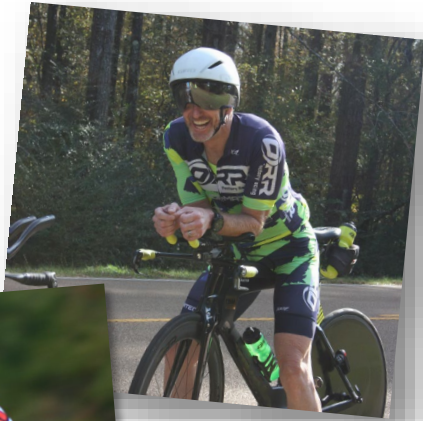




TOUR the TRACE

444 Mile
Time Trial
Through Three States
and 10,000
Years of History

Athlete Guide 2023



- Over a four-day weekend in late November, a select group of athletes line up to challenge the Historic Natchez Trace Parkway.
- A fast and scenic parkway providing unpredictable weather and beautiful fall foliage.



**TOUR
the
TRACE**

Athlete Guide 2023



The Tour

Tour the Trace, now in its 4th year, aims to become a premier national and international road cycling event attracting pro athletes and teams from all over the world.

The Tour showcases one of the world's top 50 cycling destinations, its 10,000 years of history and the communities that surround the historic parkway.

Tour the Trace is a time trial event designed to challenge pro athletes and seasoned teams all the way to the finish.



**TOUR
the
TRACE**

Athlete Guide 2023

The Challenge

Tour the Trace is a 4-day stage event starting in Nashville, TN on Friday, November 17, 2023. The Tour will make stops in Tishomingo, Kosciusko and Ridgeland before wrapping up in Natchez, MS on Monday, November 20, 2023.

Challenge participants will tackle 444 miles over the 4 days. Stage participants will tackle individual stages throughout the course.



Welcome Letter

On behalf of Rock Star All Access and Tour the Trace, we welcome you, our participants, your families and friends. We look forward to meeting each of you in a few short weeks as we kick off our 2023 Tour.

Entering our 4th year, and despite the numerous obstacles and road-blocks, we are committed to you our athletes and thank you for the support and trust you have provided in the development of this event. Our Tour is not without specific rules and guidelines that we must follow, including regulation by the National Park Service.

Planning an event like Tour the Trace has not been easy as it covers 444 miles through 3 states. However, we feel confident that we have put together an event that will not only challenge you but provide an experience in which you will remember for years to come. The Natchez Trace Parkway is not only a beautiful bike highway, but also my backyard and I look forward to sharing it with you.

Thomas Walls – Tour Management
Eric Sapp – Tour Director



TOUR the TRACE

Athlete Guide 2023

Tour Schedule

Thursday, November 16, 2023

Travel / Check-in – Participants arrive in Nashville, TN.
Check-in / Overnight in Nashville, TN.

Friday, November 17, 2023

Stage 01 – Nashville, TN to Tishomingo, MS (139 Miles)
Overnight in Tupelo, MS

Saturday, November 18, 2023

Stage 02 – Tishomingo, MS to Kosciusko, MS (145 Miles)
Overnight in Kosciusko, MS

Sunday, November 19, 2023

Stage 03 – Kosciusko, MS to Ridgeland, MS (60 Miles)
Overnight in Ridgeland, MS

Monday, November 20, 2023

Stage 04 – Ridgeland, MS to Natchez, MS (100 Miles)
Overnight in Natchez, MS

Tuesday, November 21, 2023

Return to Nashville – Natchez, MS – Nashville, TN



TOUR the TRACE

Athlete Guide 2023

Tour Participant

Participants for this event are hereafter defined as “any individual traveling with the Tour”.

This includes cyclists and any individual riding in Tour supplied transportation or seeking access to bike garage locations.

All participants will be issued a Tour credential and will be required to register at check-in prior to the event to receive Tour credential.

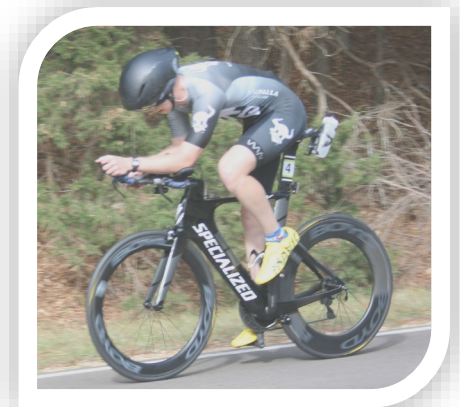
Rider To be issued to all cyclists who are competing in the challenge

Support To be issued to family members or rider support

Volunteer To be issued to registered volunteers

Tour To be issued to all Tour officials

Emergency contact numbers will be posted on the credential.



