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**MANITOBA  
CYCLING**

## TECHNICAL GUIDE

**2017 CANADA SUMMER GAMES**

- ROAD RACE TEST EVENT -

**Winnipeg, MB**

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**May 13, 2017**

*Presented in partnership by:*

Manitoba Cycling Association, Canada Summer Games Host Society, Cycling Canada Cyclisme, and the official Road Organizing Committee for the Canada Summer Games



## Event Description:

The Canada Summer Games Road 'test event' will take place at Birds Hill Provincial Park on Saturday, May 13. The test event will involve a Road race only. The primary focus will be to test traffic management, race caravan, timing system, and the new course layout at Birds Hill Park in preparation for the Canada Summer Games in August 2017.

Birds Hill Provincial Park is a provincial park in Manitoba. It is located 24 kilometres north of Winnipeg on Highway 59, and covers approximately 8300 acres. The venue is located approximately 30mins from James Armstrong Richardson International airport and approximately 40 mins from the Sandman Hotel & Suites Winnipeg Airport. The Sandman Hotel & Suites will be the location of the Race Package pick-up on Friday, May 12.

Entry to all Provincial Parks in Manitoba requires a "Park Pass". See further details below.

## Organizers:

<b>Organizers:</b>	Bill Ralph & Robert Smith 2017 CSG Sport Chairs, Road Cycling, Birds Hill Park
<b>Contact Address:</b>	C/O Manitoba Cycling Association, 145 Pacific Avenue, Winnipeg MB R3B 2Z6
<b>Primary Contact Name:</b>	Bill Ralph
<b>Contact Telephone:</b>	204-791-8021
<b>Contact Email:</b>	<a href="mailto:cyclingchair@2017canadagames.ca">cyclingchair@2017canadagames.ca</a>
<b>Event Website:</b>	Mbcycling.ca

## Event Officials:

<b>CSG Officials Representative</b>	Twila Cuthbert
<b>Technical Delegate</b>	Josh Peacock & Mathieu Boucher
<b>Chief Commissaire</b>	Steve Head
<b>Secretary</b>	Karen Cranston
<b>Moto 1</b>	Marko Rosic
<b>Timekeeper</b>	Doug Pogue
<b>Member</b>	Andy Holmwood
<b>Finish Judge</b>	Provincial Commissaire Assignment - TBA
<b>Timekeeper</b>	Provincial Commissaire Assignment - TBA
<b>Moto 2</b>	Provincial Commissaire Assignment - TBA

## Event Rules/Licenses:

UCI Regulations and CC/MCA specific regulations will be enforced for all Categories. Approved helmets are mandatory for training and competition. Valid UCI international licenses are required for all categories. Holders of UCI international licenses that do not bear a photograph will be required to present an approved and valid government photo ID in addition to their UCI license.

There will be no team cars permitted in the race caravan. Two (2) Neutral support vehicles will be provided for all categories. Riders are requested to provide spare wheels for neutral vehicles ahead of the race. To optimize the training opportunity for both drivers and riders to work with a caravan, and to ensure rider safety, a broom wagon will remove racers if lapped. More information will be provided at the managers' meeting on Friday, May 12<sup>th</sup> at the Sandman Hotel (details below).

## Race Categories:

The following categories will be offered for the Road Test event.

“Games Eligible Men & Women” categories are open to riders aged 17 to 22 (Junior & U23) as of December 31, 2017.

Men	Women
Games Eligible Men (Age 17-22)	Games Eligible Women (Age 17-22)
Cat 1/2/3	Cat 1/2/3
Cat 4/5	Cat 4/5

### Riders *not* competing in the Games-Eligible categories

Riders who are not competing in one of the “Games-Eligible” categories will race as per the above ability Category listed on their license (i.e. Category 1 will race Cat 1/2/3). Within each category are the following age groups:

- Junior (17-18)
- Elite/U23 (19-29)
- Masters A (30-39)
- Masters B (40-49)
- Masters C (50-59)
- Masters D (60+)

All of the above age groups will race together within the ability category listed on their license (i.e. Junior Category 1 Men will race against 40-49 Category 2 Men in the Men Cat 1/2/3 Category).

