



2022 Tour of Anchorage Race Bible

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1 INTRODUCTION

Welcome to the 2022 Tour of Anchorage! We are so happy that you have decided to participate and hope that you have a safe and fun experience! Please read this race bible thoroughly; it should answer most questions and provides details on each individual stage, as well as race rules. Should you have any additional questions, please refer to the race director and/or club chairperson. We have done our best to summarize everything here, but note that some details may be subject to change once the event is underway.

2 TOUR OF ANCHORAGE AT A GLANCE

Here is a quick overview of the stages and event details. For more detailed information and course maps, see pages 9-18.

Overview of Stages

Date	Event	Staging Location	Sign-in Cutoff Time	Event Start Time
8/10/22	Stage 1: Moose Run Time Trial	JBER Range	6:30 PM	7:00 PM
8/11/22	Stage 2: Ruff Road Circuit Race	Ruff Road pullout & JBER Armory Lot	6:30 PM	7:00 PM
8/12/22	Stage 3: ERNF Mile Hi Road Race	Eagle River North Fork Campground Parking	6:30 PM	7:00 PM
8/13/22	Stage 4: Big Lake Road Race	Mid Valley Senior Center	11:30 AM	12:00 PM
8/14/22	Stage 5: Elmendorf Road Race	Fairchild Rd Parking Lot	11:30 AM	12:00 PM

Contact Information

General comments/questions:

Club website: arcticbicycleclub.org

Email: bike907@gmail.com

For emergencies only:

Race Director, Justin Neff

Phone: 907.830.3511

Division Chairperson, Eric Flanders

Phone: 907.602.9930

3 IMPORTANT DETAILS

- Registration for the 2022 TOA will be online only, with registration for individual stages closing at 9 pm the night before each race. There will be no onsite or race day registration.
- All racers (even if you are pre-registered) must sign-in at the registration table prior to each stage. Racer sign-in will open 1 ½ hours prior to each event and will close 30 minutes before the start. **If you have not signed in at least 30 minutes prior to your event, you risk having your name pulled from the start list.**
- There will be a pre race meeting 15 minutes before each event starts.
- Racers are free to choose their category based on ability level. Racers may not change their category once the event is underway. If you feel that you have selected the wrong category, please contact the race director. Male and female categories may be grouped together but will be scored separately. **Categories with fewer than five racers will be combined with a similar category for both racing and results.**
- Numbered RFID timing chips will be used for timing purposes and for racer identification. **Racers must pick up their chip during check in and return it at the check in table after the race is over.** There are no cloth bibs this year.

4 RACE RULES

It is your responsibility to familiarize yourself with and adhere to these rules – read them carefully! Failure to follow these rules may result in disqualification from the tour.

Timing Chips: Timing chips must remain on the bike at all times while racing. The chips come attached to a seat post collar and should be attached to the seat post in line with the rear wheel. See the race director or timing team for assistance.

Sign-in: Racers must sign in at least 30 minutes prior to each event! Failure to do so may result in being excluded from your event.

Combined Categories: Categories of similar ability may be combined for mass start events. Racers may draft and work with any other racers in the group with which they start, and will still be scored in their individual category. Racers may not draft or work with racers from other groups with which they did not start.

Pack Times: The road races are considered pack time events. Any gap between groups that is larger than 2 seconds will be considered a gap for timekeeping purposes, and the next group will be given a different time. For example: the first pack of 10 riders has a finishing time of 1:15:05, a gap of 30 seconds occurs, and the second pack has 15 riders, all with a finishing time of 1:15:35.

Helmets: Helmets must be worn at all times when riding your bike!! This includes before and after events, even if you are just riding around the parking lot. Riding without a helmet at any time is grounds for immediate disqualification.

Earpieces: Devices with earpieces are not permitted at any time while riding (including before and after racing), during any stage. Earpieces may be worn for trainer warm-ups, but not at any time when your bicycle is in motion.

Aerobars/Helmets: Aerobars and aero helmets are only permitted during the stage 1 time trial.

Drafting: Drafting is permitted in stages 2, 3, 4, and 5. Drafting is not allowed in the stage 1 time trial. Drafting off of groups other than the group with which you started is prohibited.

Yellow Line: The yellow line rule is in effect for all stages. Riders may not cross the yellow line lane divider at any time. If a painted yellow line is not present, riders must stay as far to the right as possible. This is extremely important to ensure riders' safety. Failure to follow this rule may result in disqualification.

