

Portage Junkyard Dogs Stage Race

(CUP #4):

May 28/29, 2011

RACE BIBLE

RACE FEES

- Road Race \$30 PRE, \$35 ON SITE
 - Time Trial \$15 PRE, \$20 ON SITE
 - Criterium \$15 PRE, \$20 ON SITE
(\$55 if all 3 PRE, \$70 ON SITE)
- (All fees are non refundable)

**Pre-register before May 25 8:00 pm
at Two Tired Boys
1200 SASKATCHEWAN AVE. W.
PORTAGE LA PRAIRIE, MB**

Questions?

Contact Phil Neudorf, Race
Organizer
Home: 239-1163
Cell: 256-3885
Email: pneudorf@mts.net

Make cheque payable to **Portage Junkyard Dogs**

**OR FAX: 857-6000 (credit only with fax)
OR KARELO**

Eligibility:

You must hold a current UCI/CCA racing licence or a MCA citizen licence.

Waiver MUST be filled out and signed for the entire event (one waiver covers all 3).

Must race in all 3 events for CUP points.

This event will be used for the selection of the competitors for the Western Canada Summer Games. All riders interested in WCSG will race in Cat 5 and should refer to the WCSC selection criteria document.

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

Courtesy and Safety:

The courses are open and the public can access the course at any point. Signs will indicate that bike race is in progress, but marshals do not have authority to prevent people from entering the course. Keep your head up at all times. Be courteous to all vehicles and pedestrians.

Junior Gear Registration:

Junior gear restriction of 7.93meters will be enforced for all stages. All riders 18 years of age or younger will be required to comply with this requirement either through proper gearing (52x14) or blocking off gearing on cassette. Junior Gear Restriction will be checked the “roll-out” method (aka “junior roll-out” before the start of each stage by one of the race commissaires. It is the athlete’s responsibility to make sure their bicycle is compliant with the junior gear restriction.

Saturday, May 28

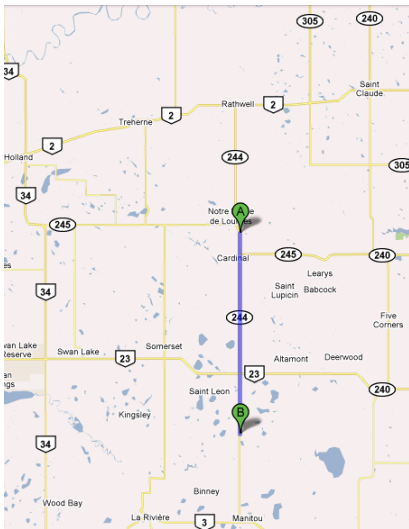
1) Road Race

Location: Notre Dame de Lourdes, Manitoba Provincial Highway 244 South

Registration/Sign in 7:00-8:30 AM at Notre Dame Motors (close to start line), 150 Hwy 244 South. Pre-registered racers must sign in at this time.

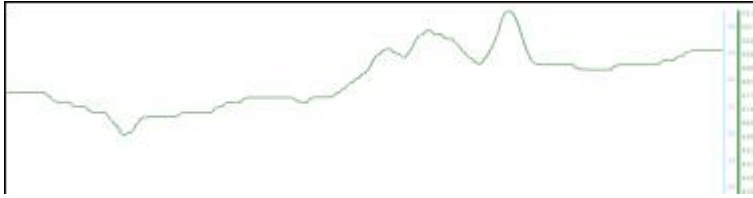
Parking and washrooms available on site (be sure to thank the owners!)

Race starts at 9:00 AM



Route: 21.5km each way (A to B). 1 lap = 43 km

Race Profile – ½ lap (A to B)



Cat 3 – 3 laps = 129km

Cat 4 & 5 – 2 laps = 86km

(Note: Category 5 includes Citizen, Under 17 and younger)

There will be a wheel exchange vehicle on the course following the racers for each race (1 for Cat 3 and 1 for Cat 4 &5).

There will be a designated Feedzone with location announced at the registration site.

Race Notes:

Riders are not to cross the centre yellow line. Riders may be disqualified at the discretion of the commissaire.

Sunday, May 29

2) Time Trial – location updated **Hwy 240 South of City of Portage la Prairie** (PR 240 North for 2 km)

Registration/Sign in 8:00-9:30 AM at Gainsborough Hall. Pre-registered racers must sign in at this time.

Parking available on site.

Race starts at 10:00 AM



Time Trial Route:

Hwy 240 south starting at Gainsborough Hall and proceeding South to turn around points.

24 Km for Cat 3 and 4 (A to C to A)

17 KM for Citizen, Cat 5, Under 17 and younger (A to B to A)

1 finishing timer for all.

Race Notes:

UCI rules in affect.

No drafting.

Times will be assigned at registration. Your assigned time starts whether you exit at start time or not.

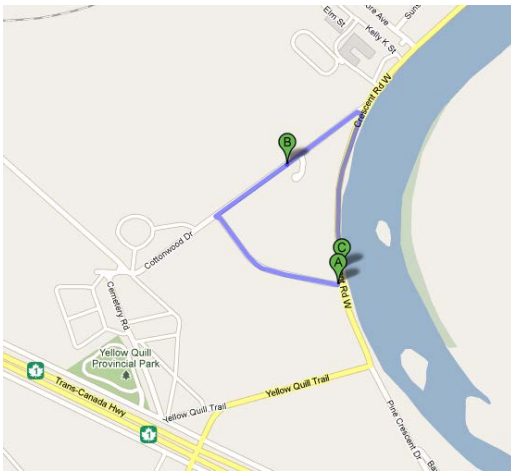
3) Criterium

Location: Keeshkeemaquah Conference Centre, Portage la Prairie, Manitoba

Parking is available on the Keeshkeemaquah Conference Centre Parking Lot

Race Details:

1.7 KM loop starting at parking lot of Keeshkeemaquah Conference Centre and proceeding clockwise to Cottonwood Drive and Crescent Road West.



Registration/Sign in starts at 2:00 and closes 15 minutes prior to race time. Pre-registered racers must sign in at this time.

- Race Start:

- CAT 5 – 3:00 PM, 30 mins + 3 laps
- CAT 4 - 3:45 PM 40 mins + 3 laps
- CAT 3 – 4:45 PM, 50 Mins + 3 laps

Race Notes:

Category 5 includes Citizen, Under 17 and younger

All efforts will be made to keep roads closed during the race but exercise extreme caution in the event of sudden vehicle traffic.