



2009 Volunteer Handbook

A complete guide to a safe and enjoyable cycling experience!

WELCOME AND INTRODUCTION

Thank you for your participation in the 2009 Amgen Tour of California. Without the help of our Marshals/Volunteers, it would be impossible to run a successful event of this magnitude. Your hard work and enthusiasm during this event will have a tremendous impact on the success of the overall Tour.

This Volunteer Handbook contains guidelines to help you to not only understand your role during the event, but also to enable you to enjoy your experience at this year's Amgen Tour of California. Please take the time to familiarize yourself with its contents. Your knowledge of this information will help you be an effective member of the Amgen Tour of California staff and ensure that your experience will be an exciting and memorable one.

Please remember that while you are working, you represent the Amgen Tour of California. It is therefore important that you conduct yourself in a professional manner and be pleasant and courteous at all times. It is critical that all of our Course Marshals, both Traveling and Volunteers, work together as a team to ensure the smooth operation of the 2009 Amgen Tour of California. Again thank you for your participation in this exciting event!

VOLUNTEER POSITIONS

Start Cities: *Sacramento (Prologue), Davis, Sausalito, San Jose, Merced, Visalia, Solvang (Time Trial), Santa Clarita and Rancho Bernardo.*

Finish Cities: *Sacramento (Prologue), Santa Rosa, Santa Cruz, Modesto, Clovis, Paso Robles, Solvang (Time Trial), Pasadena and Escondido.*

Course Marshals: Assigned a designated area along the race course to assist with the coordination and safety of the field of play for all race venues; keep the course clear of pedestrians, spectators, cars, etc; PR Ambassador: keep spectators informed.

Media:

Start Cities: Assist with distribution of media credentials at Media Check-in.

Finish Cities: Assist Tour Media Operations staff in the Media Office: Assist with Credential distribution, serve as “runners”, assist with general Q&A and office set-up.

Medical Control: Escort athletes to and from Anti-Doping Compound for post-race testing.

Security: Assist Tour Security Staff with access-control, including on-course, hospitality, awards, green room and press conference. Will be provided special Security t-shirt.

Site Decoration/ Restoration:

Assist Logistics Crew with hanging and tear-down of banners: on-course, festival, hospitality, etc.

Lifestyle Festival EXPO:

Assist Tour Lifestyle Festival Staff with Expo coordination: guide vendors and exhibitors to their tents for set-up; assist with Festival logistics as needed; assist with marketing activities in EXPO.

Economic Impact Surveyor:

Responsible for ensuring each person attending the Festival is aware of our Economic Impact Survey and has had a chance to participate. The main reason for us conducting surveys throughout the Tour is to better understand who our customers are, the economic impact created in each host city and build our database, to ensure next year’s event is another successful one. This position assists the onsite Survey coordinator both pre and post-Festival.

Volunteer Check-in:

Assist LOC Volunteer Coordinator with set-up, check-in/registration and deployment.

THE WORLD'S BEST RETURN

SATURDAY, February 14 PROLOGUE

Presented by 

SACRAMENTO
START: 1:30pm

Individual Time Trial
Distance: 2.4 miles

FINISH: 4:00pm

Lifestyle Festival Hours: 11:30am to 4:30pm

SUNDAY, February 15 STAGE 1

START: DAVIS – 12:00pm

Distance: 107.6 miles

SPRINTS:

Winters

Calistoga

FINISH: SANTA ROSA

Estimated time of Arrival: 3:56pm to 5:01pm

Lifestyle Festival Hours: 12:00pm to 5:00pm

MONDAY, February 16 STAGE 2

START: SAUSALITO - 8:30am

Distance: 115.9 miles

Built by 

SPRINTS:

Half Moon Bay

Pacifica

FINISH: SANTA CRUZ

Estimated time of Arrival: 12:52pm to 2:03pm

Lifestyle Festival Hours: 10:30am to 2:30pm

TUESDAY, February 17 STAGE 3

Presented by 

START: SAN JOSE - 12:00pm

Distance: 104.2 miles

SPRINT:

Livermore

Tracy

FINISH: MODESTO

Estimated time of Arrival: 3:53pm to 4:55pm

Lifestyle Festival Hours: 1:00pm to 5:00pm

WEDNESDAY, February 18 STAGE 4

START: MERCED – 11:00am

Distance: 115.4 miles

SPRINTS:

Mariposa

Oakhurst

FINISH: CLOVIS

Estimated time of Arrival: 3:19pm to 4:29pm

Lifestyle Festival Hours: 11:30am to 5:00pm

THURSDAY, February 19 STAGE 5

Presented by 

START: VISALIA - 10:00am

Distance: 134.3 miles

SPRINTS:

Cholame

Shandon

FINISH: PASO ROBLES

Estimated time of arrival: 3:00pm to 4:22pm

Lifestyle Festival Hours: 11:30am to 4:30pm

FRIDAY, February 20 STAGE 6

SOLVANG

START: 12:00pm

Individual Time Trial

Distance: 15.0 miles

FINISH: 2:52

Lifestyle Festival Hours: 10:30am to 3:30pm

SATURDAY, February 21 STAGE 7

Presented by 

START: SANTA CLARITA - 12:00pm

Distance: 88.9 miles

SPRINTS:

Action

Pasadena/Circuit #1

FINISH: PASADENA

Estimated time of arrival: 3:17pm to 3:50pm

Lifestyle Festival Hours: 11:30pm to 4:30pm

SUNDAY, February 22 STAGE 8

Presented by 

START: RANCHO BERNARDO - 12:00pm

Distance: 96.8 miles

SPRINTS:

Horrah's Resort

Valley View

FINISH: ESCONDIDO

Estimated time of arrival: 3:34pm to 4:43pm

Lifestyle Festival Hours: 1:00pm to 5:00pm



AMGEN
Tour of California
FEBRUARY 14-22, 2009
WWW.AMGENTOUROFCALIFORNIA.COM

WATCH ON **VERSUS**

SATURDAY, FEBRUARY 14

SACRAMENTO — 2PM PST/5PM EST (1hr. Preview, 1hr. LIVE)

SUNDAY, FEBRUARY 15

DAVIS TO SANTA ROSA — 3PM PST/6PM EST (LIVE)

MONDAY, FEBRUARY 16

SAUSALITO TO SANTA CRUZ — 9:30AM PST/12:30PM EST (LIVE)

8PM PST/11PM EST (RECAP)

TUESDAY, FEBRUARY 17

SAN JOSE TO MODESTO — 2PM PST / 5PM EST (LIVE)

8PM PST/11PM EST (RECAP)

WEDNESDAY, FEBRUARY 18

MERCED TO CLOVIS — 1PM PST/4PM EST (LIVE)

8PM PST / 11PM EST (RECAP)

THURSDAY, FEBRUARY 19

VISALIA TO PASO ROBLES — 1PM PST/4PM EST (LIVE)

