



Technical Guide

Juventus Provincial ITT and TTT Championships

August 25-26 / 2018



Sanctioned by the Alberta Bicycle Association.

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The 2018 Juventus Provincial ITT Championships is an individual time trial held on the rolling roads of Camrose County near Miquelon Lake Provincial Park. Open, Masters and Citizen Categories will complete a 30 km course while youth and para will complete a 15 km course.

The TTT Championships is a 4 person team time trial held on a similar course near Miquelon Lake Provincial Park. Open categories will complete two laps of a 27 km course for a total of 54 km while Cat 4/5 and Citizen will complete one lap for 27 km total distance.

Categories

The following Provincial categories will be offered for the **ITT**:

Men: Open Men, Men Cat 3, Men Cat 4, Men Cat 5, Master Men A (30-39), Master Men B (40-49), Master Men C (50-59), Master Men D (60-69), Master Men E (70+)

Youth: U17M/F U15M/F

Women: Open Women, Women 4/5, Master Women A (30-39), Master Women B (40-49), Master Women C (50-59), Master Women D (60-69), Master Women E (70+)

The following categories will be offered for the **TTT**:

Men: Open Men (54 km - the team time will be recorded on the 3rd rider's time)

Women: Open Women (54 km - the team time will be recorded on the 3rd rider's time)

Men and Mixed M/W team: (27km)

- Cat 4/5 Men (all riders must be UCI Cat 4 or 5 with no age restrictions) OR
- mixed team with a minimum of 1 woman (no restrictions on category or age but the team time will be recorded on the 1st woman's time)

Eddy Merckx: Road bikes only – no aero bars or disk wheels – aero wheels and helmet are allowed. Any gender. (54 km - the team time will be recorded on the 3rd rider's time)

Citizen: No age, gender or equipment restrictions. (27 km)

Age based on age as of Dec 31, 2018. Riders must have a Master's License to race a master's category. If you are unsure about your license please contact the ABA.

Entry

Entry fee is \$35 for the ITT (\$20 for youth) and \$60 per team for the TTT.

On-line entry for both events will be open on Zone4 until **11:59pm MDT Thursday August 24**. Registration will be on-line only with no race day registration.

LINK to [Provincial ITT](#)

LINK to [Provincial TTT](#)

Provincial ITT and TTT: All riders contesting the event must have a valid ABA or UCI road license for championship categories. Single Event Licenses will be available for these events for the Citizen category.

License and Bike Check

License check will be held at the Miquelon Lake Provincial Park day use area starting at 3:00 pm Saturday August 26 and 9:00 am on Sunday August 27. Please refer to the map for directions.

Riders must present their license to the Technical Delegate before racing. Not doing so may result in a \$10 fine.

License check is open until 10 minutes before your category start time but leave sufficient time to ride to the start approx. 5 km from license check.

Bikes will be checked for compliance in Open Men, Open Women, Cat 3 and Masters A/B/C

A pre-check will be available at license check from 2 – 3:30 pm.

Number Placement

One number is required for the ITT and TTT, located low on the center of the back pinned vertically. Numbers cannot be folded or otherwise modified. Frame number plates are not required. Please bring your own safety pins.



INDIVIDUAL START

Course Description

The 2018 Juventus Provincial ITT Championships is an approximately 30 km individual time trial held on the rolling roads of Camrose County near Miquelon Lake Provincial Park. The roads are narrow but are in excellent condition and traffic is light. The center line is marked and turns will be marshaled and coned. Please **do not** cut to the inside of the cones on turns.

The TTT event will use the same course as then ITT with the exclusion of the leg on Township Road 205.

The start area is 4.5 km west of the Provincial Park on Hwy 623. Please use caution riding to the start and allow sufficient time to arrive prior to your start time.

There is no parking other than race officials at the start finish area. Paralympic athletes and their coaches will also have parking available at the start – finish area.