Support: Support/follow cars will not be provided by the race organizers, and follow cars for individual racers are prohibited. For the stages 2, 4 & 5 there will be designated pit areas for spare wheels and other equipment. Outside support is permitted only within these pit areas. Racers may take assistance from teammates or other racers. During stages 4 & 5 only, racers may take outside support (food, bottles, clothing, equipment etc.) in the designated feed zone. Accepting a hand-up from a moving vehicle is not permitted in any stage.

Neutral Zones: In the Stage 1 time trial and Stage 3 road race, 100 meters before and after the turnaround is a designated neutral zone. Passing is not permitted within the neutral zone. Please be courteous of your fellow racers, and allow others to collect food and clothing safely in and around pit areas or feed zones. Racers taking support should signal their intention to do so.

5 OTHER DETAILS

UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct of any kind will not be tolerated – period. When you are on your bicycle, you are a role model for other racers, cyclists, and the club. Be competitive, but be courteous and respectful of others. None of us are getting paid to do this.

PROTESTS AND DISPUTES

Race officials will not be present on the road with the racers, so racers must be self-governing. All perceived rule violations must be reported within 30 minutes after the race finish. Perceived errors in the results must be reported in a timely manner to the race director after results are posted, and at least one hour before the start of the next stage. Disputes will be resolved by the members of the Arctic Bicycle Club – Road Division Committee.

6 COMPETITIONS

GENERAL CLASSIFICATION

All racers competing for the entire series are eligible for the general classification (GC). Racers must complete each stage to remain in the GC. Racers who cannot complete a stage due to a mishap or major mechanical problem may be given a prorated time, at the race director's discretion, and permitted to advance to the next stage.

The GC placing will be based on lowest overall accumulated time, including any time bonuses earned and/or time penalties incurred.

7 AWARDS

Awards will be given to division winners only, and will be available for pick up at a time and location to be determined.

8 RESULTS

Results will be posted after each stage on the road division website: www.arcticbicycleclub.org

To stay updated with the latest news and be informed as soon as results are available, be sure to follow the road division on Facebook and join our Strava club.

9 OVERVIEW OF STAGES

The following pages provide added detail and maps for each stage and should answer most questions. Please contact the race director or club president if you have additional questions regarding any stage or event details.

STAGE 1 – MOOSE RUN TIME TRIAL

Date	Wednesday, August 10
Sign-in	5:30-6:30 PM
Registration	Online only – closes 3 pm race day
Race start	7:00 PM, first rider out

Details:

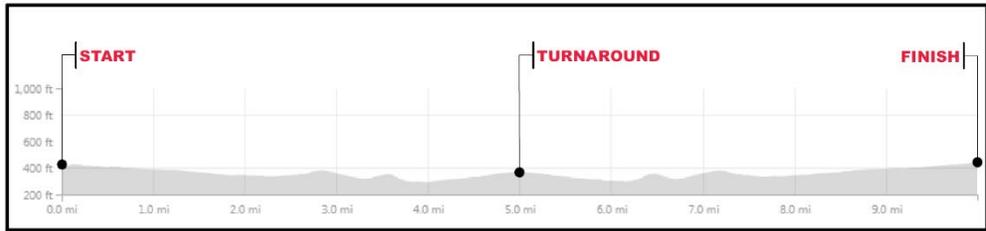
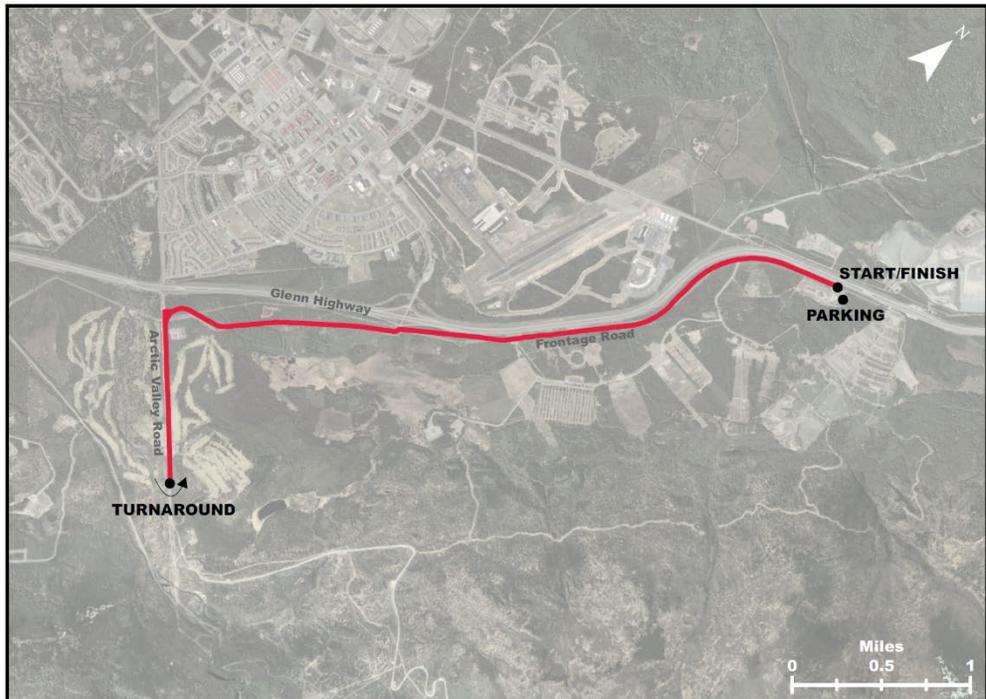
- Directions – Head north on the Glenn Highway. Exit right at JBER exit and take west frontage road to JBER Range parking.
- Warm-up – Warm up on a stationary trainer in the parking lot or on the road. Warming up on course is NOT permitted once the race is underway. A short stretch of road north of the start/finish is available for warm up once the race is underway.
- Start – Time trial format, with racers departing at 30-second intervals. Start list will be posted at check in. Day racers will be seeded at the race director's discretion.
- Feed Zone / Pit Area – None. Outside support is not permitted.
- Distance – 10 miles
- Competitions – there will be no time bonuses awarded for this stage.



