



- Over a four-day weekend in late November, 100 athletes will line up to challenge the Historic Natchez Trace Parkway.
- A fast and scenic highway providing unpredictable weather and beautiful fall foliage.



The Tour

Tour the Trace aims to become a premier national and international road cycling event attracting pro athletes and teams from all over the world.

The tour will showcase one of the worlds 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.



The Challenge

Tour the Trace is a 4-day stage event starting in Nashville, TN on Friday, November 20, 2020. The tour will make stops in Tishomingo, Kosciusko and Ridgeland before wrapping up in Natchez, MS on Monday, November 23, 2020.

Participants will tackle 444 miles over the 4 days with stage winners for each stage and an overall champion.



Welcome Letter

On behalf of RSAA, Inc. and the Tour the Trace team, we welcome you our participants, your families and friends. We look forward to meeting each of you in late November as we kick off this inaugural event.

Although participant count will certainly be lower than expected we plan to make sure our participants fully experience the parkway and the ride. This event has been in development for several years now, and despite the numerous obstacle 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 race day scenario is not without specific rules and guidelines that we must follow, including social distancing requirements that must be adhered to within each of the local jurisdictions in which the event will travel. 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 give you a thrill in which you will remember for years to come.

The Natchez Trace Parkway is not only a beautiful bike highway, it is my backyard and I look forward to sharing it with you.

Thomas Walls – Race Director



Thursday, November 19, 2020

Travel / Check-in –	Participants arrive into Nashville, TN. Check-in / Bike check / Overnight in Nashville, TN.	
Friday, November 20, 2020		
Stage 01 –	Nashville, TN to Tishomingo, MS Overnight in Tishomingo, MS	(139 Miles)
Saturday, November 21, 2020		
Stage 02 –	Tishomingo, MS to Kosciusko, MS Overnight in Kosciusko, MS	145 Miles)
Friday, November 22, 2020		
Stage 03 –	Kosciusko, MS to Ridgeland, MS Overnight in Ridgeland, MS	(60 Miles)
Saturday, November 23, 2020		
Stage 04 –	Tishomingo, MS to Kosciusko, MS Awards ceremony	(100 Miles)

Athlete Guide 2020

Overnight in Natchez, MS / Bus back to Nashville, TN

Tour Participant

Participants for this event are hereafter defined as "any individual traveling with the tour".

This includes cyclist 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 cyclist who are competing in the challenge. Limited to 100 cyclist
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
VIP	To be issued to tour sponsors

Riders credentials will be issued as custom Road iD bracelets, all other credentials will be laminate with tour lanyard.

Tour Security

The tour will travel with a tour security director who will coordinate and enforce secured zones at all tour related locations. This includes registration, bike garages, start and finish lines. The security 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 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 19, 2020.

Check in will be located at the Stephens Valley Church just off Hwy 100:

Stephens Valley Church 6000 Pasquo Rd Nashville, TN 37221

The check-in location has been designed to accommodate participants in accordance with local and state social distancing guidelines.

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

Participants will have access to bike garage and bike services after check-in but should be courteous with time as we do currently have to limit the number of individuals within secured zones.

We suggest you arrive ready to check-in and rack your bike to avoid long wait times.

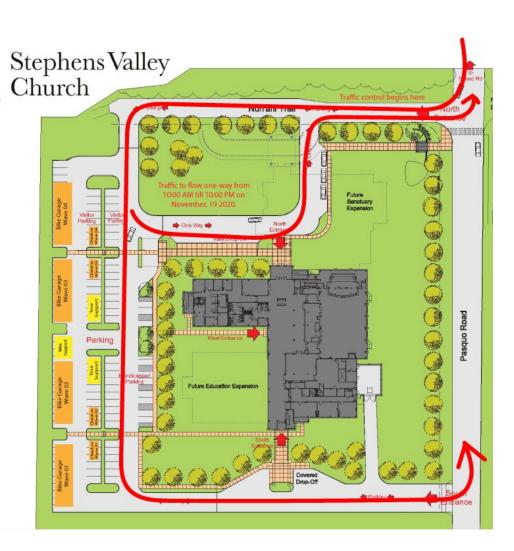
All registered participants will receive final instructions prior to check-in. There will be no new registrations allowed at check.

Check-in Traffic Flow

Participants will turn onto Pasquo road from Highway 100 and travel south approximately a half mile before turning on Nunahi trail.

From here you will be greeted by traffic flow volunteers who will direct you onto the Stephens Valley Church property.

You will enter from the north side and traffic will flow one-way around the west side of the property before exiting out the south side back onto Pasquo road.



