exhibit B

Criterion Race Course  
Event Date: March 13<sup>th</sup>, 2004  
Event Begin Time: 11:00am  
Event End Time: 6:00pm

