

# 2018 Provincial Program Criterium Race Bible



**MANITOBA  
CYCLING  
ASSOCIATION**

**Dates:** Wed, May 9, 2018

**Where:** Parking lots east of Cabela's (580 Sterling Lyon Parkway). Sign in and registration will be in the middle of the west parking lot at the MCA van & trailer.

**Host Club:** Manitoba Cycling Provincial Program

**Race Organizer:** Jayson Gillespie (204-333-5503; [cycling.coach@sportmanitoba.ca](mailto:cycling.coach@sportmanitoba.ca))

**Race Categories & Race Start Times:** Race(s) are open to Cat 3, Cat 4, Cat 5, and Citizen License holders. Citizen license holders will race with in the Cat 5 category.

- Event 1: Cat 5 – 6:30pm
- Event 2: Cat 4 – 7:00pm
- Event 3: Cat 3 – 7:45pm

## **Race Format – Timed Raced:**

- Classification based on a rider's position at the finish of the last lap
- Primes may be offered at the discretion of the race organizer and event commissaire, and will take place on the finish line
- Race Length:
  - Cat 5: 20min + 2 laps
  - Cat 4: 25min + 3 laps
  - Cat 3: 30min + 3 laps
- Lapped riders will not be allowed to contest any primes or finishes; however, they will be allowed to re-join the main pack as long as they don't interfere with the outcome of the race.
- \* The length of race listed above is an estimate; the race commissaires will determine the race length used the day of the race based on attendance, weather, and road conditions.
- Categories may be combined based on number of registrations. If categories are combined, start time will be no earlier than 15min before the start of the last combined category (i.e., combining cat 4 & cat 3, start time will be 7:30pm)

**Race Course:** The course will take place in the two parking lots between Cabela's and the FXR store. The lots will be closed to all traffic.

**Parking:** Parking is available in the middle of the parking lots at the site. Cars will be directed by Marshalls. Cars will be able to enter the course from the west side, next to Cabela's.

**Eligibility:** The race is open to all those with a valid UCI/CCA/MCA license. MCA citizen license holders will participate in the category 5 race.

**Cost:** Payable to "Manitoba Cycling Association". Costs are minimal to cover the expenses of hosting the races.

- Youth (18 years or younger): \$5
- Adult (19+ years of age): \$10

**Race Day Registration:** Race day registration for the Provincial Program Criterium opens at 5:45pm and ends 15min before your event start. Please print out and bring the [entry form](#) with you to the race. You must present your race license, payment, and entry form at registration to participate in the Provincial Program Criterium race. All participants under the age of 18, must have a parent signature on the forms to participate.

- Cat 5 Registration: 5:45pm – 6:15pm
- Cat 4 Registration: 6:15pm – 7:00pm
- Cat 3 Registration: 7:00pm – 7:45pm

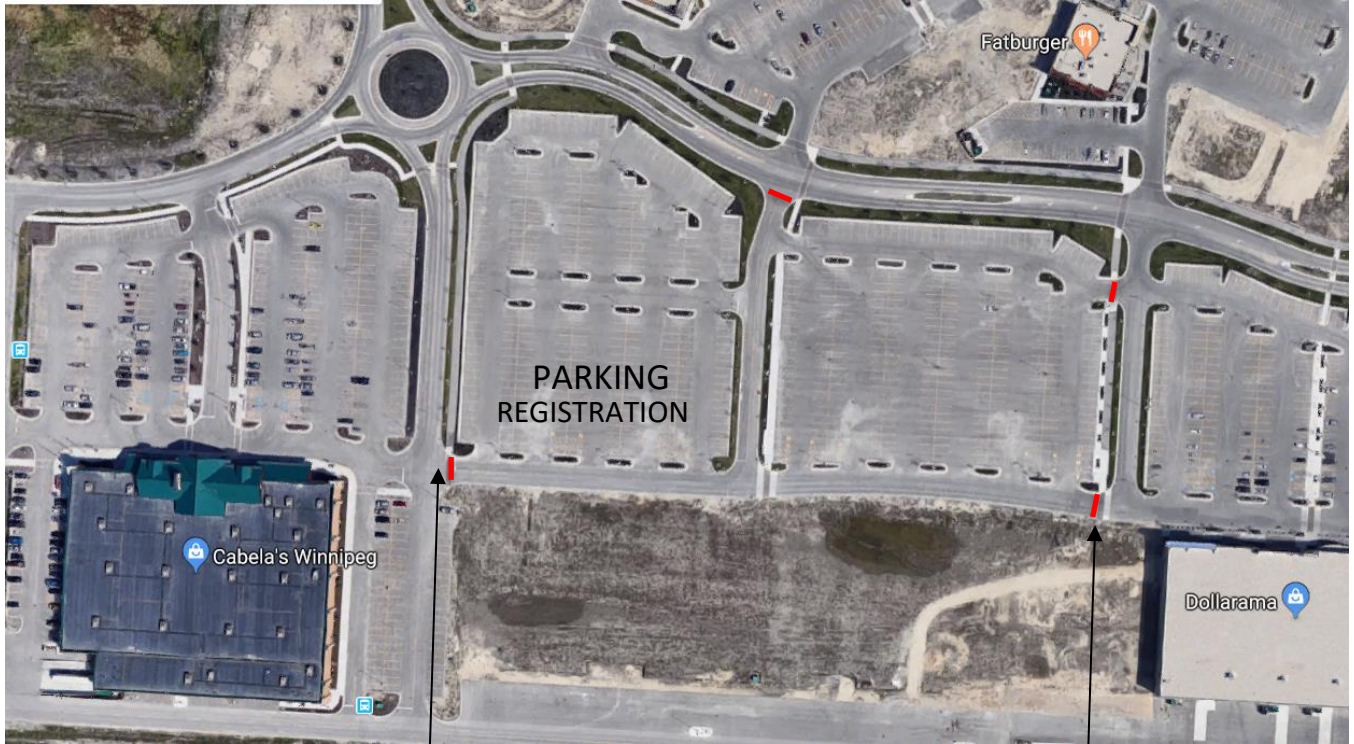
**Washrooms:** Washrooms are available at the nearby businesses, and the Shell Gas Station.

