



Velodonnas Cycling is pleased to announce that they will be hosting an **Individual Time Trial (ITT) Series** that will take place on Wednesday, May 23, 2018 and Wednesday September 12, 2018.

**Organizer:** Nancy Kroupa  
(204) 292-9553  
njeankroupa@gmail.com

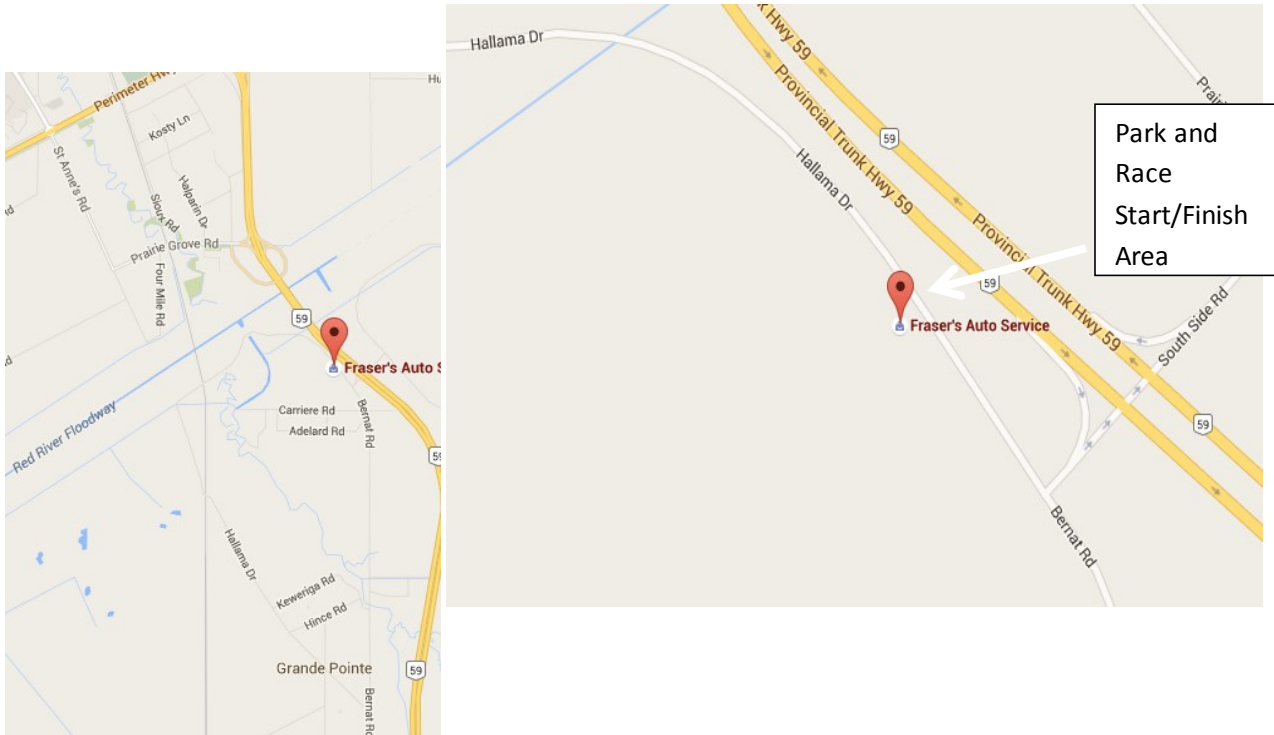
**Date:** **Wednesdays: May 23<sup>rd</sup> and September 12<sup>th</sup>**

**Location:** **Grand Pointe, MB (\*\*permit pending)**  
Check in and staging will be at Fraser's Auto  
1477 Hallama Dr, Grande Pointe, MB R5A 1H9

**Directions:** Head south from the Perimeter on HWY 59. Grande Pointe is the first turn-off on your right after crossing the floodway. Once you enter Grande Pointe, turn right at the stop sign and Fraser's Auto will be on your left.

**Parking:** In the Fraser's Auto Service parking lot.

**Washrooms:** There is an outhouse facility at the Grande Pointe Park.



**Eligibility:** You must hold a current UCI/CCA racing licence or a MCA citizen licence. Riders are required to wear a hard-shell ANSI or SNELL approved helmet while racing, warming up, and cooling down.

**Courtesy and Safety:** The courses are open and the public can access the course at any point. Signs will indicate that bike race is in progress, but marshals do not have authority to prevent people from entering the course. Keep your head up at all times. Be courteous to all vehicles and pedestrians.