TOUR the TRACE

Athlete Guide 2023

Tour Security

The Tour director will coordinate and enforce secured zones at all Tour related locations. This includes registration, bike garages, start and finish lines. The tour director will coordinate overnight security with local law enforcement officials for all locations.

- Tour credentials will be required by all individuals riding on Tour transportation vehicles, this includes travel from hotels, parking areas and stage to stage.
- Tour credentials will be required by all individuals entering bike garage locations and secured corral zones.
- Tour credentials will be required by anyone dropping off or picking up luggage.
- Tour credentials are NOT required at start or finish line locations as these areas will be open to public. The Tour, nor USA Cycling, assumes no liability for individuals within these zones without a Tour credential.

Tour credentials should always be visible when approaching, entering or while within a secured zone for the safety and protection of all participants.

Check-in Overview

All participants are required to check-in for the event on November 16, 2023 between 12:00 PM - 5:00 PM.

Check in will be located at the Hampton Inn Bellevue just off Hwy 100:

Hampton Inn Bellevue - Nashville 1-40 West
7815 Coley Davis Rd, Nashville, TN 37221

Participants should read and understand the check-in process prior to arrival to avoid delay.

Participants will have access to bike garage and bike tech services upon check-in.

There will be no new registrations allowed at check-in.



Check-in Traffic Flow

Participants will turn off Coley Davis Rd into a parking lot across from the Hampton Inn as pictured to the right.

A Tour the Trace RV and tent will be easily recognizable once in the lot. Look for the Tour the Trace Feather Flags.



TOUR the TRACE

Athlete Guide 2023

Check-in Process

Your will find a Tour RV in the registration area when you arrive. Please approach the table and present an ID for check-in verification.

There will be hand sanitizer at each step along the way – please use as often as necessary.

A Tour official will present you with a set of documents to review and sign. Once all documents are signed and verified, the official will hand you your welcome kit.

Please inspect this kit and make sure it contains the following items:

- Tour Credential
- Timing chip
- Parking Pass
- Event T-shirt

Non-cycling participants will also check in via the Tour support tent.

Timing Chip / Bike Number

All cycling participants will receive a timing chip.

This chip attaches to the right ankle of each rider.

The bike seat post sticker must be applied to the seat post of each bike and visible from both sides of bike.

This is the primary chip that will be used to track your bike during the Tour.

Please take the time to apply this number properly as it will be on the bike for 5 days.



Note: Cyclists will not be allowed to start each stage without a timing chip securely in place and visible.

Bike Check-In

You will have access to your bike, bike support and time to ride your bike prior to checking in your bike up until the garage closes. All registered participants will be required to check their bikes into the parking garage by 5:00 PM Thursday, November 16, 2023.

As you rack your bike a Tour official will check the chip, verify the seat post number and take a picture of the bike. Once this information is verified, please proceed with racking your bike.

- You can cover the seat but will not be allowed to cover the bike to avoid damage should we experience high winds.
- No other gear can be left with the bike excluding items attached to bike.
- You will have access to bike prior to each stage.
- Please be mindful of social distancing when racking and un-racking bike.
- There will be tech areas available to allow space for those wishing to work on their bikes before or after each stage.
- Layout of garage is subject to change from stage to stage.
- Overnight security will be located at bike garage locations throughout the Tour.
- Participants are allowed to retain bikes overnight, leaving your bike with tour officials is offered as a convenience.

Tour Rules

Tour the Trace will cover 444 miles over three states, 25 counties and stay as guests in 5 different cities. We expect all participants to treat each other, our host, volunteers, officials, law enforcement and the National Park with the utmost respect. The Tour will not tolerate bad behaviors, disrespect, alcohol or drug use at any point during the Tour. Participants who cannot oblige by these simple rules will be warned only once and will be disqualified from the event after a second infraction. Additionally, the Tour will not allow open carry of firearms at any point. If you have a concealed permit and plan to carry a gun you must notify Tour security during registration for your safety and the safety of all Tour participants.

- Please be mindful of trash or waste when traveling with the Tour. The Tour and our host will supply ample garbage cans and restrooms where possible.
- At no time will littering, public urination or nudity be tolerated. Changing stations will not be provided to help mandate safe distancing.
- Smoking will not be allowed within the garage areas.

