

Giro de Rankin

Pro Bike

www.probikeusa.com

Bicycle Race (Omnium)

June 10-11, 2006

Eldorado Steak House

"The gold Standard in Steak"

\$8,500 Total Prize List

USCF Permit applied for

Category	Fee	Prize List / Places*	Pro Bike Time Trial		Regions Bank Road Race		First Choice Medical Criterium	
			Start Time	Distance	Start Time	Distance	Start Time	Distance
Pro 1/2	\$60	\$4,010/20	8 am	4 miles	1:30 pm	81 miles	2:00 pm	60 min + 3 laps
Senior 3	\$60	\$1,525/7	8 am	4 miles	1:35 pm	61 miles	12:45 pm	45 min + 3 laps
Senior 4	\$60	\$720/5	8 am	4 miles	1:45 pm	61 miles	11:30 am	45 min + 3 laps
Senior 5	\$40	Medals/3	8 am	4 miles	2:40 pm	40 miles	9:15 am	30 min + 2 laps
Masters 35+	\$60	\$1,525/7	8 am	4 miles	1:40 pm	61 miles	10:15 am	45 min + 3 laps
Senior 5 50+	\$40	Medals/3	8 am	4 miles	2:45 pm	40 miles		
Women	\$60	\$720/5	8 am	4 miles	2:50 pm	40 miles	8:15 am	30 min + 2 laps
Juniors	\$25	Medals/3	8 am	4 miles	2:50 pm	40 miles	8:15 am	30 min + 2 laps

* Indicated payout is total for specified category - all races; Places is for Omnium. Go to our website www.probikeusa.com for race updates.

The Giro de Rankin is a 2-day, 3-event bicycle race omnium in Rankin County, Mississippi (near Jackson – see map) on June 10th and 11th, 2006. The racing will begin with a one way 4 mile time trial at 8 am on Saturday at Shiloh Park in Brandon which ends atop the short knee-knocker Kone Hill. A road race will follow on Saturday afternoon with the start/finish at Shiloh United Methodist Church on Shiloh Rd (about 9 miles East of the time-trial start). On Sunday morning a criterium will be held in Flowood (near the Jackson airport) on a 0.9 mile flat course with an excellent surface. There will be cash prizes for the individual races, as well as the overall which will be scored as an omnium.

Category 5 fields are limited to a maximum of 50 riders. Also, the Cat 5 50+ field will have only 2 races: the time trial and the road race; Omnium points will be calculated after the road race.

Important: You must report to the start line 15 minutes prior to each race for the officials to check for correct number placement. **Failure to report for this check-in will result in disqualification; there will be no exceptions.**

Directions: See the accompanying maps for directions, or call Pro Bike at (601) 936-4899

Registration

Pre-register online at www.active.com or send the standard athletes entry form and fees to: **Pro Bike, 1901 Gray Lane, Pearl, MS 39208**. Checks should be made payable to Pro Bike. Online registration closes at midnight, Thursday, June 8, 2006.

Pre-registration by mail must be received on or before June 5, 2006. Entries received after June 5, and all race-day registrations are \$5 additional. The race *Bible* containing additional information will be available at www.lambra.org or www.probikeusa.com.

Friday night Registration / Number Pickup: Avoid the lines and pick up your race number or register in person from 6 – 9 p.m. at Pro Bike 1901 Gray Lane, Pearl, MS 39208; (601) 936-4899. Race day registration and number pickup opens at 6:30 am and closes at 7:30 am near the time trial start line at Shiloh Park East entrance in Brandon.