All Games-eligible U23 riders (riders aged 17-22) who do *not* wish to race in the “Games-Eligible” category may choose to race in their respective Provincial category (i.e. Cat 1/2/3 or Cat 4/5) at their discretion. This choice must be made when registering online, and may not be reversed.

For out-of-province riders racing in Provincial (non-Games Eligible) categories whose license does *not* correspond to one of the above categories, please contact [cycling.ed@sportmanitoba.ca](mailto:cycling.ed@sportmanitoba.ca) or 204-925-5686 for clarification on how to register.

## Entry Fees:

<u>BY MAY 1</u> Online Pre-Registration Fee Before May 01, 2017 11:55pm (CST)	<u>MAY 2 – 10</u> Online Registration Fee May 01 to May 10, 2017 11:55pm (CST)	Race package pick-up (including timing chip) at Sandman Hotel May 12, 2017 from 5:00pm to 7:00pm (CST)
\$40	\$60	No onsite registration

## Registration:

Registration **closes** on May 10, 2017 at 11:55 pm (CST).

- Registration fees are non-refundable.
- No registrations will be accepted after the deadline, no exceptions.

Note:

- There will be a pre-registration discount of \$20.00 if you register online before May 1 at 11:55pm (CST).
- There will be NO onsite registration available at the Sandman hotel or at the venue on race day. You must register online in advance.

<b>Online Registration Link (CCN):</b>	<a href="https://ccnbikes.com/management/tools/#!/dashboard/2279/event/config/content">https://ccnbikes.com/management/tools/#!/dashboard/2279/event/config/content</a>
<b>Online Registration Deadline:</b>	Wednesday, May 10 at 11:55pm (CST)
<b>Race Package Pick-up (including timing chip):</b>	Friday, May 12 from 5:00pm to 7:00pm (CST) Sandman Hotel & Suites Winnipeg Airport (1750 Sargent Ave.)

Note: There will be a MCA tent set-up at the venue on May 13 for race check-in only. There will be **NO** onsite registration available on race day.

## Race Package Pick-up & Number Placement

### Package pick-up

Package pick-up will be available at the hotel lobby of the Sandman Hotel & Suites Winnipeg Airport at 1750 Sargent Avenue, on Friday May 12 from 5:00pm to 7:00pm.

Race packages can be picked up by the rider or a representative; however the riders UCI Licence must be presented to pick up the package. If the package is being picked up by a representative, they must have a valid UCI Licence.

See Directions to Hotel under “Venue information” below.

Note: You must register online before May 10, 11:55pm. There will be no race registration at the race office or at the venue.

## Number Placement

Your timing chip will be provided upon pick-up of your race package.

Two numbers must be worn on the left pockets without overlapping the seams. (See image below). One frame plate must be placed on the bike.

- Trimming or folding of bib numbers or number plates will result in a fine.
- Install your number plate under the seat so it can be seen by the photo finish from your left (see image below).



## Meetings:

**Location:** Sandman Hotel & Suites Winnipeg Airport

**Address:** 1750 Sargent Avenue

**Date:** Friday, May 12, 2017

### **Athlete/Team Manager's Meeting**

Time: 7:00pm CST (meeting room information will be posted in lobby)

### **Caravan Driver Meeting**

Time: 7:30pm CST (meeting room information will be posted in lobby) following Manager meeting

### **Commissaire Meeting**

Time: 8:00pm CST (meeting room information will be posted in lobby) following Caravan Driver meeting

The Caravan Driver & Commissaire meetings will occur in the same location as the Athlete/Team Manager's Meeting.

See Map/Directions for hotel under Venue Information

## Parking Pass Required:

### A vehicle permit is required to enter Birds Hill Provincial Park.

To enter provincial parks, you can choose from:

- The Explorer Pass, which is the annual permit, valid in all provincial parks (\$40)
- A three-day permits (\$12)
- A daily permit (\$5)

The parking pass can be purchased at the **West gate** entrance of the park upon arrival. Parking passes will not be available for purchase at the East gate. You may also pre-purchase your Park Pass in advance at Canadian Tire, the 59er gas station on Highway 59 enroute to the park, or Pine Ridge Hollow. Park Vehicle Permits must be displayed on your dashboard. For more information please visit:[manitobaparks.com/camping/info/fees.html](http://manitobaparks.com/camping/info/fees.html)

Please remind friends and family that the 2017 Parks Canada Discovery Passes are good only for visits to national parks, not provincial parks.

