

AMGEN



MAY 16-23, 2010

Tour of California

5/16 NEVADA CITY TO SACRAMENTO 5/17 DAVIS TO SANTA ROSA 5/18 SAN FRANCISCO TO SANTA CRUZ
5/19 SAN JOSE TO MODESTO 5/20 VISALIA TO BAKERSFIELD 5/21 PALMDALE TO BIG BEAR LAKE
5/22 LOS ANGELES 5/23 THOUSAND OAKS/WESTLAKE VILLAGE/AGOURA HILLS



THE GREATEST
CYCLING RACE
IN NORTH AMERICA

WATCH IT LIVE ON **VERSUS**

LANCE ARMSTRONG

PHOTO COURTESY OF GARRAH WATSON

2010 VOLUNTEER HANDBOOK

A complete guide to a safe and enjoyable
cycling experience!

WELCOME AND INTRODUCTION

Thank you for your participation in the 2010 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/Marshal 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 de 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 work together as a team to ensure the smooth operation of the 2010 Amgen Tour of California. Again thank you for your participation in this exciting event!

2010 AMGEN TOUR of CALIFORNIA

Volunteer Positions

Start Cities: Nevada City, Davis, San Francisco, San Jose, Visalia, Palmdale, Los Angeles (Time Trial) and Thousand Oaks/Westlake Village/Agoura Hills (Circuit Race)

Finish Cities: Sacramento, Santa Rosa, Santa Cruz, Modesto, Bakersfield, Big Bear Lake, Los Angeles (Time Trial) and Thousand Oaks/Westlake Village/Agoura Hills (Circuit Race)

Volunteer Descriptions

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. Course Marshal positions are for local stages only.

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.

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

Site Decoration/Restoration - Assist Logistics Crew with hanging and tear-down of banners: on-course, hospitality, etc. Broken into Two Shifts (Morning Set-up and Load-in: 2 hrs; Afternoon Breakdown: 2 hrs.).

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. Broken into Two Shifts (Morning Set-up and Load-in: 2 hrs; Afternoon Runners/Activities and Breakdown: 2 hrs).

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

THE GREATEST CYCLING RACE IN NORTH AMERICA



SUNDAY, May 16 STAGE 1

Presented by California

START: NEVADA CITY – 11:45am

Distance: 104.3 miles

SPRINTS: Auburn, Meadow Vista

KOM: CA 49

FINISH: SACRAMENTO

Estimated time of arrival: 3:31pm to 4:09pm

Lifestyle Festival Hours: 11:00am to 4:30pm

MONDAY, May 17 STAGE 2

Presented by Nissan

START: DAVIS – 11:00am

Distance: 110.1 miles

SPRINTS: Winters, Angwin

KOM: CA 128, Howell Mt. Rd.,
Oakville Grade, Trinity Grade

FINISH: SANTA ROSA

Estimated time of arrival: 3:01pm to 3:41pm

Lifestyle Festival Hours: 11:00am to 4:30pm

TUESDAY, May 18 STAGE 3

Presented by PacifiCorp

START: SAN FRANCISCO – 11:15am

Distance: 113.3 miles

SPRINTS: Pacifica, Half Moon Bay

KOM: Tunitas Creek Rd., CA 84,
Pescadero Rd., Bonny Doon/Pine Flat Rd.

FINISH: SANTA CRUZ

Estimated time of arrival: 3:22pm to 4:03pm

Lifestyle Festival Hours: 11:00am to 4:30pm

WEDNESDAY, May 19 STAGE 4

Presented by Breakthrough from Cancer

START: SAN JOSE – 11:00am

Distance: 121.5 miles

SPRINTS: Livermore, Patterson

KOM: Sierra Rd., Mines Rd.

FINISH: MODESTO

Estimated time of arrival: 3:27pm to 4:11pm

Lifestyle Festival Hours: 11:00am to 4:30pm

THURSDAY, May 20 STAGE 5

Presented by Rabobank

START: VISALIA – 10:45am

Distance: 121.5 miles

SPRINTS: Lindsay, Porterville

KOM: Old Stage Rd., Round Mountain Rd.