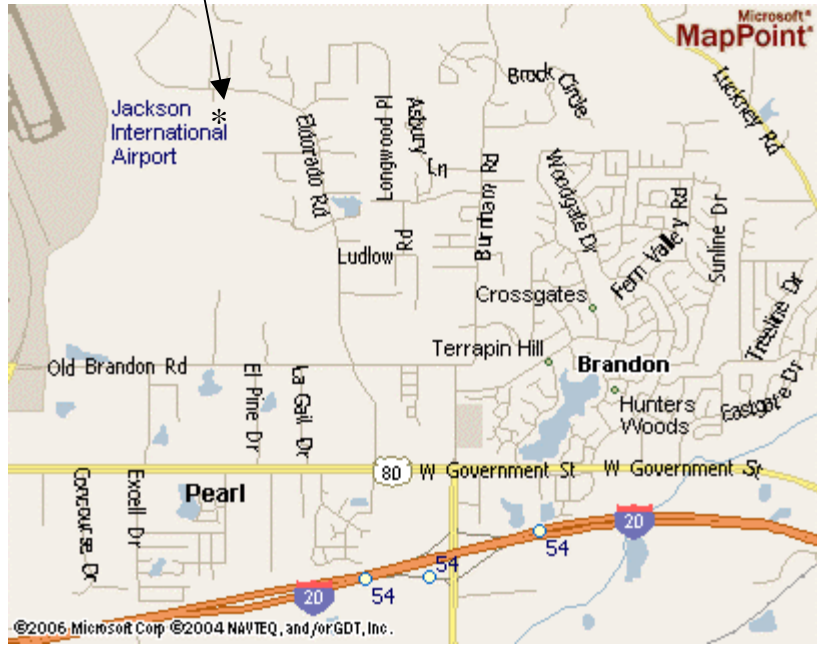


**criterium
- Flowood**

**Pro Bike
1901 Gray Lane**

**Time Trial –
Shiloh Park**

**Road Race -
Shiloh UMC**



Pro Bike, Regions Bank, First Choice Medical, and
The Pro Bike / Regions Bank Cycling Team

present

the 3rd Annual "Giro"



2006 Giro de Rankin



Bicycle Race



June 10-11, 2006

Race Bible

Pro Bike

www.probikeusa.com

Eldorado Steak House

"The gold Standard in Steak"

Giro de Rankin

Pro Bike

www.probikeusa.com

Bicycle Race (Omnium)

June 10-11, 2006

Eldorado Steak House

"The gold Standard in Steak"

\$8,500 Total Prize List

USCF Permit applied for

Category	Fee	Prize List/Places*	Pro Bike Time Trial		Regions Bank Road Race		First Choice Medical Criterium	
			Start Time	Distance	Start Time	Distance	Start Time	Distance
Pro 1/2	\$60	\$4,010/20	8 am	4 miles	1:30 pm	81 miles	2:00 pm	60 min + 3 laps
Senior 3	\$60	\$1,525/7	8 am	4 miles	1:35 pm	61 miles	12:45 pm	45 min + 3 laps
Senior 4	\$60	\$720/5	8 am	4 miles	1:45 pm	61 miles	11:30 am	45 min + 3 laps
Senior 5	\$40	Medals/3	8 am	4 miles	2:40 pm	40 miles	9:15 am	30 min + 2 laps
Masters 35+	\$60	\$1,525/7	8 am	4 miles	1:40 pm	61 miles	10:15 am	45 min + 3 laps
Senior 5 50+	\$40	Medals/3	8 am	4 miles	2:45 pm	40 miles		
Women	\$60	\$720/5	8 am	4 miles	2:50 pm	40 miles	8:15 am	30 min + 2 laps
Juniors	\$25	Medals/3	8 am	4 miles	2:50 pm	40 miles	8:15 am	30 min + 2 laps

* Indicated payout is total for specified category – all races; Places is for Omnium. Go to our website www.probikeusa.com for any race updates.

The Giro de Rankin is a 2-day, 3-event bicycle race omnium in Rankin County, Mississippi (near Jackson – see map) on June 10th and 11th, 2006. The racing will begin with a one way 4 mile time trial at 8 am on Saturday at Shiloh Park in Brandon which ends atop the short knee-knocker Kone Hill. A road race will follow on Saturday afternoon with the start/finish at Shiloh United Methodist Church on Shiloh Rd (about 9 miles East of the time-trial start). On Sunday morning a criterium will be held in Flowood (near the Jackson airport) on a 0.9 mile flat course with an excellent surface. There will be prizes for the individual races, as well as the overall which will be scored as an omnium.

Category 5 fields are limited to a maximum of 50 riders. Also, the Cat 5 50+ field will have only 2 races: the time trial and the road race; Omnium points will be calculated after the road race.

