

2013 TECH GUIDE

dB PERFORMANCE PRESENTS
THE 2013 SPEEDTHEORY CYCLING
JASON LAPIERRE
MEMORIAL CYCLING WEEKEND



August 9th

Pedalhead Airdrie 20km Time Trial

August 10th

The Downtown Speedfest Criterium

Fun kid's race to precede events to encourage families to spectate

August 11th

Prairie-Roubaix Road Race

dB Performance



Speed Theory Cycling & Calgary Crankmasters

As members of Alberta's cycling community, Speed Theory Cycling and the Calgary Crankmasters strive to offer quality, well-organized events. We ask that "seasoned" racers welcome and encourage new racers as much as possible. Through friendly gestures, experienced advice, & sportsmanship, we can send a strong message our sport is worth pursuing as a hobby and a lifestyle. For the downtown Criterium, it is our goal to continue to grow this into a staple of one of Alberta's premiere cycling events. We relish the fact we are bringing cycling front and center to the eyes of the public for an entire evening. We hope this very public event encourages new individuals to the sport, educates the public about cycling in general, and elevates our sport from relative obscurity in Calgary and increasing driver's tolerances through association and the need for training. Please ensure your conduct while downtown supports this vision and ensures we can offer you this amazing event for years to come.



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Our Title Sponsor:

dB Performance is a Calgary-based and owned software company that provides advanced Wi-Fi roaming connectivity for smartphones and other mobile devices. dB Performance enables a reliable and secure Wi-Fi connection for your device at home, office and public hotspot locations.

We thank dB Performance for believing in a healthy lifestyle, a great sport, an amazing group of people, and a truly useful charity. Without sponsors like this, it would be extremely difficult to host high quality events such as the Jason Lapierre Memorial. Thank you dB Performance.

Registration

Registration will be through Zone4; the link is here:

<https://zone4.ca/register.asp?id=5121>

Registration closes: Aug 7th, Wednesday at 11:59pm

Please register NOW instead of waiting and forgetting and then emailing us with a plea; it is out of our hands if you miss the deadline. Register NOW.

Please ENSURE you complete all 4 steps during registration, your credit card has been charged, and that you are on the confirmation list for the event! This is the racers responsibility!

Link to confirmation list: <https://zone4.ca/register.asp?id=5121&lan=1&list=1>

Awards & Prize Money

Cash prizes will be given out for the Criterium and the Time Trial by ability category. Money will be determined on the day depending on overall registration. All prize money will be sent out by Interact Transfer. We will send you the cash using the email you register with. Don't make a typo on your email! There will be no Omnium this year as the Prairie-Roubaix will be held in 'Racer Chosen' heats.

Regulations

This event will be run according to ABA/CC/UCI Regulations. It is the rider's responsibility to read, know & understand these rules. They are available online [here](#).

Up-to-date info

Please monitor www.speedtheoryteam.com and www.zone4.ca for start lists and any current info that may arise. For example if the weather appears less than "race friendly" for the 6:00pm Friday evening start time, we reserve the right to change start times as the ABA commissaries see fit. Start-lists will be posted by 6pm Thursday, Aug 8th.

Aug 9th - Pedalhead Crankmasters ITT Airdrie, AB

Racing starts at 6:00pm

Thank you to our sponsors.



Race Organizer: Randy Szasz szaszafrasz@gmail.com

Categories

Men Cat 1/2

Men Cat 5

Women Cat 1/2/3

Men Cat 3

U17 Men & Women

Women Cat 3/4/5

Men Cat 4

U15 Men & Women

Paralympic Men & Women

License Check

All riders must have an ABA Citizen license or UCI license. You must show your license at license check. If you are unable to do so you may incur a \$10 fine. Recently upgraded riders must bring a copy of their temporary license.

Start Time

Start Lists will be posted on [Zone 4](#), Thursday August 8, 2013 by 6pm. They will also be available at license check. The first rider's start time will be 6:00 PM (1800hrs).

Distance

U17, U15 & Paralympic categories will race 15km, all other categories will race 20km.



Number Position

You will be assigned numbers at this event. Please bring pins & zip ties. Number placement is 1 number middle lower back.



