

2011 MCA Provincial Road Championships

The MCA is pleased to announce that the 2011 Provincial Road Championships will take place on Saturday September 3, 2010 at Holland, Manitoba.

Date: Saturday, September 3rd

Location: Highway 34, a few kilometers north of Holland, MB (see Map below)

Registration:

A UCI Racing Licence is required. You must hold a valid UCI race licence. A citizen's licence or MCA general membership is not valid for Provincial Championships. Riders with a UCI racing licence issued by a cycling federation other than Manitoba (including other countries) may compete, but are not eligible for medals. Day licences are not available for provincial events.

You must complete the race registration form and race waiver. Pre-registration is highly recommended and is available online - please see the MCA web site.

Cost:

-Pre-registration online: \$22

-Race day until 10:30 a.m. - \$40 **Cash only**

-All fees are non-refundable*. Full payment must accompany registration.

* see road conditions below

Sign-In: All racers must still sign-in the morning of the race. All riders must show their licence to the commissaries. Sign-in will start at 9:30 a.m. and will end at 10:30 a.m. No exceptions.

Race Distances:

-Age categories are determined by your age as of December 31, 2011.

-A number of categories may race together, but you compete only against others in your age and sex category.

-Each loop of the course is approximately 21 km

-Riders will assemble at the sign-in area before a 2.5 km neutral start to the north turn around point after which they will complete the prescribed number of laps.

GROUP 1 – Junior, Espoir & Senior Men: 5 Laps approx. 108 km total

GROUP 2 – Senior Women, Master A & Master B Men: 4 Laps approx. 87 km total

GROUP 3 - Everyone else: 3 Laps approx. 66 km total

Road Conditions:

- Hwy 34 is a well used highway. The overall condition of the road is similar to last year. Some areas have improved while others have deteriorated somewhat. The following are some areas of note. This is in no way meant to be a comprehensive list and all riders should pre-ride the course in the week preceding or the morning of the race.

- North of the Assiniboine River on both sides of the road, the last foot and a half of road by the shoulder is often unrideable
- Heading south there is a large pothole on the ride hand side about 2/3 of the way up the major climb out of the valley

- Heading south just over the top of the major climb the surface is broken up, but rideable.
- Heading north where Hwy 34 dips into the valley, erosion about 8 feet off the side of the road has caused posts and guard wires to sink creating a sharp drop off.
- Heading north there are two small potholes on the bridge over the Assiniboine.

*All riders are responsible for pre-riding the course. Most riders will find little issue with it. If however, you feel uncomfortable with the course for some reason you may apply for a refund of your registration (minus \$5 handling fee for pre-registration). Such an application must be made in person by the rider and during the registration period (9:30 - 10:30 a.m.)

Start Times:

- 11:00 a.m. for Group 1, followed a few minutes later by Group 2, and then by Group 3
- Riders will assemble before the start time for roll call and final instructions

Parking: Parking is available at the sign-in area.

Washrooms: An outhouse is located at the sign-in area.

Safety: The race takes place on an active highway. Marshals do not have the authority to force vehicles to stop. Keep your head up at all times. It is the rider's responsibility to ensure it is safe to proceed.

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

Please do not mill around on the road before or after your race. It is a traffic hazard and discourteous to riders still racing and to drivers.

Official Notes:

- No rider support vehicles are allowed on the course except for those provided by the organizer.
- Road Provincials is an extremely competitive event, but it is a sporting event and rules of sportsmanship prevail:
 - turn-arounds at each end of the course. Attacking out of the turn-arounds is extremely poor sportsmanship.
 - Riders have a responsibility to look after one another's safety.
 - Riders have a responsibility to ensure there is adequate space before attempting to pass between or around other riders.
 - Riders shall not intentionally impede the progress of other riders.

Weather: The race will take place rain or shine and will only be cancelled/postponed if conditions are determined to be dangerous to riders or volunteers.

Course Map:

A Google version of the course can be found at:

<http://maps.google.ca/maps/ms?msa=0&msid=114728904817380234195.00048e6a6561a9927a8cb&gl=ca&doflg=ptk&ie=UTF8&ll=49.680514,-98.771896&spn=0.378092,0.64888&z=11>