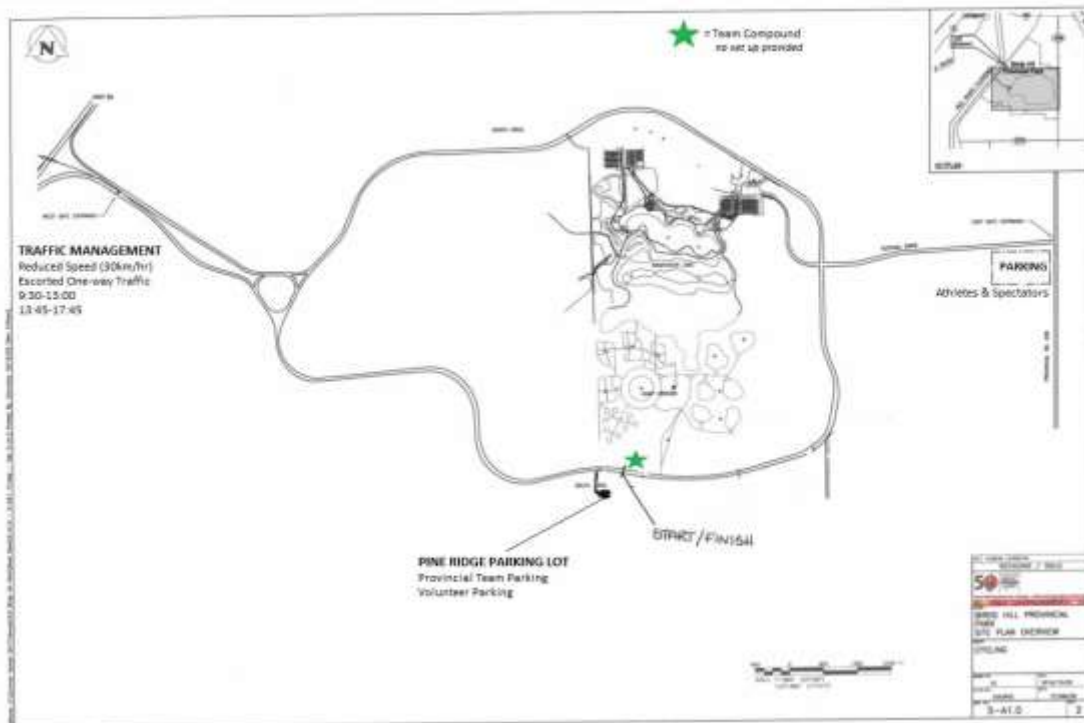
## Parking on Race day - May 13, 2017:

Parking for Provincial Teams and Volunteers will be at the Pine Ridge Parking lot. Enter through Birds Hill Park's West Gate.

Parking for all other Athletes and Spectators will be off the East gate entrance across from Pope's Hill.

Reminder: Parking passes can be purchased at West gate or in advance at Canadian Tire, the 59er gas station on Highway 59 enroute to the park, or Pine Ridge Hollow.

Please note there will be traffic delays once racing is in progress.



## Provincial Team Setup Information:

All Provincial teams must provide their own set-up (tents etc.).  
Location of set-up is a short walk from the Pine Ridge Parking lot.



## Training Periods:

### FRIDAY May 12

Afternoon/Evening	<i>unmanaged</i>
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### SATURDAY May 13

Morning	<i>9:00am to 9:45am (CST)</i>
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All training rides will be unmanaged and at the riders' own risk.  
Riders will require a Park Pass which can be picked up at the Gate entrance.