FINISH: BAKERSFIELD

Estimated time of arrival: 3:17pm to 4:03pm

Lifestyle Festival Hours: 11:00am to 4:30pm

FRIDAY, May 21 STAGE 6

Presented by Kaustralka

START: PALMDALE – 9:30am

Distance: 135.3 miles

SPRINTS: Wrightwood, Crestline

KOM: Millcreek Summit, CA 2, Cloudburst,
Dawson Saddle, Blue Ridge, CA 138, CA 18

FINISH: BIG BEAR LAKE

Estimated time of arrival: 2:54pm to 3:52pm

Lifestyle Festival Hours: 11:00am to 4:30pm

SATURDAY, May 22 STAGE 7

Presented by HERBALIFE.

START: LOS ANGELES - L.A. LIVE – 1:00pm

Distance: 20.9 miles

Individual Time Trial

FINISH: LOS ANGELES - L.A. LIVE – 4:15pm

Estimated time of arrival: 3:39pm to 4:10pm

Lifestyle Festival Hours: 11:00am to 4:30pm

SUNDAY, May 23 STAGE 8

Presented by AMGEN

START: THOUSAND OAKS – 12:30pm

Distance: 83.5 miles

Circuit Race

SPRINTS: Finish Line (x2)

KOM: Mulholland Hwy.

FINISH: THOUSAND OAKS

Estimated time of arrival: 3:39pm to 4:10pm

Lifestyle Festival Hours: 11:00am to 4:30pm

WATCH ON VERSUS

SUNDAY, MAY 9

PREVIEW SHOW – 2PM PDT/5PM EDT (LIVE)

SUNDAY, MAY 16

NEVADA CITY TO SACRAMENTO – 2PM PDT/5PM EDT (LIVE)

MONDAY, MAY 17

DAVIS TO SANTA ROSA – 2PM PDT/5PM EDT (LIVE)

TUESDAY, MAY 18

SAN FRANCISCO TO SANTA CRUZ – 2PM PDT/5PM EDT (LIVE)

WEDNESDAY, MAY 19

SAN JOSE TO MODESTO – 2PM PDT / 5PM EDT (LIVE)

THURSDAY, MAY 20

VISALIA TO BAKERSFIELD – 2PM PDT / 5PM EDT (LIVE)

FRIDAY, MAY 21

PALMDALE TO BIG BEAR LAKE – 2PM PDT / 5PM EDT (LIVE)

SATURDAY, MAY 22

LOS ANGELES – 3:30PM PDT/6:30PM EDT (LIVE)

SUNDAY, MAY 23

THOUSAND OAKS/WESTLAKE VILLAGE/AGOURA HILLS
3:30PM PDT/6:30PM EDT (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 Race 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. DO EXACTLY WHAT THE POLICE SAY TO THE BEST OF YOUR ABILITY IF A CRISIS OCCURS. 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

Course 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 is what's 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:

- Asses the location; note traffic patterns, the direction the race will travel, and any hazards
- Remove any debris or other obstacles that are in the way (branches, gravel, etc.)
- Introduce yourself to any police 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 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

1. 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.

2010 AMGEN TOUR OF CALIFORNIA TEAMS

The 2010 Amgen Tour of California roster includes the following sixteen (16) professional cycling teams:

- * Bissell (USA)
- * BMC Racing Team (USA)
- * Cervélo TestTeam (SUI)
- * Fly V Australia (AUS)
- * Garmin-Transitions (USA)
- * Jelly Belly Presented by Kenda (USA)
- * Kelly Benefit Strategies (USA)
- * Liquigas-Doimo (ITA)
- * Quick Step (BEL)
- * Rabobank (NED)
- * SpiderTech Powered by Planet Energy (CAN)
- * Team HTC-Columbia (USA)
- * Team RadioShack (USA)
- * Team Saxo Bank (DEN)
- * Team Type 1 (USA)
- * UnitedHealthcare Presented by Maxxis (USA)



Cycling 101

Cycling as a Team Sport

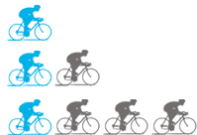
It may come as a surprise to some to learn that cycling is a team sport. In fact, it is one of the most strategic team sports of all. In a typical pro race, teams have 8-12 riders on the start line. Each team has its own game plan for winning, and each rider plays a different role in that game plan. 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’s.