Drafting is not permitted. Racers must leave at least 7 meters (4 bike lengths) between their front wheel and the rear wheel of the rider in front in order to not be considered drafting. Passing is on the left only. Yellow line rule is in effect, roads will be open to normal traffic. Please use caution if warming up and/or cooling down on the course or nearby roads as roads are narrow and frequented by tourists during the summer months.

**MOOSE RUN
TIME TRIAL**

OUT & BACK
Distance: 10mi
Elev. Gain: 340ft



STAGE 2 – RUFF ROAD CIRCUIT RACE

Date	Thursday, August 11
Sign-in	5:30-6:30 PM
Registration	Online only. Closes 3 pm race day. Requires JBER access. If you did not submit your info to pre-approved list, you will need to meet a military sponsor at the Boniface gate between 5:15 and 6:15 pm or otherwise arrange for an iSportsman pass for base access.
Race start	7:00 PM

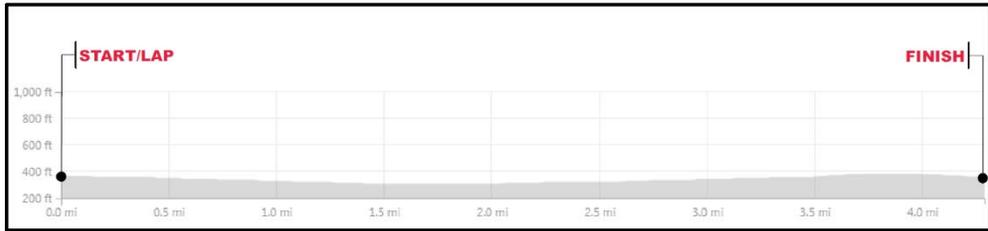
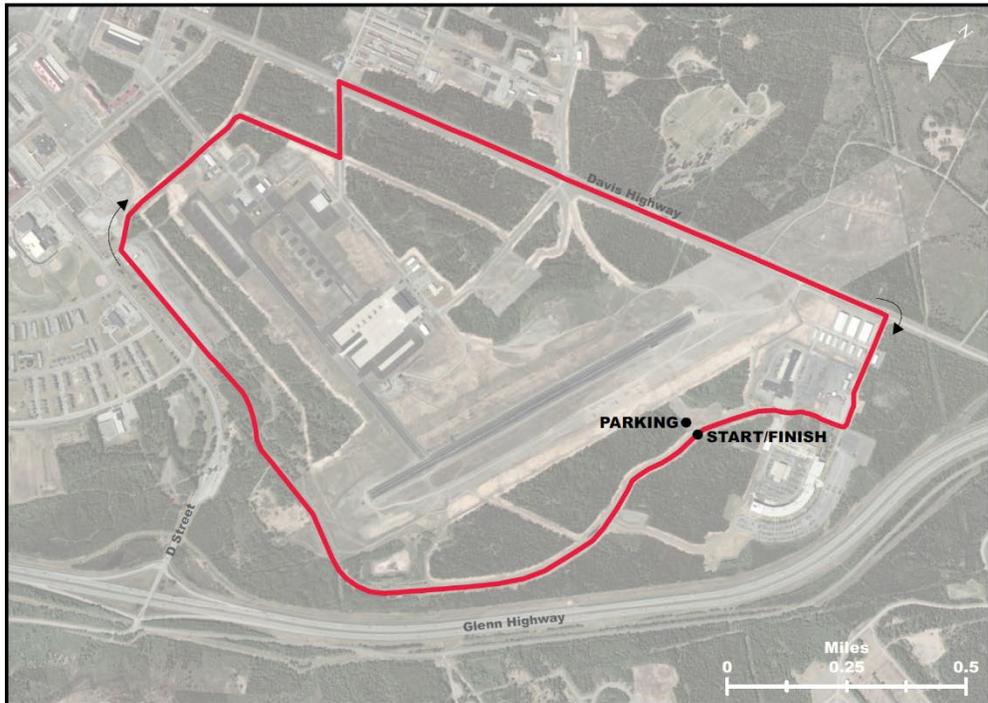
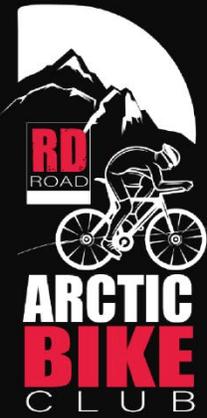
Details:

- **Directions** – Take the Glenn Highway north to Fort Richardson JBER exit. Turn left on to D st and cross the bridge to the Fort Richardson gate. Bear right after the gate onto Ruff Road. NOTE: If you did not submit your info for the pre-approved JBER access list, you will need to go to the **Boniface** gate visitor center to meet with a military sponsor between 5:15 & 6:15pm.
- **Parking/staging** – At the small gravel lot near the start/finish on Ruff Road. Overflow parking will be at the Armory parking lot ¼ mile past the finish.
- **Warm-up** – Warming up on the course is allowed prior to the start of the race. Warming up on course is NOT permitted once the race is underway.
- **Start** – Interval starts by category.
- **Drafting** – Racers should only draft off of the divisions with which they started.
- **Distance** – 4.3 mile laps
- **Feed Zone / Pit Area** – None. Outside support is not permitted.
- **Start** – Mass start by category. See details below.

Division*	Start Time	Laps	Distance
A Women B Men Master Men 45+ A Men	7:00 PM	8	34.4 miles
B Women Master Women 45+ C Men Master Men 60+	7:02 PM	5	21.5 miles
C Women Master Women 60+ Juniors	7:03 PM	4	17 miles

**RUFF ROAD
ROAD RACE**

LAP
Distance: 4.3mi
Elev. Gain: 80ft
Direction: Clockwise



STAGE 3 – EAGLE RIVER NORTH FORK MILE HI ROAD RACE

Date	Friday, August 12
Sign-in	5:30-6:30 PM
Registration	Online only. Closes 3 pm race day.
Race start	7:00 PM

Details:

