

Alter Ego Handicap Race - Everyone's a winner!

Host Club: Alter Ego Cycling Club

Race Organizer: Rick Yaschyshyn

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Date: Thursday July 24, 2014 – **GOAL IS TO GET 100 LBS OF FOOD FOR WPG HARVEST – IN 2013 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 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 6:00 pm – 6:45 pm.

Download a registration form and waiver [here](#) and bring it with you.

Check In:

All registered riders must "check-in" at the registration table between 6:00pm -6:45 pm

COST

All categories (day of registered): \$15

**Bring a tin for the bin – lets help Winnipeg Harvest in 2013!

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

Drinks and food available for all!

****Bonus – if the total winning time is 65 minutes or less you WIN an extra \$50!!**

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.