

"Provincial Championships" Road

Presented by the Provincial Program

**Contact:** Lindsay Argue ([204-782-4386](tel:204-782-4386))

**Date:** Sunday August 21, 2016

**Location:** Notre Dame de Lourdes

- Sign in and registration will be at the community hall: 72 Rue Chanoinesses, Notre Dame de Lourdes, MB R0G 1M0

- The race course is 15km in length and runs on highway 244 south of Notre Dame de Lourdes to the highway 23 junction.

- Google Maps at [www.notre-dame-de-lourdes.ca](http://www.notre-dame-de-lourdes.ca) from PR244 go west on Grea Ave, turn right (north) on Ste-Augustine then across the baseball diamonds you will see some buildings; the shelter is to the far left (north-west) corner of the property.

- The race course is 15km in length and runs on highway 244 south of Notre Dame de Lourdes to the highway 23 junction.

**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.

***ONLINE REGISTRATION WILL BE AVAILABLE SOON!***

**Cost:**

-Pre-registration online: \$25

- Pre-registration will be open until Thursday August 18<sup>th</sup> at 11:59pm.

-Race day until 9:30 am, \$40 **Cash only**

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

**Time Trial:** Pre reg \$25 / Race day \$30

**Criterion:** Pre reg \$25/ Race day \$30

**Road Race:** Pre reg \$25/ Race day \$40

**All three Race Combo:** Pre Reg - \$60

**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.

**Race Distances:**

-Age categories are determined by your age as of December 31, 2016.

-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 30km

**Groups**

1. Group 1 - U23 MEN, Senior MEN, Master 30+ MEN
  - 120km, 4 laps
2. Group 2 Junior MEN, Master 40+ MEN, Master 50+ MEN, Senior WOMEN
  - 90km or 3 laps
3. Group 3 U17 MEN & WOMEN, Junior WOMEN, All Master WOMEN, Master 60+ MEN
  - 60km or 2 laps
4. Group 4: U15 Men & Women
  - 30 km or 1 lap

**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