8PM PST / 11PM EST (RECAP)

FRIDAY, FEBRUARY 20

SOLVANG — 1PM PST/4PM EST (LIVE)

8PM PST / 11PM EST (RECAP)

SATURDAY, FEBRUARY 21

SANTA CLARITA TO PASADENA — 2PM PST / 5PM EST (LIVE)

SUNDAY, FEBRUARY 22

RANCHO BERNARDO TO ESCONDIDO — 2PM PST / 5PM EST (LIVE)

For additional coverage times visit www.amgentourofcalifornia.com

COURSE MARSHAL RULES AND REGULATIONS

Marshal is a title that describes a very important group of people. In a challenging cycling event like the Amgen Tour of California, this position requires individuals with a wide assortment of talents and skills. A good Course Marshal must be enthusiastic, informative, communicate and work well with others and react quickly and CALMLY to any problem. Marshals are required to work long hours with one major goal: to provide a safe and flawless bicycle race for the participants and spectators. These goals can be reached by following the various guidelines in this manual, being prepared for anything that may happen and, most of all, using GOOD COMMON SENSE.

BE PREPARED

Don't be fooled, a Marshal's job is a HARD one. Leave the partying for the final banquet at the end of the event. Get a good night's rest, and be prepared for the long days ahead. Other than clean clothes, here are a few more things that marshals should have with them at all times. In the words of Karl Malden, "Don't leave home without them!"

1. Sunscreen and lip guard
2. Sunglasses
3. Rain gear
4. Water bottle full of water
5. Healthy snacks
6. Cool weather clothing
7. Course maps
8. Comfortable footwear (no sandals)
9. Pen and paper
10. Pen knife
11. Current race information
12. Fanny pack
13. Watch - make sure you're on time!
14. Whistle, garbage bags, and other race-supplied equipment.

POLICE AUTHORITY

The racers in the Amgen Tour of California will depend on marshals at almost every turn in the road. The racers will look to you for direction if a situation or caution scenario arises and you must be prepared to provide it. That's one of the main reasons you are there. Standing next to you at that turn may be a local, county, or state police officer. You become the "Race interpreter" for the police representative.

The Amgen Tour of California is dealing with many police jurisdictions during the course of this race. For those marshals who will have contact with the various police authorities, please give them the respect and the response that they deserve. Explain your role as a marshal to them and introduce yourself to the officer you are posted next to. This will help you develop a good working relationship with them throughout the Tour, for they may be unsure of the dynamics of the event and your explanations will allow them to do their jobs better and enjoy the event more.

The police are there to help and they know what to do in a crisis. **IF A CRISIS OCCURS, DO EXACTLY WHAT THE POLICE SAY TO THE BEST OF YOUR ABILITY.** Remember, you are not a police officer. Only duly authorized officers can and should enforce the law. Never compromise the event or yourself by exceeding your authority.

If a problem of jurisdiction or a misunderstanding about responsibility arises, notify the Race Director or Marshal Coordinator. What you do and say reflects on the Amgen Tour of California and the proper respect combined with helpful information and a "thank you" in the end goes a long way in building a good relationship with the authorities and reflects well on the overall event which will ensure its return.

MARSHAL DUTIES

Marshals will have slightly different duties depending on where they are placed on the road and whether or not they are single day volunteers or full time traveling volunteers. For both groups of volunteers, specific duties will include:

- Directing the riders in the correct direction
- Assisting a police officer with a road closure
- Keeping vehicles from entering the course when the race is passing
- Keeping spectators, children, pets or any other number of hazards off of the course

Based on your location on the course the peloton may pass your location more than once. Below specifies what is expected and the actions you should take.

Securing the race course is only a small part of your overall responsibilities. From pre-race to post-race, each marshal will be involved in a wide a range of tasks that lead to building the best event possible.

BEFORE THE RACE

Marshals may be asked to assist other crews in setting up race equipment in preparation for each day's events. Use this time effectively to train your eye to look for safety hazards and for the upcoming needs of racers or spectators. Eliminate potentially dangerous situations by pointing out hidden hazards such as potholes, gravel and loose equipment to the stage crew beforehand.

Providing well-planned crosswalks and defining spectator areas can provide racing fans with great places to view the race and safe, easy ways to get to them. You should consider the amount of foot traffic and the visibility of the race when securing these areas.

When you arrive at your post:

- Assess the location; note traffic patterns, the direction the race will travel, and any potential hazards
- Remove any debris or other obstacles that are in the way (branches, gravel, etc.)
- Introduce yourself to any police officers or volunteers you are stationed with. Make sure you all know your specific roles

DURING THE RACE

A Marshal's duties during the race vary according to what part of the course he or she is responsible for. One hour before the race start or arrival at your assigned post you should have completed your course set-up. If you can assist the police, Amgen Tour of California construction crew or volunteer marshals then by all means do so. Always remember that teamwork and helping each other is what makes the whole event work and more pleasant and easier for everyone.

If you have done your homework you should know the following things:

1. The day's course route, distance, and ETA
2. Current race and team leaders
3. Location of team, staff, and spectator parking
4. Rerouting of traffic patterns

Having correct and up-to-date information will be very important to you in establishing a good rapport with spectators and the Amgen Tour of California entourage.

AMGEN TOUR OF CALIFORNIA STAGES

What happens in the Prologue/Time Trial?

- For the time trial the road is closed to all traffic.
- Riders will pass one at a time, and in some locations will pass in both directions.
- Police will be positioned at all intersections to control traffic.
- If a local resident needs to leave their house during the race, please hold them in location and notify one of the motorcycle marshals patrolling the course (wearing orange vests). **No civilian traffic is to be on the course without an escort!**
- Do not leave your post until relieved. Remember that in many locations the last rider will come back by in the other direction.

What happens when the Road Race comes by?

- In many cases the police will get a radio call and begin closing the road just before the race arrives. Assist them when they begin this action.
- If you are stationed without a police officer chances are it will be on a smaller less traveled road. Once you see the lead vehicles for the race, no vehicular traffic should be allowed onto the race course.
- At certain intersections there will be traffic cones or lightweight barricades. These are to be used to assist you in closing the road when the race is passing.
- Note that there may be several groups of racers with gaps in between. The end of the closure will be indicated by a police car with an "End of Convoy" sign.
- Once the entire caravan passes, traffic is allowed to flow as normal until the race arrives again.
- Remember that at times there are multiple laps. Please don't leave your position until relieved!
- When you are relieved, please be sure to leave your post cleaner than you found it and thank everyone.

