**2016 Alter Ego Handicap Race - Everyone's a winner!**

**Host Club:** Alter Ego Cycling Club

**Race Organizer:** Rick Yaschyshyn

**Phone #:** 475-4908

**Email:** ric18@mymts.net

**Date:** Thursday July 14, 2016 – **GOAL IS TO GET 100 LBS OF FOOD FOR WPG HARVEST – IN 2015 WE GOT 66 LBS.**

**Location:**  Bird's Hill Park Large Loop (staging is in the East Beach parking lot)

**Driving Directions:** Birds Hill Park - enter the Park and take South Drive to the East Beach parking lot.

**Eligibility:** The race is open to all riders with a valid UCI/CCA/MCA race license. MCA citizen license holders are eligible to race in the Citizen category only.

To purchase a UCI/CCA/MCA license visit  [www.mbcycling.ca](http://www.mbcycling.ca) and click License Registration on the right sidebar.

**REGISTRATION INFORMATION**

You must register for this race in person; no online registration. You MUST present your UCI license at time of registration.  
  
**Pre Registration:**  
Not available.   
  
**Race Day Registration:**  
  
On site registration will be from 6:15 pm – 6:45 pm.  
Print off a registration form and waiver here and bring it with you.   
 **Check In:**All registered riders must "check-in" at the registration table between 6:15pm -6:45 pm

**COST**

All categories (day of registered): $10

\*\*Bring a tin for the bin – lets help Winnipeg Harvest in 2016!

**All fees are non refundable.**

**RACE INFORMATION**

**Race Start Times:**

* 7:00 pm (sharp) – Cat 5 start
* 7:08 pm – Cat 4 start
* 7:15 pm – Cat 2/3 start

**Race Course:** 4 laps – 44.6km – estimated finish time is 8:25 pm

(Note:  Departure times may change slightly at the discretion of the race organizer and commissaire depending on turnout amongst other factors)

The riders will have a 25kmh neutral start to the bottom of the first climb where the neutral vehicle will move out of the way and the racing will begin;

The finish line will be at the Pan Am start/finish line.

The timing will start at the end of the neutral zone; the commissaires’ timer is the final time.

**Prizes**: Cash is King!

Top 7 riders will be awarded:

1st - $100 5th - $30

2nd - $75 6th - $20

3rd - $50 7th - $10

4th - $40

Post Race Drinks and food available for all!

**SAFETY AND EQUIPMENT**

**Equipment:**

* Traditional road bikes will meet UCI guidelines. And are the only bikes allowed in this event.
* 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.
* A single race number must be pinned to the back of each rider’s jersey (as opposed to the usual two for road races). If you do not have a number, you will be assigned one at check-in. You will be instructed as to the proper location on race day.
* Juniors must use UCI junior gearing.

**Washrooms**  are available at the east beach.

Any questions can be answered by emailing the organizer whose contact info is at the start of this document.