Course Information

Distances approximate

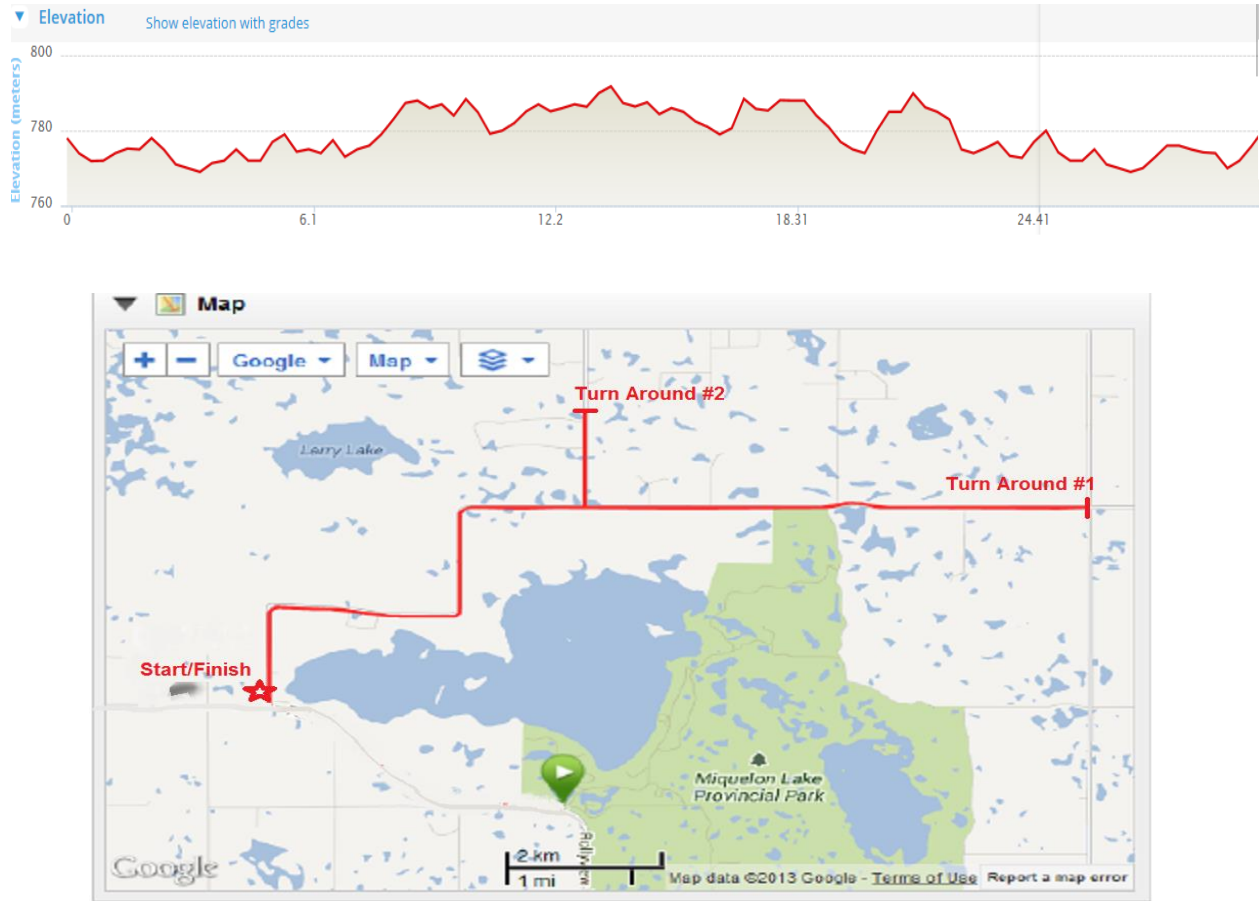
Distance	ITT 30km Course Notes
0	Start on North Miquelon Road
13.5	Turn Around #1 at Hwy 833
22.5	Turn right onto Twp Rd 205
23.5	Turn Around #2
24.5	Turn right onto North Miquelon Road
30	Finish

Note: youth will turn around at 7.5 km

Distance	TTT 55km Course Notes
0	Start on North Miquelon Road
13.5	Turn Around #1 at Hwy 833
27	Turn Around #2
40.5	Turn around #3
54	Finish

Course Map and Profile

ITT



Estimated Start Times

Saturday Aug 26 ITT:

	Youth - Para	M Cat 5 Master Men D, E Citizen	Open W W 3/4/5 Master W	M Cat 4 Master Men C	M Cat 3 Master Men A, B	Open Men
Distance	15 km	30km	30km	30km	30km	30km
First Start Time	4:00pm	4:30pm	4:50pm	5:15pm	5:50pm	6:20pm
Last Start Time	4:20pm	4:45pm	5:10pm	5:45pm	6:15pm	6:45pm

** Approximate times*

Sunday Aug 27 TTT

	Citizen	Cat 4 – 5 Mixed M/W	Open Women	Open Men
Distance	27 km	27km	54km	54 km
First Start Time	10:00am	TBD	TBD	TBD
Last Start Time	TBD	TBD	TBD	TBD

** Starts posted at on-line and at sign on*

Awards and Post Race Refreshments

Results will be posted at the sign on area.

Medals for the ITT will be awarded to all Alberta Championship Categories in the following manner as per ABA Provincial Racing Regulation 1.3.2:

- Gold, Silver and Bronze: when there is a minimum of four (4) riders who started in a designated category.
- Gold and Silver: when there is a minimum of three (3) riders who started in a designated category.
- Gold: when there is a minimum of two (2) riders who started in a designated category. The winner must complete the event to receive Gold.

There are no championship jerseys awarded for this event.

AB Cup Series points and upgrade points will be awarded according to the ABA Points schedule A (25, 20, 15, 12, 10, 8, 6, 4, 2, 1).

Rules & Regulations

UCI/CCC/ABA regulations will apply. Riders are responsible to read & understand these. They can be found [here](#).

Receiving permission to host road events is becoming extremely challenging; only through preparing and submitting for approval. Further the ABA and race organizer are committed to providing a safe environment for all participants. It is therefore of the utmost importance that you adhere to the rules and regulations. Please understand that your cooperation is essential to ensure that this event will be safe and fair for all participants.

Traffic & Parking

You are riding on OPEN ROAD. Please be aware of traffic and remember all riders are subject to the center line rule. Marshals cannot stop traffic but will indicate if you are safe to proceed. It is the rider's responsibility to ensure he or she is safe.

The finish area is approximately 4.5 km from the start. Use this as your cool down. First aid and hydration will be available at the finish but there is NO parking at the finish line except for race officials.

There is plenty of parking at Miquelon Lake Provincial Park near the license check area. It has been requested by the park staff we utilize the parking close to the license check to leave the rest of the lots free for other users. **Please use caution driving and riding as there are many other users this time of year including families walking and on bikes and larger vehicles such as campers and fifth wheels etc.**

Rider Conduct

Unsportsmanlike conduct will not be tolerated, including but not limited to public urination, littering, use of profane language and verbal abuse of officials. Bottles and trash are not to be discarded. Fines may be issued if this is not followed.

Washrooms

Washroom facilities are available at the parking area. Please use the washroom facilities. Riders may be penalized for improper behavior.

First Aid

Emergency first aid will be on hand at the event. 911 service is available at the race site. The nearest hospital is St Mary's in Camrose. Distance is 33 km.

[St Mary's Hospital in Camrose](#)

Directions to Miquelon Lake Provincial Park

From [Calgary](#)

From [Edmonton](#)