## Complete Weekend Schedule:

### FRIDAY May 12

Afternoon/training	Unofficial training/course not marked
5:00pm – 7:00pm (CST)	Race Office Opens at Sandman Hotel (40mins from Park)
7:00pm	Athlete/Team Manager’s Meeting (Sandman Hotel)
7:30pm	Caravan Driver Meeting (Sandman Hotel)
8:00pm	Commissaire Meeting (Sandman Hotel)

### SATURDAY May 13

8:00am - 9:00am (CST)	Race Check-in only. Birds Hill Park (MCA tent)
9:00am – 9:45am (CST)	Course Open for Training Cat 1, 2, 3 Men & Women and Games Eligible Men <i>Awards to follow</i>
9:50am (CST)	Rider Staging for Cat 1/2/3 Men, Women and Games Eligible Men
10:00am (CST)	Race Start (100km) for: <ul style="list-style-type: none"> <li>- Games-Eligible Men</li> <li>- Category 1/2/3 Men</li> <li>- Category 1/2/3 Women</li> </ul> <i>Awards to follow</i>
1:00pm (CST)	Course Open for Training Cat 4, 5 Men & Women and Games Eligible Women
1:50pm (CST)	Rider Staging for Cat 4/5 Men, Women and Games Eligible Women
2:00pm (CST)	Race Start (67km) for: <ul style="list-style-type: none"> <li>- Games-Eligible Women</li> <li>- Category 4/5 Men</li> <li>- Category 4/5 Women</li> </ul> <i>Awards to follow</i>
1:30pm – 4:30pm	BBQ (Included with registration)



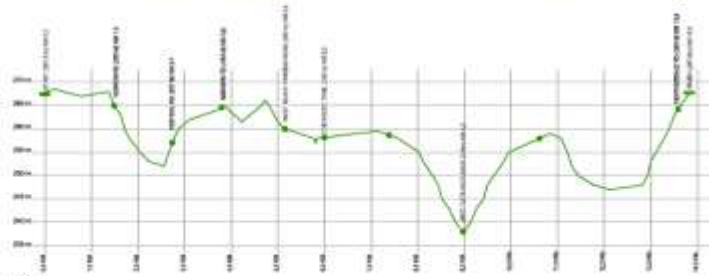
## Technical/Feed Zones/Course Map:

One technical/feed zone will be established along the course. Details on the feed zone location will be provided closer to the event.

### Course Map

To zoom in on the course map, please see the below link:

<http://www.cyclingcanada.ca/wp-content/uploads/2016/10/BIRDS-HILL-COURSE-ROAD-RACE.pdf>



CYCLING - ROAD RACE 13.8 KM  
BIRDS HILL PROVINCIAL PARK

SCATLIFF + MILLER + MURRAY  
Urbanity Urban Design + Landscape

**Note: Racing will be counter clock-wise**

Category	Number of Laps	Total Distance
Cat 1,2,3 Men & Women and Games Eligible men	7 LAPS	~100 km
Cat 4,5 Men & Women and Games Eligible women	5 LAPS	~69 km

## Medical Services

Medical services will be in place at the venue.

**Nearest Hospital:** Concordia Hospital, (18km, 16 min).

1095 Concordia Ave  
(204) 667-1560

**Driving Instructions** (Birds Hill to Hospital):

<https://www.google.ca/maps/dir/Birds+Hill+Provincial+Park,+St.+Clements,+MB+R0E+0K0/Concordia+Hospital,+Winnipeg,+Concordia+Avenue,+Winnipeg,+MB/@49.9692631,-97.0461746,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x52ea62f8837796e3:0xe2bffb7cab902d1!2m2!1d-96.8870489!2d50.0275793!1m5!1m1!1s0x52ea7400c266e849:0x5f810d6a6f042865!2m2!1d-97.064587!2d49.9133839>

## Awards:

Category	Men	Women
Games Eligible	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place – cash prize	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place – cash prize
Category 1/2/3	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place – cash prize	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place – cash prize
Category 4/5	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place – cash prize	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> Place – cash prize

## Venue Information

**Venue Address:** Birds Hill Provincial Park, St. Clements, MB R0E 0K0

Birds Hill Park is located approximately 30mins from Winnipeg off of Highway 59 North and approximately 40mins from the Sandman Hotel & Suites at 1750 Sargent Avenue.

