



**Velocity
Cycling Club**

2015 Velocity Stage Race

May 23 - 24

presented by the Velocity Cycling Club

Location:

Road Race and Time Trial – Good Hope Hall
Criterium – Alberta Research Park, Edmonton

Entry Fees:

\$100 (all Categories 18 and over).
U-17 category: \$70
Para athletes: \$20 per event

Registration:

[Zone 4](#) is handling registrations this year. Registration closes **Thursday May 21st. at 11:59 pm.**

***Please note – field limits of 50 riders per category will be in effect for all categories.

License Check and Number Pick-up:

6pm to 8pm on Friday May 22nd. 2015 at:

Velocity Cycle
9833 - 63 Ave
Edmonton T6E 0G7
Phone 780-466-8133.

We strongly encourage you to attend on Friday evening. However, for those who cannot make it to Velocity. They can pick up their numbers on **Saturday** morning at least half an hour before their start at **Good Hope Hall.**

Riders must present with a **2015 Racing license**

Sign-on:

Saturday afternoon sign on for the Road Race is at [Good Hope Hall](#).
Sunday morning is at the Research Park before the Criterium.

Time Trial:

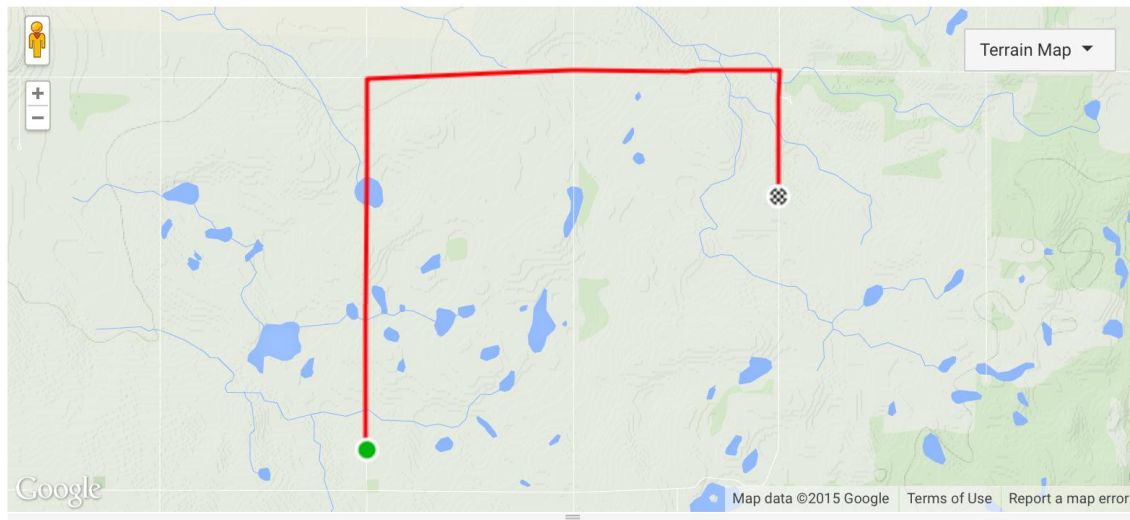
Saturday May 23rd 2015

Start time 10:00 am. Cyclists leaving at 30-second intervals.

The **Start List** will be made Friday, May 23rd and posted online at www.zone4.ca. Riders not finishing the road race will not be permitted to start the Criterium.

*****NO RIDING (Other Than Racing) on the ITT course in either direction after 10:00*****

<https://www.strava.com/routes/2238005>



Road Race:

Saturday, May 23rd, 2015

Starts at 4:00 pm, Saturday May 23rd 2015, at [Good Hope Hall](#).

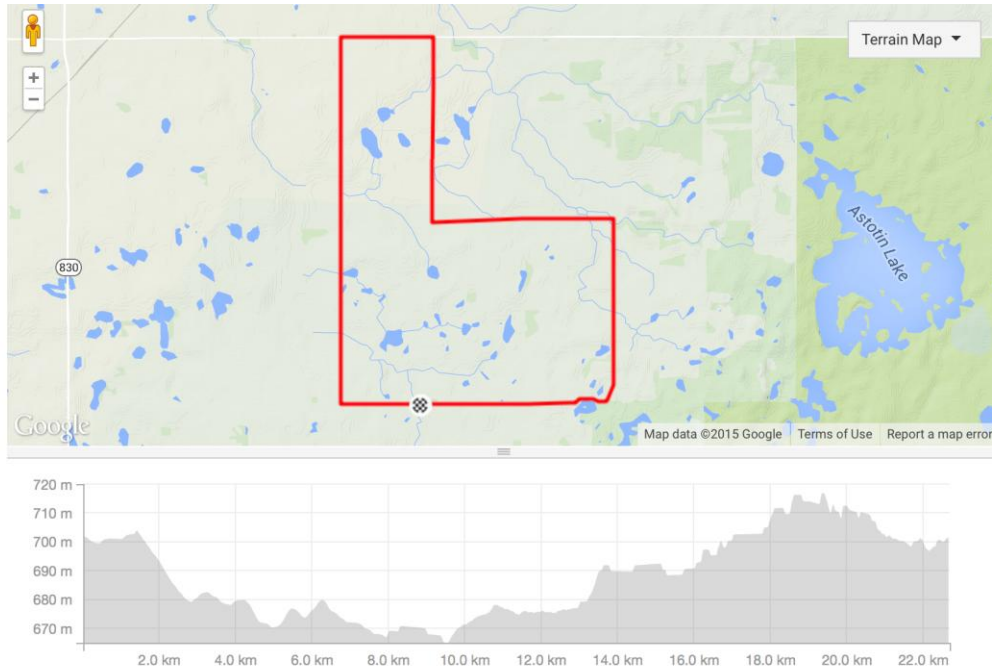
Directions: Travel East on Hwy 16 Turn left on Hwy 830 travel North, Turn right on TWP 542. Good Hope Hall is located at the intersection of TWP 542 and RR 211.