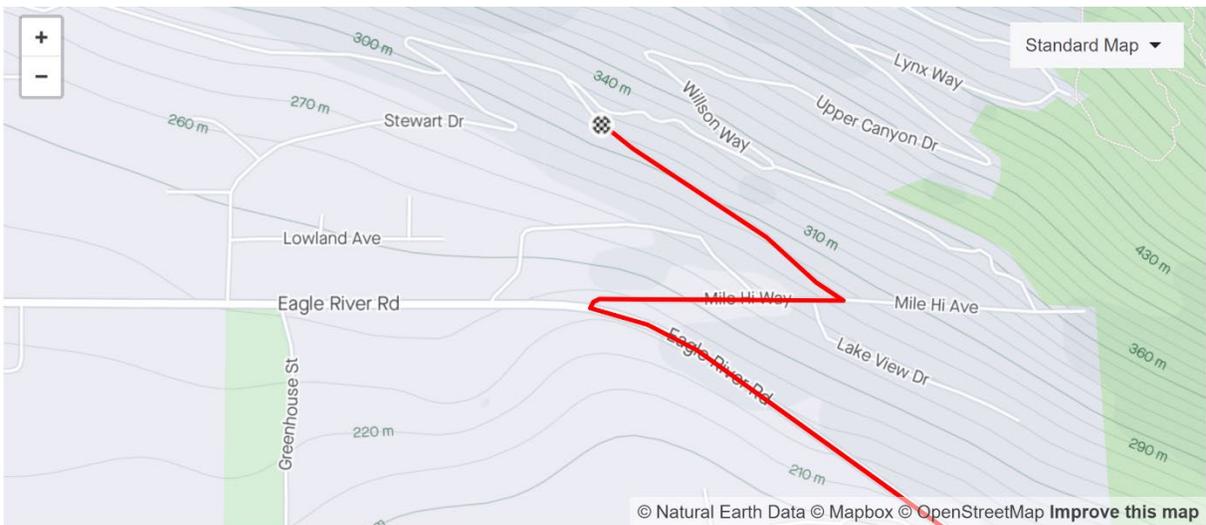
- **Directions** – Take the Glenn Highway north to Eagle River Road. Exit right on Eagle River Road and proceed east to Eagle River North Fork Campground parking.
- **Parking** – Eagle River North Fork Campground parking lot.
- **Warm-up** – Warming up on course is permitted prior to race start, but NOT once race is underway.
- **Start** – Mass start by category, details are outlined below.

Division*	Start Time
A Men B Men Master 45+ Men A Women	7:00 PM
B Women Master Women 45+ C Men Master Men 60+	7:02 PM
C Women Master Women 60+ Juniors	7:04 PM

- **Feed Zone / Pit Area** – None. Outside support is not allowed.

Yellow line rule is in effect.





