



**MANITOBA
CYCLING
ASSOCIATION**

Close but Not Too Close Team Time Trials

The MCA is pleased to announce that our third round of races will be Team Time Trials. We have received government approval to proceed with some racing that follows the guidelines set forth by the Federal and Provincial governments. Teams will consist of between 2 and 4 riders (Women, Men, Mixed) regardless of category ability. Team Time Trials will take place Wednesday, August 19th and 26th

Dates

- Wed, August 19: 2-person Team Time Trial #1 (2 laps, Clockwise Loop)
- Wed, August 26: 4-person Team Time Trial #2 (3 laps, Clockwise Loop)

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

Location: Birds Hill Provincial Park

Parking: East Beach Parking Lot. Riders are asked to use the Eastern Lot (furthest from beach) and park one stall apart to maintain physical distancing from one another.

Washrooms: Available at the Beach at BHP

Hand Sanitizer: every participant is encouraged to bring their own, however, we will have available at the staging area, and results area

Spectators: Please minimize the number of people coming out to watch the race as we must keep our number of people associated with the race to a minimum to stay with the government guidelines. No spectators will be allowed in proximity of the start / finish line

Registration:

- Online Only. \$20 (August 19) or \$40 (August 26) per team per event (\$10 per rider).
 - There will be no on-Site Registration, license purchases or license upgrades due to COVID-19 restrictions.
 - Registration will close each Tuesday night at midnight.
 - You must have a valid 2020 Cycling Race license (Manitoba or UCI) or a 2020 Triathlon Manitoba Membership.
- August 19: [August 19 Registration](#) August 26: [August 26 Registration](#)

Categories: Racers will compete in one of the following: Women, Men, Mixed, regardless of regular ability categories.



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Sign-In: There will be no direct sign-in. Your presence at the start line for your start time will be used as confirmation of your sign-in.

Race Numbers:

- August 19 (2up TTT): each team will use one person's number. The team will need to pick which number they will use and include as part of their online registration.
- August 26 (4 up TTT): Each team will use two numbers from the team riders. The team will need to pick which numbers to use and include as part of their online registration.
- If you do not have a number, one will be assigned to you that you can pick up from the race after 6:30pm. There will be a table setup at the start area where you can pick up your team number. Triathletes, please return these after the race.
- For each person, only one body number is required, no frame plate. Put the number in the center of your lower back over top of your jersey pockets.



Pin your number here

- Here's a video how to pin your numbers properly: <https://www.trainerroad.com/blog/what-every-racer-should-know-about-number-pinning/>

License: Cycling Race License (Manitoba or UCI) or Triathlon Manitoba Membership **is required**

- You must hold a valid 2020 of one of the following:
 - o Cycling: UCI or Manitoba race license.
 - o Triathlon Manitoba Membership
- You cannot purchase an MCA race license or Triathlon MB membership. This must be done line before the race.
- Day licenses are not available at this time.



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Start Times

- Will be posted Wednesday morning (race day) on Instagram, Facebook, and the MCA website. This will be your official start time
- First Team will start at 7pm, with 2-minute gaps between teams
- You will start sometime between 7-7:30pm.

Staging

- You must show up 10min before your start time for staging at the top of Pan-Am hill
- Riders of each team will be staged in a single line; there will be no holders for starting.
- Riders of the entire team will all start at the same time
- Teams will be staged 6 feet apart.
- Riders arriving late for their start will be started at the discretion of the commissaires at the end of the start list. Riders will not be able to jump in with a late start near their start time due to Covid-19 restrictions
- Racers should not be present at the staging area more than 15minutes before their start time, to ensure the number of racers is kept to a manageable number.

Race Format (August 19)

- Teams will consist of 2 riders
- Riders will all race together as one group
- Each team will do 2 laps of the course
- Each team's finish time will be based on the 2nd rider to cross the finish line.

Race Format (August 26)

- Teams will consist of 4 riders (August 26). Teams of 3 will be allowed
- Riders will all race together as one group
- Team of 4 riders are preferred, but teams of 3 riders will be allowed if you can't find a 4th
- Each team will do 3 laps of the course
- Result will be based on the 3rd rider (team of 4) to cross the finish line. Teams may drop one of their riders without affecting their finish result. However, teams of only 3 riders, the finish time will still be based on the 3rd rider

Passing other Teams

- If a team is catching another team, they must maintain a lateral distance of at least 2 metres between them and all riders on the other team. (UCI rule [2.4.018], but applies for Covid)
- teams should only pass another racer/team when it is safe to do so for everyone
- After being passed by another team, the caught team should ride at least 25m away from the other after 1km of being passed [UCI rule 2.4.018]. If this is not possible, the caught team, should ensure they are not in the slipstream of the other team, by leaving a lateral gap of at least 2 metres.



