

# 2010 Race Guide

**CARNIVOROUS VULGARIS**

**SPEEDICUS THEORIDICOUS**

SPEED THEORY CYCLING'S:  
**ACME INCREDIBILUS  
VELOCITUS  
ITT**

REGISTRATION DEADLINE IS  
MAY 28 AT MIDNIGHT.  
REGISTRATION FEE INCLUDING CITIZEN CLASS \$30  
RACING STARTS AT 9:01 A.M. ON MAY 30  
SIGN-ON IS AT THE ACME COMMUNITY CENTER:  
ALLISON STREET!

MORE INFO AT [WWW.SPEEDTHEORYTEAM.COM](http://WWW.SPEEDTHEORYTEAM.COM)

40K OUT  
AND BACK

RACE  
START

HWY  
575

HWY  
806

TO  
ACME

## Speed Theory Cycling

As members of Alberta's cycling community, Speed Theory strives to offer quality, well-organized events. For Acme Incredibilus Velocitus, we are offering insurance for citizen class racers. We ask that "seasoned" racers welcome and encourage the new racers as much as possible. Through friendly gestures and sportsmanship, we send a strong message our sport is worth pursuing as a hobby and a lifestyle.

## Up-to-date info:

Please monitor [www.speedtheoryteam.com](http://www.speedtheoryteam.com) for start lists and any current info that may arise, if the weather appears less than "race friendly" for the 9:01 start time. Start-lists will be posted by late afternoon Saturday, May 29.

## Register & Sign on:

- Register at [Zone 4.ca](http://Zone4.ca)
- Takes place at the new Acme Community Hall on Allison street. This is a new hall and we want to use this venue for the years to come. **Please: NO CLEATS INSIDE HALL.** Sign on starts at 8am and you must have signed on by at least 30min before your race start. No exceptions. ABA license holders: please present your license at sign on.
- If you received your race numbers, from having competed at Velocity, then be sure you bring them. If you did NOT race Velocity, you will receive your new numbers at our event. Please: no 2009 numbers!
- If you are 'Citizen Class', you will receive numbers at the event.

- All racers: please bring safety pins to attach your numbers to your skinsuit/jersey.
- Race numbers are pinned on your low central back. Ensure that it is visible easily from behind while you are in race position. If your pin job is crappy, you will be asked by a Commissaire to either to re-pin your number (mere moments before your race), or shout your number out as you cross the finish line.

### **BBQ !!:**

Free burgers and drinks for all racers, volunteers, and even spectators!! If you're out 'watching' a Time Trial, you are hardcore and deserve a few free burgers and drinks. The BBQ will be fired up at around 10am.

### **Pre-riding:**

Alberta Transportation has been very generous allowing us to use this highway; they are, however, very concerned about uncontrolled, illegal U-turns on the course. As such, there will be NO U-Turning on the highway, **other than during the race at the designated turn around**. If you wish to pre-ride the course, you must turn around only when there is a cross-street you can turn down, get off the highway, and U-turn on a secondary road. Any rider U-Turning on the highway (except at the designated turn around) will be disqualified. If you wish to pre-ride, ensure you have enough time to turn around in the correct manner.

Racers may not pre-ride after 8:45am on race day. Please, stay off the course while the race is in progress (except, of course, if you're racing.)

### **The Racing rules:**

Please arrive at the start at least 5 minutes prior to your start time! Riders arriving late for their start will be penalized an amount of time equal to their tardiness, and either started immediately upon arrival or moved to the end of their respective category and re-started. Don't be late.

Bike Check – Other than Citizen-category riders, all riders are subject to bike check. Bikes must conform to all current UCI Regulations governing bikes **except** those rules pertaining to the 3:1 aspect ratio. All the details are here: <http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type=FILE&id=NTIOMDY&LangId=1>  
Citizen racers must present a bike with two functioning brakes.

On the Course – Drafting is not permitted, and will be penalized by time penalties. Please stay as far to the right of the road shoulder as possible, in order to allow faster riders the opportunity to pass safely.

The Turnaround – Riders are required to monitor traffic in both directions at the turnaround, and turnaround only when it is safe to do so. Riders who suffer time delays due to traffic will be given time credits.

### **Spectators:**

We recommend that you park in Linden, and walk to the intersection of the 806 and highway (Linden's Central Ave). Please be conscientious about where you park, to avoid creating a situation where a resident may complain. From this vantage point, you will get to see your racer twice in mid-flight.

### **Distance:**

Designed to be race prep for Nationals, the course will be:

- 20 km for paralympian and junior riders
- 40km for all other categories

**Timing:**

The timing system planned for Nationals will be tested at our event; the goal is to have accurate results as quickly as possible. Results will be posted in the hall.

**Start location:**

The start location will be on Highway 806, slightly north of Acme and north of the 575. Obey all street rules riding from the community center to the race start and back from the finish. Any rider creating a possibility of a complaint will be disqualified immediately. This will be enforced.

**Parking:**

Parking is at the community hall. If this fills up, please disperse yourself throughout the surrounding area without creating an undue load on the close residences. Please only use trailers on the parking lot of the community center.