INDIVIDUAL START

Location & Parking

The race will start and finish on [Highland Park Lane NE](#) in Airdrie. Take Hwy 2 to Airdrie and exit at the Hwy 567 - Veterans Blvd interchange. Go east a short distance to Hamilton Blvd and turn left. On Hamilton Blvd you will see signs for parking in the Costco Warehouse Employee parking lot on the left and also further along on the right at the Vanfax parking lot. Please respect that these lots are privately owned and we have been given permission to use them for this event. Please clean up any garbage or things you bring along. Parking is provided off street so please use it to prevent traffic problems. Note that the streets in the area of the start/finish have a No Stopping and No Parking regulation. Please adhere to these regulations.

[Directions from Edmonton](#)

[Directions from Calgary](#)

The Course

The race will start on Highland Park Lane and go westbound to Range Road 293 where it will turn right and north and parallel Hwy 2. At about 9 km it will go around a bend in the road to the right and shortly after it straightens out you will see the turnaround point. Look for an orange pylon to turn around and the marshal manning that location. You will make a U-turn on the road at this point and return on the same course in the opposite direction. Please do NOT cross the centre line of the road when making the left turn back onto Highland Park Lane at the 19 km mark. The finish will be in the area of the start line.

Please be aware that in the first kilometer there are 'rumble strips' across the west bound driving lane of Highland Park Lane as you approach the right turn onto Range Road 293.

Course Map <http://soc.li/8O0xAMb>

The Race

Please be at the start with your race number in place and ready to go a minimum of 5 minutes prior to your start time. If you are late for your start, the extra time will be added to your race time or you will be forced to start last in the field. At this time we are planning one minute start intervals. But, as this is an evening event and if we have a large registration of riders, we may need to do 30 second intervals to get the event completed before it gets dark.

Course Marshals

Please follow the direction of all course marshals when directed. All marshals will be wearing orange vests for visibility. The marshals will also all be carrying a cell phone for communication if necessary. The turnaround marshal & location marked with orange pylons will help you make a safe U turn. Follow their instructions if there is traffic in the area. If you are held up by traffic, a time allowance will be given.

Safety

Riders, unless explicitly instructed otherwise or encountering a left turn or turn-around point, are to remain to the right side of the road. The right side of the road is defined as: To the right of, but not on, any painted median line, or; to the right of a virtual median line on a road without a painted median line.

Please be aware the roads in the area of the race are open highways with cars and heavy trucks using them. The course is NOT closed for this race, so ride attentively.

First Aid

Basic first aid equipment only will be available on site at the registration table. In the event of an accident or a medical emergency please contact 911. Also Alberta Health Services has an emergency care clinic at the [Airdrie Regional Health Centre](#) at 604 Main St. S. in Airdrie.

Food & Drink

Please note we will not have any food or refreshments available at the location. Please bring what you need.

Washrooms

Washroom facilities will be provided in port-a-potties across the street from the Costco Employees parking lot.

Accommodation

If you wish to stay overnight in Airdrie, there is a Holiday Inn Express about a kilometer from the course at [64 East Lake Ave Ne _Airdrie , Alberta T4A 2G8](#) Hotel Front Desk: 1-403-9121952

Awards, Results & Points

Results will be posted at license check location. Awards will be held as soon as possible. This event is a part of the Alberta Road Series. Series points & upgrade points will be awarded according to Points Schedule B.



Aug 10th – dB Performance Downtown Calgary Criterium

Racing starts at 5:00pm, Kid's Event starts at 4:20pm

Race Organizer: Trev Williams, trev@thedoctrine.ca

Categories

Men Cat 1/2
Men Cat 5

Men Cat 3 + Women Cat 1/2/3
Women Cat 3/4/5

Men Cat 4

License Check

Sign on will be on 5th Street SW and 3rd Avenue SW.

All racers must sign on and provide their race license to the ABA official **AT LEAST** 15min prior to their start time. ABA sign-on will open at 4:30pm. This will be a very easy affair if you already have your race number from the previous evenings Time Trial. Just walk up, sign your name on the start list with your signature. You will need to show the official your license if you didn't race the Airdrie Time Trial. All riders must have an ABA Citizen license or UCI license. You must show your license at license check. If you are unable to do so you may incur a \$10 fine. Recently upgraded riders must bring a copy of their Temporary License.