Important: You must report to the start line 15 minutes prior to each race for the officials to check for correct number placement. **Failure to report for this check-in will result in disqualification; there will be no exceptions.**

Directions: See the accompanying maps for directions, or call Pro Bike at (601) 936-4899

Registration

Pre-register online at www.active.com or send the standard athletes entry form and fees to: **Pro Bike, 1901 Gray Lane, Pearl, MS 39208**. Checks should be made payable to Pro Bike. Online registration closes at midnight, Thursday, June 8, 2006.

Pre-registration by mail must be received on or before June 5, 2006. Entries received after June 5, and all race-day registrations are \$5 additional. The race *Bible* containing additional information will be available at www.lambra.org or www.probikeusa.com.

Friday night Registration / Number Pickup: Avoid the lines and pick up your race number or register in person from 6 – 9 p.m. at Pro Bike 1901 Gray Lane, Pearl, MS 39208; (601) 936-4899. Race day registration and number pickup opens at 6:30 am and closes at 7:30 am near the time trial start line at Shiloh Park East entrance in Brandon.



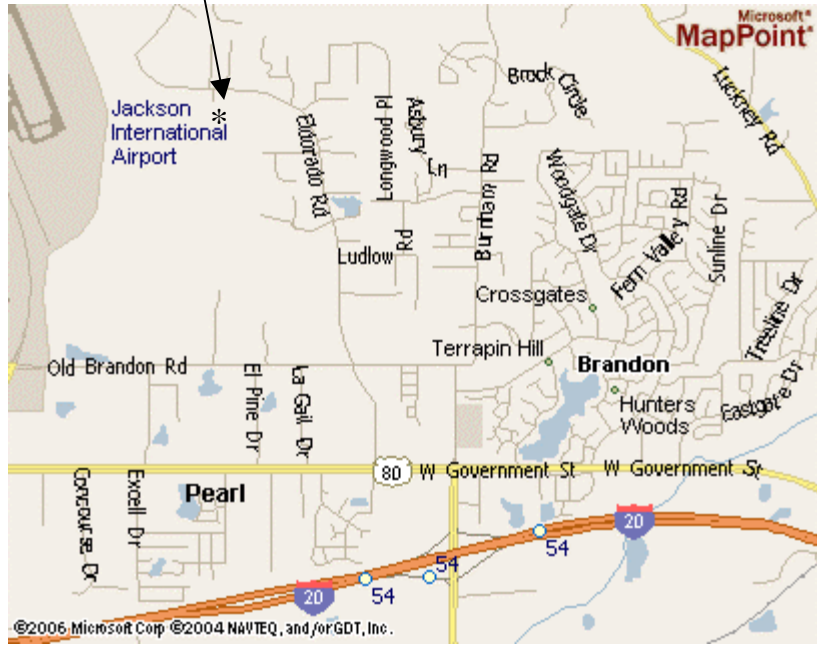


**criterium
- Flowood**

**Pro Bike
1901 Gray Lane**

**Time Trial –
Shiloh Park**

**Road Race -
Shiloh UMC**



Giro de Rankin

June 10-11, 2006

Category	Omnium Prize List / Places
Pro 1/2	\$2,070 / 20
Senior 3	\$720 / 7
Masters 35+	\$720 / 7
Senior 4	\$305 / 5
Senior 5	Medals / 3
Senior 5 50+	Medals / 3
Women	\$305 / 5
Juniors	Medals / 3

The Giro de Rankin is a 2-day 3-event bicycle race held in Rankin County, Mississippi. The racing events are a 4-mile time trial on Saturday morning followed by a road race on Saturday afternoon. The distance of the road race depends on the category of the rider. The final event is a criterium on Sunday morning at Flowood near the Jackson airport. Each participant must have a valid and current USCF license which must be presented at registration or packet pickup.

In addition to prizes for each event (refer to the individual event descriptions for event specific information including prize payouts), the overall race will be scored as an omnium with prize payouts for the overall race (General Classification – GC), as per the above table. Being scored as an omnium means that points are awarded for the finishing placement in the individual races; overall placement is the sum of the individual points. The points awarded for each placing is per the USCF rules. In case of ties, the sum of placings method will first be used to break any ties; if it is still tied, the placing in the last event (road race for Cat 5 50+, criterium for all others) will be used to break the tie.