Specific duties for single day and full time volunteers

- Because single day volunteers will not have flags, all course directing will be flagged by full time volunteers. This will include most corners and street turns throughout the course.
- In addition to corners, full time volunteer marshals will also be deployed in areas where there might be a routing or safety concern (entrances to divided sections of road, steep downhills, rough roads, etc.)
- Since all of the marshal equipment is with the full time volunteers (cones, safety vests, brooms, shovels, patch material, etc.) it will be the responsibility of the full time course marshals to ensure the course is clear from various road hazards, including trash and debris.
- When stopping traffic from entering the course, the single day volunteers will primarily be concerned with private driveways, commercial exits, business driveways, overcrowded sidewalks, etc. Many positions do not require equipment and thus can be performed by using simple motion commands.
- Full time volunteers will be focused on occupying cross streets and intersections as well as cleaning and clearing the route all while prepping the course for the peloton's arrival.
- Single day and full time volunteers will not close roads along the course; instead, local police and CHP will close down large intersections and announce that the road is closed to both vehicle and pedestrian traffic.
- Once the road has been announced "closed" no volunteer should allow vehicle or pedestrian traffic to traverse the course from driveways, cross roads, alleys, parking lots and intersections. This is paramount for the safety of the riders and pedestrians.

START/FINISH AREA

SPECTATORS...

...will lean over the fence, stick their heads through the fence, and jam up your crossing gates... anything for a good view. When you see a safety problem with a spectator, tell them right away! But always do so with a "please"; and always if it is a safety problem, not an attempt to spoil their fun. Many spectators at the Amgen Tour of California will have never seen a bike race before and aren't aware of the real dangers that exist.

Most people, after they realize you're telling them something for their own good, will respond positively. But for the small percent that won't cooperate, be polite but firm and if problems persist get a police officer.

You will have the highest concentration of spectators at the Start/Finish line. Be alert, keep the flow going through the crossing gates as smooth as possible, and help channel people to where they want to be. If anyone asks, make the suggestion they walk a criterium course against the race traffic. Again, with many people watching that are new to the sport, they may not know that some great action is happening on a deserted back stretch while they can't see over the heads of the people in front of them.

Turns in the course are always gathering places for fans. They are also potential accident sites and the spectators at these points should be warned about the possibility of a hazard to them. This should be done numerous times during the pre-race and race times.

Crossing gates serve the public as well as race fans. It is critical that these gates be placed so that you can see the racers approaching and so that people can cross at convenient places. When the race is approaching it is imperative that you stop the flow of pedestrian traffic. Most people will not be able to gauge how fast the racers are approaching. You make the decision and make it stand up.

MEDIA & VIP's

They will be the nicest and most difficult people you will have to deal with. Always remember your job is their safety and the safety of the racers. Make sure at all times that only people with the correct credentials are on the course. Help the photographer get that once-in-a-lifetime shot, making sure that it won't cause an accident. Most photographers will welcome your help in finding a place on the course. But if a photographer is endangering himself or the racers, get him off the course, regardless of what his credential says. As the end of the race approaches, remind all photographers (and anyone else in the finish area) to get their shot set up and "hold it" for the finish of the race. The wrong move by someone and a photographer has the back of a head for a finish picture.

BACK COURSE AND ROAD RACES

While working the back course or a remote section of a road race remembers this - even though there aren't as many, the people there are probably twice as dangerous. It's easy to contain a crowd at a start finish area with fence. It's much harder to contain a curious child in a remote area of a road race. With no fencing to help you, marshals working in these areas must be constantly alert for hazards. Talk with the people you see, inform them of what's about to happen. Ask the adults about children playing and loose animals that might be in the area. The dog that is snoozing on the porch 5 minutes before the pack arrives will be screaming past you when it sees all the activity.

Your interaction with spectators will be more one-on-one away from the Start/Finish line. Again, a smile will go a long way ... it will be tough to pacify an angry motorist. You've been delayed before it can be really aggravating, no matter what the reason. Be sympathetic, polite, but firm, and encourage them to enjoy the race.

Help the spectators have a great experience at the race. Answer their questions to the best of your ability with a smile, no matter how silly they may seem.

AFTER THE RACE

Once the race is completed or has passed your post your next task is to clean up the area and leave the site the way we found it. This job can range from the pick up and disposal of trash to assisting the construction crew with striking the start/finish area.

The most important consideration is to remember that the race is a guest to the state and if we don't clean up after ourselves we may not be invited back. The only memories we want to leave are those of fun and exciting racing - not garbage!

VOLUNTEERS ARE PUBLIC RELATIONS AMBASSADORS

A Volunteer's job is more than just safety. You will have more involvement with the local people, the spectators, and the people caught unaware than any other race employee. You are, in effect, a goodwill ambassador. It is very important to the long- term goals of the Amgen Tour of California that a positive impression is made on everyone involved. The manner in which you conduct yourself, deal with other people, and carry out your responsibilities will go a long way toward assuring that the Amgen Tour of California is established as a world -class event.

99% of all situations can be handled with a smile and a firm but polite tone of voice. Being friendly, cordial and perhaps getting an autograph for a young race fan will certainly be appreciated and help us win friends for our event. If you are experiencing difficulty with someone, don't get angry or demanding. Be calm, polite but firm and let them know you mean business.

We want everyone to go away with a positive reaction from his or her experience at our race. They are here to have fun - let's enhance their experience, making it an enjoyable and SAFE for all. The following tips should serve you well in bringing the race to the people:

1. Use tact when dealing with the public.
2. Be firm but helpful. You are in charge but you can still be cordial.
3. Assist spectators, pedestrians and photographers whenever possible.
4. Respect the towns, hotels and restaurants in which you are a guest.
5. Say THANK YOU to other volunteers, the local neighborhood police, and spectators at the event- they'll love it.
6. Ask for help from the police, Marshal Coordinators, Stage Crew, or the Race Director, if you need it.
7. Have fun - this always rubs off on others around you.
8. Ask questions if you are unsure of anything.

2009 AMGEN TOUR OF CALIFORNIA TEAMS

The following (17) teams will be participating in the 2009 Amgen Tour of California:

PRO TOUR

AG2R- La Mondiale

Country: France

Team Website: www.ag2rlamondiale-cyclisme.com

2009 Roster: 30 Riders

Bikes Used: BH

2008 Highlights:

Stage wins in – the **Tour de France, Criterium du Dauphiné Libéré, Vuelta a Espana, Ronde de l'Isard, Tour de Picardie, Tour de l'Ain**

GP du Canton d'Argovie & GP de Lugano – 1st Overall

About:

AG2R – La Mondiale, directed by Vincent Lavenu, is sure to be a notable addition to the Amgen Tour of California Pro Tour team list. Though they represent 11 nationalities they are a French team with French sponsors, so this squad tends to focus on the Tour de France and other important French races such as the Dauphiné Libéré, which is raced in the region of Chambéry (the company and the team's base). This being said, their Pro Tour status allows for high expectations in any major stage race, and the Amgen Tour of California is no exception.

