

2011 ITT Provincials Presented by FOG Cycling Club

FOG and the MCA are very pleased to announce that the Provincial Time Trial is returning to Birds Hill Park for the third year. Birds Hill Park is the premiere time trialing location in Manitoba. Summer weekend racing has been banned in BHP, but the MCA has secured an exception for the Provincial Time Trial. This requires that all racing be completed by 10:00 a.m. As a result **registration must take place before race day** to allow for an early efficient start.

To take part in the Provincials Time Trial a rider requires a full UCI/CCA race licence (MCA citizen's licence does NOT qualify). Out of province racers with a UCI race licence may compete, but are not eligible for medals.

In a time trial, riders start separately at sixty second intervals and ride on their own against the clock. It is known as *The Race of Truth* because there is no drafting, no sprinting, no team tactics; just you and your best effort against the clock.

***check the FOG blog www.fogcycling.blogspot.com regularly for updates**

Date: Sunday, August 24th

Location: Birds Hill Park (Pan Am start – see Map below)

Registration: Pre-registration is highly recommended. The commissaries require that the start list be set prior to race day. Registration deadlines have been set to facilitate this. **Race day registration will be prohibitively expensive.**

Cost:

- Up until 11:59 p.m. Thursday July 21st - \$22
- After July 21st until 7:30 a.m. race day - **\$50 Cash only**, no cheques, no credit cards
- All fees are non-refundable.

Pre-registration:

Full payment must accompany registration. Incomplete forms and/or insufficient payment will result in non-registration.

Preferred method:

Up until 11:59 p.m. Thursday July 21st
Pre-register online via the MCA site www.mbcycling.ca

Alternate method:

Up until 5:00 p.m. Thursday July 21st
Bring your completed waiver and registration forms together with your payment (cash or cheque only) to the Unicity Eye Clinic between 9:00 a.m. and 5:00 p.m. Monday till Thursday. The clinic is located in Polo Park downstairs beside LensCrafters. The stairs to LensCrafters are located between the centre court and the Bay. If paying by cheque make your cheque out to Fast Old Guys Cycling Club.

Sign-In: All racers (pre-registered or not) must still sign-in the morning of the race and show their licence to the commissaries. Sign-in will start at 6:45 a.m. and will end at 7:30 a.m. No exceptions.

Race Distances:

You race against others in your age and sex category.

Age categories are determined by your age as of December 31, 2011.

- Senior Men, Espoir Men: 3 laps
- All other riders: U15, U17, Juniors, Senior Women, all Masters categories (30-39, 40-49, 50-59, 60+): 2 laps
- 1 lap is 11.3 km ridden clock wise

Start Times:

8:15 a.m. 1 minute intervals.

* Start times will NOT go in reverse order of age. In order for us to finish on time, groups that are expected to take longer will race first and those that are expected to be quicker will race last. Therefore, Senior and Espoir men will likely start first.

* A tentative start list will appear on www.fogcycling.blogspot.com before the race.

Parking: Parking is available at the start finish area. Please park on the inside of the loop only. In the interest of safety please pull your vehicle well-off the road so that your rear bumper is at least two feet away from the shoulder. If you are worried about easy ingress and egress of your vehicle park on the flatter area towards the eastern side of the start/finish area.

Safety: The park will **not** be closed to vehicular traffic. Marshals do not have the authority to force vehicles to stop. Keep your head up at all times. It is the rider's responsibility to ensure it is safe to proceed.

Please keep the side of the road clear. Riders will be constantly racing by before and after your ride.

Riders are required to wear a hard-shell ANSI or SNELL approved helmet while racing, warming up, and cooling down.

Park so your bumper is well off the side of the road. Park only on the inside side of the loop, not the outside.

Do not mill around on the road before or after your race. It is a traffic hazard and discourteous to riders still racing and other park users.

Washrooms: Located on both sides of the loop road a few hundred meters east of the start/finish area down the hill towards the east beach.

Equipment:

* Special time trial equipment is not needed.

* Bikes must meet UCI guidelines. Traditional road bikes will meet UCI guidelines. Some triathlon bikes and old school time trial specific bikes may not and will be ranked separately (they also cannot qualify for Provincials medals).

* Commissaires have the discretion to disallow the use of any equipment they consider unsafe.

* Some regulations of note:

- The front tip of the seat must be at least 5 cm behind a vertical line passing through the centre of the bottom bracket. The seat must be level.
- The handlebar extensions must extend no further than 75 cm ahead of a vertical line passing through the centre of the bottom bracket (does not apply to the shifters which may extend further) and must be level.
- A single race number must be pinned to the back of each rider's jersey (as opposed to the usual two for road races).

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