



Stage 2 of Tour De Riding Mountain Manitoba Provincial Time Trial Championship

(2025 Canada Summer Games Qualifier)

Date: Sunday, June 1st, 2025

Location: Northgate Trailhead

<https://maps.app.goo.gl/6Xw89Cy7N4CrJLZA>

Presented By: Manitoba Provincial Team

Race Organizers

Nick Bergen and Brent Burley

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Phone: Nick 204-559-0291 or Brent 204-612-3104

Registration:

Online Registration: [Zone4 link](#)

Online registration close: Wednesday, May 28, 2025 11:59 PM

Online Registration Fee for Time Trial:

Adults \$30

17 years of age and under \$20

A single event permit is available for purchase for those who do not have a MB RACE license nor UCI license. Single event permit for TT: \$35 for adults, \$10 for U17 and \$5 for U13. (Note: The Gran Fondo on May 31st will also offer single event permit and only 1 will be needed if participating in both the Gran Fondo and the Time Trial).

**** IMPORTANT **** Only MCA members have sport accident insurance. The single event permit does not include sport accident insurance.

Online Package Deal – Save \$ if you register for **all 3** events (adults save \$30; U17 save \$20)

Only available online for MCA RACE license or UCI license holders

Provincial Road Championship or Gran Fondo

+

Time Trial

+

Criterium

Adults \$100

17 years of age and under \$65

Participants that have missed the TT online registration deadline, can walk-up and register the morning of the race. Ensure you give yourself plenty of time to present to the sign in/registration table to fill out a paper registration form, sign waivers, pay for registration (*CASH only*), obtain your race numbers if 1st MB road race of 2025 and timing chip.

Walk-up registration fee: Adults \$60, 17 years of age and under \$40 - *CASH only*

Walk-up registration location: Northgate Trailhead Parking Area

Walk-up registration time: Registration opens at 7:45 AM and closes at 8:30 AM

Race Details:

- ⇒ **Race Location:** Start at Northgate Trailhead at Hwy #10
<https://maps.app.goo.gl/6Xw89Cy7N4CrRjLZA>
- ⇒ **Race Format:** Hill climb Time Trial
- ⇒ **Parking:** Northgate Trails Parking Area: It is required for all vehicles to be parked by 8:30 AM prior to event staging. Vehicles will not be permitted in or out of the Northgate trails parking lot after 8:30 AM.
- ⇒ **Race Categories:** Cat 1/2/3 Men, Cat 2/3/4 women, Cat 4 men, and Cat 5 women and men with a MB Race license or UCI license. Transgender, Gender Fluid, and Non-Binary participants can choose whichever category makes them most comfortable.
- ⇒ **Warm up:** It is recommended that athletes warm up/do their activation sets on the #10 Climb heading south through the North Gate of Riding Mountain National Park. There will not be marshals on the course directing traffic at this time. Extreme caution and awareness of vehicles and other riders must be practiced for turning around on course and returning to North Gate Trails for staging. All event participants MUST be off course/finished warm up by 8:45 AM.
- ⇒ **Timing:** Timing chips will be distributed at sign-in/registration. This is the method by which your ride will be timed, therefore it is imperative that you affix the timing chip to the **fork** of your bike for the duration of the ride. Failure to do so will result in no time being recorded. Please return the timing chip to the **RED** bin at the conclusion of your event at the Hilton Trail head before returning to the Northgate parking lot.

- ⇒ **Sign-in/Walk up Registration:** Opens at 7:45 AM and closes at 8:30 AM at the parking area of Northgate Trailhead.
- ⇒ **Note:** Please arrive early to allow time for road numbers pick up, if you have race numbers issue for 2025 please use them and bring them at sign in.
- ⇒ ALL riders must sign in at the sign in/walk up registration table by 8:30 PM.

Race course:

Beginning at Northgate Trailhead and Hwy 10. Head south on Hwy 10 into RMNP. The finish is Kippan's Mill trailhead parking entrance on Hwy 10. The total distance is approximately 11km and has approximately 300m of climbing. After finishing and cooling down riders ride neutral north on Hwy 10 to return to Northgate Trailhead.

Strava Route:

<https://www.strava.com/routes/3345604438526002860>

Maps:



Race Schedule

Time	Event	Location
7:45 AM	Sign In / Walk up Registration OPENS	Northgate Trail head area
8:30 AM	Sign In / Walk up Registration CLOSES	Northgate Trail head area
8:45 AM	Commissaire Instructions and Staging	Northgate Trail head area
9:00 AM	Cat 1/2/3 – First racer starts and racers released at 1 minute intervals	Hwy #10 intersection
9:15 AM	Cat 4 Men and Cat 2/3/4 Women – First racer starts and racers released at 1 minute intervals	Hwy #10 intersection
9:35 AM	Cat 5 Men and Women – First racer starts and racers released at 1 minute intervals	Hwy #10 intersection
~4:50 PM	Time Trial Awards / Prize Presentations will occur after the conclusion of the Dauphin City Centre Criterium	Obsolete Brewing Co.