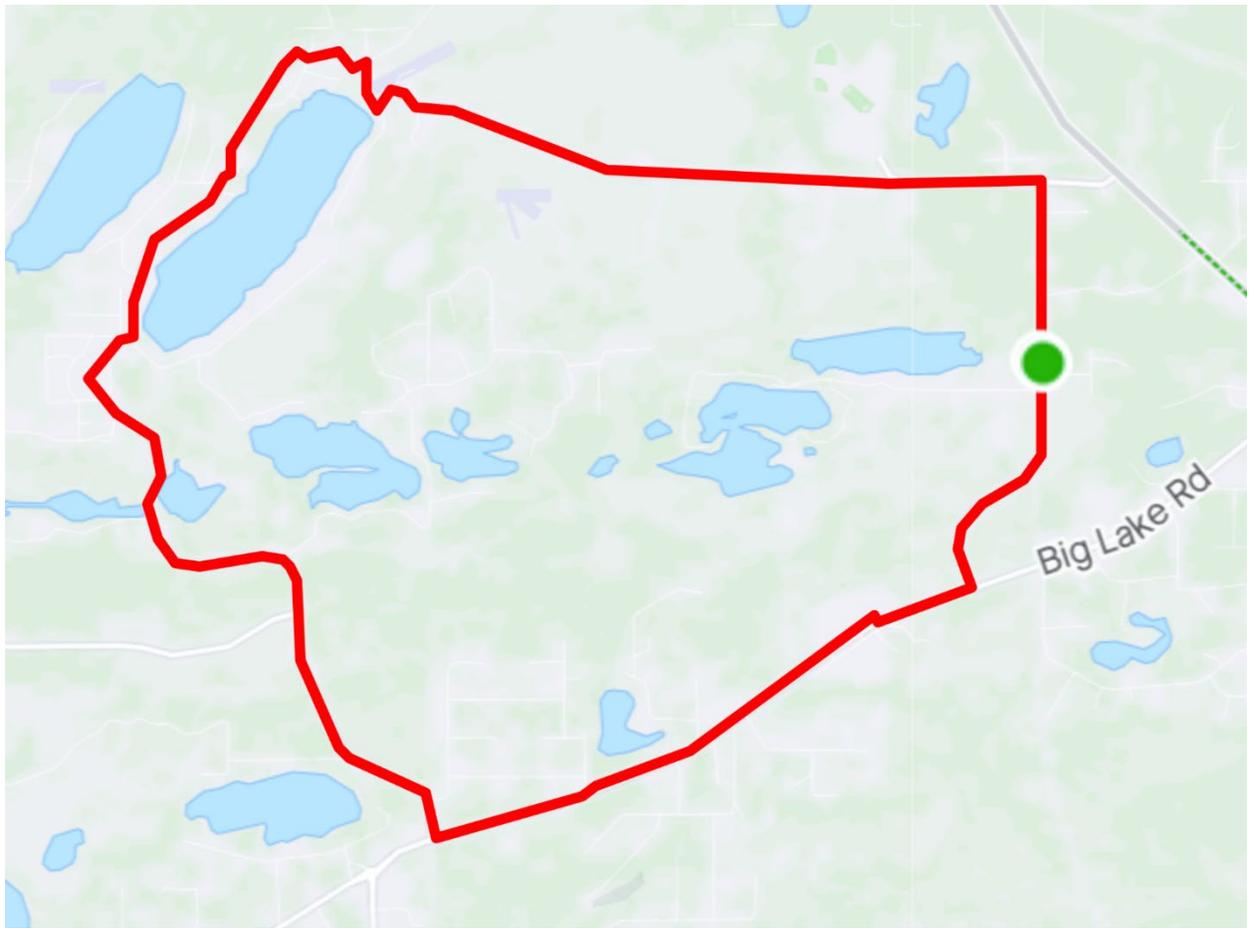
STAGE 4 – BIG LAKE ROAD RACE

Date	Saturday, August 13
Sign-in	10:30-11:30 AM
Registration	Online only. Closes 9 pm Friday, August 12 th .
Race start	12:00 PM

Details:

- **Directions** – From Anchorage, take the Glenn Highway North to the Parks Highway exit. Exit left on Parks Highway and proceed north to Big Lake Road. Turn left on Big Lake Road, then right onto Kenlar Rd. Start/Finish is on Kenlar Rd.
- **Parking** – Mid Valley Senior Center on the north end of Kenlar Rd. near the intersection with Hawk Ln.
- **Warm-up** – Warming up on course is permitted.
- **Start** – Mass start by category. Categories of similar ability may be combined for this event. Riders may draft off of those in their start groups, regardless of category. Riders may not draft off of other racers from different start groups. Individual category start times and distances are as follows:

Divisions	Start Time	Laps	Distance in Miles (approximate)
A Men	12:00 PM	5	50
B Men Master Men 45+ A Women	12:02 PM	5	50
C Men Master Men 60+ B Women Master Women 45+	12:04 PM	4	40
C Women Master Women 60+ Juniors	12:06 PM	3	30



STAGE 5 – ELMENDORF ROAD RACE

Date	Sunday, August 14
Sign-in	10:30-11:30 AM
Registration	Online only. Closes 9 pm Saturday, August 13 th . Requires JBER access. If you did not submit your info to pre-approved list, you will need to meet a military sponsor at the Boniface gate between 10:00 and 11:00 am or otherwise arrange for an iSportsman pass for base access.
Race start	12:00 PM

Details:

- **Directions** – From Anchorage, take Glenn Highway north to the JBER exit. Exit right, then turn left across the overpass to the JBER gate. Enter JBER on D Street. Take D Street to Richardson Dr. Turn left on Richardson Dr. Take Richardson Dr. to Talley Ave. Turn right on Tally Ave. Proceed on Tally until it turns into Airlifter Dr. Proceed on Airlifter until Fairchild Ave. Take a right on Fairchild Ave. Proceed on Fairchild approximately 1 mile to a large parking lot on your right. NOTE: If you did not submit your info for the pre-approved JBER access list, you will need to go to the **Boniface** gate visitor center to meet with a military sponsor between 10:00 & 11:00 am.
- **Parking** – Parking lot on Fairchild Ave across from circular antenna installation.
- **Warm-up** – Warming up on course is permitted.
- **Start** – mass start by category. Categories of similar ability may be combined for this event. Riders may draft off of those in their start groups, regardless of category. Riders may not draft off of other racers from different start groups. Individual category start times and distances are as follows:

Divisions	Start Time	Laps	Distance in Miles (approximate)
A Men	12:00 PM	6	60
B Men Master Men 45+ A Women	12:02 PM	5	50
C Men Master Men 60+ B Women Master Women 45+	12:04 PM	4	40
C Women Master Women 60+ Juniors	12:06 AM	3	30



Yellow line rule is in effect, even after the race. Roads will be open to normal traffic.

**ELMENDORF
ROAD RACE**

LAP
Distance: 10.2mi
Elev. Gain: 420ft
Direction: Clockwise