Challenge Rules

All participants cycling in the challenge will need to read and understand the following rules.

Access to Bikes

- Participants will have access to the bike garage area 2 hours prior to the event start and can work on the bike during this time.
- Participants will not be permitted to ride bikes outside the secured bike garage area but can walk bikes outside the zone if accessing bike support services.
- Participants are required to ride the same bike they checked in with for all stages of the Tour. By definition this will be the frame and front fork of the bike. All other components can be changed or swapped between stages.

Drafting

- The challenge is an individual timed event as racing is not allowed on the National Parkway. Drafting is not allowed or encouraged. Remember once you are on the parkway you are following National Park guidelines. We are allowing aero bars into this event so please respect this rule for your safety and the safety of other riders. We will not have a way to enforce this rule while on the parkway and will alter starting positions of any rider or team should we learn of intentional drafting.

Parkway Guidelines

- The parkway will be open to vehicle traffic. Cyclists do have the right of way as the Natchez Trace Parkway is a dedicated bike highway. Vehicles are required to pass only by changing lanes and when it is clear to do so.
- Participants should always remain in the center of the south bound lane.
- All Participants must remain in a single file line when not passing or being passed by another participant.
- Participants should only pass on the left side when it is clear to do so.
- Any participant being passed shall allow the pass without blocking.
- Participants should not ride next to the grass or the side of the road to avoid any potential hidden tree limbs or debris, as well as snakes, which can still be active in late November.
- The road is a very smooth road with no stop signs or crossroads to stop for.

Visibility

The route can go from shade to sunlight, quickly limiting visibility.

Therefore a few safety rules related to visibility will apply.

- **All participants will be required to have a front white light and a rear flashing red light attached to the bike.** Garmin Varia Radar or similar is recommended but not mandatory.
- All cyclists are required to wear bright colored jerseys or cycling apparel to further enhance visibility.

Course Support

Challenge participants should be self-contained while on the parkway. This includes hydration, nutrition and bike repair kits. The Tour will supply the following course support.

- The parkway offers a natural rest stop about every 20 – 30 miles along the entire length of the parkway. The Tour will provide course support approximately every 30 miles and will be marked accordingly.
- Course support will double as swag support and leapfrog the field.
- Should a rider need support between rest areas they should find a safe stopping point clear of the parkway and wait for the support vehicle. If there is an emergency, please contact race support via the emergency support line.
- The Tour will supply emergency contacts for each stage prior to each stage via the Tour day sheets.
- Participants are encouraged to carry a phone with them and to program emergency numbers into the phone.
- Individual rider support / direct follow of an athlete is not recommended or allowed on the parkway. If you wish to provide support, please coordinate with officials.

Timing

- A timing strip will be located at each official start and finish line.
- Your time will start when you cross the start timing strip, and your time will end when you cross the timing strip at the finish line.
- All participants will be expected to maintain 17 MPH to meet individual cut off times. The cut off time is based on average speed regardless of start time.

Starting Position

- All participants will be assigned a starting position based on order of registration.
- Riders will be released every 60 seconds.



Lodging

All participants will have two choices when it comes to lodging. You can either handle lodging on your own, hereafter referred to as solo lodging, or you can travel with the Tour, hereafter referred to as Tour lodging.

Solo Lodging

As a solo traveler you are responsible for booking your own hotel each night regardless of whether you book through a partner hotel or another lodging provider.

Tour Lodging

If you elect to use Tour provided lodging, we will book your room for you as part of a Tour block. We will check you in as a group for each stage and provide a key packet for you at the finish line each day.

The Tour will provide transportation to and from partner hotels for each stage of the event for any participant with a Tour credential. Transportation will only be supplied for partner hotels.

- Transportation will be provided to and from event parking where and when applicable.
- A transportation vehicle will transfer participants and bags to the garage area each morning prior to each stage.
- A transportation vehicle will be available to participants at the finish line to transport participants and bags to partner hotels.

Travel

Non cycling participants and volunteers will have two options when it comes to traveling with the Tour.

Solo Travel

As a solo traveler you are responsible for your own travel between stages.

