



**MANITOBA
CYCLING
ASSOCIATION**

Ride by Yourself Individual Time Trial Races

The MCA is pleased to announce we will be starting the race season with some Individual Time Trial races. We have received government approval to proceed with some racing that follows the guidelines set forth by the Federal and Provincial governments. Races will take place starting Wednesday, July 22 and will run every Wednesday evening. Formats will change every two weeks to keep things exciting. What those will be able to become, we will have to see what happens. We are starting with Individual Time Trial races for July 22 & 29.

Dates

- Wed, July 22: Individual Time Trial #1 (2 laps, Clockwise Loop)
- Wed, July 29: Individual Time Trial #2 (2 laps, Counter-Clockwise Loop)

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

Location: Birds Hill Provincial Park

Parking: East Beach Parking Lot. Riders are asked to park one stall apart to maintain physical distancing from one another.

Washrooms: Available at the Beach at BHP

Hand Sanitizer: every participant is encouraged to bring their own, however, we will have available at the staging area, and results area

Spectators: Please minimize the number of people coming out to watch the race as we must keep our number of people associated with the race to a minimum to stay with the government guidelines. No spectators will be allowed in close proximity of the start / finish line

Registration:

- Online Only. \$10 per event.
- There will be no on-Site Registration, license purchases or license upgrades due to COVID-19 restrictions.
- Registration will close on Monday nights at midnight.
- You must have a valid 2020 Manitoba Cycling Race license (Manitoba or UCI) or a 2020 Manitoba Triathlon Membership
- [Register Here](#)



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Categories: Racers will compete in the regular ability category (5, 4, 3+)

Sign-In: There will be no direct sign-in. Your presence at the start line for your start time will be used as confirmation of your sign-in.

Race Numbers:

- Please use your number from 2019
- If you don't have a number, one will be assigned to you that you can pick up from the race after 6:45pm. There will be a table setup at the start area where you can pickup your number.
- Only one body number is required, no frame plate. Put the number in the center of your lower back overtop of your jersey pockets.
- Here's a video how to pin your numbers properly: <https://www.trainerroad.com/blog/what-every-racer-should-know-about-number-pinning/>

License: Manitoba Cycling Race License or Manitoba Triathlon Membership **is required**

- You must hold a valid 2020 of one of the following:
 - o Manitoba Cycling: UCI or Manitoba race license.
 - o Manitoba Triathlon Membership
- You can not purchase a MCA race license or or MB Triathlon membership. This must be done line before the race.
- Day licenses are not available at this time.

Start Times

- Will be posted Wednesday morning (race day) on Instagram, Facebook and the MCA website. This will be your official start time
- First Rider will start at 7pm, with 1-minute gaps between riders
- You will start sometime between 7-8pm.

Staging

- You must show up 10min before your start time for staging at the top of Pan-Am hill
- Riders will be spaced 6 feet apart, there will be no holders for starting.
- Riders arriving late for their start will be started at the discretion of the commissaires at the end of the start list. Riders will not be able to jump in with a late start near their start time due to Covid-19 restrictions
- Racers should not be present at the staging area more than 15minutes before their start time, to ensure the number of racers is keep to a manageable number.



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Passing other Riders

- If a racer is catching another racer, they must maintain a lateral distance of at least 2 metres between them and the other rider. (UCI rule [2.4.018], but applies for Covid-19)
- racers should only pass another racer when it is safe to do so for both racers.
- After being passed by another racer, the caught rider should ride at least 25m away from the other after 1km of being passed [UCI rule 2.4.018]. If this is not possible, the caught racer, should ensure they are not in the slipstream of the other racer, by leaving a lateral gap of at least 2 metres.

Finish

- Once finished, racers are expected to not linger at the finish line, rather go cool down and return to their vehicles.
- There will be no prizing at the end of the race

Results

- Raw Race results will be posted at the race immediately after.
- However, riders are reminded to maintain a 2m distance, thus only one person may look at results at a time. Race results will be sectioned off, such that only one person may enter at a time.
- Results will also be posted on the MCA's Instagram account within a few hours of the race, riders will have 24hrs to protest any results before they are considered official.