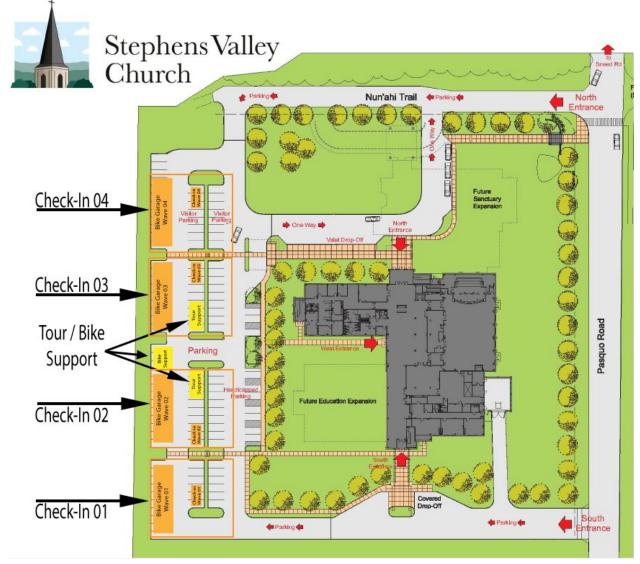
Check-in Zones

All participants will be assigned 1 of 4 check-in zones based on order of starting position.

Volunteers will help direct you to your check in zone, please try and park within the assigned zone.

Each zone will have its own check-in table and bike garage.

Tour / Bike support will be located between zones 2 and 3.



Check-in Process

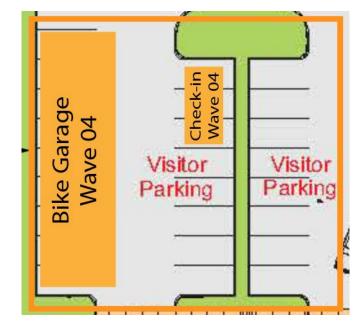
There will be a registration table located within each zone. All participants will be required to wear a mask before entering this zone. Please approach the table within your assigned zone and present an ID for check-in verification.

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 at least the following items:

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

- Bike numbers
- Numbered Bib
- Luggage Tags
- Updated athlete guide



Once your kit is verified you will be required to attach your tour credential before proceeding back to your vehicle.

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

Parking Pass

All registered participants will receive a parking pass. This pass can be used in several ways and allows access to tour approved parking locations along the course of the tour.

Participants should take the time to display the parking pass inside the vehicle as soon as the complete registration.

Parking pass allows access to either Long Term Parking or Stage Parking.

Long Term Parking

Bellevue Family YMCA 8101 TN-100 Nashville, TN 37221

This location is for participants looking to park vehicles through the end of the tour.

This location is just under a mile from the Stephens Valley Church.

Transportation will be provided from this parking location on the morning of Stage 01 starting at 5:00 AM.

Stage Parking

This pass allows access to Stephens Valley Church on Friday morning prior to stage 01 starting at 5:00 AM.

There will be designated parking locations in Tishomingo, Kosciusko, Ridgeland, and Natchez to accommodate each of the stage locations.

Stage parking details can be found within the individual stage sections of this guide.

Timing Chip

All cycling participants will receive a timing chip.

This chip is to be placed on the right side of the front fork using the supplied zip tie.

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



Bike Number

All cycling participants will receive a seat post sticker that must be applied to the seat post of each bike and visible from both sides of bike.

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



Numbered Bib

All cycling participants will receive a numbered bib to be worn during each stage of the event.

Note: cyclist will not be allowed to start each stage with out a timing chip, bike number and bib securely in place and visible.



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 assigned parking garage by 10:00 PM Thursday, November 19, 2020.

If you used our partner Bike Flights to ship your bike your bike will be available at bike support after checking in.

As you roll your bike into the garage you will cross a timing strip. This chip will display your information on a screen. 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.

Each bike garage will hold 25 bikes and each position will be numbered. Please find the slot that matches your number and rack 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.



All registered participants will receive 2 luggage tags. These luggage tags will allow participants to store items such as a bike case in long term storage, while day to day luggage will travel via the stage luggage option.

Participants should take the time to attach luggage tags properly and securely.

Long Term Storage

All long-term luggage must be check in on check in day. No long-term luggage will be accepted on the morning of stage 01

This luggage will be available at the YMCA on Tuesday morning after the overnight ride back to Nashville. Your tour credential will be required to access this luggage.

If you used bike services for your bike shipping your bike case will be tagged for you and you will have only one luggage tag in your kit.

Stage Luggage

Stage luggage can be checked in on the morning of each stage. There will be a van located within the garage area prior to the start of each stage.