As per our Race Permit there is NO PARKING on the race course

Last updated: May 1, 2015

There is limited parking at Good Hope Hall for racers, feed zone and finish line spectators. However, overflow parking has been arranged and will be directed On race day.

<https://www.strava.com/routes/2234154>



The feed zone will be 20 meters west of the Start/Finish Line on TWP 542.
 You can feed on all laps
The finish will be on TWP 542 ~500m west of RR 211
 Bonus time for top three at finish (6s, 4s, 2s) in each category.

Category	Laps	Distance
Men 1 / 2	6	132 km
Men 3 & Women 1/2/3	5	110 km
Men 4	4	88 km
Women 3/4/5	3	66 km
Men 5	3	66 km
U17	2	44 km

Start order is as above. There will be 5 min between each category.

Wheel vehicle – wheels are neutral. Drop wheels in the appropriate category wheel vehicle Saturday afternoon.

Criterion:

Sunday, May 24th. 2015

Course is located at Alberta Research Park (250 Karl Clark Road – south end of Alberta Research Park at 23rd Avenue and Parson’s Road on Edmonton’s south side).

Criterion Schedule:

Category	Start	Time + laps
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Last updated: May 1, 2015

U17	10:00 am	20m + 3 laps
Men Cat 5	10:30 am	25m + 3 laps
Men Cat 4	11:15 am	30m + 3 laps
Women 3/4/5	12:00 pm	30m + 3 laps
Men 3 & Women 1/2/3	12:45 pm	40m + 3 laps
Men Cat 1/2	1:45 pm	45m + 3 laps

One prime for bonus time (3s, 2s, 1s), plus bonus time for top 3 at finish (6s, 4s, 2s), for each category. Wheel pit is west of the start/finish.

Race Numbers:

Time Trial – one number, middle of lower back

Criterium – two numbers, right shoulder, right lower back + frame plate

Road Race – two numbers, right shoulder, right lower back + frame plate

Race numbers and Frame plates can be picked up Friday evening (6-8:00 pm) at the Velocity Cycle Shop (9833 - 63 Ave, Edmonton) and will also be available at sign-on. Racers are asked to supply their own safety pins and plastic zip ties.

Prizes:

Cash and merchandise, depending upon race entry. A prize list will be posted at the start of the road race.

Regulations:

- No team or unauthorized following vehicles in Time Trial or Road Race stages.
- Riders must finish each stage in order to continue onto the next.
- Riders lapped and pulled in the Criterium will be given a calculated time
- Do not cross the finish line, in either direction, more than once at the end of the race.
- Please respect law enforcement and locals. Do not antagonize.
- Riders should at all times ride single file when not racing.

Food/Drink:

**** No food available on site. Race site is 20mins east of Sherwood Park and Fort Saskatchewan. Please plan ahead re food and beverages.

Race Numbers:

- Riders are required to wear one number for the Time Trial, located lower-middle back. The frame plate is not required.



INDIVIDUAL START

- Riders are required to wear two numbers – right hip and right rib cage – plus the frame plate for the Criterium. Please locate numbers as per the diagram below.



MASS START

* also use frame plate

Provincial Team:

Junior Men and Women competing for a spot on the Junior Road Nationals Provincial Team must compete in category 3 for men and in category 3/4/5 for women. For more information about Provincial Team selection please see the [ABA Provincial Team webpage](#) or contact Provincial Team Head Coach Phil Abbott at (403)921-4109.

First Aid:

Emergency services will be on site:

Last updated: May 1, 2015

RR & ITT – Good Hope Hall and in each of the wheel vehicles for the RR
Criterium – parking lot behind start/finish

The nearest hospital from
Good Hope Hall is
25-35 mins away
Fort Saskatchewan Hospital
9430-95st Fort Saskatchewan AB
T8L 1N8
Phone 780 998 2256

Alberta Research Park is
5.1km 9mins away
Grey Nuns Hospital
1100 Youville Drive West
Edmonton AB
T6L 5X8
Phone 780 735 7000

Use 911 in an emergency