



A Yale University Bulldog Cycling Event Presentation

Lux et Velocitas

<http://www.LuxetVelocitas.com>

(USAC Permit 2009-947)



Saturday April 11, 2009

East Rock ITT

&

Race the Rock Circuit Race

New Haven & Hamden, CT

Sunday April 12, 2009

'Round the College Criterium

New Haven, CT

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EASTERN COLLEGIATE
ECCC
CYCLING CONFERENCE

CONNECTICUT
challenge
Cycling for Cancer Survivors



Race Information

Everything you need to know to survive the weekend.

East Rock ITT

Saturday April 11, 2009

East Rock Park, New Haven, CT

4 Mile Time Trial

\$10 Collegiate Entry

\$25 Non-Collegiate Entry Fee

Points Awarded

<http://itt.luxetvelocitas.com>

Race the Rock Circuit Race

Saturday April 11, 2009

East Rock Park, New Haven, CT

3.2 Mile Circuit with Finish Climb to top of East Rock

\$14 Collegiate Entry

Points Awarded

<http://circuit.luxetvelocitas.com>

'Round the College Criterium

Sunday April 12, 2009

East Rock Park, New Haven, CT

\$14 Collegiate Entry

\$25 Entry Cat5/Open, 3/4 Races

Points for collegiate races, prizes for USCF races.

<http://crit.luxetvelocitas.com>

All collegiate events open to registered full time students in good standing with the ECCC and USA Cycling.

Riders in all events must have valid USA Cycling License; or have purchased a 1 Day USA Cycling License (\$10 per day, you need not pay for 2 Days if you only race one day). Annual USA Cycling Membership applications will be available. USA Cycling License MUST be presented at check-in or a one day application will be required.

IMPORTANT NOTE

An additional USAC waiver will be required for all participants including collegiate racers in this event. Each racer must have filed this waiver at check in or they will not be allowed to start their race. This is in addition to the form in the PEP packet. Forms will be available at the ECCC website a head of time and day of at registration.



Pre-Registration on-line: <http://reg.luxetvelocitas.com>

Register on-line by Noon on **4/10/09** to avoid \$5 per rider late fee.

Mail in registrations will NOT be accepted after Wednesday April 8, 2009, any mail in registrations received after this deadline will be subject to the "day of" late fee. Please include along with your payment a spreadsheet that details each racer's name, sex, category, and **USCF license number**. This spreadsheet must also be emailed to: LuxetVelocitas2009@gmail.com. Make checks payable to "Lux et Velocitas". (DO NOT write Yale anywhere on your payment check.) A \$5 late fee will be charged per rider if the required information and payment is not received via email and postal mail by Wednesday **April 8th, 2009**.

Mail in registrations should be directed to:

"Lux et Velocitas"
c/o Christopher Ritacco
256 Edwards St.
Apt. #8
New Haven, CT
06511

Staging and registration for all the weekend's events are at Wilbur Cross High School, [181 Mitchell Dr](http://www.wilburcross.org), New Haven, CT. Bathroom and shower facilities will be available in the high school's locker room.

Check In

Registration tent opens 1 Hour before the start of the first scheduled race and ends 15 minutes before each race. All riders must check in for the weekend before the start of their first race.

Professional Results and Finish Camera are provided by [Velocity Results](http://www.velocityresults.com).

Awards

Points will be awarded in collegiate events per the ECCC rule book.

The USCF criterium races will have cash prizes for top finishers.

A "King of the Mountain" Jersey will be awarded to a collegiate rider in each category with the lowest combined finishing time of the ITT and Circuit Race (Men's A, B, C1, C2, D1, D2 & Intro and Womens A, B, & Intro). 4 "King of the Mountain" jerseys will be awarded to the top finishers of the ITT by non-collegiate riders; Top Men's/Women's Finisher and top Junior Girl and Boy. KOM Jersey's courtesy of Champion System.