They've begun the 2009 season with a few new key riders, including the versatile Alexander Efimkin, formerly a Quick Step rider, who's twin brother Vladimir is already on the team. The Russian is 26 years-old with four professional victories already to his name, and a top ten finish at Paris-Nice. Also new to the team are Sébastien Hinault., who won a stage at the Vuelta a Espana for his former rival team, Credit Agricole - and French rider Blel Kadri, who won a stage and took [second](#) overall at the Ronde de l'Isard last season. They have three returning leaders for the 2009 season: Cyril Dessel, Tadej Valjavec and Vladimir Efimkin; but team management plans to give other up and coming riders a chance in the leader's role as well. Talented team members have returned to the racing scene after injury plagued their 2008 season, including: Ludovic Turpin, René Mandri and Yuriy Krivtsov.

For many years, the well-rounded AG2R – La Mondiale organization has asserted that their goal is not to have a single leader, but to have a complete team with riders who can all claim victories.

Its title sponsors are the [Ag2r Group](#), which is a French-based interprofessional insurance and supplementary retirement fund group, and the [La Mondiale Group](#), which is a French-based international group for supplementary pension and estate planning insurance.

ASTANA CYCLING TEAM

Country: Luxembourg

Team Website: <http://www.astana-cyclingteam.com>

2009 Roster: 27 Riders

Bikes Used: Trek

2008 Highlights:

Giro d'Italia – 1st General Classification individual, **Vuelta a Espana** - 1st General Classification individual & 4 Stage wins

Amgen Tour of California, Pais Vasco, Castilla y Leon & Tour of Romandie – 1st General Classification individual

35 Victories Overall & 3 **National Champions** representing Kazakhstan, Portugal & Lithuania

About:

The new Astana Cycling Team is in its second year under the leadership of Johan Bruyneel, the eight-time winning Sports Director of the Tour de France. In Bruyneel's first year, Team Astana accumulated 35 victories, including the prestigious Grand Tours of Italy and Spain. The 2009 squad consists of 27 riders representing 9 countries and includes Grand Tour leaders, Lance Armstrong, Alberto Contador, Andreas Klöden and Levi Leipheimer.

Armstrong's reunion with Bruyneel on Team Astana has created excitement for media and fans alike. The cancer survivor, cycling champion and founder and chairman of the Lance Armstrong Foundation, has announced the creation of the LIVESTRONG™ Global Cancer Awareness Campaign focused on supporting the 25 million people living with cancer worldwide, dispelling the misconceptions surrounding the disease and urging world leaders to make cancer a greater priority.

After coming off their early season training camps, the squad is motivated and prepared to continue their winning streak at the Tour of California, as Leipheimer has captured the overall crown in both 07 & 08, by bringing experienced riders who have found success in "The Golden State".

Sponsored by a consortium of companies hailing from Astana, the capital of cycling enthused Kazakhstan, the Team was created to foster national pride and develop the next generation of professional Kazakh cyclists. Team Astana is a member of cycling's elite UCI ProTour and competes in a clean and ethical environment under the guidance of Dr. Rasmus Damsgaard's anti-doping program.

GARMIN-SLIPSTREAM

Country: USA

Team Website: www.slipstreamsports.com

2009 Roster: 29

Bikes Used: Felt

2008 Highlights:

Giro d'Italia – 1st Team Time Trial & 1st General Classification individual after Stage 1

Tour de France – 5th General Classification individual & 1st Team Classification after Stage 3, 4, 6 & 6

Tour of California – 1st Team Classification, 2nd & 3rd General Classification individuals

Tour de Georgia – 1st Team Time Trial

About:

Team Garmin-Slipstream looks to 2009 with the goal of being one of the best teams in the world, as they'll hit the racing circuit with an impressive squad that includes Olympic, world and national champions.

Most of the 2008 squad remains this season, including stars Christian Vande Velde, David Millar and US national road champion David Zabriskie. New to the team is British track star Bradley Wiggins, who is the World track champion in the 4K individual pursuit, team pursuit (world record) and the madison. Wiggins also won Olympic gold medals in the 4K individual pursuit and the team pursuit in Beijing this summer. Impressive Canadian talents Svein Tuft and Christian Meier join the team for 2009. Tuft took the silver medal in the 2008 world time trial championships in Varese, Italy, Despite an unfortunate flat. Current Canadian national road champion, Meier has been riding for the team as a hard-working stagiaire for the last few months. Also watch out for Dutch sprinter Hans Dekkers, who beat star Tom Boonen to win the Nationale Sluitingprijs this past October.

In California, look for extremely aggressive riding and stage wins from this talented group of young professionals. The team's fearless riding style along with its distinctive orange and blue argyle clothing has made the squad a favorite with fans and media alike.

The team, based out of Colorado, is sponsored by Garmin - a global satellite navigation leader. It is dedicated to promoting ethical sporting and developing the next generation of cycling champions.

LIQUIGAS

Country: Italy

Team Website: www.teamliquigas.it

2009 roster: 27 riders

Bikes used: Cannondale

2008 Highlights:

Giro d'Italia – 4 Stage wins & Maglia Ciclamino, **Vuelta a Espana** – TTT and stage wins

Tour de Suisse – 1st General Classification individual & Stage win, **Tour of Missouri** – Stage win and White Jersey for Best Young Rider, **Giro de Trentino** – 1st General Classification individual & Stage win, **Paris-Nice** – Stage win, **Tirreno-Adriatico** – Stage win

About:

As one of the world's top teams in 2009, the Italian Liquigas squad features the arrival of Ivan Basso, a seasoned competitor, who the team feels can compete with anyone in the Pro Tour circuit. The squad also features super-sprinter Daniele Bennati, one of the world's best, and the expected

maturation of Vincenzo Nibali and Roman Kreuziger. These elements will ensure that Liquigas, led by team manager Roberto Amadio, remains at the top ranks of the sport.

The Liquigas team sets ambitious goals for the young, talented athletes that wear their jersey promise to live up to expectations and standards of the Pro Tour circuit.

Title sponsor Liquigas is a provider of liquefied gas products in Italy. Liquigas is committed to playing a leading role in the great world of international cycling. They are not only the sponsor of this top-notch team, but also the leaders of a Liquigas Camp, which allows children to experience the sport of cycling at a young age.

QUICK STEP

Country: Belgium

Team Website: <http://www.qsi-cycling.com>

2007 roster: 27 riders

Bikes used: Specialized Tarmac SL2 and Roubaix

2008 Highlights:

Tour of Qatar – 6 Stage wins, **Volta ao Algarve** – 1st General Classification Individual & Stage win, **Kuurne-Bruxelles-Kuurne** – 1st, **Paris-Nice** – 3 Stage wins, **Paris-Roubaix** – 1st, **Ronde van Belgie** - 1st General Classification Individual & 3 Stage wins

Tour de France – Stage win, **Vuelta a Espana** – 5 Stage wins

55 Victories in all

About:

The Belgian Quick Step team consistently produces top calibre athletes, and will join the Amgen Tour of California for the third time. Since its conception five years ago, the team has won more than 200 UCI races and six world championship titles, including three road titles: two by Italian Paolo Bettini in 2007 & 2006 and Belgian Tom Boonen in 2005. While Boonen remains the team's headliner, younger teammates such as sprinter Wouter Weylandt, are starting to emerge as future stars. At the end of 2008, according to recent statistics published on www.velo-club.net, this squad stands out as the highest winning Pro Tour team in the last 5 years – a huge accomplishment.