The promoter reserves the right to combine categories and to redistribute the prize list based upon the participation. All payouts will be made on Sunday following the criterium. If you are unable to pick up your prize money, it will be mailed to you. **Make sure the mailing address on your entry form is readable.** There is a 50-rider field size limit for the Category 5 races.

Packet pickup, including number assignment, will be on Friday June 9th at 6-9 pm at Pro Bike, 1901 Gray Lane, Pearl MS 39208, 601-936-4899, or at Shiloh Park on Saturday June 10th from 6:30 - 7:30 am prior to the time trial.

Registration Directions

Directions to Pro Bike: From I-20 take the Crossgates Exit (#54) and go north less than 1 mile to Highway 80. Turn left (West) onto Highway 80. After about ½ mile turn right onto Crosspark Dr at the first light. In about ½ mile go straight at the 4 way stop sign (Kangaroo Gas station on right) where Crosspark Dr changes to El Dorado Rd. Go about 2 miles; Pro Bike will be on your left; the same turn and parking lot is used for El Dorado Steak House.

Directions to Time Trial (Shiloh Park): From I-20 take the downtown Brandon Exit (#56), and turn East onto Highway 80 at the exit. Go through downtown Brandon about 2 miles (you will pass the county courthouse on your left and a statue in the middle of the road). Turn right at the 3rd light onto Louis Wilson Drive (also marked as old Highway 18). Go about 1 mile to Shiloh Rd and turn left. Go about 1 mile passing Shiloh Park on your right to Kennedy Farms Parkway (the east entrance to Shiloh Park).

General Race Information and Rules

These rules apply to all the individual races (time trial, road race, criterium); many of them are also duplicated in the rules sections of the individual races. In particular, when you see a duplicated rule, it should clue you in how important it is to us; **so follow it.**

A valid and current USCF license must be presented at registration or packet pickup.

USCF rules will be enforced at all times.

Race Numbers: At this writing we do not yet know whether your race number placement will be right side or left side for a specific race. However, we will know by registration and check-in, so you will be told then. Regardless of the placement side, your number should be placed on the side of the lower back (immediately above your jersey pocket) so that the number is upright when you are horizontal on the bike.

Important: Everyone must check-in with a race official 15 minutes prior to each race start to have your race number checked. If you fail to report for this check-in it will result in disqualification.

Please deposit trash in the provided trash barrels. Littering, whether on or off the bike, will not be tolerated. Our ability to hold this race in the future is dependent on everyone following this rule; racers and non-racers alike. During the road race, gel packs, water bottles, or other trash may be deposited by a racer only within the boundaries of the feed zone. **In all races, if you are observed throwing any trash outside of the designated feed zone you will be disqualified.**

We have port-a-potties at all venues; please use them. Do not relieve yourself in public; if you are observed doing otherwise, particularly by the general public or law enforcement personnel, it will seriously compromise our ability to continue with this race.

Please respect all race officials and volunteers; it is because of these people that we are able to hold this race. If, at any time, you yell at, are belligerent to, or use profane language toward race officials or volunteers, **it will result in immediate disqualification.** During the road race we will have wheel trucks, which, in about all cases, are staffed by non-mechanics. If you have a flat, they will be instructed to hand you a wheel to change yourself. We know you will be in a hurry, but they are doing the best they can; please do not be abusive toward them.

Pro Bike Time Trial - Shiloh Rd, Brandon, MS

Saturday, June 10, 2006

Category	Start Time	Distance	Prize List / Places
Pro 1/2	8:00 am	4.0 miles	\$380 / 7
Senior 3	8:00 am	4.0 miles	\$215 / 5
Masters 35+	8:00 am	4.0 miles	\$215 / 5
Senior 4	8:00 am	4.0 miles	\$115 / 3
Senior 5	8:00 am	4.0 miles	Medals / 3
Senior 5 50+	8:00 am	4.0 miles	Medals / 3
Women	8:00 am	4.0 miles	\$115 / 3
Juniors	8:00 am	4.0 miles	Medals / 3

Time Trial Directions

The time trial start line is on Shiloh Rd near the East entrance to Shiloh Park at Kennedy Farms Parkway (listed on some maps as Shiloh Park Dr.). Registration and number pickup begins at 6:30 am near the start line and ends at 7:30 am. Ample parking is available in the east Shiloh Park lots near the time trial start.