All non-introductory criterium winners will be given small merchandise from www.RoadID.com, courtesy of RoadID. Easter themed prime prizes will be awarded to all categories.

ATTENTION COLLEGIATE IVY LEAGUE RACERS!!

Yale Club Sports is sponsoring the Eli Spring Cycling Championship with the top three overall weekend scoring Ivy League Teams receiving a trophy to take home for Ivy League bragging rights.

Safety

EMTs and Ambulatory coverage will be on site for the duration of the event. Hospitals have been notified of the event and are located within 2 miles of each course. Police coverage as well as the placement of marshals along the course has been arranged to maximize traffic security and rider safety.

Race Hotels

Room Blocks with reduced rates have been made at the following hotels:

<p><u>Quality Inn</u>, East Haven, CT \$79.95/Night Room Block 30 Frontage Road East Haven, CT 06512 (203) 469-5321 Directions to Wilbur Cross High School, 181 Mitchell Dr, New Haven, CT 06511 4.7 mi – about 9 mins</p> <ol style="list-style-type: none"> 1. Head southeast on Frontage Rd/US-1 toward Cherry St 2. Turn left at N Frontage Rd/US-1 3. Take the ramp on the left onto I-95 S 4. Take exit 48 to merge onto I-91 N toward Hartford 5. Take exit 6 Willow Street (Left Exit) 6. Turn Right onto at Willow St Turn right at Mitchell Dr 7. Destination will be on the right 	<p><u>Clarion</u>, Hamden,CT \$99/Night Room Block 2260 Whitney Ave Hamden, CT 06518 (203) 288-3831 Directions to Wilbur Cross High School, 181 Mitchell Dr, New Haven, CT 06511 4.3 mi – about 10 mins</p> <ol style="list-style-type: none"> 1. Head south on Whitney Ave 2. Turn left at Cold Spring St 3. Continue on Mitchell Dr Destination will be on the left 	<p><u>Hampton Inn*</u>, Milford, CT 129 Plains Rd Milford, CT 06461 (203) 874-4400 Directions to Wilbur Cross High School, 181 Mitchell Dr, New Haven, CT 06511 13.1 mi – about 17 mins</p> <ol style="list-style-type: none"> 1. Head north toward I-95 N 2. Merge onto I-95 N 3. Continue on I-91 N (signs for Hartford/I-91 N) 4. Take exit 6 Willow St 5. Turn right onto Willow St 6. Turn right at Mitchell Dr Destination will be on the right <p>*USA Cycling Official Sponsor room rate is currently \$71.10 when booked through: www.hamptonlovescycling.com</p> <p>Never underestimate the power of the HOT Hampton Inn Breakfast!!</p>	<p><u>Courtyard</u>, Wallingford,CT \$89/Night When Calling Refer to: Yale Cycling Club room block, rate good until March 20, 2009 600 Northrop Road Wallingford, CT 06492 (203) 284-9400 Directions to Wilbur Cross High School, 181 Mitchell Dr, New Haven, CT 06511 15.5 mi – about 18 mins</p> <ol style="list-style-type: none"> 1. Head west on CT-68 toward Leigus Rd 2. Make a U-turn at Leigus Rd 3. Turn right to merge onto I-91 S toward New Haven 4. Take exit 6 for Willow St 5. Turn right at Willow St 6. Turn right at Mitchell Dr Destination will be on the right
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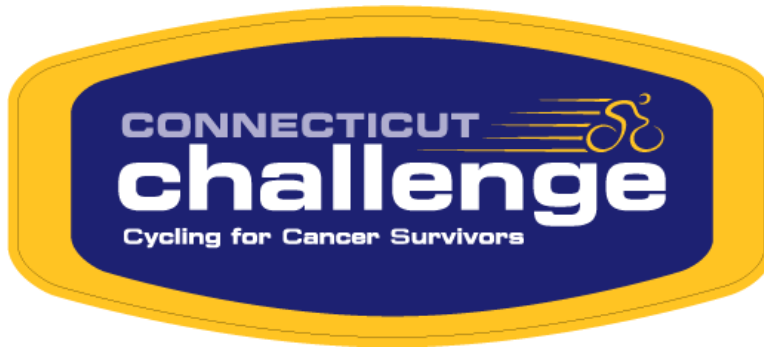


[The Devil's Gear Bike Shop](http://www.thedevilsgear.com)

Neutral Mechanical Support for all races will be provided by The Devil's Gear Bike Shop. The DG will be in the pit for all races over the weekend to provide mechanical neutral support for racers.