Though the famous Paolo Bettini has retired, 12 new riders have joined the Quick Step squad for the 2009 season. Among them are Sylvain Chavanel and Kevin Deweert from Cofidis, Dominique Cornu and Dries Devenyns from Silence Lotto, Dario Cataldo from Liquigas and Marco Velo from Milram.

Team sponsor is Quick Step, is a trendsetter in laminate floorings produced by Unilin Flooring.

RABOBANK

Country: Netherlands

Team Website: www.rabobank.nl

2009 Roster: 30 Riders

Bikes Used: Giant

2008 Highlights:

Tour de France – Stage win & 1st Sprint Classification,

Tirreno-Adriatico – 1st Points Classification & Stage win, **Paris-Nice** – 1st Young rider Classification & 2 Stage wins, **Critérium International** – Stage win, **Driedaagse van De Panne** - Stage win & 1st General Classification individual, **Gent-Wevelgem** - 1st, **Tour de Luxembourg** – 1st General Classification individual

Cyclocross World Champion, Road & Time Trial National Champions

About:

This Pro Tour team based out of the Netherlands is sure to bring a strong squad to the Tour of California. Rabobank, which includes three-time World Champion Oscar Freire, two-time Vuelta a España winner Denis Menchov and current Cyclocross World Champion Lars Boom.

Key additions to the 2009 roster include Stef Clement, a gifted time trialist who started out his career at the Rabobank Continental team and then moved to French Bouygues Télécom; as well as Tom Stamsnijder (from Gerolsteiner) and Juan Manuel Garate (from Quick Step). Team management feels the 32 year old Garate will be a valuable support rider for the team's captains in the Grand Tours. Newcomers Nick Nuyens (from Cofidis) and Maarten Tjallingii (from Silence-Lotto) have signed on as well.

Rabobank, a Netherlands-based global bank, is a committed sponsor, as they have been the team's title sponsor since 1996. Rabobank, N.A., a leading California community bank has announced that Rabobank will be a "Founding Partner" of the 2009 Amgen Tour of California.

TEAM COLUMBIA HIGHROAD

Country: USA

Team Website: www.highroadsports.com

2008 Roster: 28 Riders

Bikes Used: Scott

2008 Highlights:

Tour de France – 6 Stage wins

Giro d'Italia – 4 Stage wins

Fleche Wallone – 1st

TT World Champion

About:

2008 was a very successful year for the squad, as they posted exciting stage wins in the Giro d'Italia, Tour de France, wins in the Fleche Wallone, Schildeprijs, Tour de Georgia, Tour of California, Tour of Germany, Tour of Ireland and the Dauphine Libere, among others. With 37

riders from 18 different nations, the men and women's teams finished the 2008 season as the number one team in the world by winning more races than any other team.

On the squad is rider George Hincapie, who is a familiar face and renowned competitor in both American and International cycling. Also look for former World Time Trial Champion Australian Michael Rogers, Tour de France yellow jersey wearer Kim Kirchen and the young, renowned sprinter Mark Cavendish, who had a breakout season in 2008.

Team Columbia seeks to create an environment where success is achieved using the best methods, technology and personal development tools found in the world of sport. Their goals are to make change happen, to win by fair means, and represent the best aspects of sport.

Columbia Sportswear's sponsorship of Team Columbia provides an ideal opportunity for a major American company to support outdoor athletes who demand excellence of themselves and from their high-performance products. Columbia is pleased to promote a sport that is beloved by millions of people around the globe, who enjoy the outdoors and who deserve high-performance apparel for their own activities.

TEAM SAXO BANK

Country: Denmark

Team Website: <http://www.riis-cycling.com/>

2009 Roster: 28 Riders

Bikes Used: Specialized

2008 Highlights (as Team CSC):

Tour de France - 1st Overall General Classification, 1st Overall Best Young Rider competition, team competition victory & 3 stage wins.

Victories in **Milano-Sanremo**, **Tirreno-Adriatico** (overall), **Commerce Bank Int. Championship**, **Olympic Games time trial**, **Criterium International** (overall), **Tour de Pologne** (overall), **Herald Sun Tour** (Overall), **Monte Paschi Eroica & Rund um den Henninger Turm**

About:

Saxo Bank brings one of the world's strongest teams to the 2009 Amgen Tour of California. Last season the squad finished at the top of the world team rankings for the fourth year running, and Team Saxo Bank plans to continue their domination in the race scene with top cyclists like Fabian Cancellara (SUI), Jens Voigt (GER), Stuart O'Grady (AUS), Gustav Larsson (SWE), Fränk and Andy Schleck (LUX), Matti Breschel (DEN) and Juan José Haedo (ARG).

This group of riders has always found success at the Amgen Tour of California. During the inaugural race in 2006, the Danish team won the team classification and had three cyclists finish in the top ten overall. In 2007 the same squad, then named "Team CSC", won the teams classification again and finished with four riders in the top six overall. Voigt finished second after a stage win, and Julich, O'Grady and Christian Vande Velde finished fourth, fifth and sixth respectively. Last season, Fabian Cancellara won the prologue and Juan José Haedo followed with a stage one victory. Fabian Cancellara and Gustav Larsson both finished in top five overall.

Team Saxo Bank heads into 2009 after a successful 2008 season. In the Tour de France the Danish team made a strong statement when they took three overall victories: the Yellow Jersey (Carlos Sastre), the Young Rider jersey (Andy Schleck), as well as a victory in the team competition. On top of the many notable victories, the riders from Team Saxo Bank also won bronze medals in both the Olympics (Fabian Cancellara) and the World Championships (Matti Breschel). The team will be looking for both time trial and stage wins in the 2009 Amgen Tour of California - and maybe even the overall victory.

Main sponsor Saxo Bank is an online investment bank. They joined as a co-sponsor mid-season in 2008 and then assumed their title sponsorship of the squad in 2009.

PRO CONTINENTAL

BMC RACING TEAM

Country: USA

Team Website: www.bmc racing team.com

2009 Roster: 17 Riders

Bikes Used: BMC

2008 Highlights:

Amgen Tour of California – 1st KOM Competition, **Tour de Wallonie** – 1st KOM Competition

Tour of Utah – Stage win & 1st General Classification individual, **Ronde Van Brisbane** – 2 Stage wins & 1st General Classification individual, **Tour de Leelanau** – 1st General Classification individual

USPRO Road Race Championships – 5th

About:

The BMC racing team, a squad still relatively new to the Pro Continental ranks, has raised the bar for what it plans to accomplish in 2009 and years to come. A year of building a very solid foundation with a cohesive team of Americans and Swiss riders should naturally give way to more ambitious goals. Following this year of multiple successes, the team will position themselves as a stage racing team, and the Amgen Tour of California will be a high priority within this realm.

