



“Roadie” vs “Tri” Time trial: Individual Time Trial, two laps, Clockwise Loop

The MCA is pleased to bring back the much-loved Roadie vs Tri time trial for 2025. Please note this is a Canada Summer Games qualifying race so all CSG athletes should be in attendance.

Date: Wednesday, June 4th

Race Organizers: Brent Burley: 204-612-3104 brent_burley@hotmail.com and Kevin Hartle: 204-230-7179 kevindhartle@gmail.com

Location: Birds Hill Provincial Park

Parking: East Beach Parking Lot

Washrooms: Available at the Beach at BHP

Spectators: The start/finish will be at the standard Pan Am start/finish. **NOTE:** Parking on the grass is not allowed

Registration (by June 2): Online only. \$20.00

Single day event permit (required for non-MCA members):

\$35.00 Adult (18+)

\$10.00 ages 13 to 17

\$5 ages twelve and under

- There will be no on-site Registration, license purchases, or license upgrades on race day.



Registration will be closed on Monday June 2nd at midnight.

Registration Link: <https://zone4.ca/register.asp?id=38885>

Categories:

Racers will compete in their regular ability category (5, 4, 3+). All racers will complete two laps of Bird's Hill Park Road circuit (see map for details).

Sign-In: Will be located at the East Beach parking lot. **Opens at**

6pm/closes at 6:40pm

Race Numbers: Please use your number from 2025.

- If you do not have a number, one will be assigned to you that you can pick up from the race Sign-in on race day.

- 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. If you are using a Time Trial suit the number must be on the outside of the jersey, it cannot be inside the clear plastic pocket as per updated UCI rules.

- Here's a video how to pin your numbers properly: [How To Pin Number For TT](#)

License: Manitoba Cycling Race License

- You must hold one of the following:

- Manitoba Cycling: 2025 UCI or Manitoba RACE license

- If you have neither of the above, a Single Event Day Permit will need to be purchased at the time of online registration.

- Single Event Permits will be available through online registration only; they will not be available at sign-in on race day.

- Reminder: Only MCA members have Sport Accident coverage for this event.

- Non-MCA members **do not** have Sport accident coverage and participate at their own risk.

- All non-MCA members **MUST** complete and sign an online MCA waiver at online registration. Participants under the age of eighteen must have a waiver signed by a parent or legal guardian.



Start Times

- Will be posted Wednesday morning (race day) on Instagram, Facebook, and the MCA website event calendar. This will be your official start time.
- **First Rider will start at 7pm**, with 1-minute gaps between riders.
- You will start sometime between **7-8pm**.

Staging

- You must show up 10min before your start time for staging at the top of Pan-Am hill
- There will be a holder available for starts.
- 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 5 minutes before their actual start time.
- Once you start, you will do your race. If you pass someone, please ensure that you are giving them two meters clearance laterally.
- Riders arriving late for their start will be started at the discretion of the commissaires at the end of the start list.

Passing other Riders

- If a racer is catching another racer, they must maintain a lateral distance of at least two meters between them and the other rider. (UCI rule [2.4.018])
- 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 two meters.



Finish

- Results will be posted on the MCA's webpage within 48 hours of the race; riders will have 24 hours to protest any results before they are considered official.
- Results will also be available live on Zone4.ca.
- Please make sure to return your timing chip at the end of your race

Prizing:

- ITT races: Top 3 Male & Top 3 Female from each ability category will be awarded.
- Prizing amount will be determined based on number of participants, and at the discretion of the race organizer.

General Race Rules:

- All event participants must hold a current MCA UCI/CCA racing license; a Manitoba Cycling Provincial race license, or a Manitoba Cycling single-event day permit. Please note that the single-event day permit does not include Sport Accident Insurance.
- CSG athletes must use a standard road bike without aero extensions, no full cover rear disc wheels will be allowed but Time Trial helmets are allowed.
- The Manitoba Race license, UCI, or single event permit must be purchased before the start of the event. Proof of license needs to be presented at sign-in on race day.
- Riders are required to wear a hard-shell ANSI or SNELL approved helmet while racing, warming up, and cooling down.
- Riders must wear close-toed shoes and use a bike with front and rear brakes.
- Riders must be able to carry their own nutrition and water bottles with them on their bikes.
- A waiver MUST be filled out and signed for each racer.



Courtesy and Safety:

- The racecourse is open to the public.
- Signs will indicate that bike race is 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.
- NEVER cross the center line of the road. Event participants who are seen crossing the center line will be subject to removal from the event and disqualification.
- If you choose to stop while on course, signal to the riders behind and pull over safely as far as possible onto the right side of the shoulder/boulevard. 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 your head up and look down the road rather than directly at the person in front of you. Verbally say, “passing on your left” when passing another person.
- Know your limits. Crashes can occur when inexperienced riders lack the bike-handling skills necessary to make quick decisions in a pack.
- Never overlap your wheels with another cyclist.
- 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 location 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 RACE number. All registered cyclists must wear their RACE 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 regardless of their event or category.
- Each event participant is responsible for their own flat changes or mechanical mishaps on course. There will not be a Neutral Service Vehicle for this event. Bring your own flat repair kit with you on the bike.
- No personal, team, or club follow vehicles are allowed on the racecourse.