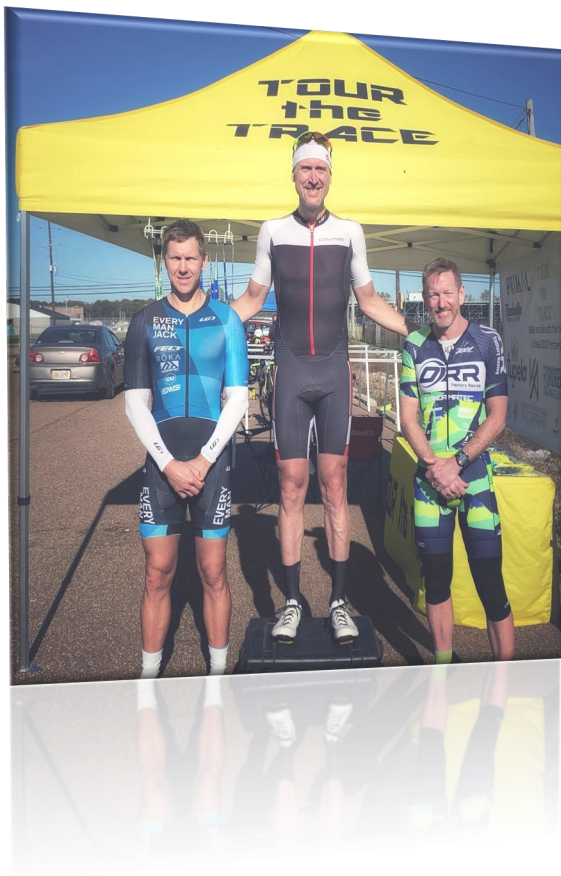
Tour Travel

If you elect to use Tour provided travel you will have access to transportation vans that will travel from stage to stage.

The Tour will provide transportation from stage to stage for any participant with a Tour credential.

- Non cycling participants will need to purchase a travel pass.
- Participants will travel via passenger vans with no more than 8 passengers per van.

Awards



Stage Awards

All finishers of each stage will receive a participant stage award for each stage completed.

Challenge Awards

All finishers who complete all four stages will also receive a finishers jacket and Custom Challenge Award.

TOUR the TRACE

Athlete Guide 2023

2023 – Detour Modification

Please be aware – due to an ongoing pavement project, parts of the Parkway are currently closed to all traffic. A detour exist at the start of Stage 02.

To avoid navigating around the detours some modifications have been made to the finish of Start of Stage 02.

- Stage 02 will now start 33 miles south of the planned start with a new distance of 112 miles.

The changes are reflected in the individual stage details on the following pages.

Please read the guide carefully to make sure you understand the changes.

Updates will be given each morning regarding the changes to make sure everyone is aware prior to the start.

Stage 01

brought to you by
Tupelo Convention
and Visitors Bureau



TOUR the TRACE

**Athlete Guide
2023**

TOUR the TRACE STAGE 01

November 17, 2023
7:00 AM start

Stage 01 starts in Nashville, TN and runs 139 miles south and finishes near Tishomingo State Park.

Athletes can expect 4,905' of elevation gain and 5,026' of elevation drop.



Athlete Guide 2023

Stage 01 Start

- Bike garage will be located at start of the Natchez Trace just under the Natchez Trace Parkway beginning at 6:00 AM.
- Start line / timing strip will be positioned at the turn ramp leading onto the Natchez Trace Parkway.
- Please pay attention to Tour officials to allow a seamless transition from garage to start line. This will allow us to minimize impact to local traffic on HWY 100.



- Cyclists will start in 1-minute increments and travel approximately 100' before merging onto the on ramp which takes them up onto the Parkway.

Stage 01 Finish

- Bike garage will be located at the exit.
 - Host partner and host hotels for Stage 01 are 90 minutes away in Tupelo, MS.
 - Transportation to local hotels will be available to take participants to host hotels located in Tupelo, MS.
- Stage 01 will be 139 miles in distance and finish just outside the Tishomingo State Park Exit.
 - Participants will cross the finish line, before slowing down and circling back to the exit.



Stage 02
brought to you by
Kosciusko Attala
Partnership



K O S C I U S K O A T T A L A
P A R T N E R S H I P

Athlete Guide 2023
TOUR the TRACE

STAGE 02

TOUR the TRACE

STAGE 02

November 18, 2023
7:00 AM start

Stage 02 will start in Tupelo, MS. just south of McCullough Blvd.

Athletes can expect 2,772' of elevation gain and 2,808' of elevation drop.