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.



2010 Amgen's *Breakaway from Cancer*® 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.

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.



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.

Criterium - 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. Awarded 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.



2010 Amgen Tour of California Stage by Stage Highlights

*By Eric Smith, Course Director, Medalist Sports &
Lynn Katano, Volunteer Director*

Four new Stages highlight the 2010 edition of The Amgen Tour of California. Moving to May will allow the race to venture into new territories. Team managers are describing the race as longer, harder, and steeper than ever before. What was once considered a “warm-up” race for the Spring Classics, the 2010 Amgen Tour of California becomes an instant Classic itself. The teams are loaded with the best riders the race has ever seen. 2010 will be a year to remember...and to volunteer for!

Stage 1 Nevada City to Sacramento – May 16th

The 2010 Amgen Tour of California helps celebrate the 50th anniversary of one of the USA’s classic one day bicycle races: the Nevada City Classic in the picturesque town of Nevada City. The race heads south to Sacramento via Grass Valley and through Old Town in Auburn. Heading out of Auburn, the racers will cross over the Auburn-Forest Hill Bridge: the tallest bridge in California and the third highest in the USA. A mostly downhill stage, that will certainly favor the sprinters, is abruptly interrupted by a wicked climb from the American River to the town of Cool. Sacramento streets will once again see the teams finish with three blistering fast circuits around the State’s Capitol building.

Stage 2 Davis to Santa Rosa – May 17th

The route from Davis to Santa Rosa will provide plenty of scenic settings for both the cyclists and the spectators. Beginning in the city of Davis, which recently was named the best cycling town in the United States by *Bicycling Magazine*, the route includes evenly spaced climbs throughout the stage and spectacular views. After 20 miles of flat roads, the riders will meet their first climb up a short, but steep section leading up to the Monticello Dam. This short climb is followed quickly by the difficult “Cardiac Hill”. Another long, flat section along Lake Berryessa will take the riders to their third climb up Howell Mountain Rd., followed by a fast descent into Napa Valley. The race will pass some of the most well known vineyards in Napa Valley along the famous Silverado Trail. After one final climb up the Oakville Grade and a steep descent down Trinity Grade, the cyclists will finish the race in the hometown of “Charlie Brown” and the rest of the beloved “Peanuts” characters: Santa Rosa. In previous years, Santa Rosa fans have set the mark for one of the largest and most enthusiastic crowds of the entire race.

Stage 3 San Francisco to Santa Cruz – May 18th

Starting on Ocean Beach on the Pacific Ocean, Stage 3 will cover nearly 120 miles from San Francisco to Santa Cruz. The route will take the riders south down the California coastline on Highway 1, flanked by the picturesque backdrops of the Pacific Ocean on one side and Redwood forests on the other. This coastal stage will include three long, but moderate climbs

on Tunitas Creek Road, La Honda Road, and Bonny Doon Road, which will be followed by lengthy and fast descents. The sprint to the finish in Santa Cruz will follow W. Cliff Drive along Monterey Bay to an exciting conclusion to Stage 3 at the world famous Santa Cruz boardwalk.

Stage 4 San Jose to Modesto – May 19th

Fans of the Amgen Tour of California may recognize part of Stage 4 from the 2009 race when the cyclists traveled from San Jose to Modesto; however, in 2010, the racers will encounter a longer and more difficult route. Beginning with a climb that is synonymous with cycling and the Amgen Tour of California, the cyclists will head up Sierra Road (1,930 ft.) within the first five miles of the stage. This epic climb will be a defining moment in the race and will create an action-packed day of racing for the cyclists and the fans alike. After completing the Sierra Road climb, the riders will face fast and flat roads full of twists and turns (Calaveras Road alone has more than 40 switchbacks) before visiting downtown Livermore for the first time. The race will then turn on to the very difficult Mines Road. The riders will face nearly 30 miles of a narrow twisting road with almost constantly climbing, before a long descent into Patterson. The stage will finish with two circuits in downtown Modesto.

