

Velocity Time Trial Sunnyside Road

May 20, 2019

TECH GUIDE



CONTACT

Race Organizer: Ed Heacock (heacock@planet.eon.net)

LOCATION

Bon Accord Community School

Hwy 28, RR 240

Bon Accord, AB T0A 0K0

PO Box 300

ENTRY FEES

- \$35 (all categories 18+)
- \$30 (U17 Category)
- \$20 per event (Para Athletes)
- \$25 Citizen category

REGISTRATION

All registration will be through Zone 4.

Registration closes Thursday, May 16, 2019 at 11:59pm.

LICENSE CHECK AND NUMBER PICK-UP

0815hrs to 1000 hrs at

Bon Accord Community School,
Bon Accord, AB T0A 0K0
Hwy 28, RR240

Riders must present with a 2019 CC/UCI Racing license

License check

Monday morning sign on is at the Bon Accord Community School starting at 08:15hours. Parking will be at the school with no parking at the start finish area.

2019 VELOCITY TT – SUNNYSIDE ROAD

TIME TRIAL

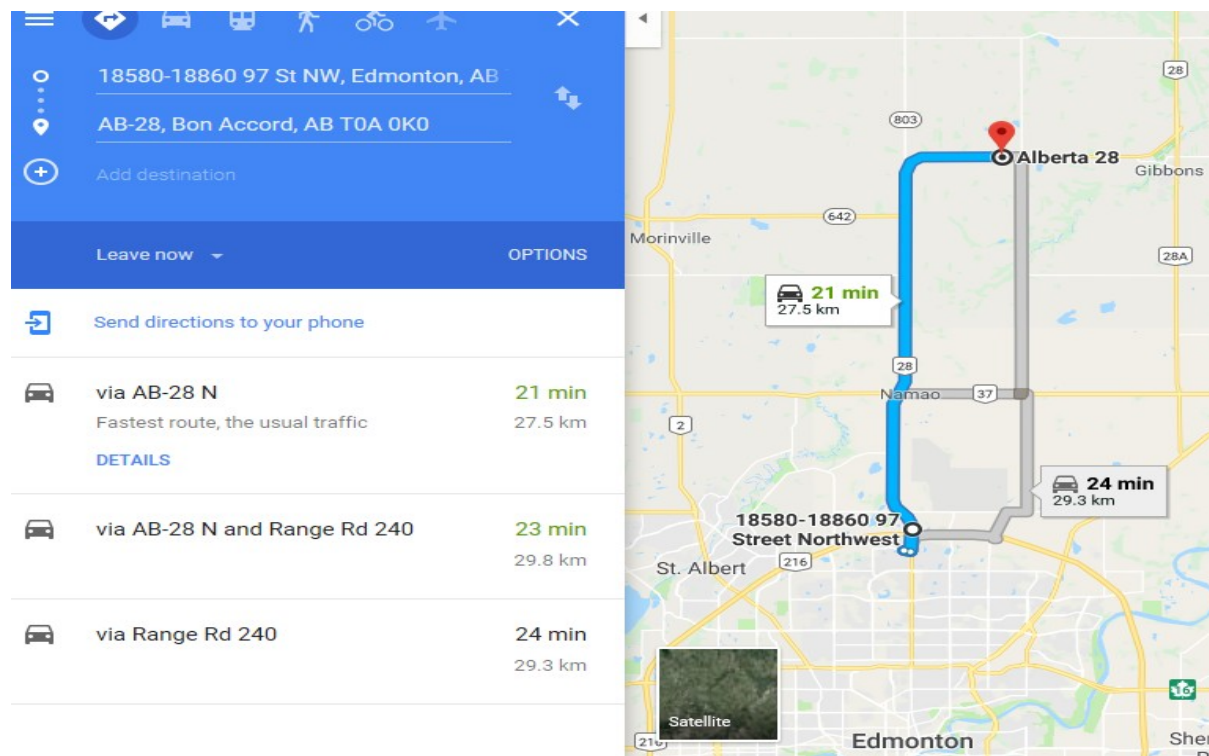
Monday May 20, 2019

Start time: 10:00 am. The start line is south of Hwy 28 from Bon Accord Community School on RR 240. Cyclists will be leaving at 1 minute intervals.