Schedule of Events

Kid's Race (3-6yrs)	4:20pm	1 Lap
Kid's Race (7-10yrs)	4:30pm	2 Laps
Kid's Race (11-13yrs)	4:40pm	3 Laps
Men Cat 1/2	5:00pm	55 Laps
Men Cat 4	6:00pm	35 Laps
Men Cat 3 & Women 1/2/3	6:45pm	40 Laps
Women 3/4/5	7:40pm	30 Laps
Men Cat 5	8:20pm	30 Laps

Please ensure to read the schedule at license check and listen for important announcements being broadcast during the events. Also, keep an eye on the team website for any updates.

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Body Numbers

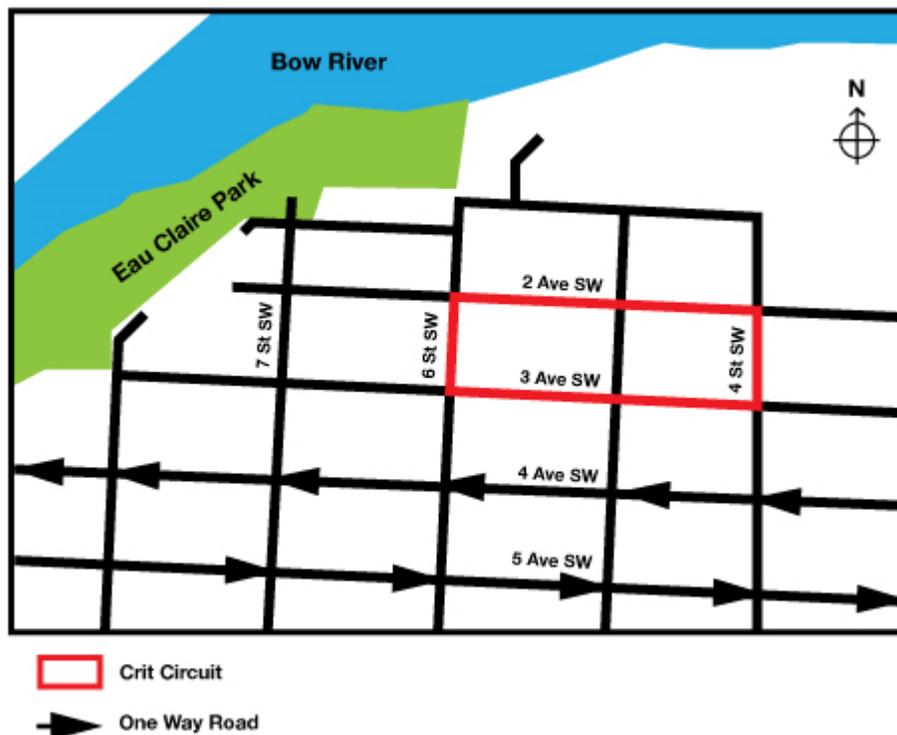
Wear TWO body numbers in addition to your frame plate: right rib-cage (numbers oriented to face the right side of the road) and right hip (numbers oriented up-and-down). Before pinning on numbers, check at the sign-on if this number placement is still correct.



* also use frame plate

Location, Parking, and Course

There is a large Impark lot directly south and north of the course and lots of street parking dispersed throughout downtown. The course will be completely closed to traffic, a great deal has been newly paved and the rest is fairly new. The surface quality is excellent. The course is 820m long and flat. Expect this course to be FAST.



First Aid

Aaron Paramedical Services will have an Ambulance located on the SW corner of the course. If you are racing, this is 'corner 1'. Please let your family know where the Ambulance is located. The closest hospital is Foothills, located at 1403 29th NW.

Wheel Pit

The Wheel Pit will operate as 'wheel in wheel out' policy. If you want the option of some spare wheels for your race YOU must provide them. There will be no neutral wheels available. Put your name on your wheels and have them in the pit if you want this option. The wheel pit will be located close to the finish line.

