



TECHNICAL GUIDE · STAGE 3 OF THE 2009 TOUR

2009 Stage 3: “Frosty”

July 26th, 2009 · Santa Cruz, CA · 5 miles

2011 in '27! – the new Tour de Froth

1. THE STAGE AT A GLANCE

DATE	July 26th, 2009
START	Santa Cruz, CA
START TIME	<i>To be announced by the stage captain.</i>
FINISH	<i>A local brewery or brewpub, announced by the stage captain.</i>
DISTANCE	5 miles
HOSTED BY	<i>The TDF Awards Committee</i>
STAGE CAPTAIN	<i>To be announced by the stage captain.</i>
STATUS	Raced

2. SCHEDULE

DATE	July 26th, 2009
START TIME	Not recorded

Only what the archive records. No other timings were published for this stage.

3. ROUTE AND MAP

Santa Cruz, CA · 5 miles.

Map: <https://www.openstreetmap.org/search?query=Santa%20Cruz%2C%20CA>

“The course changes every year.”

5.3 Sag Wagons/ Rest Stop: “No. None. Zip. Bring a tire kit and organize your own damn banana stand. Whine about it and you will be disqualified.”

4. HAZARDS

None recorded for this stage.

STANDARD HAZARDS ON EVERY STAGE

6.0 SWEET JUMPS	When encountering sweet jumps cyclists are encouraged to freestyle their roadbikes.
6.1 BEARS	Along the route, bears will be released from time to time. Any rider torn apart is disqualified.
6.2 LONG SCARY BRIDGES	See crying regulation.
6.3 SPECTATORS	Please understand that these people are the enemy and should not be provided aid or comfort.
1.0 WARNING	Racing is a grueling and pointlessly brutal experience. You will be exposed to extreme temperatures; noise; dogs; bears; foam hats; malcontents; miscreants; etc.
THE CONGO LINE HAZARD	The “Congo Line Hazard” is a ten mile gauntlet of Frenchmen dressed in disco clothing waving rubber chickens. This hazard inspires dread among TDF competitors world-wide.

5. THE BREWERY FINISH

“Each stage will end at a selected local brewery where ‘competitors’ will be subjected to a complex series of negotiations to determine the winner. Arguing and shouting is encouraged.”

Finish venue: *A local brewery or brewpub, announced by the stage captain.*

1.6 Owning the Shout: “At the end of each stage, the slowest rider owns the shout unless another rider is disqualified. The first disqualified rider owns the first shout. Any other disqualified racers will also own a shout. The shout is gonna cost you. If you don’t know what a shout is then you’re disqualified and it’s your shout.”

1.8 Winners and Prizes: “If by some oversight on the organizers’ part you win a stage, you’ll be disappointed to find that there are no prizes. The winner receives nada.” The full rule is in section 6.

6. RULES AND REGULATIONS

This stage is run under the Tour de Froth regulations, which are painful, dense and complex. Only the Tour de Froth scale of disqualifications applies.

GENERAL

- 1.0 **WARNING:** Racing is a grueling and pointlessly brutal experience. You will be exposed to extreme temperatures; Noise; Dogs; Bears; Foam Hats; Malcontents; Miscreants; etc.
- 1.1 **Organizer Decisions:** Organizer's decisions are final. If you don't like it, please organize your own race.
- 1.2 **Crappy Bikes:** At the scrutineer's sole discretion, "Shite" [sic] crappy bicycles will be welded into highbikes, and you will be disqualified.
- 1.3 **Refunds and Compensation for Loss:** None. Whiners will be disqualified.
- 1.4 **Whining:** Disqualified
- 1.5 **Ridiculous riding apparel:** Surprisingly, as with most bicycling events, this is not a problem.
- 1.6 **Owning the Shout:** At the end of each stage, the slowest rider owns the shout unless another rider is disqualified. The first disqualified rider owns the first shout. Any other disqualified racers will also own a shout. The shout is gonna cost you. If you don't know what a shout is then you're disqualified and it's your shout.
- 1.7 **Crying:** Disqualified
- 1.8 **Winners and Prizes:** The rider with the lowest total stage time wins, unless he or she is more than 120 seconds ahead of second place in which case they are disqualified for the stage. The winner is then the second place rider unless they are 120 seconds ahead of the next rider. You can see where this is going. If by some oversight on the organizers' part you win a stage, you'll be disappointed to find that there are no prizes. The winner receives nada. At the end of the stage all riders will place their names in a hat. If the rider with the lowest stage time is not drawn then they are disqualified and the rider whose name is drawn out of the hat claims the stage win. The winner of fifth stage also can disqualify the other four stage winners and claim the over all tour championship.
- 1.9 **Right of Publicity:** All imagery of the race and the riders and their bikes will be used in any way that the organizers see fit. (Including but not limited to television, internet, magazines, newsprint, television, radio, twitter, facebook, myspace, billboards, milk cartons and so forth.) There will be no compensation.

ELIGIBILITY

- 2.0 **Equipment Eligibility:** Entry limited to bicycles. No tricycles, unicycles or Shriner go-carts. Some special dispensation may be awarded for riders of oxen.
- 2.1 **Oxen:** no oxen.
- 2.2 **Rider Eligibility:** All riders must be over 18 years of age and able to complete an inordinately complex series of differential equations contained in the entrance examination.
- 2.3 **No Passengers Allowed:** Why would you consider this? Having passengers will get you disqualified.

ELIGIBILITY

- 5.1 Definition of Team: Each team must consist of no more than four riders.
- 5.2 Teams: There are no teams, riders entering as a team will be disqualified.
- 5.3 Sag Wagons/ Rest Stop: No. None. Zip. Bring a tire kit and organize your own damn banana stand. Whine about it and you will be disqualified.

HAZARDS

- 6.0 Sweet jumps: When encountering sweet jumps cyclists are encouraged to freestyle their roadbikes.
- 6.1 Bears: Along the route, bears will be released from time to time. Any rider torn apart is disqualified.
- 6.2 Long scary bridges: see crying regulation.
- 6.3 Spectators: Please understand that these people are the enemy and should not be provided aid or comfort.

DISQUALIFICATION

- 7.1 This is virtually impossible.

7. SAFETY, WAIVER AND CHARITY

EMERGENCY	Call 911 (USA), then tell the stage captain.
NEAREST HOSPITAL	<i>To be listed by the stage captain before the start.</i>
LIABILITY WAIVER	"You will be required to sign a liability waiver at each stage you enter." www.tourdefroth.com/downloads/TDF-Liability-Waiver.pdf
CHARITY	"Each stage requests that you make a voluntary donation to Livestrong. The stage captain will contact you after registration to explain how to make this directly to those organizations on behalf of the stage you have entered."

8. CONTACTS

STAGE CAPTAIN	<i>The TDF Awards Committee</i>
QUALIFIED RIDERS DESK	qualifiedrider@tourdefroth.com
REGISTRATION	www.tourdefroth.com/registration/
STAGE PAGE	www.tourdefroth.com/races/2009/stage-3/
FOLLOW	@TourdeFroth on X

Generated October 4th, 2026 from the Tour de Froth race database. Quotations are from the original Tour de Froth site; only spelling and grammar are corrected. Stage facts: [stages2009.html](#); news post 96 ("Dean Cowherd, 3rd stage winner"). News post 200908082 calls Holger "stage three winner"..