*Times are approximate and subject to change based on participation numbers

Start time/order:

- ⇒ Start time/order will be based on results of the 2025 Provincial Championship Road Race. For example, the athlete who came first in their category for the Road Race will be last to start the time trial. The athlete who finishes last in road race will be first to start time trial.
- ⇒ Start times list for Individual Time Trial will sent via email and posted on the MCA event website between 6 – 8 PM on May 31, 2025. A printed copy of start times will be posted at sign in / walk up registration on the morning of June 1, 2025. Racers will be started in 1-minute intervals. Racers must be seeded in line for their start time 15 minutes before their scheduled start time.

General Race Rules:

- ⇒ All racers must hold a current UCI/CCA racing license, Manitoba Provincial race license or a single event permit.
- ⇒ In line with Cycling Canada's 2025 rule stating that Junior athletes and younger are not allowed to race on Time Trial Bicycles (TT bikes) for National time trial races, our provincial championships also do not allow Junior athletes and younger to race the TDRM Provincial Championship hill climb time trial on TT bikes. Non-juniors can use TT bikes but based on the course profile, it is not recommended.
- ⇒ In an individual time trial bicycle race, passing is permitted, but drafting is not. The overtaken rider must fall back behind the faster rider, allowing them to pass without any assistance or sheltering. When passing the passing rider must pass the overtaken rider with at least 1 meter between each other. The overtaken rider cannot attempt to get into the slip stream to draft the passing rider. Drafting another athlete in the time trial will be grounds for disqualification from the event.
- ⇒ The license or single event permit must be purchased before the event.
- ⇒ Riders are required to wear a hard-shell ANSI or SNELL approved helmet while racing, warming up, and cooling down.
- ⇒ Riders are required to wear closed toe shoes.
- ⇒ Riders must have a bicycle with drop bars, working front and rear brakes, and gears.
- ⇒ NO E-BIKES ALLOWED.
- ⇒ A waiver MUST be filled out and signed for each racer.

Courtesy and Safety:

- ⇒ The courses are open to the public at all times.
- ⇒ Signs will indicate that bike races are in progress, marshals do not have the authority to prevent people or vehicles from entering the course.
- ⇒ Ride within the designated route. Ensure you ride safely, in control. Cyclists deemed to be riding unsafely, discourteously, or recklessly will be removed.
- ⇒ If you choose to stop while on course, signal to the riders behind and pull over safely. Our support team (ride marshals, medical staff) may ask if you need assistance. Signal with a "thumbs-up" to indicate that you are okay.
- ⇒ Maintain control and speed of your bike, even when going downhill.

- ⇒ Be aware of others around you and communicate well in advance while cycling. Use gestures combined with verbal commands. Ride with your head up and look down the road rather than directly at the person in front of you.
- ⇒ Know your limits. Crashes can occur when inexperienced riders lack the bike-handling skills necessary to make quick decisions in a pack.
- ⇒ **NEVER cross the centre line of the road.** Event participants who are seen crossing the centre line are subject to removal from the event and disqualification.
- ⇒ Be courteous to all vehicles and pedestrians.
- ⇒ Do not use headphones, personal stereos, or cell phones while riding.
- ⇒ No outside support vehicles allowed along the course. Support vehicles and spectators are permitted only in designated areas. It is unsafe for spectators to stop at any other locations along the route.
- ⇒ Emergency vehicles ALWAYS have the right of way. Riders must give way to emergency vehicles by pulling over, stopping, and dismounting.
- ⇒ Always display your event number. All registered cyclists must wear their event number according to race instructions. Riders who fail to do so will not receive an official finish time.
- ⇒ All riders must obey traffic officers and course marshals. Disobeying instructions from these individuals will result in disqualification from the ride.
- ⇒ No littering on course. Riders must dispose of garbage in designated bins only. Riders caught littering will be disqualified from the event.
- ⇒ There will not be follow vehicles for each category. One follow vehicle will follow the last rider on the road.
- ⇒ No personal, team, or club follow vehicles are allowed on the race course.

Awards / Prizing:

- ⇒ Awards/prizes will be distributed at the completion of the Criterium Race at Obsolete Brewing in Dauphin ~4:50 pm.
- ⇒ Provincial Time Trial Championship medals will be awarded for top three female and male racers in each category.
- ⇒ Only residents of Manitoba are eligible to receive medals in the Provincial Championship. Non-residents who place in the top three will be acknowledged but will not receive a Manitoba Provincials medal.
- ⇒ The organizer reserves the right to determine and modify prize distribution
- ⇒ The Tour De Riding Mountain (TDRM) is an event with General Classification (GC). TDRM consists of three events: 1) Road Race, 2) Time Trial, and 3) Criterium. There will be a podium presentation for the athletes with the best overall time for all three events for males and females in Cat 1/2/3, Cat 4, and Cat 5. In addition to categorized GC podiums there will also be a Junior GC podium for both females and males athletes racing in Cat 4 and Cat 5. GC podiums will take place at the end of the Criterium Race on Sunday, June 1. GC results will be posted on the event website within two hours of the completion each event. Athletes do not need to be a Manitoban resident to podium on the GC of TDRM for any of the categories.