**Official Notes:**

- Please note that there is an active train track on this race course. In the event of a Race Incident (i.e. train) riders will be stopped and started again based on Commissaire official timing.
- No rider support vehicles are allowed on the course except for those provided by the organizer.
- Riders have a responsibility to look after one another's safety.
- Riders have a responsibility to ensure there is adequate space before attempting to pass between or around other riders.
- Riders shall not intentionally impede the progress of other riders
- The yellow line rule will be in effect at all times

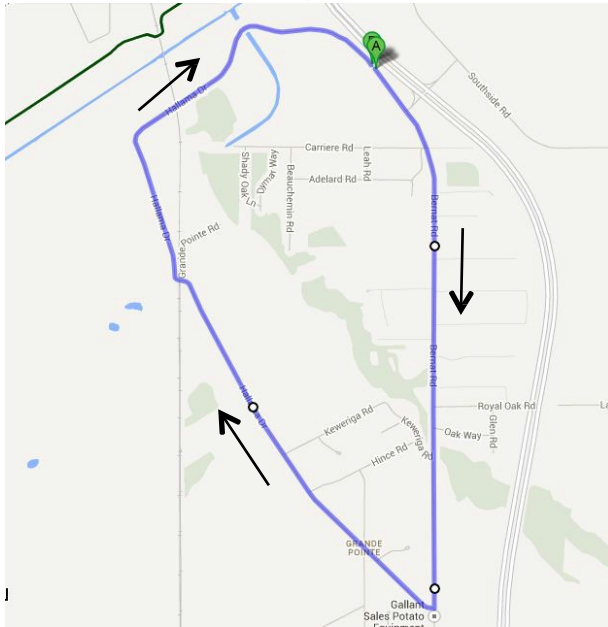
**Registration:** Registration will be on-site ONLY from 5:30pm until 6:30pm. Download a registration form and bring it with you.

**Cost:** \$20.00 race entry fee (cash only- please bring the correct change)  
 \$10.00 U17 and younger (not in a road ability category)  
**Register for both races and it will only cost \$30.00 for 2!!**

**Start Times:** First rider out at 7:00 PM  
 Riders will assemble before the start time for roll call and final instructions

**Race course:** The course consists of Bernat Rd and Hallama Dr in Grande Point. This forms a 9 km loop.

The Start/Finish will be near race HQ



**Distances:**

- Kids – 1 lap**
- Citizen – 2 laps**
- Cat 5 – 2 laps**
- Cat 4 – 3 laps**
- Cat 2/3 – 3 laps**

**Prizing:** Cash prizes for top male and female in each category

**Numbers:** One number is required, pinned mid to lower back.

**General Race Rules:**

- Pre-riding may only be done during the designated times for your category.
- Everyone riding on the course during scheduled Pre Ride/training times MUST have a current MCA general membership (or race license). Non-members are not permitted to operate a bicycle on the course during scheduled event times.
- All racers must operate a bicycle with both front and rear working brakes.
- All racers must wear a safety approved helmet deemed appropriate for cycling AT ALL TIMES while riding (i.e. while training, racing, riding around the staging area etc.). No exceptions.
- Riders shall act and race with caution and respect for their fellow racers. They shall be held responsible for any accidents that they cause.
- Racers MUST present their license at the Registration/Check in table. Do not come to a race without your license. FYI, technically, the license is to remain on your person throughout the race.
- It is a racer's responsibility to know the race course and the number of required laps before the race starts. Marshals are not obligated to give out directions to confused riders.
- A racer must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing.
- If a rider exits the course for any reason, he/she must return to the course at exactly the same point from which they exited.
- Music players and electronic devices are NOT allowed by any racers during any events.
- Sleeveless jerseys are NOT allowed.

- You may only wear the jersey of a club or team to which you currently belong, i.e. do not wear a Pro team jersey unless you are currently a member of that Pro team.
- The current defending Manitoba Cup winners should wear their Manitoba Cup jersey at Cup races. Previous years jerseys should not be worn by previous winners.
- Handlebars must have end caps. Kickstands should be removed. Water bottle holders must be secured in appropriate locations on the bicycle frame or seat post.
- Race numbers will be attached to your jersey in the manner/location determined by the Chief Commissaire.
- Before the race, know exactly where the finish line is situated. Your finish time is recorded on the finish line. Do not stop your race until you cross the finish line. Once finished, exit the area immediately.
- The Chief Commissaire will provide instruction on rules regarding the use of the pit area i.e. entry/exit/free lap, etc.
- The finish line is for finishers. Never cross the finish line twice.
- If you leave the race for any reason you **MUST** alert one of the Commissaires as soon as you are able.
- Please walk your bicycle in the parking areas & any other road ways adjacent to the race site.
- Please walk your bicycle in the registration, spectator and staging areas.
- Please consult the UCI and CCA rules to see all applicable rules and regulations.