A free lap will be given to riders suffering a recognized mechanical (puncture or breakage of an essential part of the bike), or involved in a crash (actually have a cut). Riders must report to the pit to claim their free lap. The pit may be accessed in the most expedient manner possible that does not involve riding backwards on the course. No free laps in the final five laps, however the pit will remain open.

Lapped Riders

Lapped riders will be pulled from the race and given a calculated time. You are considered lapped when passed by the lead motorcycle. Please continue riding through the finish line, where a commissaire will direct you off the course. Riders lapped in the final three laps will not be pulled; rather, they will finish the race on the same lap as the winner.

Should one or more riders lap the field, all riders will finish on the lap of the leading breakaway rider(s). In such instance, the riders in the field will have time added to their finish as follows: number of laps down X average lap time.

Food & Drink

There will be lots of drinks (pop, water, juice) available to racers and kids after their event. There will be light fair (granola bars, cookies, chips) available to eat as well. We are attempting to secure the presence of a couple food trucks to be on venue as well.

Washrooms

There will be 4 porta-potties available to racers and spectators. These will be located on the north side of 5th St. between 2nd and 3rd Avenues.

Awards, Results & Points

Results will be posted at license check location. Awards will be held as soon as possible **WHERE?**. This event is a part of the Alberta Road Series. Series points & upgrade points will be awarded according to Points Schedule B.

Kid's Race **not part of ABA Sanction*

We encourage your cycling hobby to be part of a sustainable, active lifestyle. Bring out your families and get them involved! The Kid's Race will be simply a fun affair hyped up by our professional DJ to get the kids pumped about riding bikes. There is no online registration necessary but a 'sign-on' sheet at the Speed Theory tent with the child's name and age will be required. No prize money for this event!

Aug 11th – Prairie-Roubaix Road Race Cochrane, AB

Racing starts at 9:00am

Race Organizer: Trev Williams, trev@thedoctrine.ca

This race was initially intended to be a Spring Classic Road Race. We love the atmosphere of this event and the club was extremely disappointed having to cancel it in April due to our crazy weather this spring. We have decided to hold this event exactly as we intended. It will be the last Road Race on the Alberta Cycling scene and it is a super course. Being a club race means a few things:

- **There are no ABA upgrade points for this event; it is pure racing for racing's sake.** This is a blessing, since you can now actually try out tactics and strategies that you were scared to try when ABA points were on the line.
- **This race will be self-policed.** There will be no Commissaries. That means if you see someone breaking a rule, call him or her out on it and be vocal that the person is being lame. We have found the Prairie-Roubaix to actually be one of the fairest races on the calendar since you have to check yourself, instead of doing stuff until someone else tells you to stop. So just play by the rules and don't be lame. If you cross the center line on Lochend Road you will probably die, so that will be enough policing right there. **So simply don't do it.**

License Check & Sign on

You must present your license & sign in regardless of whether you have raced the prior two events. The registration table will open at 8:00am and close at 8:45am. If you have previously shown your license at the TT or Criterium you only need to sign on. Those who have not participated in the previous events will need to present their license to the STC volunteer and get your numbers.

Categories

We have intentionally made these Cats different than the ABA Cats for two reasons. The first is to ensure no one thinks series or upgrade points will be awarded. The second is to let you race where you want. If you are a Cat 4 that wants to see if you can keep up with Cat 2s, then race Cat A. **You can race whatever ability level you want.** You want to see how fast the Cat2s go? You can now see firsthand. No sand-bagging. Typically women have raced in Cat C for this event, however this is absolutely not a requirement. Women can race whatever Cat they desire.

Bikes

Trev is racing on his road race bike with 25's. No other modifications. I have heard some people wonder if CX bikes are going to be used. You can, but they may be slower than your road race bike. In the course video posted on the team website, I had 23's on and was able to hammer as hard as I could on the gravel. The only reason I am going to 25's is so I can lower my psi for Willow Way. Last year, guys pretty well raced their full race kit, including Zipsps and full carbon everything. **There is no wheel car.** Pack a little seat post flat repair kit.

You can watch a video preview of the course here: <https://vimeo.com/10684222>



Distances

Cat C will race 4 laps at ~58km,
Cat B will race 5 laps at ~72km,
Cat A will race 6 laps at ~86km.

