



2023 Tour of Anchorage Race Bible

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1 INTRODUCTION

Welcome to the 2023 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
7/26/23	Stage 1: Eagle River Mile Hi Road Race	Eagle River North Fork Campground Parking	6:30 PM	7:00 PM
7/27/23	Stage 2: Viking Criterium	William Jack Hernandez Sport Fish Hatchery	6:30 PM	7:00 PM
7/28/23	Stage 3: Old Rabbit Circuit Race	Ray E. Storck Park	6:30 PM	7:00 PM
7/29/23	Stage 4: Basher Time Trial	Benny Benson School	9:30 AM	10:00 AM

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 2023 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, unless otherwise instructed by the race director.

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 4 time trial.

Drafting: Drafting is permitted in stages 1, 2 & 3. Drafting is not allowed in the Stage 4 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. Accepting a hand-up from a moving vehicle is not permitted in any stage.

Neutral Zones: In the Stage 1 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 – EAGLE RIVER MILE HI ROAD RACE

Date	Wednesday, July 26
Sign-in	5:30-6:30 PM
Start	7:00 PM
Registration	Online only – closes 3 pm race day

Details:

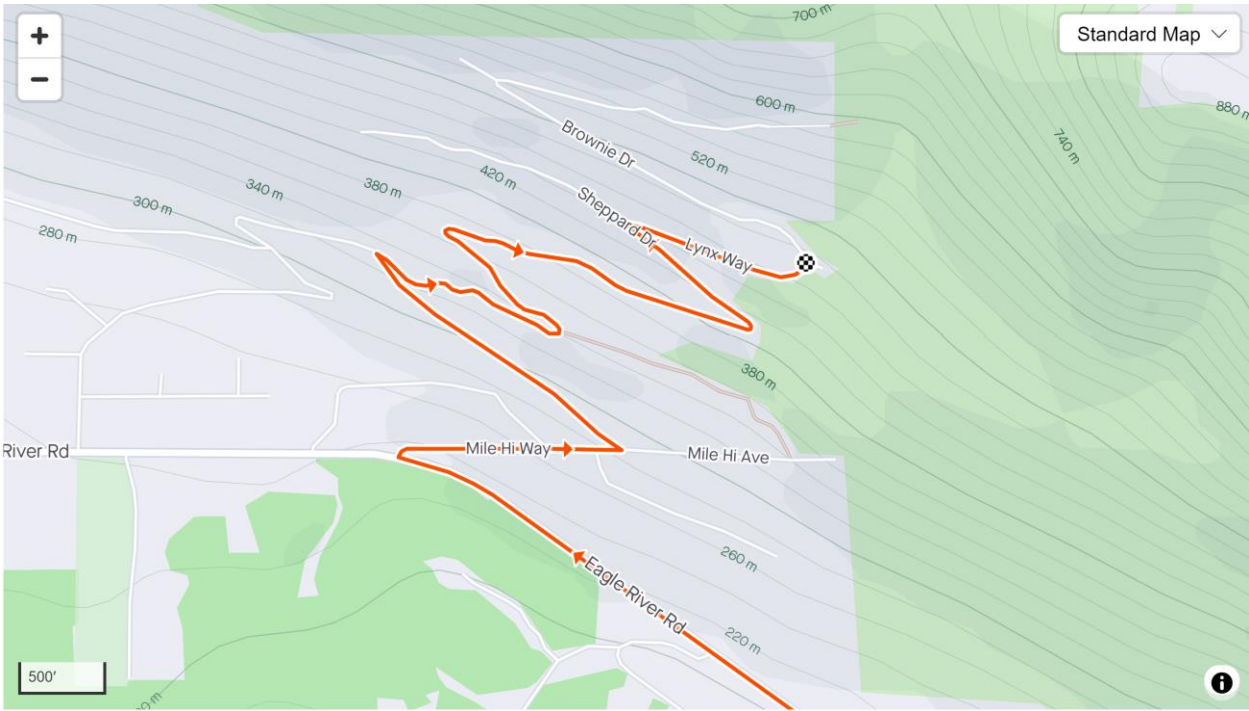
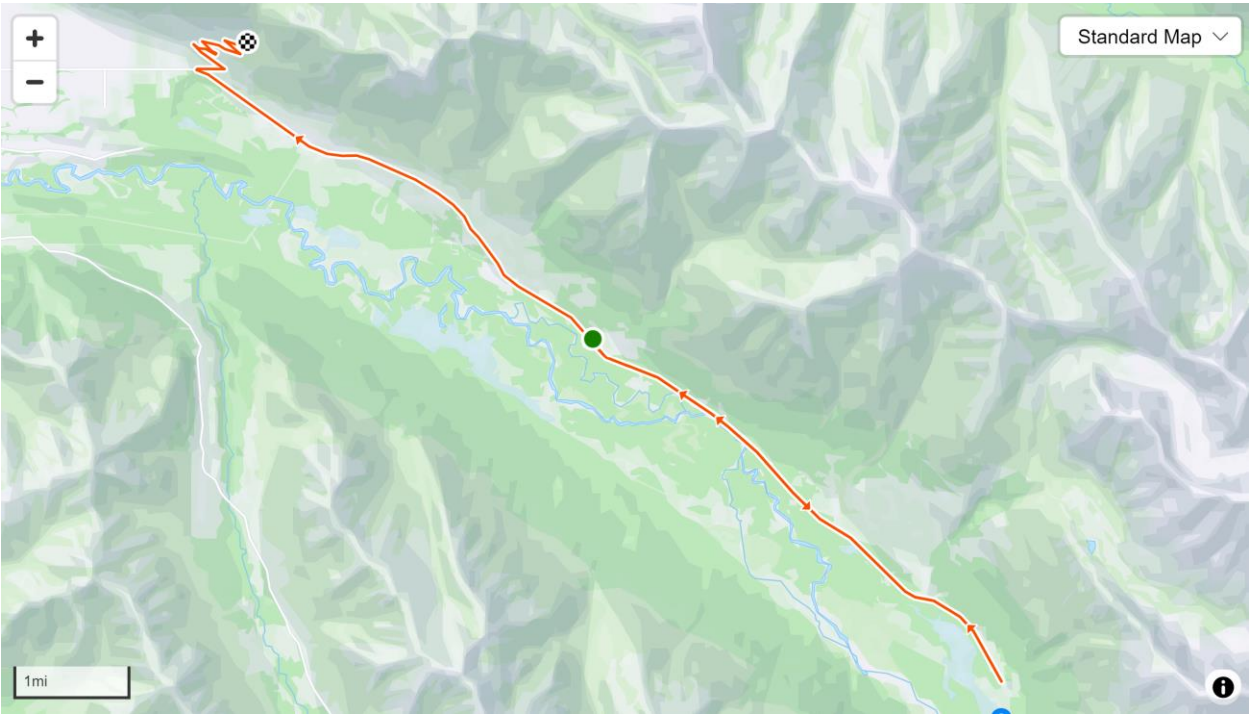