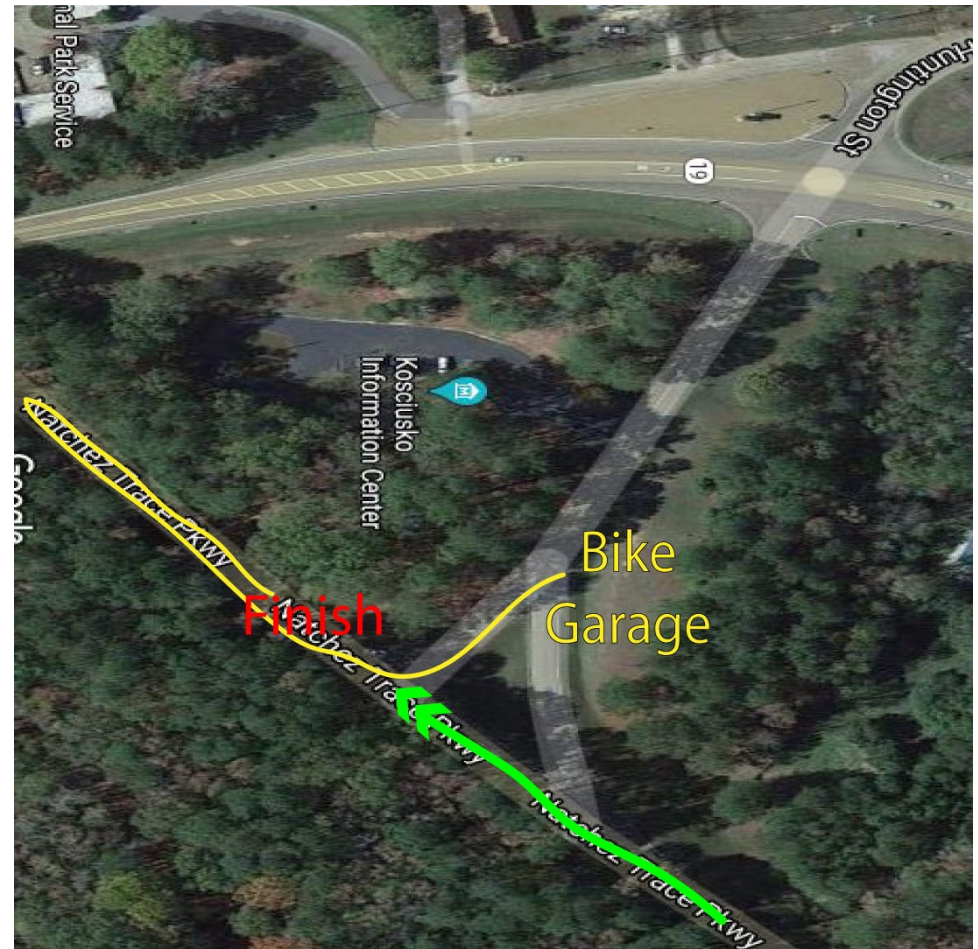
Stage 02 Start

- Due to the resurfacing project affecting 33 miles of parkway Stage 02 will now start from Tupelo, MS just south of McCullough Blvd.
- The bike garage will relocate overnight to the new location and will now be located at the top of the access road from McCullough Blvd.
- Athletes will line up just off the parkway and start in 1-minute intervals.
- Due to the new start location Stage 02 will be 112 miles in distance.



Stage 02 Finish

- Participants will cross the finish line on the parkway just after the HWY 35 / Kosciusko Visitors Center exit.
- Cyclists will circle back after slowing down to make the exit.
- Bike garage will be in the near the finish line and will be open to participants until 8:00 PM.
- Tour Package participants will stay at the Econo Lodge overnight.



Stage 03
brought to you by
Ridgeland Tourism
Commission



INSIDE + OUT

Athlete Guide 2023
TOUR the TRACE

STAGE 03

TOUR the TRACE

STAGE 03

November 19, 2023
8:00 AM start

Stage 03 starts in Kosciusko, MS and runs 60 miles south before finishing in Ridgeland, MS.