The women have typically competed in the Cat C heat, but there is nothing stopping you from trying out higher Cat's. The finish line will be packed up approx. 15min after the first place finisher of the Cat A race raises his/her arms in victory. You are welcome to complete the course after this time; however you are now on a training ride. These distances seem small, but once you complete the course, you will think that they are long enough.

Body Numbers

Wear TWO body numbers in addition to your frame plate: right rib-cage (numbers orientated to face the right side of the road) and right hip (numbers orientated up-and-down). If you raced the Airdrie TT or Saturday night's Crit, use those numbers. Don't forget them. If you didn't we will have numbers for you. Don't wear your ABA body numbers or number plates.



* also use frame plate

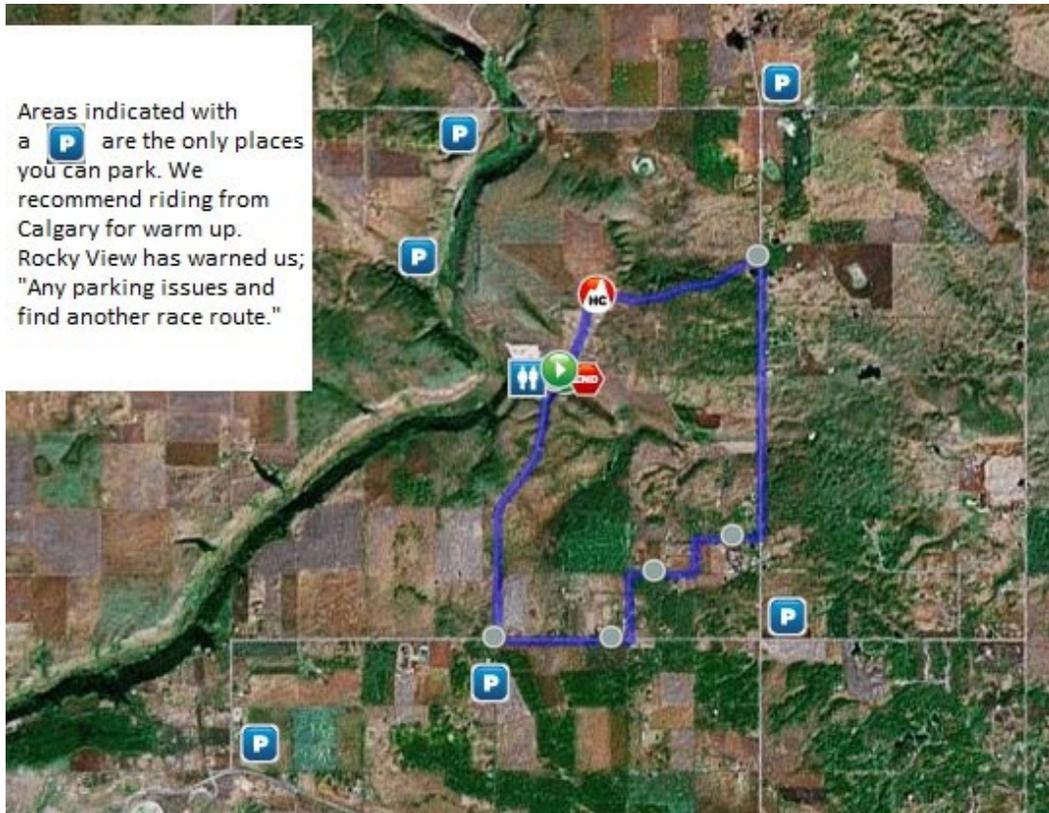
Course

The Start/Finish is on Glendale Road (formally Range Road 34) at the Lafarge Aggregates Parking Lot. There are enough stalls for the volunteers. If you are a racer and you drive in, you will be asked to drive out.

The course follows Glendale Road to Lochend Road where you will be met by a few big rollers while heading south. The racers will then turn right onto Willow Way where the road will jog left, then right, then left, and connect with Township road 262 where the racers will be heading West. After two more rollers, racers will then turn right again onto the **3km gravel section** of Glendale road.