- **Directions** – Take the Glenn Highway north to Eagle River Road. Exit right on Eagle River Road and proceed east to Eagle River North Fork Campground parking.
- **Parking** – Eagle River North Fork Campground parking lot.
- **Warm-up** – Warming up on course is permitted prior to race start, but NOT once race is underway.
- **Start** – Mass start by category, details are outlined below.
- **Distance:** ~15 miles; ~2000 feet elevation gain

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 2 – VIKING CRITERIUM

Date	Thursday, July 27th
Sign-in	5:30-6:30 PM
Registration	Online only. Closes 3 pm race day.
Race start	6:30 PM; 7:15 PM; 8:15 PM

Details:

- **Directions** – Proceed west on 4th Ave until it turns into Post Rd. Proceed on Post Rd west approximately 1.5 miles until Reeve Blvd. Turn right on Reeve Blvd. Parking will be on your immediate left at the William Jack Hernandez Sport Fish Hatchery.
- **Parking** – Parking at William Jack Hernandez Sport Fish Hatchery.
- **Warm-up** – warming up on course is permitted.
- **Start** – mass start by category, details are outlined below.

Division*	Start Time	Primes	Time/Lap
C Women Master Women 60+ Juniors	6:30 PM	1	30 minutes + 1 lap
B Women Master Women 45+ C Men Master Men 60+	7:15 PM	1	40 minutes + 1 lap
A Men A Women	8:15 PM	2	50 minutes + 1 lap
B Men Master Men 45+	8:17 PM	2	50 minutes + 1 lap

*Men and women will be separated by 30 seconds.

