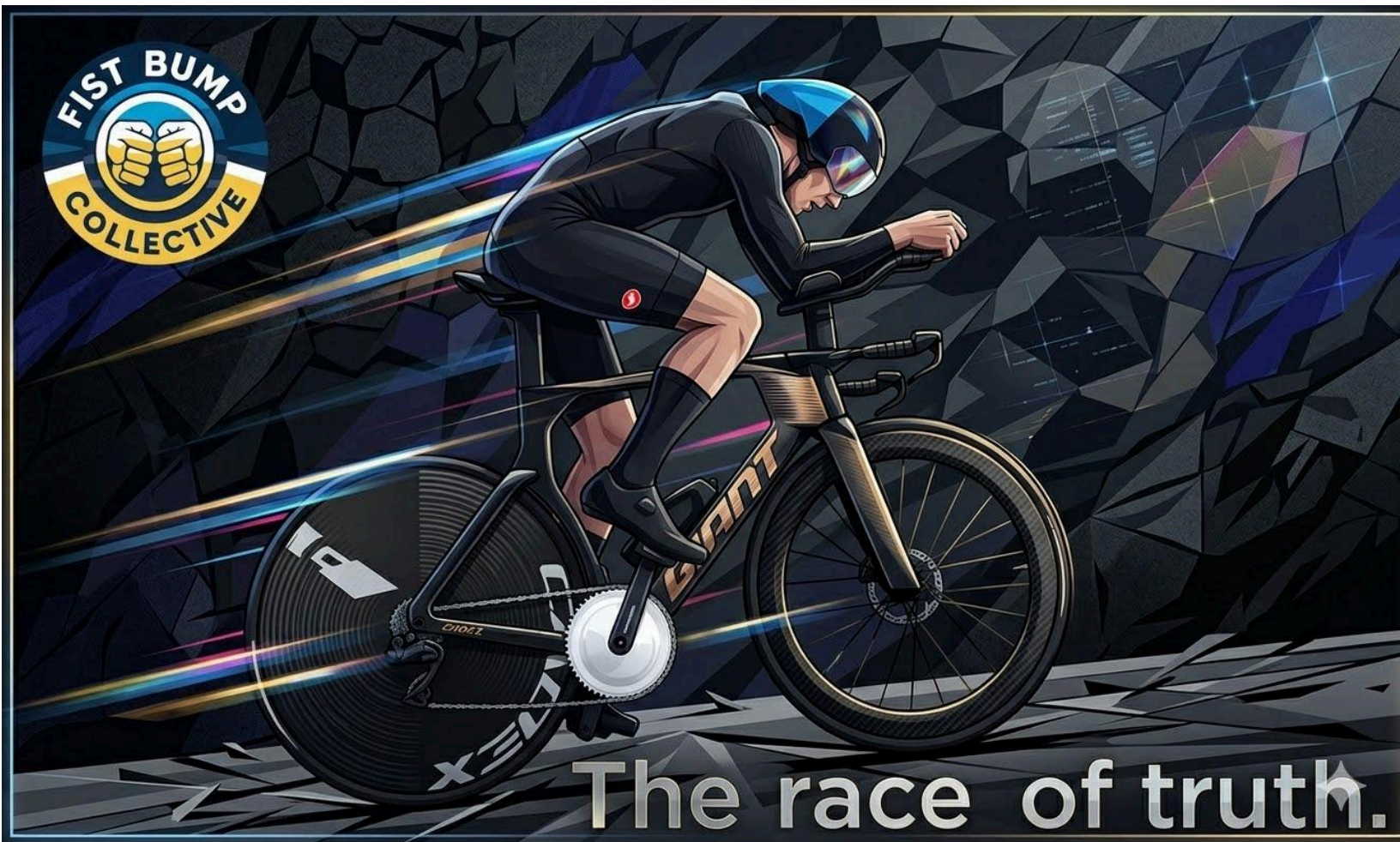


Fist Bump TT Series



General Information

Fist Bump TT Series Individual, Two up TT and Team TT

Date: May 6th, May 13th, July 14th Two Up, August 12th Team TT

Time: 6:00-9:30

Location: Bird's Hill Park

Event Contacts

Name	Email	Phone	Position
Kevin Hartle	fistbumpco@gmail.com	2042307179	Organizer
			Organizer
Ski Patrol			First-Aid