Time Trial Start

Riders will be grouped by class and will start in this order:

1. Pro 1/2
2. Senior 3
3. Masters 35+
4. Senior 4
5. Senior 5
6. Category 5 50+
7. Women
8. Juniors

The first Senior 1/2 rider will start at 8:00 am with riders off at 30 second intervals. There may be small gaps between classes.

You must report to the start line 3 minutes prior to your start time (6 riders). If you miss your start time, you may begin when you arrive after stopping at the start line (one foot down) and telling the official. The official will allow you to start as long as it does not interfere with the starting of another rider. Timing will begin with the original start time.

Restarts will not normally be allowed. Riders experiencing a mishap will receive a DNF (Did Not Finish) for the time trial and will be allowed to start subsequent races.

Time Trial Course

The course is 4.0 miles **ONE WAY** and finishes atop the 0.4 mile Kone Hill. After completing your race, proceed back to the start area.

The road surface is in good shape, although there are a few rough patches, so you must be aware of the occasional bump and maintain control of your bike. The first 2.4 miles is relatively flat and straight. The last 1.6 miles is winding and has several short rollers with the finish at the top of the steep, but short (0.4 miles) Kone Hill.

Time Trial Rules

Once you find out your start time, warm up on Kennedy Farms Parkway, but please be cognizant of the traffic; **DO NOT warm up on Shiloh Rd.**

You were told your race number placement when you picked up your packet at registration. Make sure your number is on the correct side and is upright when you are horizontal on the bike.

The course is **open to traffic** so make sure you keep your head up at all times. Riders **must** remain in the right lane at all times.

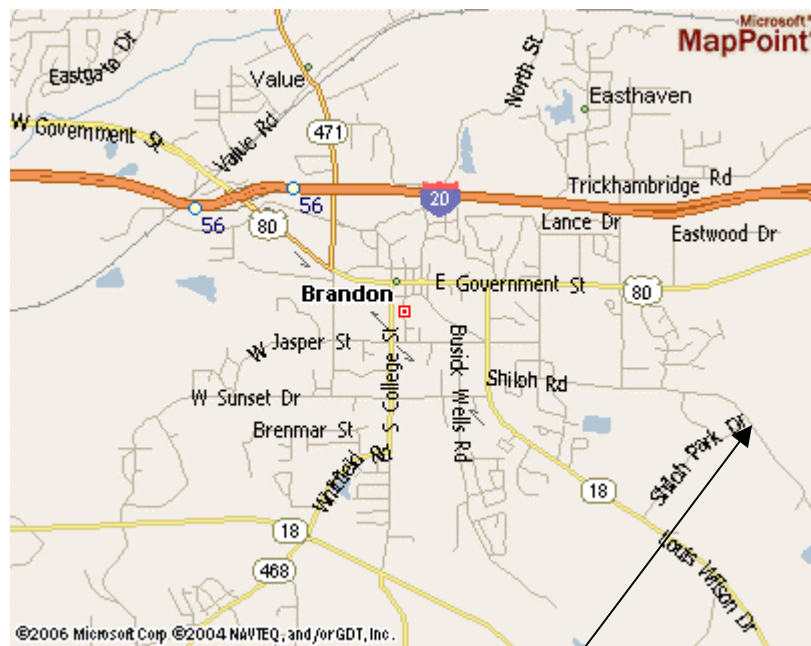
On your return after you finish stay as far to the right as possible to allow following traffic to pass without being forced into the path of riders still doing their time trials. Do not ride 2 (or more) abreast.

DO NOT dispose of trash / wrappers / water bottles on the course. If you are caught you will be penalized.

If you feel nature calling, please use the port-a-potties; we paid good money for them so use them. If the locals and / or law enforcement officials observe you doing otherwise you (and we!) will probably be in big trouble.

The results of the time trial will be posted prior to the beginning of the road race near the start/finish of the road race.

If you experienced a mishap notify the officials; you will receive a DNF (Did Not Finish) for the time trial and will be allowed to start the road race.