The roster includes the returning top Swiss talent Alex Moos - an established climber and time trialist. Tour of California veteran and hometown boy Jackson Stewart from Los Gatos, who has held the Tour of California most aggressive title, will return to the team as well. Antonio Cruz and Jeff Louder are also key members of this well-rounded squad. Five new riders will strengthen BMC's lineup for the 2009 season. Swiss riders Markus Zberg, Mathias Frank, Florian Stalder and Thomas Frei will add luster, while US rider Chad Beyer is an investment in the squad's future achievements.

Look for aggressive riding from the entire team, who won universal acclaim in the category in the 2008 Amgen Tour of California.

Sponsor BMC is a Swiss based Bicycle manufacturing company. BMC will maintain its relationship with the squad until 2010, with the goal of competing at the world's major races. The team wants to promote clean racing for the love of being on the bike, and they believe this strong work ethic will win the team concrete and intangible victories.

CERVELO TEST TEAM

Country: Switzerland

Team Website: <http://www.cervelo.com/default.aspx?t=testteam>

2008 Roster: 24 Riders

Bikes Used: Cervélo

About:

New to the Pro circuit in 2009, the Cervélo TestTeam has gathered a powerful squad for their inaugural season. Prominent leaders in the bike industry - Cervélo, Zipp, Speedplay, Vittoria, 3T, fi'zi:k, Castelli and Rotor Bike Components - have put a new spin on professional cycling and product innovation with the formation of the Cervélo Test Team.

After seven years racing for Team CSC, 2008 Tour de France champion Carlos Sastre has joined the start-up Cervélo Test Team for 2009. Joining Sastre in the move is Spanish veteran Iñigo Cuesta, another former CSC-Saxo Bank rider. Also joining Sastre is sprint ace Thor Hushovd, which should create high expectations for the performance level of the team at the Amgen Tour of California. Ted King of the United States and Dominique Rollin of Canada, who rode for American Continental teams last season, have also signed on. These top notch riders will also participate in activities with customers, which will help make the sport more accessible to cycling fans.

CONTINENTAL

BISSELL PRO CYCLING TEAM

Country: USA

Team Website: www.BissellProCycling.com

2008 Roster: 15 Riders

Bikes Used: Pinarello Prince

2008 Highlights:

2008 NRC Individual standings – 2nd and 3rd & **NRC Team standings** – 3rd

USPRO Championships - 2nd Time Trial, 10th Road Race

Tour of Georgia - Stage win; **Tour of Gila** - 2 Stage wins & 2nd overall; **Mt. Hood** - Stage win & best young rider; **Tour de Nez** – 1st General Classification Individual; **Tour of Utah** - Stage win.

About:

BISSELL Inc. has continued as the title sponsor of one of the country's top continental cycling teams for the 2009 season. Mark Bissell, Chairman and CEO of BISSELL Inc., builds on his six-

year history with cycling by assuming ownership of the team, which will come under the direction and management of Glen Mitchell.

Time trial powerhouses Ben Jacques-Maynes and Tom Zirbel have returned to the squad for the 2009 season, and play key roles as team leaders. Jacques-Maynes was ranked 3rd in this year's NRC standings, while Zirbel completed his season with an impressive second place finish at the USPRO Time Trial. Also watch out for returning climbing sensation, Burke Swindlehurst, who brings his years of strength and stability to the team. The team is strengthening its sprinting game with the addition of Kirk O'bee for the 09 season, who is two-time U.S. Criterium Champion. He will be supported by the lead-out power provided by Peter Latham, a New Zealand Olympian and World U23 Championship Medalist. Other Key additions to the 2009 roster include Peter Latham (Albi Velo Sport) and Andy Jacques-Maynes (California Giant).

BISSELL Homecare, Inc. is based in Grand Rapids, Michigan and is a 132-year-old floor care innovator and international marketer of home cleaning product. The company, in its fourth generation of family leadership, is the seventh oldest privately held manufacturing company in the United States. Kellogg Company has signed on as a new key sponsor for the 2009 season.

COLAVITA/SUTTER HOME pres. by COOKING LIGHT

Country: USA

Team Website: <http://www.ColavitaSutterHome.com>

2008 Roster: 15 Riders

Bikes Used: Jamis Xenith SL road frame and Xenith T2 time trial

2008 Highlights:

Redlands Classic – Stage win, 1st Sprint Competition & 1st Team Classification, **Joe Martin Stage Race** – 1st Team Classification & 2 Stage wins, **Philadelphia Invitational** – 1st KOM Competition, **Fitchburg Longsjo Classic** – Stage win and 1st General Classification Individual

Vuelta Mendoza – 4 Stage wins, **San Dimas Stage Race** – 2 stage wins, **Tour of the Gila** - Stage win

Merco Credit Union Cycling Classic, US Air Force Cycling Classic, Tour of Somerville, CSC Invitational, AT&T Austin Downtown Criterium, Presbyterian Hospital Invitational Criterium - 1st

About:

Colavita/Sutter Home re-signed its core squad for the 2009 season and added Aaron Olson, winner of the 2008 Tour de Nez.

Returning riders include Cuban powerhouse Luis Amaran, Argentineans Alejandro and Anibal Borrajo and Sebastian Haedo, climbing sensation Anthony Colby, Fitchburg Longsjo overall winner Kyle Wamsley, as well as all-arounders Luca Damiani, Davide Frattini and Tyler Wren. Aaron Olson is an experienced all-arounder who raced for Colavita in 2004 and 2005 before heading to Europe to ride with Saunier-Duval and T-Mobile.

Sponsors include Colavita USA, which imports and distributes the #1 brand of Italian extra virgin

olive oil in the US along with other fine Italian products; and Sutter Home Winery, wholly owned and operated by the Trinchero family, Napa Valley vintners since 1948. Presenting sponsor *Cooking Light* is the world's largest food magazine.

FLY V AUSTRALIA pres. by SUCCESSFUL LIVING FOUNDATION

Country: Australia

Web site: www.teamflyaustralia.com

2009 Roster: 15 Riders

Bike Used: Parlee

Australia's newest professional cycling team, Fly V Australia presented by Successful Living Foundation, is set to take off in 2009. Also like its major sponsor, the Fly V Australia presented by Successful Living Foundation cycling team will have a trans-Pacific focus in 2009, running a comprehensive program that will compete in the biggest and best races in the United States, Australia and Asia.