Stage luggage will travel with the bike garage via alternative routes and be positioned with in the next garage location prior to participant arrival.

We will ask that any unused luggage tag be returned to tour support so that we can accurately account for and identify all luggage.

Tour Rules

Tour the Trace will cover 444 miles over three states, 25 counties and stay as guest in 5 different cities. We expect all participants to treat each other, our host, volunteers, officials, law enforcement and the National Park with the up most respect. The tour will not tolerate bad behaviors, disrespect, alcohol or drug use at any point during the tour. Participants who can not oblige by these simple rules will be warned only once and will 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.

Travel Rules

Please be mindful of trash or waste when traveling with the tour. The tour and our host will supply ample garbage cans, restrooms. 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.

Social Distancing Guidelines

Social distancing rules will vary from county to county. The tour will enforce guidelines based on Davidson County rules for the entire tour.

Participants, volunteers and tour officials will be required to wear a mask when able to do so. Cyclist will be allowed to remove mask prior to mounting and after demounting of bike for each stage.

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 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. Cyclist 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 with out 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.
- Your bike number and bib will be neon colored to help with visibility however it is recommended that participants use 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 however will supply the following support.

- The parkway offers a natural rest stop about every 20 30 miles along the entire length of the parkway. Volunteers will be available at several of these stops along the way with communications to tour officials, hydration, nutrition, medical and restrooms where possible. The tour will notify participants prior to each stage of these locations.
- The tour will release a swag / bike services vehicle following each wave.
- Should a rider need support between rest areas they should find a safe stopping point, clear the parkway and wait for the support vehicle. If there is a 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 is not recommended or allowed on the parkway. Any support traveling with a participant will be asked to travel from stage to stage via alternative routes. These routes will be provided daily prior to each stage.



- All participants will receive a timing chip to be mounted on the front fork of your bike.
- 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.
- The tour will use pro chip technology.

Starting Position

- All participants will be assigned a starting position based on order of registration.
- Starting positions will start with a letter A thru D and end with a number 1 thru 25. The letter will represent your wave assignment and the number your position within the wave.
- Additional waves could be added dependent on social distancing guidelines at the time of the event.
- The wave letter also represents the bike garage you are assigned to.
- Riders will be released every 60 seconds with a 5-minute gap between waves.

Due to the nature of this event and the pandemic guidelines participants the tour will use various corrals to get participants from the garage areas to the start lines.



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 rather 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.

Note: 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 luggage to the garage area each morning prior to each stage.
- A transportation vehicle will be available to participants at the finish line to transport you participants and luggage to partner hotels.
- A second round of transportation will be made available after the final stage in Natchez to bring participants back to the awards ceremony for those wishing to shower and change.

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.

Note: 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.
- Transportation vans will travel alternative routes to avoid congestion on the parkway.
- All non-essential travel will be encouraged to travel alternative routes to avoid congestion on the parkway.
- Travel routes will be supplied at registration for any solo travelers and updated via daily tour briefings.
- Traveling via the alternative routes will ensure you are able to leave after the start and arrive at the next stage prior to the first stage finisher each day.

Awards

The tour will present the following awards at an award ceremony following stage 04 in Natchez, MS. Stage results will be posted online, in the daily briefing and posted in the garage area prior to each stage. Stage awards will be handed out at the final awards ceremony.

Stage Awards

All finishers of each stage will receive a custom finisher medal. These medals when combined will create a complete set.

The top 3 fastest times of each stage based on individual time will receive a commemorative plaque brought to you by our host partner for each stage.

The fastest team of each stage based on combined times will receive a commemorative plaque brought to you by our host partner for each stage.

Challenge Awards

All finishers who complete all four stages will receive a custom designed Primal Wear Omni Cycling Jersey along with a 5th medal to complete the 5-part set.

Trophies will be awarded to the top 3 overall finishers.

* The top male and top female overall will receive a Primal gift certificate good for a full helix 2.0 cycling kit.

* The fastest over all male will receive a \$2,400 cash payout.

* The fastest female overall will receive a \$1,200 cash payout on top of any other winnings including the overall win.

* The fastest overall team will receive branded socks from Primal and a tour provided trophy.

*Requires 50% registered participants and 10% of net registration fees up to 100% of registration.

Stage 01 brought to you by Tupelo Convention and Visitors Bureau

Athlete Guide 2020

pelo



November 20, 2020 7:00 AM start

Stage 01 starts in Nashville, TN and runs 139 miles south through Alabama and finishes in Tishomingo, MS.