There will be a follow vehicle in each circuit that keeps with the leading pack that will be a wheels in / wheels out support vehicle.

The criterium will have wheels in / wheels out pit at the start line.



**Connecticut Challenge
Mission Statement**

The Connecticut Challenge salutes cancer patients and survivors and we want to bring vital support to the millions of un-served survivors trying to take control of their battle against the disease and the long-term side effects of treatments. We will investigate the long-term effects of cancer and cancer treatments on survivors and provide credible information and comprehensive resources that empower cancer survivors to lead healthier, happier and longer lives

"To me, survivorship means being proud of the fact that I battled a disease and won, empowering myself to make choices and decisions that will guarantee a better life for my remaining days."

-Quote from cancer survivor,
CT Challenge Survey of Cancer Survivors, 2008¹

Why Cancer Survivorship?

Since the advent of radiation and chemotherapies in the early and mid-20th century, the focus of cancer care, rightfully, has been on survival of the patient. Only within the last decade, concurrent with improving survival rates, have the long-term health effects on survivors from these harsh treatments become widely apparent. That means the unique health needs of at least an entire generation of cancer survivors has been largely ignored. Today, the number of survivors in the U.S. is approaching 12 million - an estimated 120,000 in Connecticut alone - populations that need and deserve special attention. The Connecticut Challenge was founded by a cancer survivor who benefited from a visit to a survivorship clinic in Boston. He returned home inspired and determined to create innovative resources for survivors right here in Connecticut.

Incidence of Cancer*:

- More than 1.3 million people in the U.S. will be diagnosed with cancer this year
- 50 Connecticut residents will be diagnosed with cancer every day
- Connecticut ranks 15th highest of the 50 states in incidence of cancer
- 1 in 3 people will be diagnosed with cancer in their lifetime
- 75% of families will care for a family member with cancer

But survival rates are increasing*:

- 65% of adults and 78% of children diagnosed this year will be surviving in 2013.
- Today, there are 10 million cancer survivors in the U.S., 100,000 in Connecticut alone.

*Source of all data: American Cancer Society, 2007

Conclusion:

Effective cancer research is creating more and more cancer survivors. The Connecticut Challenge endeavors to help this growing population.

The Yale University Cycling Team supports the CT Challenge and its mission. The races of the ECCC rely heavily on support from the surrounding community. As participants we take a lot away from the opportunity to race in amazing locations such as New Haven. Yale Cycling in an effort to recognize the community support is collecting donations for the CT Challenge. The first 100 donations of at least \$15 will receive as a Thank You, a CT Challenge/Lux et Velocitas pair of cycling socks. Yale Cycling thanks [Champion System](#) for their aid in providing this Thank You to those who contribute.

CT Challenge Thank You Sock Design

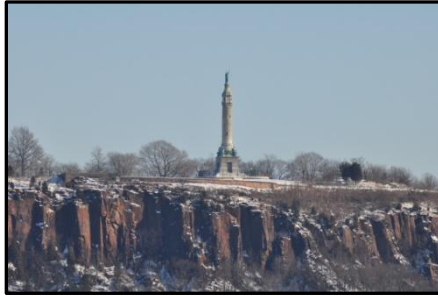


Provided in part by: Champion System

¹ All information on this page is parsed from: http://www.ctchallenge.org/index_sub.php?did=15

East Rock ITT²

Saturday April 11, 2009



A challenging ITT containing over 500ft of climbing over 4 miles and includes grades of over 15%. The course starts with a half mile 200ft climb leading into a mild reprieve before attacking the steepest grades as you ascend to the top of East Rock Park. Once at the top you'll be greeted by the [Soldiers and Sailors Monument](#) and a breathtaking view of the City of New Haven and Long Island Sound; including a perfect view of the staging and start line as you stand 350 feet directly above it.