Registration and Pricing

- When does registration open
- Registration closes at 11:59PM on the day before each event
- No onsite registration allowed, online only
- Early registration up to 1 week before the event is \$25 per race, After that registration moves to \$35

Race #1

<https://zone4.ca/register.asp?id=41786&lan=1&cartlevel=1>

Refund Policy

- Refunds are not offered
- Obtaining a refund by initiating a chargeback on your credit card may result in you be banned from future events

Categories and Licenses

The ability-based format is designed to provide a meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the Manitoba Cycling office.

Any requests for a Category change must go through the Manitoba Cycling office and are subject to their rules and guidelines.

Category	Age (years old)
Cat 1 and 2 Men	18+
Cat 3 Men	17+
Cat 4 Men	17+
Cat 4 Women	17+
Cat 5 Men	17+
Cat 5 Women	17+
Junior Men	17-18
Junior Women	17-18
Cadet	15-16

Transgender and Non-binary Athletes participating in Domestic programming and event categories can participate in the race category of their Gender identity or of their choosing.

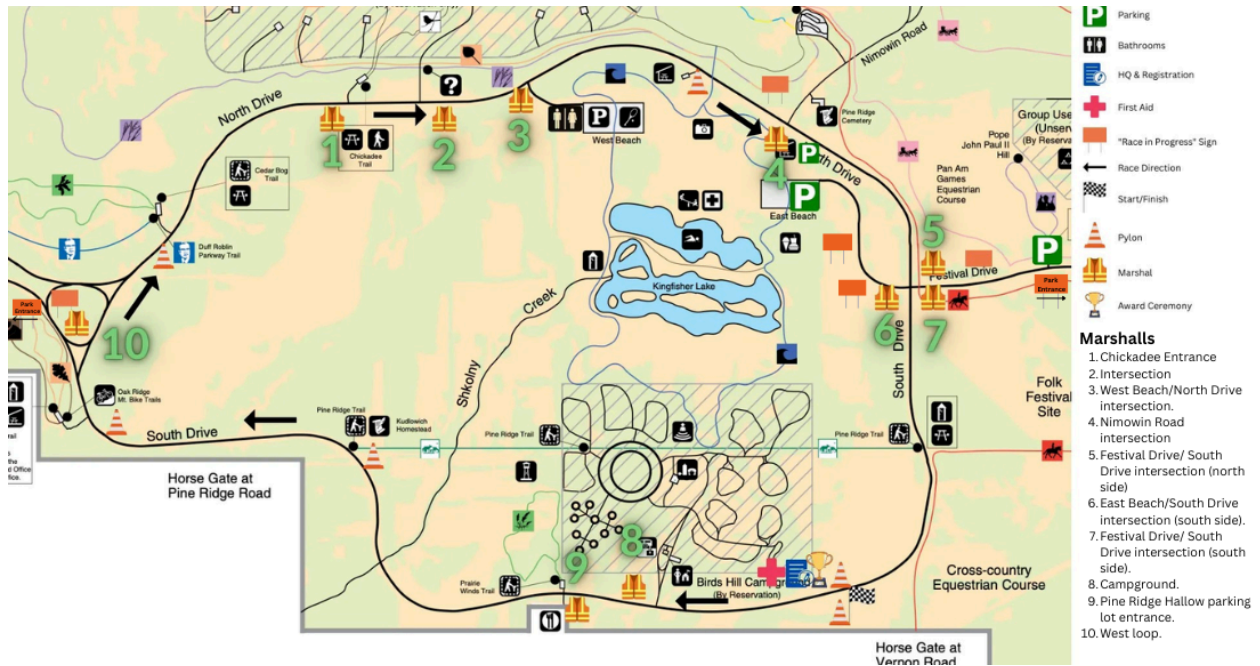
License

All in province racers must have a valid race license with the correct category list on the license. Racers are not allowed to race in a category different from the one listed on their license. All out of province racers must have a valid UCI race license and must race in the category listed on their license.

