

2016 Training Criterium Series Race Bible

Dates & Race Format:

- 1) Tues April 26, 2016
- 2) Tues May 10, 2016
- 3) Tues May 17, 2016

Where: Formal Gardens, Assiniboine Park, Winnipeg, MB

Host Club: MCA Provincial Program

Race Organizer: Jayson Gillespie (204-333-5503; cycling.coach@sportmanitoba.ca)

Race Categories & Race Start Times: Race(s) are open to Cat 3, Cat 4, Cat 5, and Citizen License holders. Citizen license holders will race with in the Cat 5 category.

- Event 1: Cat 5 – 6:30pm
- Event 2: Cat 4 – 7:15pm
- Event 3: Cat 3 – 8:00pm

Race Format – Timed Raced:

- Classification based on riders position at the finish of the last lap
- Primes may be offered at the discretion of the race organizer and event commissaire, and will take place on the finish line
- Race Length:
 - Cat 5: 20min + 2 laps
 - Cat 4: 25min + 3 laps
 - Cat 3: 30min + 3 laps
- Lapped riders will not be allowed to contest any primes or finishes; however, they will be allowed to rejoin the main pack as long as they remain at the back.
- * The length of race listed above is an estimate; the race commissaires will determine the race length used the day of the race based on attendance, weather, and road conditions.

Race Course: The Formal Garden loop is approximately 750m in length, running in a clockwise direction. Start finish is located approximately half way down Westside Dr (Southwestern road of the formal garden loop)

Parking: Parking is available at the site, just west of the Formal Garden loop on Zoo Drive.

Eligibility: The race is open to all those with a valid UCI/CCA/MCA license. MCA citizen license holders will participate in the category 5 race.

Cost: Payable to “Manitoba Cycling Association”

- Youth (18 years or younger): \$2.50
- Adult (19+ years of age): \$5

Race Day Registration: Race day registration for the Training Criterium opens at 5:45pm and ends 15min before your event start. Please print out and bring the [entry form and waiver](#), fill out, and bring with you to the race. You must present your race license, payment, entry form and waiver at registration to participate in the Training Criterium race. All participants under the age of 18, must have a parent signature on the forms in order to participate.

- Cat 5 Registration: 5:45pm – 6:15pm
- Cat 4 Registration: 6:15pm – 7:00pm
- Cat 3 Registration: 7:00pm – 7:45pm

Courtesy and Safety: The course is semi-closed, with public access along zoo drive open to traffic but controlled by marshals. Signs will indicate that bike race is in progress , but be aware that marshals do not have authority to prevent people from entering the course. Keep your head up at all times. Be courteous to others.

Washrooms: Washrooms are available near parking

Race Cancellation based on Weather: The training criterium race will be cancelled if it is raining on the course at 6:00pm on race nights. We will update the MCA webpage of any cancellations. If rain occurs during a race, the race will be stopped at the discretion of the race commissaire.

Training Criterium Race Rules

The Training Criterium Series will follow the rules and regulations set by the [UCI](#) and [CCA](#), with the following modifications approved by the MCA:

- **Coaches** from clubs or the provincial team will be allowed to ride alongside their athletes to provide real-time tips, cues and strategies. **Coaches must be:**
 - 1) NCCP Certified: • Old System – Level 1 ROAD CERTIFIED or higher; or • New System – Introduction to Competition Coaching Stream – Trained or Certified.
 - 2) Meet the requirements of MCA Coaching Standards Policy.
- **Training Race = no posted results:** The outcome of a training race will be contested by the racers, but the final standings will not be published on the website. The goal is close competition but without the public ranking of individuals. Thus coaches will be permitted to ride with their athletes in a training race without the risk of affecting an important outcome.
- **Lapped riders** will not be allowed to contest any primes or finishes; however, they will be allowed to rejoin the main pack as long as they remain at the back.
- **Prizes/ results:** Except for sponsored draw prizes and primes, a training race will not include prize finish prizes or race results.

- All racers bikes must operate a bicycle with both front and rear working brakes.
- All racers must wear a CSA approved helmet while riding on OR off-course (even the parking lot).
- Riders shall act and race with caution and respect for their fellow racers. They shall be held responsible for any accidents that they cause.
- Racers must have their license with them at all times during a race event.
- It is a racer's responsibility to familiarizing yourself with the race course before the race (marshals will not be obligated to give out directions to confused riders).
- A racer must act in a sporting manner at all times
- If a rider exits the course for any reason, he/she must return to the course at the same point from which they exited.
- If a rider suffers from a recognized mishap (crash, flat tire, etc), the rider will entitle a neutralization of 2 laps once report to the commissaire at the start/finish area. After the neutralization, the rider shall return to the position held before the mishap.
- Music players and electronic devises are NOT allowed by any racers during any events.
- Sleeveless jerseys are NOT allowed.
- You can only wear a jersey of a club or team you currently belong to, no pro team jerseys that you are not a member of; if you do not belong to a club wear any jersey that is not a pro jersey nor a club jersey where you are not a member of that club.
- Handlebars must have end caps.