Time Trial Start



Regions Bank Road Race - Shiloh Rd, Brandon, MS

Saturday, June 10, 2006

Category	Start Time	Distance	Prize List / Places
Pro 1/2	1:30 pm	81.6 miles (4 laps)	\$780 / 10
Senior 3	1:35 pm	61.2 miles (3 laps)	\$295 / 5
Masters 35+	1:40 pm	61.2 miles (3 laps)	\$295 / 5
Senior 4	1:45 pm	61.2 miles (3 laps)	\$150 / 3
Senior 5	2:40 pm	40.8 miles (2 laps)	Medals / 3
Senior 5 50+	2:45 pm	40.8 miles (2 laps)	Medals / 3
Women/Juniors	2:50 pm	40.8 miles (2 laps)	Wom: \$150 / 3; Jun: Medals / 3

Road Race Directions

The start/finish for the road race is at Shiloh United Methodist Church which is located on Shiloh Rd about 9 miles East of the time trial start at Shiloh Park (see map). There is plenty of parking in the church parking lot, as well as port-a-potties. **Please do not use the church facilities.**

Road Race Course

For those of you that have done this race before, the course is a little different this year, although it travels over the same roads as in prior years. This year the course will consist of only the 20.4 mile loop which has been done in prior years, but it will be run in the opposite direction from before. The number of counter-clockwise laps done depends on the race class. The course is mostly rolling on winding country roads with a few more significant hills (i.e., a bit more than a regular roller); a break with only a few seconds may be out of sight. The longest hill (Indian Mound Hill) is about 1.5 miles long, but it is not particularly steep and even has a few short flat/downhill sections; no other hill is greater than about a half mile long. If you have a chance we recommend that you pre-ride the course to familiarize yourself with the route.

The road surfaces contain both smooth asphalt (Shiloh Rd, Antioch-Shiloh Rd) and a rougher chip-seal (all other roads). There are a few sections that can be fairly rough, so keep a watchful eye. We will cruise the course prior to the race, sweeping where necessary and marking any potential dangerous areas; However, it is possible for us to miss a spot or two or three or a pot-hole may even open up after we mark, so be alert.

Road Race Rules

The Women and Juniors will race together, but will be scored separately.

You were told your race number placement when you picked up your packet at registration. Make sure your number is on the correct side and is upright when you are horizontal on the bike.

The staging area for the races is on Old Bugg Rd immediately across from the church. Old Bugg Rd should also be used for warming up; it has much less traffic than Shiloh Rd. Riders should be prepared to line up 15 minutes prior

to the start of their race. All race numbers will be inspected at this time to make sure they are positioned correctly. **If you miss this check in, you will be disqualified; there will be no exceptions.**

Each class will have a lead vehicle (most probably a motorcycle) and a following vehicle (most probably a pickup). The following vehicle will be used for spare wheels. You must place your wheels in the following vehicle for your race at least 15 minutes prior to the start of your race; your race's wheel vehicle will be clearly marked and near the start area. Spare wheels must be labeled with the rider's name and number; you should also write your name on the tire. If you need a wheel during the race, we cannot guarantee that you will receive your wheel; the wheel vehicle personnel will retrieve the first available compatible wheel. The wheel vehicle people will be keeping track of the riders receiving wheels during the race, so if you receive a wheel please return it immediately after the race!! Also, don't forget to retrieve your wheels after the race; any unclaimed wheels will be at the official's table at the criterium on Sunday; **we cannot assume responsibility for wheels that are not picked up.**

If we have enough vehicles, for some race classes we will attempt to have two following vehicles. If this is the case for your race and a break with a sufficient time split occurs, one of the vehicles will attempt to bridge up to the break. If your race class has only one wheel vehicle, it will be instructed to remain with the main bunch. In this case, if you are in a break and need a wheel, you will have to wait for the wheel vehicle following the main bunch. It is unfortunate that you have to drop from the break, but that's bicycle racing. Also, if you get dropped from the bunch, the following wheel vehicle will pass you and you will be on your own.

No private following vehicles will be allowed on the course!!

The course is **open to traffic** so make sure you keep your head up at all times. The yellow line rule will be in effect; i.e., stay on the right side of the road. Yellow line violations will be closely watched so if you violate the rule, be prepared to be penalized. On the sections of road where there is no yellow line (about 10 miles per lap) stay far enough to the right so that a vehicle can pass; blatant abusers can still be penalized even without a yellow line (remember, your safety is our concern).