Start Time	Category	Entry Fee	Length
7:30 AM	Men's D	\$10	4.3 Miles
to follow	Women's B	\$10	4.3 Miles
to follow	Intro Men	\$10	4.3 Miles
to follow	Intro Women	\$10	4.3 Miles
(Slight Gap) to follow	Men's A	\$10	4.3 Miles
to follow	Men's B	\$10	4.3 Miles
to follow	Men's C	\$10	4.3 Miles
to follow	Women's A	\$10	4.3 Miles
to follow	USCF/OPEN (limited to 50 participants)	\$25	4.3 Miles

Riders will start at 20 second intervals. First rider leaves the start at 7:30 AM.

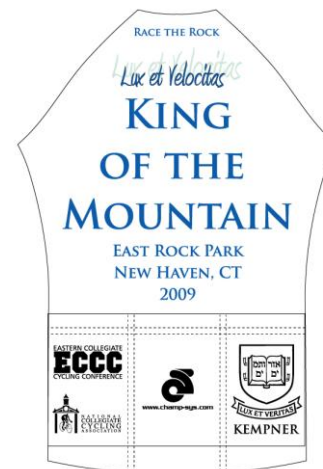
UCI MASS START LEGAL EQUIPEMNT ONLY IN COLLEGIATE CATEGORIES

King of the Mountain

[Champion System](#) is sponsoring the "King of the Mountain". A collegiate rider in every category with the lowest combined finishing time in the ITT and the Circuit Race will be awarded a "King of the Mountain" jersey. Collegiate jerseys will be awarded the following day at the criterium. Non-collegiate racers will be receiving their jersey immediately following the ITT. Four non-collegiate jerseys will be awarded, to the Top Male and Female and to the Top Junior Boy and Girl.



www.champ-sys.com



² <http://www.mapmyride.com/ride/united-states/ct/new-haven/577958813640>
03/13/09 Lux et Velocitas

[Race the Rock Circuit Race](#)³

Saturday April 11, 2009

After churning your legs on the mornings ITT get ready to hit The Rock again in a 3.2 mile circuit around the base of East Rock. This gives you an opportunity to catch a glimpse of the East Rock Cliffs as well as views of the Whitney Reservoir. At 250 ft of climbing and plenty of 10% grades per lap you will be warm and ready for the hill climb finish of the East Rock ITT.

Scheduled Start Time	Category	Entry Fee	Race Length
10:30 AM	Men's D1 & D2 (concurrent)	\$14	30 Minutes
11:00 AM	Intro to Racing M/W (concurrent)	\$14	30 Minutes (includes instructional period)
11:30 AM	Men's C1 & C2 (concurrent)	\$14	45 Minutes
12:15 PM	Women's B	\$14	45 Minutes
12:15 PM	Women's A	\$14	60 Minutes
Concurrent with Women's B			
1:15 PM	Men's B	\$14	90 Minutes
2:45 PM	Men's A	\$14	120 Minutes

This course will run in a counter clockwise fashion and on the final lap of the race, racers will divert off course to do a mass finish up the East Rock Park finishing climb that was done earlier in the day for the ITT. The turn for the finish climb is labeled on the map to the right. Racers for the next heat will begin staging once the last field of the current race has crossed the start line for the final time. Riders are cautioned that all roads outside the East Rock Park roads will open to traffic. The Yellow Line Rule will be in effect for all open roads. On Whitney Avenue the field will have the right most lane of the two northbound lanes closed, please do your best to keep as right possible for safety reasons. Riders who are no longer with the field are subject to ALL traffic laws. There will be a pace car and follow car for each race. The follow car is the official's vehicle and will serve as a wheels in/wheels out support vehicle staying with the largest main field.