YES, there is a 3km gravel section. This is an awesome part of the race course and should not be met with intimidation. Pre-ride this section in the days prior to the event if possible, just to learn to float on the gravel instead of fight it. You do not need anything different in terms of bike or wheels than what you raced the Criterium on the previous evening. You do not need a Cross bike and you do not need bigger tires than what you normally ride.

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Parking

There is NO PARKING inside or ON the race course. As we all have encountered on many occasions, for some reason farmers are the most stressed out when it comes to people on 'their' public roads. Please park somewhere AWAY from the race course and ride the couple km's into the sign-on. We will have a few tents there for people to put their jacket's/bottles/etc for after the race. All you need to race is your ABA/UCI license. Use the ride in as warm-up. The registration for this race is going to be super casual, so no need to stress about being early. The less cars on Glendale the better the chances we hold this again. **PLEASE DO NOT PARK INSIDE OR ON THE RACE LOOP !!**

Feed Zone

There will be no Feed Zone.

Marshals

There will be static marshals with pinnies or reflective vests, red flags, Slow/Stop hand signs and standing Caution or directional signs and road markings at all appropriate points. **Note that it is the rider's responsibility to know and follow the race course.**

Broom Wagon

There will be a sweep vehicle following the last rider on the course so you won't be left alone if you need help. Depending on the position of the last rider, the sweep may take a few minutes to get up to you. **There is no wheel car.** Pack a little seat post flat repair kit.

DNF Riders

If you retire or abandon the race, you must tell the STC volunteer manning the finish line. Once you finish, clear the finish area quickly and do not cross the finish line again while riding your bike.

First Aid

We have hired a full ambulance for this race. Aaron Paramedical Services. It will be parked on the SE corner of the course. Tell your spectators where it is located please.

Porta-potties

There will be 3 or 4 toilets at registration depending on numbers of racers. There are no other facilities.

Spectating

The best place to watch this event would be on Willow Way as it is slightly uphill, twisty, almost cobble quality road, and has the feel of a spring classic. Please bring out flags, air horns, face paint and take pictures. Let's show those Belgians who REALLY likes cycling more! If you can get some totally awesome photos of some awesome action, Speed Theory Cycling will reward you.

Etiquette

Please be courteous and friendly to local residents. Having ridden this loop hard a few times now and held this event once, it would be great if we could use this course year over year, it is totally awesome.

Of course, no littering. We will leave the race course exactly how we found it. You litter = you are out of the race.

Awards and Results

Awards for the Prairie-Roubaix will be based on bragging rights. Last year we had amazing little trophies made by Mike Godfrey that we themed like Paris-Roubaix and had actual gravel from the course incorporated into it. These MAY be done again. Imagine being able to say to your kids you podiomed at Prairie-Roubaix, that is priceless. As for results; you will know if you are top 5, if you are not, be pumped you finished and thank all the volunteers on your cool down then set your sights on Cross Season!

Who was Jason Lapierre?

Jason was a nationally recognized downhill ski coach. Seven years ago Jason was hit by a car on the 1A East of Cochrane. That horrible day had a huge impact on many lives. There is an annual alpine ski event called the J Cup in his name as well as this event. It is the truth that rarely a day goes by that many of us doesn't think of a funny story about a crazy training session or a fun trip to an event with Jay.

By the end of this year, there will be a physical memorial in Jason's name on the Calgary Greenway Project. It will exist as part of a public interval running track and family area. The facility has been designed to encourage families and youths to lead an active lifestyle and use exercise to learn goal-setting, discipline, focus, and pride of accomplishment.

Below is a video compiled last year by one of the members of his old ski club to help people attending the annual events know what is in the name.

<http://vimeo.com/62166022>

The Wrap Up

Thank you for considering our event.

We are really trying to create a quality racing atmosphere. Please provide us with praise or constructive criticism if you believe we can make the event better for the coming years.

You can leave feedback at www.speedtheoryteam.com or talk to Trev Williams, Thomas Yip, Darcy Gullacher, Marie Michalski, or Tom Kenny directly.

Thank you again to the Calgary Crankmasters for assisting STC with this weekend by assuming control over Friday's event.