Prizing:

- ITT races: Top 3 Male & Top 3 Female from each ability category will be awarded sent an e-transfer from the MCA.
- Prizing amount will be determined based on number of participants, and at the discretion of the race organizer.
- No Prizing will be given out at the end of the race. The race organizer will contact riders directly via email

How this is going to work with Covid-19

- With the restrictions currently in place due to Covid-19, there are some changes necessary to our standard racing format. Please read through the entire document so you are aware of how the race will be setup, so you can do your part to help follow the rules.
- We will have volunteers in charge of physical distancing, who will be walking around asking you to keep your distance. Please show them respect and follow their requests as they are ensuring that we are maintaining the requirements necessary to be able to have the races.



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- **Registration** will be done completely online and there will be no race day registration available. You must have an MCA race license or Tri MB Membership to participate
- If you need a **race number**, we will have one for you at the race. However, we are asking everyone to reuse their numbers from last year if possible.
- We will post **start times** on Wednesday morning on Instagram, Facebook & MCA website
- When you arrive at east beach, please park one stall apart (if possible) from other participants
- There will be nothing happening in east beach, other than parking.
- You are responsible to ride up to the start/finish at the top of the Pan-Am Hill
- There will be no parking allowed at the start / finish for **spectators** as we can't have too many people at the start / finish. If you have people coming to watch, they need to park some where else and walk over. They will still be asked to keep their distance from the start / finish area for physical distance and to ensure we are meeting the gathering guidelines
- **Staging:** When it is ~10 minutes before your start time, please be present near the start line, which is at the top of the Pan-Am hill (see map below). Please don't show up early as we need to keep the number of people at the start/finish to a minimum. Showing up for staging will be considered your "Sign-in for these races"
- Once you arrive at the start/finish for staging, please keep an ear out for the volunteer who will be calling out names (The Whip) and getting everyone sorted into their start order
- We will stage everyone about 5 minutes before their actual start time
- **Don't be late** as you will not be allowed to just jump in with a late start due to the physical distancing restrictions. We will do our best to put you in at the end of the race or if someone doesn't show up for their start time
- Once you start, you will do your race. If you **pass someone**, please ensure that you are giving them 2 meters clearance laterally. If you are passed, then you must maintain an acceptable distance from their as described in this tech guide.
- When you are **finishing your first lap**, please be aware that you may be passing riders who are just starting their race. Give them enough room as you may be passing them at a significant difference in speed
- When you **finish your race**, please do linger around the finish line. Go cool down and return to your cars. You will be asked to leave by the volunteers.
- Raw **results** will get published online (Instagram, Facebook) as soon as the race is finished. We will also post them on a table in the parking lot after the race, where you can view them, while maintaining the physical distancing rules.
- You will have 24hrs to **protest the results** before they become official
- Participants that have won a **prize** will be contacted via email to have arrangements made.



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COVID-19 Race Protocols

PLEASE SEE THE MCA'S FULL RETURN TO RACING PROTOCOL DOCUMENT ON THE MCA WEBSITE.

All cyclists and guardians are expected to adhere to the Provincial Health Officer's (PHO) orders and guidelines with respect to COVID-19.

GENERAL GUIDELINES - TO BE RESPECTED AT ALL TIMES

- If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT participate in sport. If these symptoms begin during an organized cycling activity, you must leave immediately and contact local public health office for recommendations. You must also inform your club and/or personal coach.
- In addition, the following individuals should not participate in organized cycling activities:
 - Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the Manitoba department of Health, Seniors & Active Living (<https://www.gov.mb.ca/covid19/index.html>)
 - Any person who has been told to self-isolate.
 - Any person who lives in a home with or has been in close contact with someone with symptoms of COVID-19.
 - Any person who has arrived in Manitoba from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- All participants must practice recommended social/physical distancing by keeping two metres (six feet) away from one another at all times.
- Washing your hands frequently following the recommended guidelines of a minimum of 20 seconds (it is the single most effective way of reducing the spread of viruses)
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough (NOT YOUR HANDS).
- Practice enhanced hygiene, including regular cleaning of equipment.
- Use an alcohol-based hand sanitizer containing 60% alcohol if soap and water are not available



