



“WELCOME BACK” 2021 TIME TRIALS Birds Hill Park

Presented by Manitoba Cycling and Triathlon Manitoba

Manitoba Cycling in partnership with Triathlon Manitoba are pleased to offer Wednesday Time Trials at Birds Hill Park. Race formats will change every week. Please read thru the information below for event logistics and COVID-19 protocols. We look forward to seeing you Wednesday night at the Pan Am Start!

Event Summary:

DATE	EVENT	RACE DIRECTION	LAPS	CHECK-IN Time @ Pan-Am Start/Finish	RACE START Time @ Pan-Am Start/Finish
Wed, Aug 4/21	Individual Time Trial	Clockwise	1 or 2 laps*	5:30pm-6:30pm	7:00pm
Wed, Aug 11/21	2 Person Team Relay	Clockwise	1 lap each	5:30pm-6:30pm	7:00pm
Wed, Aug 18/21	2 Person Team Time Trial	Clockwise	1 or 2 laps*	5:30pm-6:30pm	7:00pm
Wed, Aug 25/21	4 Person Team Time Trial	Clockwise	1 or 2 laps*	5:30pm-6:30pm	7:00pm

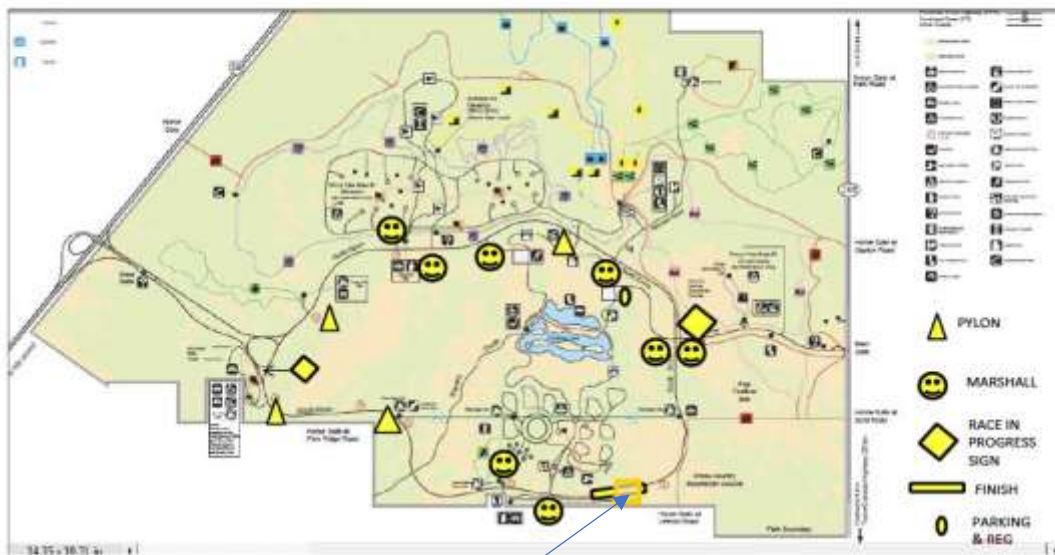
Event Organizers:

Jared Spier: (204) 799-4000; Triathlon.ed@sportmanitoba.ca

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COURSE MAP:



“PAN-AM START/FINISH”

- Athletes: park at East Beach and ride over to the “Pan-Am” start/finish
- Parking at Pan-Am start/finish is reserved for volunteers/officials/organizers
- All athletes and volunteers check-in at the Pan-Am start/finish



RACE LICENSE/MEMBERSHIP REQUIREMENT:

- You must have either a valid 2021 Manitoba Cycling Race License (Manitoba or UCI) or a 2021-22 Manitoba Triathlon membership
- You must purchase and/or upgrade your license online before the race
- Day licenses are not available for these events
- Purchase or upgrade your Manitoba Cycling License: ([Here](#))
- Purchase your Triathlon Manitoba membership: ([Here](#))

REGISTRATION:

- Online registration only. There will be no on-site registration, license purchases or upgrades due to COVID-19 restrictions
- Registration is limited to Public Health Group size restrictions (currently 50-participant max for sport)
- \$10.00 per event (Excluding tax & processing fee).
- **Register ([Here](#))**

CATEGORIES:

- Racers will compete in their regular ability category (Cat 5,4,3,2). Category 5 = beginner.
 - If you are unsure of your category, please register for Category 5, and we will adjust at sign in
 - For team events: Racers will compete in one of the following: Women, Men, or Mixed, regardless of regular ability categories
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RACE NUMBERS:

- Please use your race number from 2019/2020 if you have one
- If you do not have a race number, one will be assigned to you when you check-in at the Pan-Am Start/Finish (see course map)
- Check-in will be open at 5:30pm and will close at 6:30pm. Racing starts at 7:00pm sharp.
- Only one body number is required. No frame plate. Put the number in the centre of your lower back overtop of your jersey pockets
- Triathletes, please return race numbers to check-in desk after you complete your race

2 Person Team Events:

- each team will use one person's number. Decide which number your team will use and include in online registration

4-person Team Event:

- 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

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

START TIMES:

- Start times will be assigned at check-in at the Pan Am start/finish
 - The First Rider or Team will start at 7pm, with 1-minute gaps between riders
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STAGING:

- Please be ready 10-15min before your start time for staging at the top of Pan-Am hill
 - Riders will be spaced 6 feet apart, there will be no holders for starting
 - 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
 - Please keep physically distanced from all other riders and volunteers at the check-in and staging area
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LAPS:

- All Events will be two (2) laps total, with the option to drop to one (1) lap for young or new racers
 - The relay event on August 11th will be one (1) lap for each team member
 - If you want to do one lap only, please advise when you check-in to get your start time
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PASSING:

Passing other Riders

- If a racer is catching another racer, they must maintain a lateral distance of at least 2 metres between them and the other rider. (UCI rule [2.4.018], but applies for Covid-19 as well)
- Racers should only pass another racer when it is safe to do so for both racers
- After being passed by another racer, the caught rider 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 racer, should ensure they are not in the slipstream of the other racer, by leaving a lateral gap of at least 2 metres

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



Passing other Teams (Con't):

- 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

RACE FORMAT- TEAMS:

2 Person Relay:

- Teams will consist of 2 riders
- Each rider will do one lap each for a total of 2 laps per team
- As Rider #1 come crosses the finish line, the “race official” will tell Rider #2 when they can start
- Each team’s finish time will be based on the 2nd rider to cross the finish line

2 Person TT:

- 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

4 Person TT:

- Teams will consist of 4 riders (preferred). Teams of 3 will be allowed if you cannot find a 4th
- Riders will all race together as one group
- Each team will do 2 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, for teams of only 3 riders, the finish time will still be based on the 3rd rider



FINISH/RESULTS/PRIZING:

- Once finished, please do not linger at the finish line, rather go cool down and return to the vehicles at East Beach
- Raw/Preliminary results will be posted immediately after and posted to the MCA and Tri MB website
- Please maintain physical distancing once you have finished your race (**including viewing results**)
- Riders will have 24hrs to protest any results before they are considered official
- There will be no prizing at the end of the race. Prizing will be sent out via E-transfer

TEAM PRIZING:

- Top 3 teams of each category (Women, Men, Mixed) will be prized
- Prizing will be sent to one team member 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

VOLUNTEERS/COMMISSAIRES/MEDIC:

- Volunteer check-in will be at the start/finish area between 530-630pm
- Marshalls will be given a vest, stop sign, radio, and map to their post. Please bring a chair, refreshments, sunscreen, and a charged cell phone. All volunteers need to register/sign-in and provide contact details. Do not leave your post until the event is concluded
- Commissaires: All licenses will be pre-checked in advance thru online registration. Staging details and start times will be provided following check-in by Jared Spier
- Limited parking will be available at the Pan-Am start/finish for volunteers/commissaires/and medic only. All participants are asked to park at the East Beach parking lot
- All equipment/signage must be taken down immediately following the event
- Please ensure all garbage is properly disposed of following the event
- First Aid will be stationed at the Pan Am start and will be linked to marshals and commissaires via radio

PARKING/FACILITIES/PARK PASSES:



- **Parking:** East Beach Parking Lot. Riders are asked to park one stall apart to maintain physical distancing. Athletes will ride their bikes to the Pan-Am start/Finish and check-in no later than 6:30pm
 - The small parking area at the Pan Am start will be reserved for Officials, volunteers, and medical only
 - **Washrooms:** Available at the East Beach area at Birds Hill Park
 - **Hand sanitizer:** every participant is encouraged to bring their own, however, we will have sanitizer also available at the staging area at the start/finish (Pan Am Start)
 - **Spectators:** Anyone attending event must physically distance and obey all public health orders
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PARK PASS/FEES:

Annual: \$44.50

Casual: \$16.50

Daily: \$9.50

Purchase and print your vehicle permit online before you visit at [manitoba/licensing.ca](https://manitoba.ca/vehicle-permits/).

PUBLIC HEALTH RESTRICTIONS:

- Group size – limited to Manitoba Health Authority recommendations of 50 persons outdoors until further notice
- Failure to comply with physical distancing and max group size may result on cancellation of event permit or fines
- Registration will be first come/first served. If max allowance is reached, registration will be closed

<https://manitoba.ca/covid19/prs/orders/index.html>