

## 2014 James T O'Brien Memorial ITT Provincial Championships

The O'Brien family, Chris Ashley, and the MCA are very pleased to announce that the Provincial Time Trial is returning to Birds Hill Park. Birds Hill Park is the premiere time trialing location in Manitoba.

To take part in the Provincials Time Trial for medal positions a rider requires a full UCI/CCA race license (MCA citizen's license does NOT qualify). Out of province racers with a UCI race licence may compete, but are not eligible for medals.

In a time trial, riders start separately at sixty second intervals and ride on their own against the clock. It is known as *The Race of Truth* because there is no drafting, no sprinting, no team tactics; just you and your best effort against the clock.

**Date:** Sunday, August 17<sup>th</sup>

**Location:** Birds Hill Park (Pan Am start – see Map below)

**Registration:** Registration will happen between 700 and 745AM on Sunday August 17<sup>th</sup> at the East Beach Parking Lot. Riders will proceed to the standard Pan Am Games Start in time for your start time.

**Cost:**

\$20 Cash on Spot. Please have appropriate forms filled out BEFORE you get there to ease the sign in process.

**Sign-In:** All racers must sign-in the morning of the race and show their license to the commissaries. Sign-in will start at 700 a.m. and will end at 7:45 a.m.

**Race Distances:**

You race against others in your age and sex category.

Age categories are determined by your age as of December 31, 2014.

- Senior Men, Espoir Men: 3 laps

- All other riders: U15, U17, Juniors, Senior Women, all Masters categories (30-39, 40-49, 50-59, 60+): 2 laps

- 1 lap is 11.3 km ridden clock wise

**Start Times:**

8:15 a.m. 1 minute intervals.

\* Start times will NOT go in reverse order of age. In order for us to finish on time, groups that are expected to take longer will race first and those that are expected to be quicker will race last.

Therefore, Senior and Espoir men will likely start first.

**Parking:** Parking is available at the east beach parking lot. NO PARKING AT THE START LINE.

**Safety:** The park will **not** be closed to vehicular traffic. 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.

Please keep the side of the road clear. Riders will be constantly racing by before and after your ride. Riders are required to wear a hard-shell ANSI or SNELL approved helmet while racing, warming up, and cooling down.

Do not mill around on the road before or after your race. It is a traffic hazard and discourteous to riders still racing and other park users.

Remember we are guests of the park and we are expected to leave it as we entered!

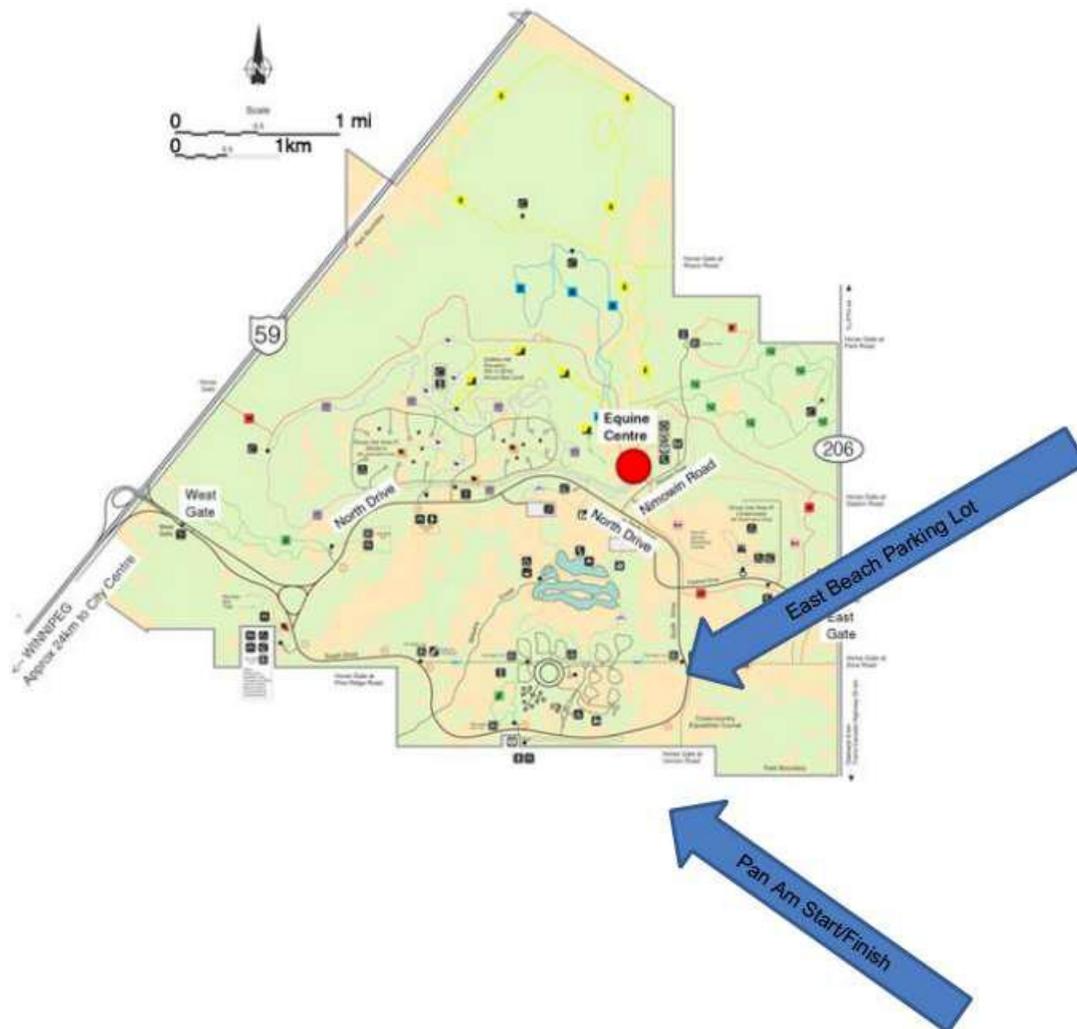
**Washrooms:** Located on both sides of the loop road a few hundred meters east of the start/finish area down the hill towards the east beach.

### Equipment:

- \* Special time trial equipment is not needed.
- \* Bikes must meet UCI guidelines. Traditional road bikes will meet UCI guidelines. Some triathlon bikes and old school time trial specific bikes may not and will be ranked separately (they also cannot qualify for Provincials medals).
- \* Commissaires have the discretion to disallow the use of any equipment they consider unsafe.
- \* UCI TT Regulations in effect
- A single race number must be pinned to the back of each rider's jersey (as opposed to the usual two for road races).

### Unlicensed Rider Category:

- We are pleased to have an unlicensed rider category for this event. Riders in this category will not be competing for Provincial Medals, but they will be eligible for trophies! The approval of ANY bike is a go, as long as the bike has 2 functioning brakes. All riders must wear an approved helmet. no exceptions.



Provincial Medals, Trophy Presentations, and BBQ to follow after the event!!

JAMES THOMAS O'BRIEN 1967 - 2013

James loved the great outdoors, was a multi-sport athlete, and was a member of the Provincial Cycling team. Cycling was his true passion. He won his first race as a pee wee and carried on to race all over Canada and the United States. James had to leave the Manitoba Provincial Team when his kidneys failed, but even after his diagnosis he continued to ride and train right up until his passing. He was a licensed coach and cycling commissaire, enjoyed helping young riders develop and loved to watch them compete.

In recognition of James and all that he and the O'Brien family have done for the sport of cycling, the TT Championships will take place in James' honor at Birds Hill Park on August 17.

All proceeds will be donated to the Kidney Foundation.