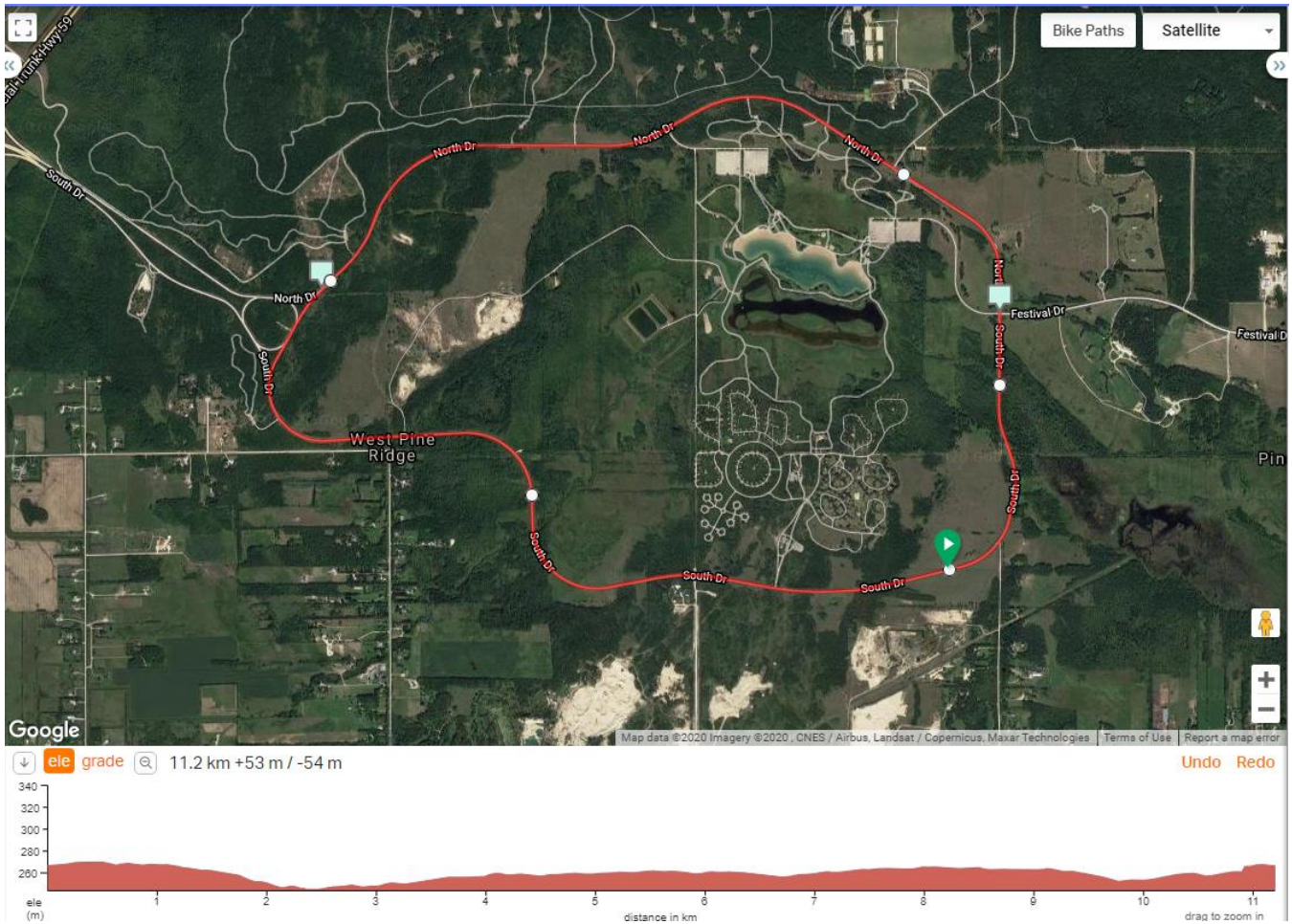
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- Be self-sufficient on the bike – leave prepared for nutrition, hydration, and mechanicals.
- Do not share equipment, food, drinks, utensils, water bottles, etc.
- Do not shake hands, embrace or high-five to celebrate.
- Do not loiter before or after organized activities.
- Avoid contact with sick people, including avoiding close contact with people suffering from acute respiratory infections
- Group size – limited to Manitoba Health Authority recommendations of 100 persons outdoor and 50 persons indoors.



Course Maps

July 22, 2020: Clockwise Loop





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July 29, 2020: Counter Clockwise Loop