Do not blindly follow the rider in front of you at an intersection. Many of the turns on this course are to the left (5 of them!), meaning that you will be crossing the through traffic. We will have marshals at each intersection to stop traffic; but as everyone knows, sometimes people refuse to stop, and our marshals will be instructed **not** to jump in front of a car. Ultimate responsibility for the safety of each rider rests with the rider; so be alert at all times and make sure the way is clear before turning.

If you get dropped from the main group, you will be expected to follow all standard rules of the road as you complete your race.

The feed zone will be located near the start/finish at the church and will be marked. Feed only from the right side of the road and no feeding will be allowed outside of the feed zone or from any vehicle. Dispose of water bottles, empty gel packs, wrappers, or other trash **ONLY** at the feed zone. **DO NOT** dispose of anything (trash, wrappers, water bottles, etc) on the course outside of the feed zone. **If you are caught you will be penalized, up to and including disqualification.**

Riders must maintain their lane positions in the last 200 meters for a sprint finish. We cannot guarantee a clear full road.

If one group of one racing class catches a group of a different racing class on the course, the group being overtaken should neutralize until the overtaking group has passed. Riders in different race classes (different starts) are not allowed to accept or receive pace from riders in other groups.

USCF rules will be enforced at all times.

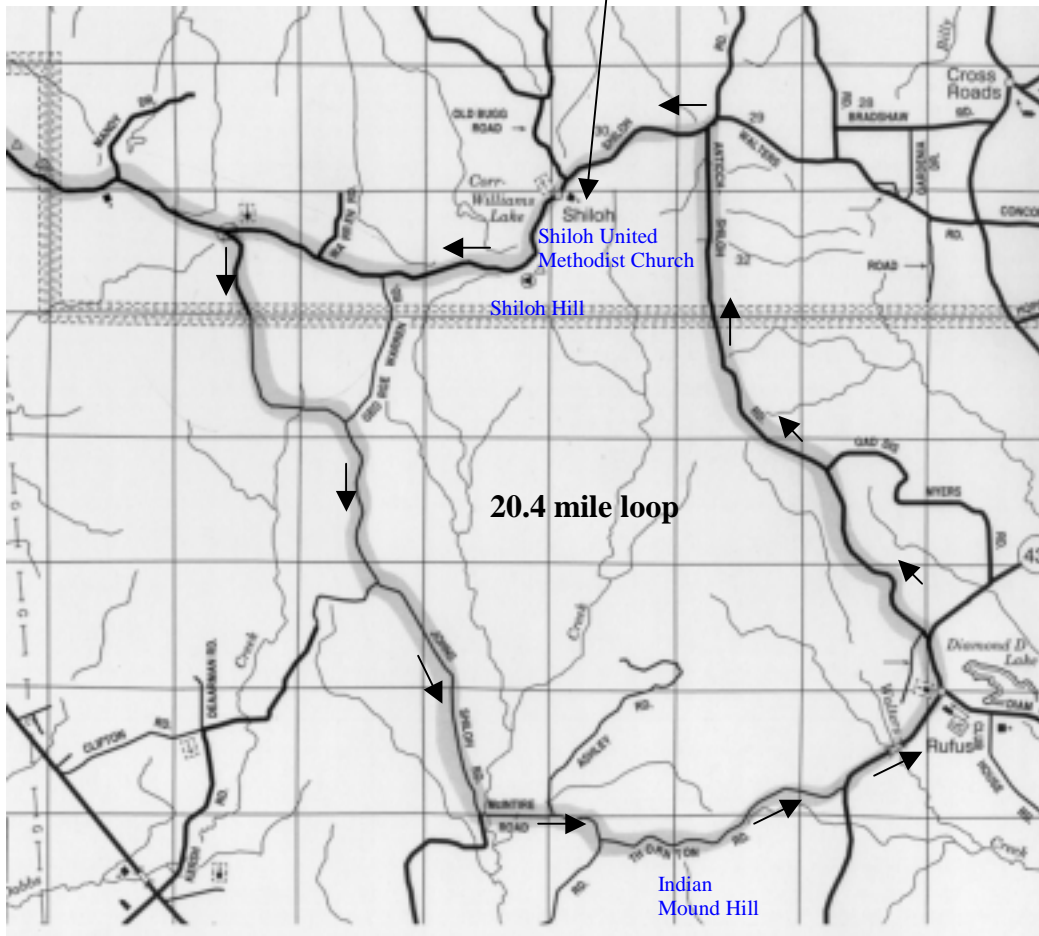
The results of the road race and the overall (GC) will be posted prior to the beginning of the criterium near the start/finish for the criterium.