Stage 5 Visalia to Bakersfield – May 20th

The Amgen Tour of California returns to Visalia for the start of Stage 5: a Stage that will take the riders through the heart of California's San Joaquin Valley and into the foothills of the Sierra Nevada Mountains. After departing Visalia, the race will head due south through the towns of Exeter and Lindsay. Just south of Porterville, the route heads further inland and tackles the narrow and twisty Old Stage Road into the town of Woody. The route to the finish in Bakersfield in one that is unlike anything the racers have seen: the Kern River oil fields. The riders will encounter several short steep climbs through one of the most productive oil fields in the USA. From atop the final climb, they will look down onto the finish at Bakersfield College. The final obstacle is a 10% climb up China Grade. There will two finishing circuits for Stage 5.

Stage 6 Palmdale to Big Bear – May 21st

Palmdale City Hall will serve as the backdrop for the most difficult stage the cyclists have faced in the five-year history of the Amgen Tour of California. After a five mile neutral section heading south on Sierra Rd., the route makes a left turn onto Angeles Forest Highway. Facing the riders is the imposing San Gabriel mountain range. Within a few miles, the first of seven KOMs will be crested. After a blistering descent from Mill Creek Summit, the route turns to Upper Big Tujunga and then onto Angeles Crest Highway. From there, the riders continue on a 135-mile odyssey with more than 12,000 feet of climbing. The race will climb to a high point of nearly 8,000 feet as it rolls along the Angeles Crest Highway. Then, there is a brief respite as they descend to Wrightwood and over to Highway 138. The route again goes vertical as it passes through Crestline and Lake Arrowhead, as the cyclists take to the "Rim of the World" highway. Entering the Big Bear area, the riders will take the northern route around Big Bear Lake and then tackle the last ascent to the finish at a more than 7,000-foot elevation at the Snow Summit ski area for the Amgen Tour of California's first-ever mountain finish.

Stage 7 Downtown LA Individual Time Trial - May 22nd

The race descends on the City of Angels on Stage 7 with the 21-mile individual time trial. Los Angeles plays host to a course that is chock full of the city's iconic landmarks. Each rider will leave LA Live at two minute intervals and complete two laps of the 10.5 mile circuit. As the riders head north, they will encounter the first of two short but steep climbs. The Biltmore Hotel, Disney Hall, The Music Center, LA Cathedral, and LA City Hall are the highlights of the 1st half of the circuit. Heading south, the riders will pass by the LA Convention Center, the University of Southern California, Exposition Park, and the LA Coliseum before heading back north to the finish line in front of the Staples Center. This stage could set an all-time attendance record for spectators and a great viewing opportunity for all volunteers.

Stage 8 Thousand Oaks, Westlake Village, and Agoura Hills Circuit Race – May 23rd

If the teams are expecting a relaxing final stage to celebrate the holder of the yellow jersey; they have come to the wrong tour. Stage 8 will be the “exclamation point” for this year’s race. Starting at the upscale “The Oaks” shopping complex, the riders will roll neutral to the start of four 21-mile circuits. The cities of Thousand Oaks, Westlake Village, and Agoura Hills host the final 84-miles of the 2010 Amgen Tour of California. What starts as a beautiful rolling stage, hits a “snag”: Mulholland Highway. Long regarded as one of the most scenic climbs in southern California and a favorite haunt of motorcyclists, Mulholland Hwy features steep climbs and numerous switchbacks. The crowds should be enormous! As the riders pass the designated sprint line at the Malibu Family Winery, they will start a dangerous and technical descent on Westlake Blvd. In less than an hour, the riders will be back at the finish line and bracing themselves for three more laps. If ever there was a chance to see the yellow and polka-dot jerseys change on the final day, it will be on Stage 8. This is another awesome opportunity for volunteers to watch the race as the riders pass four times through the Santa Monica Mountains.

Volunteers Needed

Each of the start and finish cities are looking for hundreds of volunteers to act as course marshals to safe-guard the course for both the riders and the spectators. The Tour depends on approximately 4,000 volunteers throughout the state to make the race happen. Whether you sign-up for one stage in your own backyard or multiple stages as you follow the race, being a volunteer enables you to participate in a world-class cycling event and receive a coveted Volunteer t-shirt.

Go to <http://www.amgentourofcalifornia.com/Tour/volunteer.html> to register now and share in the excitement of the 2010 Amgen Tour of California!