**Birds Hill Park Map:**

<https://www.google.ca/maps/dir//birds+hill+provincial+park/@50.0275582,-96.9570885,12z/data=!3m1!4b1!4m9!4m8!1m0!1m5!1m1!1s0x52ea62f8837796e3:0xe2bffb7cab902d1!2m2!1d-96.8870489!2d50.0275793!3e0>

**Driving instructions:** Sandman hotel to Birds Hill Park Race Venue (**West Gate Entrance**):

<https://www.google.ca/maps/dir/1750+Sargent+Ave,+Winnipeg,+MB+R3H/Birds+Hill+Provincial+Park,+Manitoba/@49.9624764,-97.1283237,12z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x52ea7374d25198d9:0x2caca960fec357a1!2m2!1d-97.2042582!2d49.8974157!1m5!1m1!1s0x52ea62f8837796e3:0xe2bffb7cab902d1!2m2!1d-96.8870489!2d50.0275793>

**Driving instructions:** Sandman hotel to Birds Hill Park Race Venue (**East Gate Entrance**):

<https://www.google.ca/maps/dir/1750+Sargent+Ave,+Winnipeg,+MB+R3H/Birds+Hill+Provincial+Park,+St.+Clements,+MB+R0E+0K0/@50.0096754,-96.982483,11z/am=t/data=!4m23!4m22!1m10!1m1!1s0x52ea7374d25198d9:0x2caca960fec357a1!2m2!1d-97.2042582!2d49.8974157!3m4!1m2!1d-96.8423669!2d50.0072206!3s0x52ea88473483bd73:0xf0e0e4caf7fde826!1m5!1m1!1s0x52ea62f8837796e3:0xe2bffb7cab902d1!2m2!1d-96.8870489!2d50.0275793!3e0!6m3!1i0!2i2!3i2>

*Reminder:* Parking Passes are available for purchase at the West Gate entrance only. You may purchase your pass in advance. Further detail under “Parking Pass” section above.

## Accommodations & Race Office

### Sandman Hotel & Suites Winnipeg Airport

1750 Sargent Avenue  
Winnipeg, MB R3H 0C7  
204.775.7263 or toll free 1.855.213.0582  
Fax 204.775.7787  
www.sandmanhotels.com

The guestroom rate is \$109 +tax/night.  
Quote group confirmation number **#401445**.

All Provincial teams and individuals requiring rooms should contact the hotel direct to book reservations. Exception: all out of province officials have been pre-booked and will receive confirmation details via email.

Driving instructions: Airport to Hotel (7mins):

<https://www.google.ca/maps/dir/Winnipeg+James+Armstrong+Richardson+International+Airport,+2000+Wellington+Ave,+Winnipeg,+MB+R3H+1C2/1750+Sargent+Ave,+Winnipeg,+MB+R3H/@49.9036217,-97.2284547,15z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x52ea73243af409db:0xbc1d3c6b9b6a6b58!2m2!1d-97.2365461!2d49.9098283!1m5!1m1!1s0x52ea7374d25198d9:0x2caca960fec357a1!2m2!1d-97.2042582!2d49.8974157>

Directions from Hwy #1 to Hotel:

<https://www.google.ca/maps/dir/Portage+Ave,+Winnipeg,+MB/1750+Sargent+Ave,+Winnipeg,+MB+R3H/@49.8869738,-97.2329807,15z/data=!3m1!4b1!4m13!4m12!1m5!1m1!1s0x52ea0c6c606b45a7:0x7b9ed3ff298e842b!2m2!1d-97.2390091!2d49.8768627!1m5!1m1!1s0x52ea7374d25198d9:0x2caca960fec357a1!2m2!1d-97.2042582!2d49.8974157>

## Anti-doping



Cycling Canada's RaceClean program aims to address and recognize the importance of fair play, clean sport, and the obligation racers have to compete within the rules. It is our hope that all Canadian athletes respect the rules which include not using prohibited substances or practices. For more information on Cycling Canada's Race Clean program, including athlete/coach resources, click [here](#).

As this event is fully sanctioned through Cycling Canada and the UCI, all participants in possession of a UCI license are subject to doping control under the UCI's rules and guidelines. It is the riders' and team managers' responsibility to understand these rules. The doping control station at the venue will be clearly marked. Athletes who are selected for testing will be met at the finish line by a chaperone. All athletes who DNF must report to the finish line.

## Event Partners



The Manitoba Cycling Association's purpose is to advance athletes along the performance pathway and develop partnerships to promote the growth of cycling in Manitoba.



Cycling Canada is the National Sport Organization which proudly represents the sport of Cycling in Canada.



Winnipeg will host the 2017 Canada Summer Games from July 28 to August 13, 2017. All road cycling events will take place in the second week of the Games.