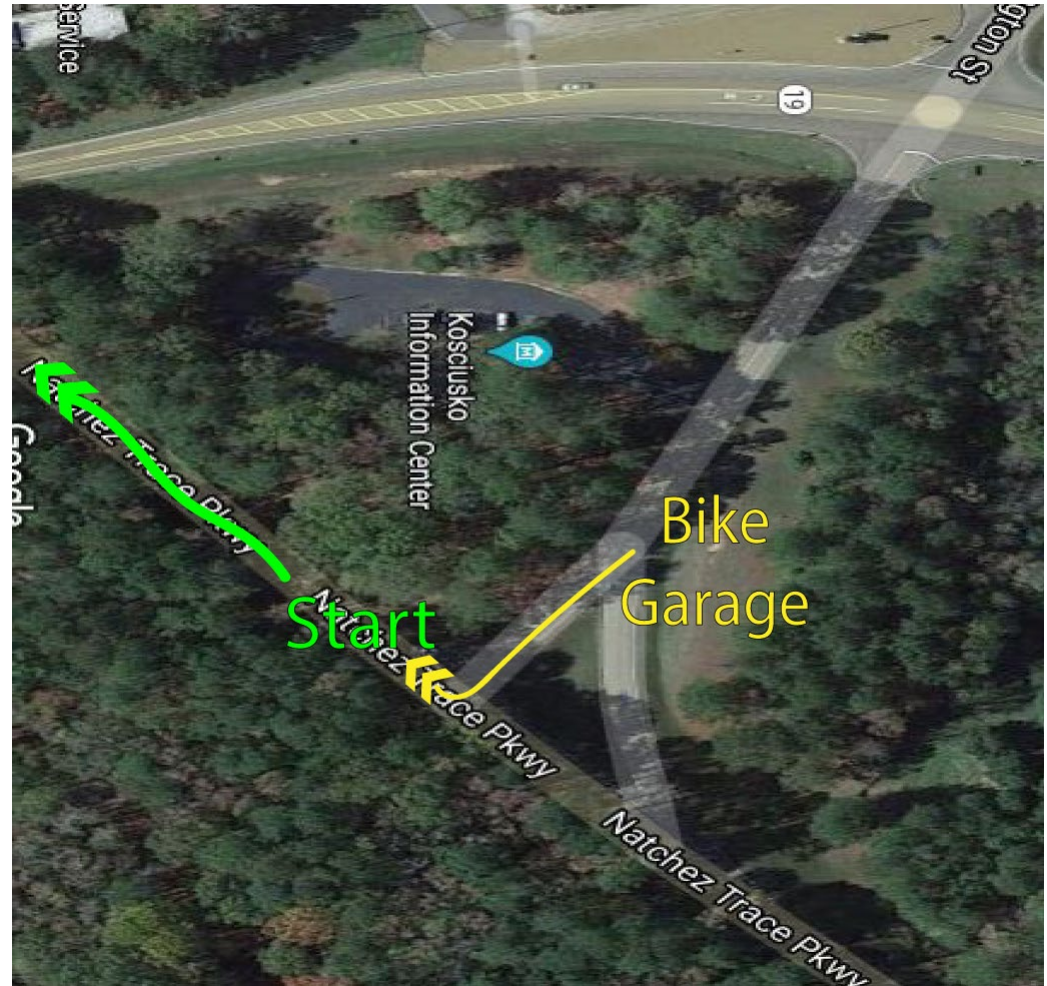
Athletes can expect 285' of elevation gain and 413' of elevation drop.



Athlete Guide 2023

Stage 03 Start

- Bike garage will be in the just outside the start line and will open to participants at 7:00 AM.
- Participants will line up just before the start line and be released in 1-minute intervals.
- Start line / timing strip will be positioned on the parkway just south of the Visitors Center Access Road.



Stage 03 Finish

- Finish line / timing strip will be positioned just after the Choctaw Agency parking exit.
- Participants will cross the finish line and then circle back after slowing down to make the exit.
- Participants will cycle approximately 0.1 miles to find the bike garage located within Choctaw Agency park.
- The bike garage will remain open until 4:00 PM.



Stage 04
brought to you by
Visit Natchez



Athlete Guide 2023
TOUR the TRACE

STAGE 04

TOUR the TRACE

STAGE 04

November 20, 2023
9:00 AM start

Stage 04 starts in Ridgeland, MS and runs 100 miles south before finishing in Natchez, MS.

Athletes can expect 2,303' of elevation gain and 2,418' of elevation drop.



Stage 04 Start

- Bike garage will be in the Choctaw Agency parking lot and will open at 8:00 AM.
- Start line will be located on the parkway just past the Choctaw Agency exit.
- Cyclists will start in 1-minute intervals and cross the timing strip just after entering onto the parkway.

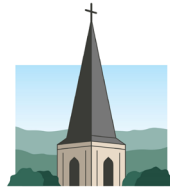


Stage 04 Finish

- Bike garage will be located just past the finish line before Liberty Rd.
- Finish line will be located on the parkway exit just before reaching the bike garage.



End of tour festivities will take place within the bike garage shortly after all participants have crossed the finish line.



Stephens Valley
Church



TOUR the TRACE

Athlete Guide
2023