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



Stage 01 Start

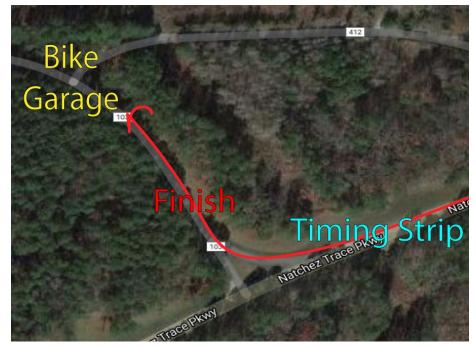
- Bike garage will be located at the Stephens Valley Church and will open to participants at 5:00 AM.
- Start line / timing strip will be positioned on Hwy 100 just under the Natchez Parkway overpass.
- Participants will remain in the garage area until your wave is called. Once your wave is called you will move forward to one of 3 corrals.
- Davidson county law enforcement will enforce traffic on HWY 100.
- Participants will transfer from corral 02 to 01 in groups of 5.
- 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.
- When given the green light, riders cross the timing strip and cycle forward approximately 500' before merging onto an on ramp which takes them up onto the Parkway.



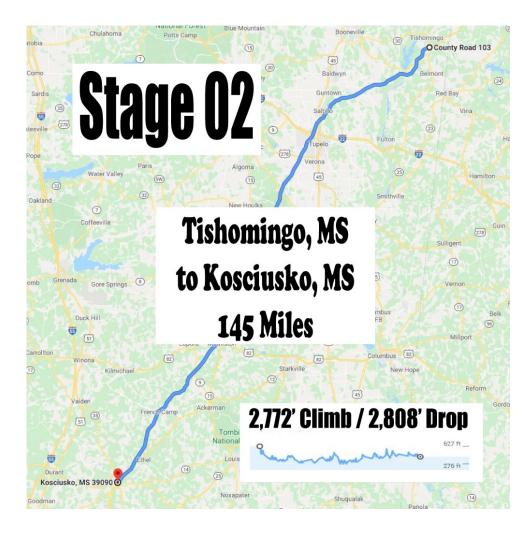
- All nonessential tour personnel, bike services and non cycling participants will travel from Nashville to Tishomingo via I-40 and TN-22.
- Any spectator or team support not traveling with the tour is encouraged to travel via I-40 and TN-22.

Stage 01 Finish

- Finish line will be located on Co Rd 103 just off the Natchez Parkway.
- Riders will take a right-hand turn onto the Co Rd 103.
- A timing strip will be located just after the turn off.
- Once on Co Rd 103 participants will cycle another 400 feet before crossing the finish line.
- Participants will cycle along Co Rd 103 for another 500 feet or so before reaching the bike garage area.
- The bike garage will be spread along the road, please find your designated garage and proceed with racking your bike.
- The bike garage will be open till 10:00 PM.
- Hydration and refreshments will be available via our stage 01 host just outside the garage area and in the transportation vehicles.



- Host partner and host hotels for stage 01 are 45 minutes away.
- Transportation to local hotels will be available to take participants to our host hotels located in Tupelo, MS.
- Transportation to be provided by the city of Tupelo.





November 21, 2020 7:00 AM start

Stage 02 starts in Tishomingo, MS and runs 145 miles south before finishing in Kosciusko, MS.

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

Stage 02 brought to you by Kosciusko Attala Partnership



KOSCIUSKOATTALA PARTNERSHIP



- Bike garage will be located along Co Rd 103 and will open to participants at 5:00 AM.
- Keep in mind it is a 45-minute ride from Tupelo, shuttles will begin departing Tupelo at 4:00 AM.
- Start line / timing strip will be positioned on Co Rd 103 just before riders enter the parkway.
- Participants will remain in the garage area until your wave is called. Once your wave is called you will move forward to line up on along Co Rd 103 just prior to the start.
- Tishomingo county law enforcement will enforce traffic on Co Rd 103.
- When given the green light, riders cross the timing strip and cycle forward approximately 100' before taking a right-hand turn onto the Parkway.



- All nonessential tour personnel, bike services and non cycling participants will travel from Tishomingo to Kosciusko via MS-30 and I-55.
- Any spectator or team support not traveling with the tour is encouraged to travel via MS-30 and I-55.

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Stage 02 Finish

- Bike garage will be located at the Piatto parking lot and will be open to participants until 10:00 PM.
- Finish line / timing strip will be positioned just after you exit the parkway.
- Participants will cross the finish line and continue forward about 100' before taking a right-hand turn onto Hwy 19.
- Kosciusko law enforcement will enforce traffic on Hwy 19.
- Participants will stay at various hotels within Kosciusko.
- Local transportation to be provided by the Attala County Kosciusko Co-op partnership.



