

## 2019 Handicap Road Races

**Host Club:** Manitoba Provincial Cycling Program

**Race Organizer:** Jayson Gillespie

**Phone #:** 204-333-5503

**Email:** cycling.coach@sportmanitoba.ca

**Dates:** 1) Wednesday, May 29, 2019  
2) Wednesday, July 31, 2019

**Location:** Bird's Hill Park Large Loop (staging is in the East Beach parking lot)

**Driving Directions:** Birds Hill Park - enter the Park and take South Drive to the East Beach parking lot.

**Washrooms** are available at the east beach.

**Eligibility:** The race is open to all riders with a valid UCI/CCA/MCA race license. MCA citizen license holders are eligible to race in the Citizen category only.

To purchase a UCI/CCA/MCA license visit [www.mbcycling.ca](http://www.mbcycling.ca) and click License Registration on the right sidebar.

**REGISTRATION INFORMATION:** You must register for this race in person; no online registration. You MUST present your UCI license at time of registration.

**Pre-Registration:** Not available.

**Race Day Registration:** On site registration will be from 6:15 pm – 6:45 pm.

**COST:** All categories (day of registered): \$20. Cash only (includes GST)

### **RACE INFORMATION**

#### **Race Start Times:**

- 7:00 pm (sharp) – Cat 5 start
- 7:08 pm – Cat 4 start
- 7:15 pm – Cat 2/3 start

**Race Course:** 4 laps – 44.6km – estimated finish time is 8:25 pm

(Note: Departure times may change slightly at the discretion of the race organizer and commissaire depending on turnout amongst other factors)

The riders will have a 25kmh neutral start to the bottom of the first climb where the neutral vehicle will move out of the way and the racing will begin;

The finish line will be at the Pan Am start/finish line.

The timing will start at the end of the neutral zone; the commissaires' timer is the final time.

**Prizes:** Top 7 riders will be awarded based on the number of registered participants

Post Race Drinks and food available for all!

## **GENERAL RACE RULES**

- Pre-riding may only be done during the designated times for your category.
- Everyone riding on the course during scheduled Pre Ride/training times MUST have a current MCA general membership (or race license). Non members are not permitted to operate a bicycle on the course during scheduled event times.
- All racers must operate a bicycle with both front and rear working brakes.
- All racers must wear a safety approved helmet deemed appropriate for cycling AT ALL TIMES while riding (i.e. while training, racing, riding around the staging area etc.). No exceptions.
- 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 present their license at the Registration/Check in table. Do not come to a race without your license. FYI, technically, the license is to remain on your person throughout the race.
- It is a racer's responsibility to know the race course and the number of required laps before the race starts. Marshals are not obligated to give out directions to confused riders.
- A racer must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing.
- If a rider exits the course for any reason, he/she must return to the course at exactly the same point from which they exited.
- Music players and electronic devices are NOT allowed by any racers during any events. ▪ Sleeveless jerseys are NOT allowed.
- You may only wear the jersey of a club or team to which you currently belong, i.e. do not wear a Pro team jerseys unless you are currently a member of that Pro team.
- The current defending Manitoba Cup winners should wear their Manitoba Cup jersey at Cup races. Previous years jerseys should not be worn by previous winners.
- Handlebars must have end caps. Kickstands should be removed. Water bottle holders must be secured in appropriate locations on the bicycle frame or seat post.
- Race numbers will be attached to your jersey in the manner/location determined by the Chief Commissaire.
- Before the race, know exactly where the finish line is situated. Your finish time is recorded on the finish line. Do not stop your race until you cross the finish line. Once finished, exit the area immediately.
- The pit area can be occupied by (club/team) support personnel to assist with minor bike repairs and wheel replacement on racing bikes.
- The Chief Commissaire will provide instruction on rules regarding the use of the pit area i.e. entry/exit/free lap, etc.
- The finish line is for finishers. Never cross the finish line twice.
- If you leave the race for any reason you MUST alert one of the Commissaires as soon as you are able.
- Please walk your bicycle in the parking areas & any other road ways adjacent to the race site.
- Please walk your bicycle in the registration, spectator and staging areas.
- Please consult the UCI and CCA rules to see all applicable rules and regulations.