



## **2015 MCA Provincial Road Championships**

The MCA is pleased to announce that the 2015 Provincial Road Championships will take place on Sunday July 12, 2015 at Roseisle, Manitoba.

**Date:** Sunday July 12, 2015

**Location:** Roseisle, MB

- Highway 245 (see Map below)
- **Sign in and parking** will be located at the local park behind the Roseisle Community Grocery Coop
- Address: 56 Main Street, Roseisle, MB
- Ph: 204-828-3479

- Located at sign are 6 picnic tables with a picnic shelter, a play structure, sandpit, and swings. This is a great place for the family and children to play while you race to take home the title of Provincial Champion.

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

You must complete the race registration form and race waiver. Pre-registration is highly recommended and is available on the MCA website. Please look for the "Register Now" button on the Provincial Event Calendar.

**Cost:**

- Pre-registration online: \$25
  - Pre-registration will be open until Thursday July 9, 2015 at midnight
- Race day until 9:30 a.m. - \$40 **Cash only**
- All fees are non-refundable, Full payment must accompany registration.

**Sign-In:** All racers must still sign-in the morning of the race. All riders must show their license to the commissaries. Sign-in will start at 8:30 a.m. and will end at 9:30 a.m.

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



**Race Distances:**

-Age categories are determined by your age as of December 31, 2015.  
-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 22km

-Riders will assemble at the sign-in area in the town of Roseisle, MB before a neutral start out of town to turn onto Hwy 245, after which they will complete the prescribed number of laps.

**Groups**

1. Group 1 - U23 MEN, Senior MEN, Master 30+ MEN
  - 110km or 5 laps
2. Group 2 Junior MEN, Master 40+ MEN, Master 50+ MEN, Senior WOMEN
  - 88km or 4 laps
3. Group 3 U17 MEN & WOMEN, Junior WOMEN, All Master WOMEN, Master 60+ MEN
  - 66km or 3 laps
4. Group 4: U15 Men & Women
  - 44 km or 2 laps

**Start Times:** 10:00am for Group 1, followed a few minutes later by Group 2, and then by Group 3, and then Group 4

- Riders will assemble before the start time for roll call and final instructions

**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 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.

**Feed Zone:** will be located on the North side of the highway, 30m prior to the east turn around near the Start/Finish. Feeding is not permitted in the first 50km, and last 20 km.

- Weather conditions may warrant open feeding, to be determined on race day

**Medals:** will be awarded to the top 3 riders in each category, medal ceremony will take place after the conclusion of all races.

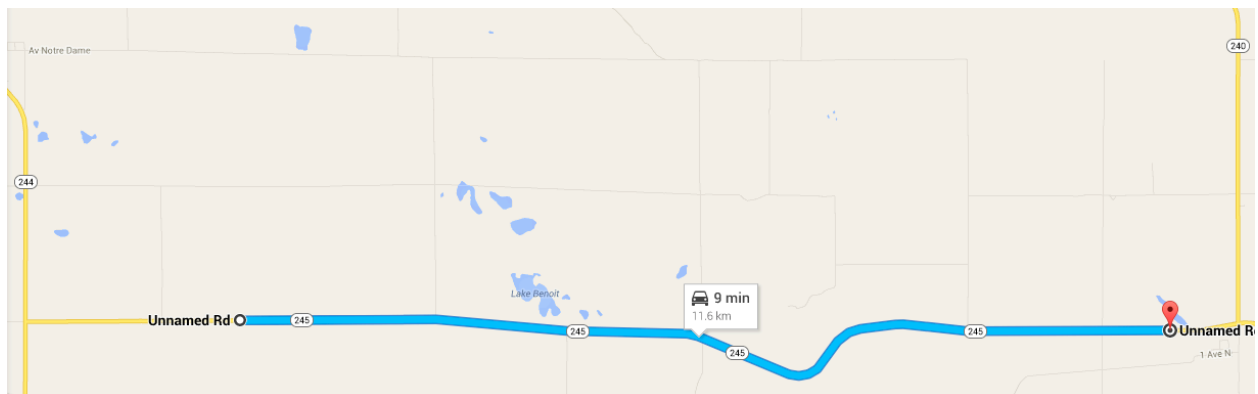


### Official Notes:

- 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:
  - There are 180° 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.
- The course is an out and back race course, the yellow line rule will be in effect at all times

**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:



### Elevation profile for 1 Lap of course