**Race Cancellation based on Weather:** The Provincial Program Criterium race will be cancelled if it is raining on the course at 6:00pm. We will update the Twitter Account (@ManitobaCycling) of any cancellations. If rain occurs during a race, the race will be stopped at the discretion of the race commissaire.

### **Provincial Program Criterium Race Rules**

The Provincial Program Criterium will follow the rules and regulations set by the [UCI](#) and [CCA](#), with the following modifications approved by the MCA:

- **Coaches** from clubs or the provincial team will be allowed to ride alongside their athletes to provide real-time tips, cues and strategies. **Coaches must be:**
  - 1) NCCP Certified: • Old System – Level 1 ROAD CERTIFIED or higher; or • New System – Introduction to Competition Coaching Stream – Trained or Certified.
  - 2) Meet the requirements of MCA Coaching Standards Policy.
- **Training Race = no posted results:** The outcome of a training race will be contested by the racers, but the final standings will not be published. The goal is racing competition but without the public ranking of individuals. Coaches will be permitted to ride with their athletes in a training race without the risk of affecting an important outcome.
- **Race Numbers** are not required for the race as no results are provided
- **Lapped riders** will not be allowed to contest any primes or finishes; however, they will be allowed to re-join the main pack if they remain at the back.
- **Prizes/ results:** Except for sponsored draw prizes and primes, the race will not include prize finish prizes or race results.
  
- Pre-riding may only be done during the designated times and between races
- Everyone riding on the course during scheduled Pre Ride/training times MUST have a current MCA general membership (or race license). Non members are not permitted to operate a bicycle on the course during scheduled event times.
- All racers bikes must operate a bicycle with both front and rear working brakes.
- All racers must wear a CSA approved helmet while riding on OR off-course (even the parking lot).
- Riders shall act and race with caution and respect for their fellow racers. They shall be held responsible for any accidents that they cause.
- Racers must have their license with them at all times during a race event.
- It is a racer's responsibility to familiarizing yourself with the race course before the race (marshals will not be obligated to give out directions to confused riders).
- A racer must act in a sporting manner at all times
- If a rider exits the course for any reason, he/she must return to the course at the same point from which they exited.
- If a rider suffers from a recognized mishap (crash, flat tire, etc), the rider will entitle a neutralization of 2 laps once report to the commissaire at the start/finish area. After the neutralization, the rider shall return to the position held before the mishap.
- Music players and electronic devices are NOT allowed by any racers during any events.
- Sleeveless jerseys are NOT allowed.
- You can only wear a jersey of a club or team you currently belong to, no pro team jerseys that you are not a member of; if you do not belong to a club wear any jersey that is not a pro jersey nor a club jersey where you are not a member of that club.
- Handlebars must have end caps.
- Before the race, know exactly where the finish line is situated. Your finish time is recorded on the finish line. Do not stop your race until you cross the finish line. Once finished, exit the area immediately.
- The pit area can be occupied by (club/team) support personnel to assist with minor bike repairs and wheel replacement on racing bikes.
- The Chief Commissaire will provide instruction on rules regarding the use of the pit area (i.e., entry/exit/free lap, etc.)
- The finish line is for finishers. Never cross the finish line twice.
- If you leave the race for any reason you MUST alert one of the Commissaires as soon as you are able.
- Please walk your bicycle in the parking areas & any other road ways adjacent to the race site.
- Please walk your bicycle in the registration, spectator and staging areas.
- Please consult the UCI and CCA rules to see all applicable rules and regulations.



Access to Parking

Barricades – No Access