STAGE

Stage 03 brought to you by Ridgeland Tourism Commission

RIDGELAND VISITRIDGELAND.COM

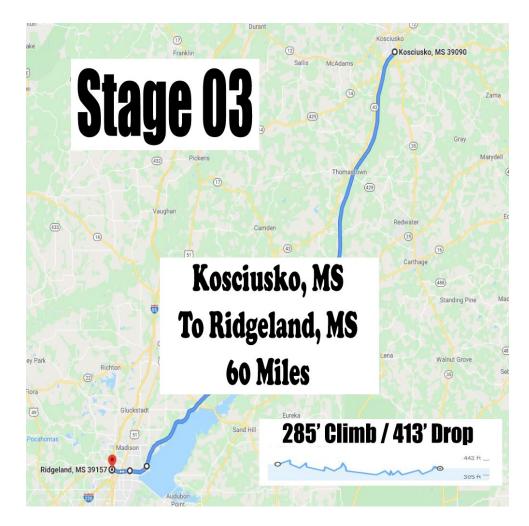
INSIDE + OUT



November 22, 2020 7:00 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.



Stage 03 Start

- Bike garage will be in the Piatto parking lot and will open to participants at 5:00 AM.
- Start line / timing strip will be positioned just before riders enter the parkway.
- Participants will remain in the garage area until your wave is called. Once your wave is called you will move forward to line up on along Hwy 19
- Kosciusko city law enforcement will enforce traffic on Hwy 19.
- When given the green light, riders cross the timing strip and cycle forward approximately 100' before taking a right-hand turn onto the Parkway.



- All nonessential tour personnel, bike services and non cycling participants will travel from Kosciusko to Ridgeland via MS-14 and I-55.
- Any spectator or team support not traveling with the tour is encouraged to travel via MS-14 and I-55

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Stage 03 Finish

- Bike garage will be located at the St. Andrew's Episcopal School and remain open until 8:00 PM.
- Finish line / timing strip will be positioned just after you exit the parkway inside the Choctaw Agency parking lot.
- Participants will cross the finish line and then take a left-hand turn onto a bike path which takes you to Greenwood Crossing.
- From here you will take a righthand turn crossing over Old Agency Road into the bike garage area.
- Ridgeland law enforcement will enforce traffic Greenwood Crossing and Old Agency Road.



- Participants will stay at various hotels within Ridgeland.
- Local transportation to be provided by Colony Park and the city of Ridgeland.

STAGE

Stage 04 brought to you by Visit Natchez









November 23, 2020 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

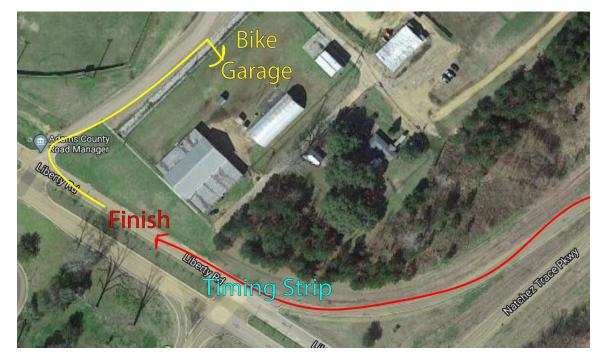
- Bike garage will be in the St. Andrews Episcopal School parking lot and will open at 7:00 AM.
- Start line / timing strip will be positioned just before riders enter the parkway inside Choctaw Agency.
- Participants will remain in the garage area until your wave is called. Once your wave is called you will cross over Old Agency Rd, continue onto Greenwood Crossing before taking a left to line up on the bike path.
- Kosciusko city law enforcement will enforce traffic on Hwy 19.
- When given the green light, riders will cross the timing strip and cycle forward approximately 200' before taking a right-hand turn onto the Parkway.



- All nonessential tour personnel, bike services and non cycling participants will travel from Kosciusko to Ridgeland via US-84 and I-55.
- Any spectator or team support not traveling with the tour is encouraged to travel via US-84 and I-55.

Stage 04 Finish

- Bike garage will be located at Liberty Park.
- Finish line / timing strip will be positioned just after you exit the parkway on Liberty Rd.
- Participants will cross the finish line, before turning right into Liberty Park.
- Natchez City law enforcement will manage traffic on Liberty Road.
- Participants will stay at various hotels within Natchez.
- Local transportation to be provided by Visit Natchez and the City of Natchez.



- Ceremony to be held at 6:00 PM
- Overnight bus will depart back to Nashville following the awards ceremony.

• Bike Services will be provided at Bike Garage till 8:00 PM

PRIM/L





INSIDE + OUT



















TOUR the Trace