The squad includes eight-time Australian National Time Trial Champion Nathan O'Neil and current Australian Criterium National Champion Bernie Sulzberger. The team also includes top U.S. climbers Phil Zajicek and Micheal Grabinger, both coming off a stellar 2008 season. The team will be aiming for both time trial and stage wins at their Amgen Tour of California debut.

Australia's newest international airline, V Australia, is set to make its first flight to Los Angeles International airport on February 27, 2009.

JELLY BELLY CYCLING TEAM

Country: USA

Team Website: <http://www.jellybellycycling.com/>

2009 Roster: 11 riders

Bikes Used: GTR Team

2008 Highlights:

Tour of Hainan – 1st Stages 3 & 5, **US 100 KM Road Race** – 1st, **Tour of Elk Grove** - 1st Stage 3, **Nature Valley Grand Prix** – 1st Sport Beans King of the Hill Jersey

About:

With the longest running title sponsor in the US pro peloton, the Jelly Belly Cycling Team celebrates its 10th anniversary on the road this year. The team posted some impressive results in 2008, both at home and abroad, and the '09 squad looks to veteran strongmen Brad Huff and Bernard van Ulden to continue their winning ways. Promising new rider Kiel Reijnen, who joins the squad from Waste Management Cycling Team, Jelly Belly's developmental team, will surely be one to watch.

The squad is led by Team Director Danny Van Haute whose talented riders are eager to build on their strong 2008 results. In California, the team will keep its eyes open for every opportunity to secure a spot on the podium.

OUCH PRO CYCLING TEAM pres. by Maxxis

Country: USA

Team Website: www.teamouch.com

2008 Roster: 11 Riders

Bikes Used: Kuota

2008 Highlights (as Team Health Net):

NRC Team Standings – 1st (5th consecutive year) & **NRC Individual standings** – 1st

27 total stage, overall and one-day race victories & 73 total podium appearances

Tour of Taiwan, Mt. Hood Cycling Classic & Joe Martin Stage Race – 1st General Classification Individuals; **Nature Valley Grand Prix** - 1st and 2nd General Classification Individuals

About:

The new OUCH Presented by Maxxis team is a revamped version of the Health Net – Maxxis team, which has been North America's top professional team since 2004. The squad returns five core riders from the 2008 Health Net team, including National Racing Calendar champion Rory Sutherland. The team will continue as a UCI Continental-registered team, focusing on a domestic calendar similar to Health Net-Maxxis' schedule.

Look for well known talent Floyd Landis, who will race this season for this new domestic squad. Other 2009 standouts are Tim Johnson, Roman Kilun, Karl Menzies and John Murphy. This group of riders will look to improve their team classification finish from last year's Tour of California, on their way to yet another season as a NRC power-house.

Title sponsor is the [OUCH Sports Medical Center](#), based in California. The sports center's co-founder, Dr. Brent Kay, is Landis' personal physician and oversaw his hip resurfacing surgery in 2006. Presenting sponsor Maxxis International produces high performance tires. The team is owned by Momentum Sports Group

ROCK RACING

Country: United States

Team Website: www.rockracing.com

2009 Roster: 16 riders

Bikes Used: TBD

2008 Highlights:

3 Individual National Champions – Road Race, Criterium, U23 Criterium

Tour of Qinghai Lake & Redlands Bicycle Classic – 1st General Classification Individual

45 Victories

About:

Rock Racing was the team to beat on the U.S. domestic scene in 2008, winning 45 races and four

national titles while putting a rider in the top three 106 times. Every month brought a highlight for the second-year squad that is sponsored by internationally-renown lifestyle brand Rock & Republic and owned by CEO and Creative Director Michael Ball.

The team heads into 2009 with confidence, as they posted many notable results in 2008. Santiago Botero won the Redlands Bicycle Classic and led a 1-2-3-4 finish in the prologue of the Vuelta a Colombia in May. Oscar Sevilla won the second leg of the Triple Crown of Cycling in June at the Commerce Bank Reading Classic, and Tyler Hamilton captured the Tour of Qinghai Lake in July. Three riders captured national titles: Rahsaan Bahati (criterium), Justin Williams (Under 23 criterium) and Hamilton (road race); and Rock Racing captured the team pursuit at the National Junior Track Championships to close out the season.

In 2009, the Rock Racing team is under the direction of Rudy Pevenage, one of the most experienced director sportifs that cycling has produced in the past 20 years. The former Belgian bicycle racer built a dynasty with the Telekom/T-Mobile squads and guided Jan Ullrich to victory at the 1997 Tour de France.

TEAM TYPE 1

Country: United States

Team Website: www.teamtype1.org

2009 Roster: 16 Riders

Bikes Used: Orbea

2008 Highlights:

Vuelta Mexico – 1st Team Classification & 1st General Classification individual, **Tour de Beauce** – 1st Team Classification & 1st Sprint Classification, **Tour of Arkansas** – 1st General Classification individual, **Tour of Ireland** and **Jayco Herald Sun Tour** – 1st King of the Mountains classification, **Tour de Georgia** – 3rd Team Classification, **Tour of Langkawi** – 2nd Team Classification

2 Olympians – Represented New Zealand & Mexico

45 Victories & 100 Podium Finishes

About:

Team Type 1 was created in 2004 by Phil Southerland and Joe Eldridge, a pair of avid cyclists with Type 1 diabetes. In 2006 and 2007, the pair captained Team Type 1 to back-to-back victories in the eight-person team division of the Race Across America (RAAM). In 2008, the team grew to include a 15-rider professional continental team that included four riders with Type 1 diabetes. In their inaugural pro season, Team Type 1 compiled 45 victories, including winning the team classification at the Tour de Beauce and the Vuelta Mexico and placing two riders (Glen Chadwick and Moises Aldape) in the Olympic road race in Beijing.

In 2009, Team Type 1 is growing again – to include a triathlon team, a developmental squad, a women's professional squad and two teams for RAAM: Team Type 1 and Team Type 2. The Type 1 athletes in these programs strive to instill hope and inspiration for people around the world

affected by diabetes. The team encourages control of diabetes through diet, exercise and the use of the best treatment and technology available today.

Team Type 1 General Manager Tom Schuler and Sport Director Ed Beamon are two of the most established names in domestic cycling, having previously directed the longtime Saturn and Navigators Insurance teams, respectively.

CYCLING 101

CYCLING AS A TEAM SPORT

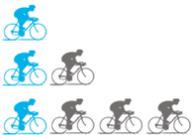
It may come as a surprise to some to learn that cycling is a team sport. In fact, it is one of the most strategic team sports of all. In a typical pro race, teams have 8-12 riders on the start line. Each team has its own game plan for winning, and each rider plays a different role in that game plan. Most teams have one leader. His teammates play the role of **domestiques**, who sacrifice their own chances of winning in support of their team leader.

A domestique is the “worker ant” of the team, protecting the leader from the wind, chasing down breakaway riders, fetching food or clothing for the leader, and even sacrificing their bikes’ parts for the leader.