Regions Bank Road Race Cue Sheet

Mile Marker	Description
0.0	Shiloh United Methodist Church
0.6	Top of Shiloh Hill (aka Firetower Hill) – fast downhill!
3.3	Johns-Shiloh Rd – turn left - no center line – chip-seal – some rough patches.
9.2	McIntyre Rd – turn left – narrow road – no center line – chip-seal
9.7	Ashley Rd. – turn right – no center line – chip seal – the next 1.5 miles is mostly uphill until you reach the crest of Indian Mound Hill on Thornton Rd.
10.2	Thornton Rd. – turn left – no center line – chip seal
10.7	Indian Mound Hill – top – fast 3/4 mile downhill on chip-seal
12.5	Highway 43 – turn left – chip-seal
14.0	Antioch-Shiloh Rd – turn left – good asphalt
19.0	Shiloh Rd – turn left – good asphalt
20.4	Shiloh United Methodist Church

**8.9 miles from Shiloh Park East entrance
to Shiloh United Methodist Church**

Road Race Start / Finish





First Choice Medical Supply Criterium – Flowood, MS

Sunday, June 11, 2006

Category	Start Time	Distance	Prize List / Places
Women / Juniors	8:15 am	30min + 2 laps	Wom: \$150 / 3; Jun: Medals / 3
Senior 5	9:15 am	30min + 2 laps	Medals / 3
Masters 35+	10:15 am	45min + 3 laps	\$295 / 5
Senior 4	11:30 am	45min + 3 laps	\$150 / 3
Senior 3	12:45 pm	45min + 3 laps	\$295 / 5
Pro 1/2	2:00 pm	60min + 3 laps	\$780 / 10

Criterium Directions

From the Jackson Airport area go north on Airport Rd (Hwy 475) to the first road to the left immediately after the traffic light at Flowood Dr.; turn left. **From the Jackson area** go East on Lakeland Dr and turn right onto Airport Rd (Hwy 475). Take the first right past the Flowood Police Dept. The start/finish for the criterium is behind the Flowood Police Department (see map). This area is an office park, so there should be plenty of parking on the morning of the race.

Criterium Course

The course this year is different than in previous years. We believe you will like the course this year much better! The course is just under 0.9 miles long and almost board flat with four left turns, one right turn, and several sweeping turns. The road surface is in very good shape. We expect the course to be very fast.

Criterium Rules

The Women and Juniors will race together, but will be scored separately.

You were told your race number placement when you picked up your packet at registration. Make sure your number is on the correct side and is upright when you are horizontal on the bike.

Be ready to line up 15 minutes prior to your race; all race numbers will be inspected at this time to make sure they are positioned correctly. **If you miss this check in, you will be disqualified; there will be no exceptions.**

The course will be closed to traffic and we will have marshals at the intersections. However, despite our best efforts, and the expected involvement of law enforcement personnel, it is always possible for a vehicle to wander onto the course. So **stay alert** and keep your head up at all times. The chance of getting a higher placing is never worth the risk of a meeting with a motor vehicle.

Riders are not permitted to warm up on the course until all riders from the previous race have finished.

The free lap rule will be in effect. You must report to the pit in order to receive a free lap; the pit will be in the area of the start line. Riders experiencing a mishap may not ride “against traffic” to get to the pit. Proceed in the direction of the race only. There will be no free laps during the last 4 laps of the race.

Lapped riders **may** be pulled at the discretion of the officials. If you are pulled, please exit the course immediately. Lapped riders may not compete for primes or the finish.

Riders may not drop back to assist another rider off the front of the pack.

USCF rules will be enforced at all times.

Note that there is no criterium for Senior 5 50+; their omnium results will be based only on the Time Trial and Road Race.

Results of the criterium and the overall omnium will be posted in the area of the criterium start/finish as soon as possible following the race.



Blue Cross Blue Shield
Office Complex

Criterium Start/Finish

Flowood Police
Dept

Flowood
Post Office