Spectators and teammates please note that there is a well traveled walking path to the top of East Rock Park and to the parking lot where the finish turn off is, please don't walk on the road ways. You'll see quite a bit of the race from these paths.



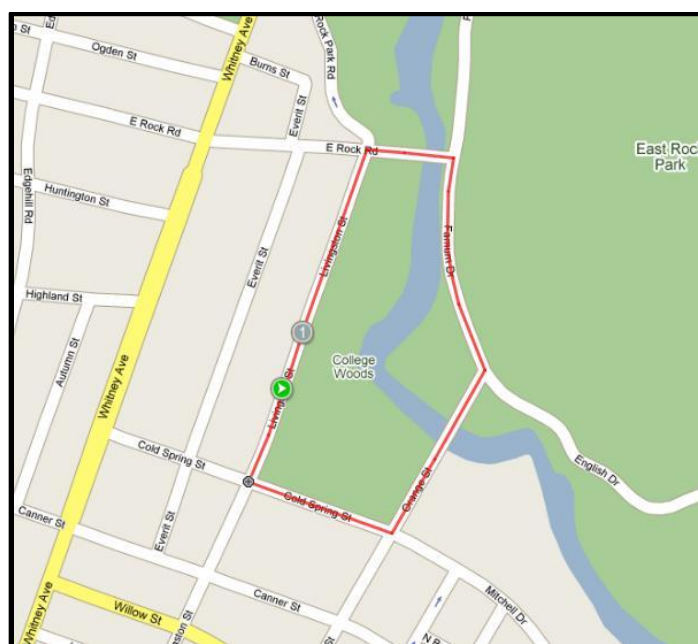
³ <http://www.mapmyride.com/ride/united-states/ct/new-haven/403191681756>
03/13/09 Lux et Velocitas

['Round the College Criterium'](#)⁴

Sunday April 12, 2009

Sunday brings a fast one mile five turn criterium around College Woods in East Rock Park. With no hills in the course, it will be a welcome relief from Saturday's consistent climbs. But be warned nothing is as flat as it seems. With a 500M uphill straight finish, be sure you don't make your move too early or you'll be left in the dust.

Scheduled Time	Category	Entry Fee	Duration of Event
8:00 AM – 8:35 AM	Men's D1	\$14	25 Minutes
8:35 AM – 9:10 AM	Men's D2	\$14	25 Minutes
9:10 AM – 9:55 AM	Women's B	\$14	35 Minutes
9:55 AM – 10:25 AM	Men's Intro	\$14	20 Minutes
10:25 AM – 10:55 AM	Women's Intro	\$14	20 Minutes
10:55 AM – 11:40 AM	Men's C1	\$14	35 Minutes
11:40 AM – 12:25 PM	Men's C2	\$14	35 Minutes
12:25 PM – 1:25 PM	Men's B	\$14	50 Minutes
1:25 PM – 2:25 PM	Women's A	\$14	50 Minutes
2:25 PM – 3:35 PM	Men's A	\$14	60 Minutes
3:35 PM – 4:30 PM	USAC Road Cat 5 OPEN (limited to 50 participants)	\$25	45 Minutes
4:30 PM – 5:25 PM	USAC Road Men's 3/4	\$25	45 Minutes



Prime winners in all events will be racing for glory and Easter Themed Delights!

Winners of non-introductory collegiate criterium events will receive merchandise courtesy of:



The 5/OPEN and 3/4 Criterium Cash Prize Schedule

The 5/OPEN and 3/4 Criterium Cash Prize Schedule		
Cat 5/Open:	Less than 25 Riders \$100	25 or more Riders \$200
Cat 3/4:	Less than 25 Riders \$200	More than 25 riders \$400

⁴<http://www.mapmyride.com/route/us/ct/new%20haven/158366580544>