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



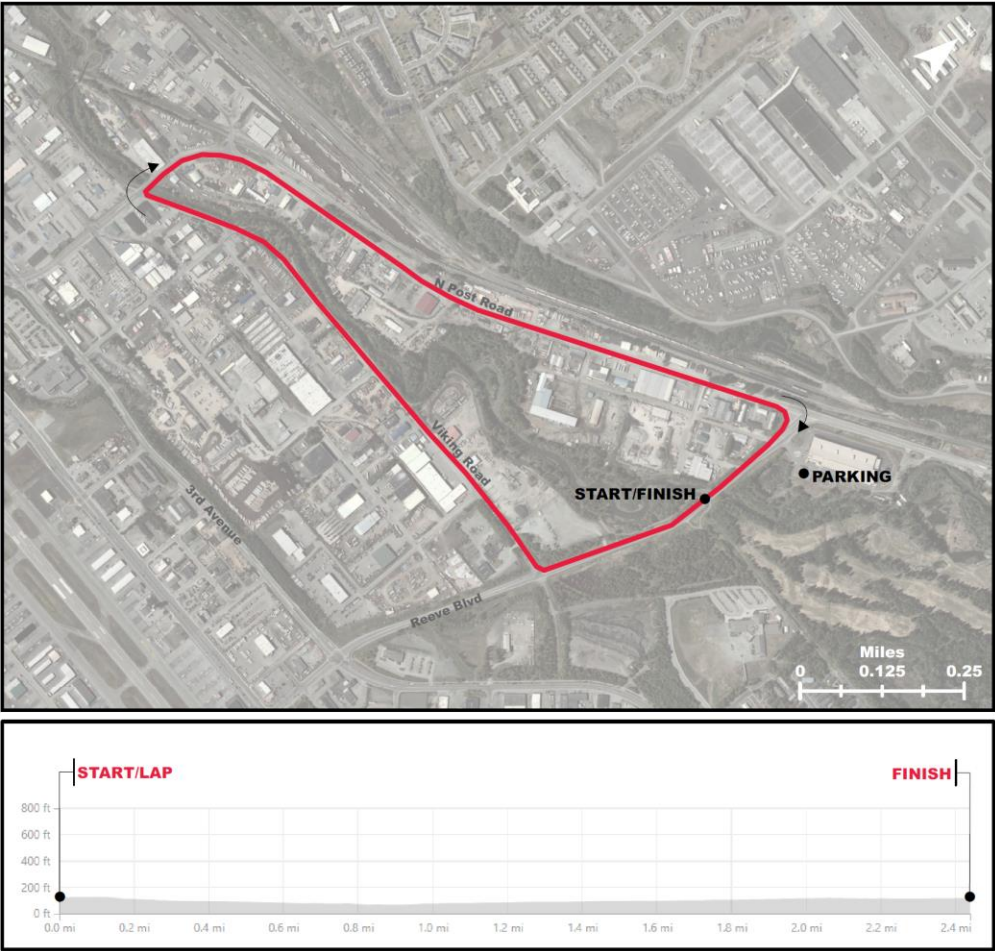
Yellow line rule is in effect. Use caution turning right onto Post Rd from Viking Dr. Shoulder is wide in sections and narrow in others. Be attentive as this course traverses an industrial zone and may be rough in places.

**VIKING
CIRCUIT**

LAP
Distance: 2.5mi
Elev. Gain: 50ft
Direction: Clockwise



**ARCTIC
BIKE
CLUB**



STAGE 3 – OLD RABBIT CIRCUIT RACE

Date	Friday, July 28th
Sign-in	5:30-6:30 PM
Registration	Online only. Closes 3 pm race day.
Race start	7:00 PM***

Details:

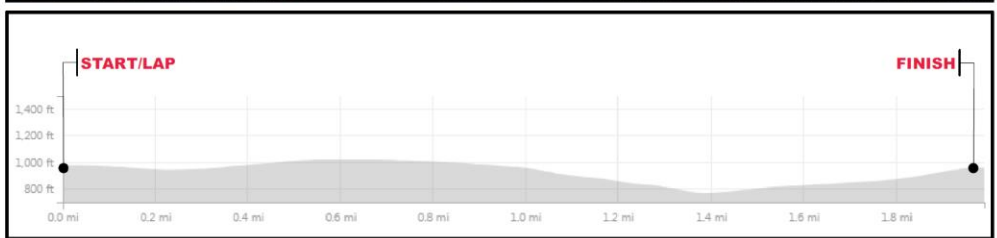
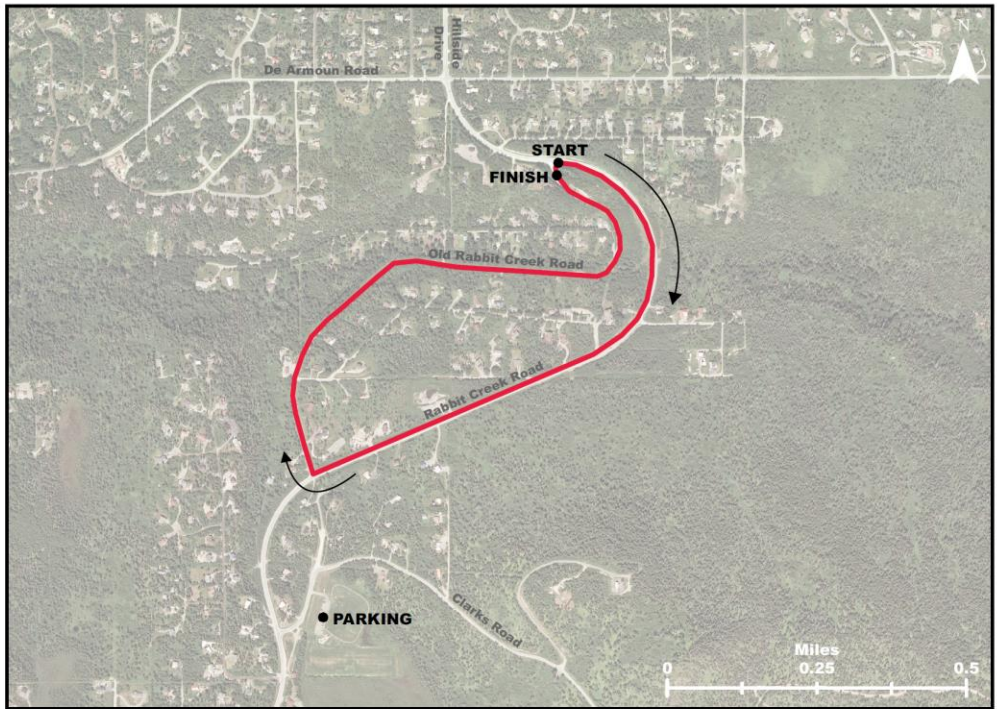
- **Directions** – Take Hillside Dr toward Clark's Rd. Turn onto Clark's Rd. Park is on right.
- **Parking** – Ray E. Storck Park
- **Warm-up** – Warming up on course is permitted prior to race start, but NOT once race is underway.
- **Start** – Mass start by category, details are outlined below.

Division*	Start Time	Laps	Distance
B Women Master Women 45+ C Men Master Men 60+	6:30 PM	6	12 miles
C Women Master Women 60+ Juniors	6:32 PM	4	8 miles
A Men A Women	7:30 PM	10	20 miles
B Men Master Men 45+	7:32 PM	8	16 miles

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

Yellow line rule is in effect.



**OLD RABBIT
CREEK ROAD
CIRCUIT RACE****LAP****Distance: 2.0mi****Elev. Gain: 260ft****Direction: Clockwise**

STAGE 4 – BASHER TIME TRIAL

Date	Saturday, July 29th
Sign-in	8:30-9:30 AM
Registration	Online only. Closes 9 pm Friday, July 28th.
Race start	10:00 AM

Details:

- **Directions** – Head south on Campbell Airstrip Road off of Tudor Road. Turn left at Benny Benson Elementary for staging/parking.
- **Parking** – At Benny Benson Elementary.
- **Warm-up** – warming up on course is permitted.
- **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.
- **Distance** – ~4 miles; ~600 feet of elevation gain.

A race vehicle will be available to transport food, water, and clothing to the finish area.



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

BASHER TIME TRIAL

Distance: 4 mi
Elev. Gain: 600ft
Avg. Grade: 3%