The *Start List* will be made Friday, May 18, 2019 and posted online on Zone 4.

*****NO RIDING (Other Than Racing) on the ITT course in either direction after 10:00. Lily lake Rd (RR 235) north of HWY 28 recommended for warm up/cool down. Lily Lake Rd is one mile east of Bon Accord school*****

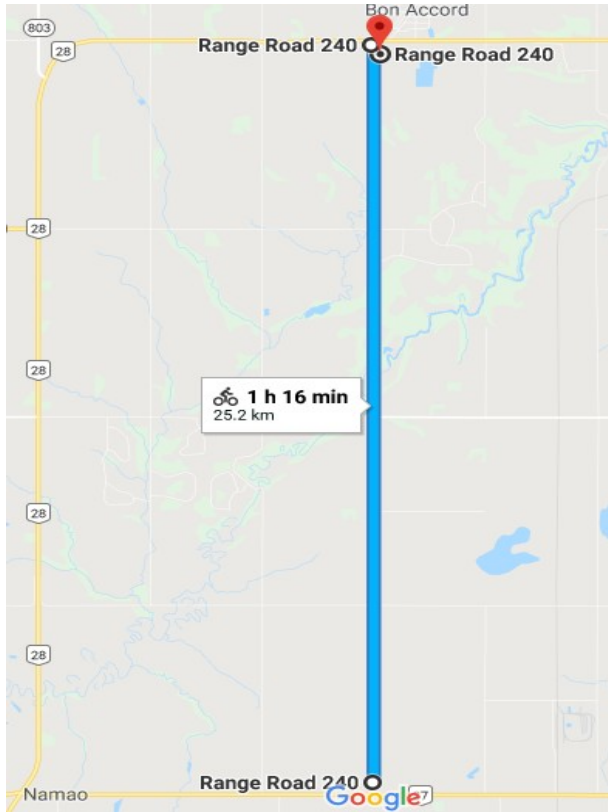
Directions to staging: From Edmonton travel on the Anthony Henday to Hwy 28 (97st). Go north on Hwy 28 for 27.5 km to the town of Bon Accord. Turn on 57 st with the school on the right-hand side.



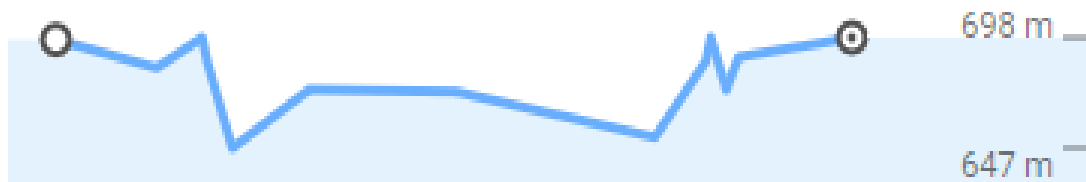
TIME TRIAL COURSE

2019 VELOCITY TT – SUNNYSIDE ROAD

The time trial course is an out and back course on Range Road 240, also known as Sunnyside Road. The course starts just south of Hwy 28 and proceeds south for 12.6 km, just north of Hwy 37, where the turnaround is and return to start north to the start/finish near Bon Accord. The course is a rolling course with 111m of elevation gain during the 25 km.