Few riders can go it alone and be successful in a race. Even Lance Armstrong depends heavily on the strength of his team. Understanding this truth in cycling will make watching the Amgen Tour of California even more exciting.

STRATEGY

One of the most crucial concepts in team racing is **drafting**. Riders can conserve energy by riding in the **slipstream** of another cyclist. As a result, teams try to surround their leader with teammates, keeping him out of the wind and fresh to attack at the right moment.



Different formations can increase the energy-saving benefits of drafting, and wind can necessitate a variety of drafting formations.

Teams also develop complex strategies to win specific stages and the races within races, such as points for **King of the Mountain** or **Sprint** competitions. Not only do teams designate a leader for the overall race, but many also select riders to try and win the best sprinter and best climber competitions.

JERSEYS

In the Amgen Tour of California, standout performances are signified by special jerseys. The jerseys are prestigious, and there is also prize money to be won. The competition for these jerseys is fierce.

Amgen Race Leader Jersey

The Amgen Tour of California Race Leader’s jersey is awarded to the stage winner: the rider with the least amount of elapsed time over the entire race. Depending on standings, there may be a different person wearing the Leader Jersey on each stage.

Sprint Jersey

The sprinter's jersey is awarded to the rider that accumulates the most bonus points during the week at Sprint Lines, or by finishing in the top 15 places at the finish line of each stage. Cyclists who specialize in bursts of speed, or consistently finish near the top of each stage, will have a good chance of winning this orange jersey.

King of the Mountain (KOM) Jersey

This jersey goes to the strongest climber of the peloton. A cyclist earns this jersey by collecting points at designated KOM locations, located at the top of mountains and hills. Only the top three cyclists who cross the line receive points.

Best Young Rider Jersey

Each day the riders who are under 23 years of age compete for this special recognition. The winner is determined by his overall placement at the finish line after each stage.

Most Courageous Jersey

Each day, the Most Courageous Rider will earn Amgen's *Breakaway from Cancer*[™] jersey. It will be awarded to a cyclist who best exemplifies the character of those engaged in the fight against cancer. The jersey will not necessarily be awarded to the fastest or best cyclist of the day, but rather to the rider who best demonstrates courage, sacrifice, inspiration, determination and perseverance.

CYCLING GLOSSARY

Break/Breakaway - A rider or group of riders that has left the main group behind.

Caravan/Race Caravan - The official and support vehicles in a race.

Circuit Race - A one-day race that laps around a circuitous route.

Classic Race - A one-day race in which the route travels between two separate points, instead of a circuitous route.

Criterion - A multi-lap, one-day race on a closed, short course, typically one mile or less.

DNF - Short for Did Not Finish.

Domestique - A team rider who will sacrifice his individual performance to help a designated teammate. Duties can include giving up one's bike for another rider, supplying refreshments to teammates, and catching breakaway riders. French for "servant."

Draft - To ride closely behind another racer, saving energy by using that racer as a wind break. Riding in front is very strenuous but affords a great energy-saving advantage to the rider behind.

Drop/Dropped - When a rider has been passed by another, or left behind.

Echelon - A staggered, long line of riders, each downwind of the rider ahead, allowing them to move considerably faster than a solo rider or small group of riders. In windy sections where there are crosswinds, a large peloton will form into echelons.

Feed Zone - A designated area along the route where riders can grab “musette bags” filled with food and drinks as they ride by. There is an unwritten rule in the peloton that riders should not attack the field while the riders are going through the feed zone.

Field Sprint - A mass sprint at the finish among the main group of riders in a road race.

Gap - The amount of time or distance between a rider or group of riders and another rider or group of riders.

General Classification (G.C.) - The overall leader board in the race, representing each rider’s total cumulative time in the race. The rider with the lowest time is number one on the G.C.

Grand Tour - Refers to three-week major cycling stage races: Tour de France, Giro d'Italia (Tour of Italy), and Vuelta a Espana (Tour of Spain).

Gruppetto - A group of riders that form at the back of the field on mountain stages, who ride at a pace that allows them to finish just inside the time limit (see Time Cut). Usually the gruppetto is comprised of sprinters and other riders that are not climbing specialists or race leaders. Gruppetto is Italian for “a small group.”

Hammer - To ride hard. Also, to “put the hammer down.”

Jump - A quick acceleration, which usually develops into a sprint.

KOM - King of the Mountain. Award for the Best Climber.

Lead Out - To intentionally sacrifice one's chances in order to create a windbreak and creating an opening for a rider behind. A racing tactic whereby one rider races at high speed to give a head start to the rider on his/her wheel.

Mechanical - Slang for a mechanical problem with the bicycle. “He had a mechanical.”

Mountain Climb Classifications - Large mountain climbs are normally classified according to their difficulty. Category 4 is the easiest, followed by Categories 3, 2, 1, and the Hors-Categorie (which is the hardest). Mountain climbs are classified according to their length and the average gradient of the road’s incline.

Off the Back - When a rider or riders cannot keep pace with the main group and lag behind.

Off the Front - When a rider takes part in a breakaway.

Paceline - A string of riders that moves at high speed with each individual taking turns setting the pace and riding in the draft of the others. See also Train.

Peloton - The main field, or pack, of riders in the race. Peloton is French for a group moving forward.

Prologue - One type of beginning for a stage race, which is a relatively short time trial.

Popped - Blown. Had it. Knackered. Stuffed. Lots of words to describe the legs just going all weak. Loss of power.

Puncture - Flat tire.

Road Rash - Skin abrasions resulting from a fall or crash onto the road.

Saddle - The bike seat.

Sitting up - When the rider is no longer tucked, or riding in the most aerodynamic fashion.

Slipstream - The area of least wind resistance behind a rider.

Stage Race - A bike race held over successive days, with a different course each day. Stage races can last anywhere from three to 25 days. The rider with the lowest total time (or accumulated points) after completion of all the stages wins the overall race.

Team Leader - The rider for whom the team rides in order for the leader to win a stage or race.

Time Cut - Mostly applicable to the Grand Tours. On each stage all riders must finish within a certain percentage of the winner's time to remain in the race. Those who are unable to make the cut are disqualified from the race.

Time Trial - A race in which riders start individually and race against the clock. The fastest over a set distance is the winner. Riders can pass each other on the course but they are not allowed to draft off of each other. Also known as the "race of truth."

Train - A fast moving paceline of riders.

UCI - Union Cycliste Internationale, the international governing body of cycling.

Wheel Sucker/Wheelsucking - Someone who sticks to a rear wheel ahead of him or her and refuses to go to the front.

USA Cycling - America's governing body of cycling. USA Cycling supervises the activities of all cycling disciplines (road, mountain, track, cyclo-cross), and establishes criteria for the US Olympic Cycling Team.

Velo - Bike. French.