

# **2013 Manitoba Provincial Time Trial Championships**

## **Hillside Beach to Belair**

**Presented by Alter Ego Cycling Club**

**When: Saturday July 6, 2013**

**Where: Hillside Beach (Charlie Wall Park) – North of Grand Beach and South of Victoria Beach.**

**Race Organizer: [Kim Mitchell](#)**

### **Race Bible**

**Date:** Saturday July 6, 2013

**Location:** The race start/finish is located at Charlie Wall Park on Hillside Beach Road West of Lakeshore Dr.

**Head North out of Winnipeg down Highway 59, past the Grand Beach Turn off. If you wish to drive in along the race course, turn left at Belair Road and then right at the 4 way intersection at Lakeshore Drive. Drive Lakeshore Drive to Hillside Beach Road where you turn left. The park is just over the hill on the left about 1km from the turn.**

**Map of course: <http://www.gmap-pedometer.com/?r=5958285>**

**Registration:** All advance registration is online only. Same day registration is in-person. Print off an entry and waiver form and bring cash or a cheque (made out to Alter Ego Cycling Club) to the race. The Provincial Time Trial Championship is only open to full MCA license holders U15 and above (i.e. not citizen licensed racers).

## **Approximate Distances:**

Elite men/U23 Men 40kms (2 laps of the 20k longer course)

Junior Men 33.6 km (2 laps of the 16.8 km shorter course)

Master Men/ Master Women/Elite Women/U23 Women 20 km

U17 16.8 km

U15 12.2 km

## **Course Information:**

- The course starts at Charlie Wall Park on Hillside Beach Road in the east direction.
- A right turn is made at the intersection at Lakeshore Drive. This is a 4-way stop and the right hand turn is just at the end of the descent from the hill on Hillside Beach Rd. Corner with CAUTION.
- The course proceeds south down Lakeshore Rd for about 8km and then, for some racers, turns left on to Belair Rd at the 4-way intersection.
- U15 racers will turn around at Westland Dr. (Approx. 6.1 km from the start).
- U17 will turn around at Yellow Brick Rd. just prior to the intersection at Belair Rd. and Lakeshore Drive (Approx. 8.4 km from start). Junior men will complete 2 laps of this course.
- All other racers will proceed onto Belair Rd. and turn around just west of the XTR gas station on Belair Rd (At approx.. 10 km from start). Elite (Senior) Men and U23 men will complete 2 laps of this course.
- For all racers, the course is an out and back format. Please take all corners and turn-arounds with caution.
- The road surface is smooth asphalt. These are all wide municipal roads with unmarked shoulders. The roads are in fairly good condition. Course has 2 hills, one in the first km prior to the turn onto

Lakeshore and the 2<sup>nd</sup> begins immediately after the turn onto Belair Rd. There are also some gentle elevation changes and false flats throughout.

- Course is open to traffic; marshals will be in place at key intersections and signage will be present at all intersections between to alert traffic to the presence of cyclists.

Warm up area is immediately west of start/finish on Hillside Beach Road. Riders are not allowed to warm up on course once the race is underway.

Parking area is on the grounds of Charlie Wall Park on Hillside Beach. Parking in this area is limited. Overflow parking is available along Hillside Beach Road West of Estate Drive. Parking must be on the south side of the road only. Your car will be towed if you park on the north side. There is a playground for the kids at the park, near the start/finish. Portable washrooms will be available in the Park.

**Start times:** On-site registration/sign-in (all categories): 8:00 a.m. to 9:00 a.m.

Provincial Championships: 10:00 a.m. till 12:00 p.m.

Awards will take place immediately following the race finish.

Rider start order and time gaps will be decided by the race officials and posted immediately prior to race start.

**Costs:** \$25 advance registration; \$40 race day registration (U17 and U15, \$10 advance; \$20 race day). Online advanced registration will close on Thursday, July 4, at midnight.

**Other information:**

For provincial championships, all UCI and CCA companion regulations in force, including junior gear restrictions. Race officials may perform

technical inspection of bicycles for compliance with UCI regulations.

Washrooms are available at the race site at the playground at the start/finish area.

All riders must wear certified helmets at all times during the event including warm up and cool down.

**Prizing:** Provincial medals awarded for top 3 placings in each age group.