↑ 111 m · ↓ 110 m



REGULATIONS

- No team or unauthorized following vehicles in Time Trial.
- Riders must obey stop signs at the intersection of Hwy 28 and Sunnyside road when riding to start line from license check and returning from race.
- 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.
- This event will be run according to ABA/CC/UCI regulations. Riders are responsible for knowing and understanding the rules. They are available online.
- The ABA complies with and fully supports the UCI antidoping regulations, the clauses of the World Antidoping Code and its international Standards to which the UCI antidoping regulations refer and to the antidoping regulations of other competent bodies as per the regulations of the UCI.
- All ABA regulations can be found here: <http://www.albertabicycle.ab.ca/regulations>
- Unsportsmanlike conduct will not be tolerated, including but not limited to public urination, littering, use of profane language and verbal abuse of officials or community members.
- Bicycles, clothing, and equipment will be checked for conformity to the UCI Regulations in all categories. This check will be performed at the start line approximately 10 minutes prior to each rider's start. A pre-check will be available at the Bon Accord Community School prior to the race, from 08:15 to 09:30 on May 20th.

RACE NUMBERS

Time Trial: one number, middle of lower back. The frame plate is not required.



INDIVIDUAL START

NUMBER PLACEMENT

If you have already received your 2019 ABA numbers, please wear them for this race. If this is your first ABA race, you will be assigned your race numbers here. A gentle reminder that failing to bring your personal race numbers – should you have them – is a \$10 replacement cost. Please ensure that you have your numbers well before your start time.

PRIZES

Cash prizes will be awarded.

Upgrade Points

Upgrade points will be awarded as per the ABA Schedule B table:

2019 Alberta Road Cup Point Schedules

Place	Schedule A	Schedule B
1	25	20
2	20	15
3	15	12
4	12	10
5	10	8
6	8	6
7	6	4
8	4	2
9	2	-
10	1	-

FOOD/DRINK

Please Note that no food is available on site for the Time Trial. Race site is in the town of Bon Accord with convenience stores nearby. Please plan ahead and bring your own food and beverages.

Post-race drinks and snacks will be provided.

FIRST AID

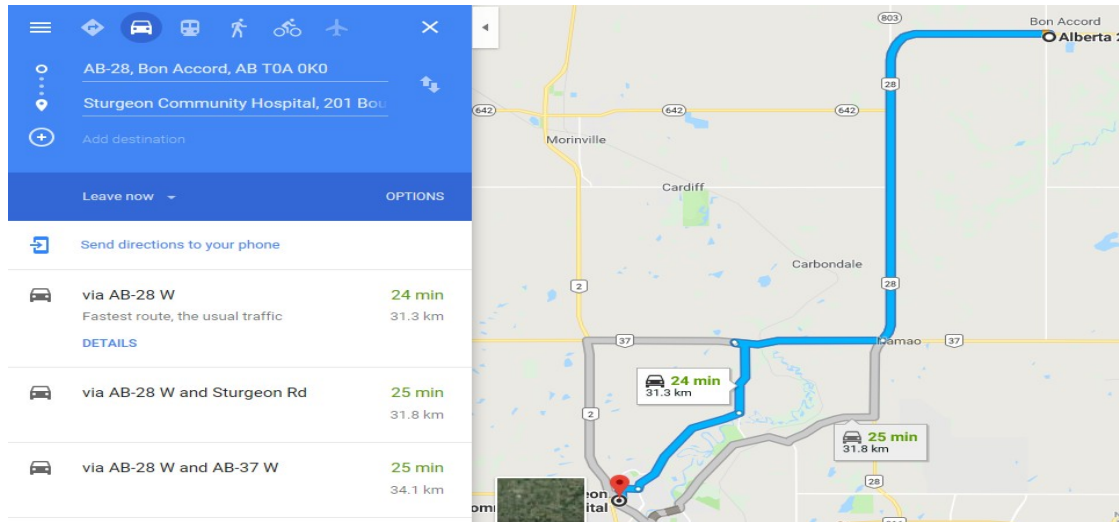
Emergency services will be on site at start finish area:

- The nearest hospital from Bon Accord is the Sturgeon Community Hospital

Sturgeon Community Hospital,
201 Boudreau Rd,
St. Albert, AB T8N 6C4

780-418-8200

2019 VELOCITY TT – SUNNYSIDE ROAD



Use 911 in an emergency