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Finish Area

- Once finished, racers are expected to not linger at the finish line, rather go cool down and return to their vehicles.
- If you would like to see your teammate finish, please position yourself away from the start/finish area to maintain your physical distancing from other riders and spectators
- There will be no prizing at the end of the race

Results

- Raw Race results will be posted at the race immediately after.
- However, riders are reminded to maintain a 2m distance, thus only one person may look at results at a time. Race results will be sectioned off, such that only one person may enter at a time.
- Results will also be posted on the MCA's Instagram account immediately. Riders will have 24hrs to protest any results before they are considered official.

Prizing:

- Top 3 teams of each category (Women, Men, Mixed) will be prized
- Prizing will be sent to each team via an e-transfer from the MCA.
- Prizing amount will be determined based on number of participants, and at the discretion of the race organizer.
- No Prizing will be given out at the end of the race. The race organizer will contact riders directly via email

How this is going to work with Covid-19

- With the restrictions currently in place due to Covid-19, there are some changes necessary to our standard racing format. Please read through the entire document so you are aware of how the race will be setup, so you can do your part to help follow the rules.
- We will have volunteers in charge of physical distancing, who will be walking around asking you to keep your distance. Please show them respect and follow their requests as they are ensuring that we are maintaining the requirements necessary to be able to have the races.
- **Registration** will be done completely online and there will be no race day registration available. You must have an MCA race license or Tri MB Membership to participate
- If you need a **race number**, we will have one for you at the race. However, we are asking everyone to reuse their numbers from last year if possible.
- **Triathletes**, we will give you numbers just for that race. Please return them after.
- We will post **start times** on Wednesday morning on Instagram, Facebook & MCA website
- When you arrive at east beach, please park one stall apart (if possible) from other participants



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- There will be nothing happening in east beach, other than parking.
- You are responsible to ride up to the start/finish at the top of the Pan-Am Hill
- There will be no parking allowed at the start / finish for **spectators** as we cannot have too many people at the start / finish. If you have people coming to watch, they need to park somewhere else and walk over. They will still be asked to keep their distance from the start / finish area for physical distance and to ensure we are meeting the gathering guidelines
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- **Staging:** When it is ~10 minutes before your start time, please be present near the start line, which is at the top of the Pan-Am hill (see map below). Please do not show up early as we need to keep the number of people at the start/finish to a minimum. Showing up for staging will be considered your “Sign-in for these races.
- Once you arrive at the start/finish for staging, please keep an ear out for the volunteer who will be calling out names (The Whip) and getting everyone sorted into their start order
- We will stage everyone about 3-5 minutes before their actual start time
- **Do not be late** as you will not be allowed to just jump in with a late start due to the physical distancing restrictions. We will do our best to put you in at the end of the race or if someone does not show up for their start time
- Once you start, you will do your race as a team. If you **pass someone**, please ensure that you are giving them 2 meters clearance laterally. If you are passed, then you must maintain an acceptable distance from their as described in this tech guide.
- Once you have **finished your race**, please do linger around the finish line. Go cool down and return to your cars. You will be asked to leave by the volunteers.
- Raw **results** will get published online (Instagram, Facebook) as soon as the race is finished. We will also post them on a table at the start/finish after the race, where you can view them, while maintaining the physical distancing rules.
- You will have 24hrs to **protest the results** before they become official
- Teams that have won a **prize** will be contacted via email to have arrangements made.



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COVID-19 Race Protocols

PLEASE SEE THE MCA'S FULL RETURN TO RACING PROTOCOL DOCUMENT ON THE MCA WEBSITE.

All cyclists and guardians are expected to adhere to the Provincial Health Officer's (PHO) orders and guidelines with respect to COVID-19.

GENERAL GUIDELINES - TO BE RESPECTED AT ALL TIMES

- If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT participate in sport. If these symptoms begin during an organized cycling activity, you must leave immediately and contact local public health office for recommendations. You must also inform your club and/or personal coach.
- In addition, the following individuals should not participate in organized cycling activities:
 - Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the Manitoba department of Health, Seniors & Active Living (<https://www.gov.mb.ca/covid19/index.html>)
 - Any person who has been told to self-isolate.
 - Any person who lives in a home with or has been in close contact with someone with symptoms of COVID-19.
 - Any person who has arrived in Manitoba from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- All participants must always practice recommended social/physical distancing by keeping two metres (six feet) away from one another.
- Washing your hands frequently following the recommended guidelines of a minimum of 20 seconds (it is the single most effective way of reducing the spread of viruses)
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough (NOT YOUR HANDS).
- Practice enhanced hygiene, including regular cleaning of equipment.
- Use an alcohol-based hand sanitizer containing 60% alcohol if soap and water are not available
- Be self-sufficient on the bike – leave prepared for nutrition, hydration, and mechanicals.
- Do not share equipment, food, drinks, utensils, water bottles, etc.
- Do not shake hands, embrace or high-five to celebrate.
- Do not loiter before or after organized activities.
- Avoid contact with sick people, including avoiding close contact with people suffering from acute respiratory infections
- Group size – limited to Manitoba Health Authority recommendations of 100 persons outdoor and 50 persons indoors.



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Course Map for both August 19 & 26, 2020

Clockwise Loop