Schedule of Events - exact start times to be posted at registration

Category	Start Time	Expected Finish time	Distance	Laps
Cat 1 and 2 Men	7:00	7:45	33kms	3
Cat 3 Men	Depends on number of racers		33kms	3
Cat 4 Men	Depends on number of racers		22kms	2
Cat 4 Women	Depends on number of racers		22kms	2
Cat 5 Men	Depends on number of racers		22kms	2
Cat 5 Women	Depends on number of racers		22kms	2
Para C Class	TBD		22kms	2
Para B Class	TBD		22kms	2
Para T Class	TBD		22kms	2
Para H Class	TBD		22kms	2

Course Description



Rider Confirmation and Sign In

- Rider confirmation will take place **East Beach Parking Lot**
- Registration will happen in waves and will correspond to the sign in time outlined in the event schedule.

Awards

- Awards for each category presented once all racers completed
- There will be a random prize draw for the volunteers at the end of the series. Every race you volunteer for gets your name entered into a draw for a to be determined great prize.

Number Placement

All riders must wear their bib numbers on the middle lower back side.

Bib numbers shall be placed according to the following diagram. Please ensure that the numbers are low enough to not be obscured by long hair. TT's will only require one number.

Ensure the numbers are secured correctly to prevent them from flapping or folding over.



YES



NO



Event and Course Safety

First aid will be provided by Ski Patrol who will be located at PAN-AM Start.

For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire that you will no longer be racing. Riders not reporting to the commissaire may be subject to a fine

Spectator Safety

Spectators should always remain off the racecourse and remain behind any fencing around the course. For your safety there is no climbing and hanging onto structures not designed for those purposes. No spectator should be accessing the racecourse any point throughout the event.

Manitoba Cycling does not permit any alcohol consumption at the event. Please refrain from bringing and consuming any alcohol during the event and throughout the event grounds including the racecourse.

Hospital Location

- Concordia Hospital 1095 Concordia Ave

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.

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.

Single Event permit costs:

Age 17+ \$35

Age 13-17 \$10

Age 0-12 \$5

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.

Sleeveless shirts/jerseys are not permitted.

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 a 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 bikehandling 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

Onboard Technology

The following are MB Cycling regulations for onboard technology for all MB Cycling events which are managed by MB Cycling Commissaires. These regulations do not apply to any events which do not require Commissaires, but if they are sanctioned under the MB Cycling Insurance Policy.

1. All onboard technology device which is fitted on a bicycle must:
 - a. Be installed on a system designed specifically for bicycles and not affect the certification of any item on the bicycle.
 - b. Not cause a risk for the safety of any rider, and therefore, be affixed in a manner that ensures it is not susceptible of inadvertently dismounting or is non-removable.
 - c. The camera footage is not immediately available to the rider.

1. No onboard technology is allowed to be affixed to the helmet.

2. If a Commissaire feels that the technology is not properly affixed or safely secured, they may, at their discretion, ask the rider to either remove the technology or ask them to readjust to ensure that the device is safely affixed.

3. If there is a crash during an event, permission must be secured in writing from the individuals involved before posting any footage from the incident.

4. It is strongly recommended that anyone who is using footage for individual promotion or private use, secure written consent in advance from any individual appearing on the footage.

5. Note:
 - a. MB Cycling Insurance does not cover loss or damages which may occur to onboard technology during the event.
 - b. All individuals using onboard technology are responsible and liable for any damages and injuries which may occur if the technology interferes with the integrity and safety of the event.