

TECH GUIDE



bicisport presents:
Suffer Like A Dog Individual Time
Trial

Dogpound, Alberta

July 8th 2017

This event could not happen without the tireless support of our volunteers! A thank you goes a long way!

Event Description

The 2017 biciport ITT is a 16.3 km individual time trial held on the rolling roads of Mountain View County, Alberta.

Race Contacts

Joshua Matheusik – jfmatheusik@hotmail.com

Brent Topilko – btopilko@gmail.com

Categories

The following provincial categories will be offered:

Men

Category 1/2

Category 3

Category 4

Category 5

U17 Men

Para

Non Licensed

Women

Category 1/2/3

Category 4/5

U17 Women

Para

Non Licensed

* Non licensed Male riders will be grouped with Cat 5, while non licensed Female riders will be grouped with Cat 4/5 riders.

* Cash prizes will be given out. Five or more riders and the prizing will go 3 deep. Four or less riders the prizing will go 2 deep.

Entry

On-line registration will be open on [Zone4](#) until 11:59 p.m. MDT Thursday, July 6th, 2017.

Entry fee is \$35.00 for adults, \$30.00 for Juniors/U17.

Please note that registration will be on-line only. There will be no race day registration.

All riders contesting the event must have a valid ABA or UCI road license. Single event licenses will be available for this event for non licensed riders at a cost of \$10.

License Check & Race Number Placement

License check will be held at the Dogpound Community Hall starting at 8:30 a.m. Saturday, July 8th, 2017. Please refer to the map on page 7 for directions.

Riders must present their license to the Technical Delegate before racing. Failure to do so may result in a \$10.00 fine.

License check/Sign on cut-off is 30 minutes prior to category start time.

Please bring your ABA assigned numbers for this event. If this is your first ABA race of the season you will be assigned numbers. Failure to bring previously assigned numbers will result in a \$10.00 charge. Racers are asked to supply their own safety pins.

One race number is required for the time trial. The number must be placed low on the centre of the back and pinned vertically (see figure below). Numbers cannot be folded or otherwise modified. Frame number plates are not required for the time trial.



Individual start

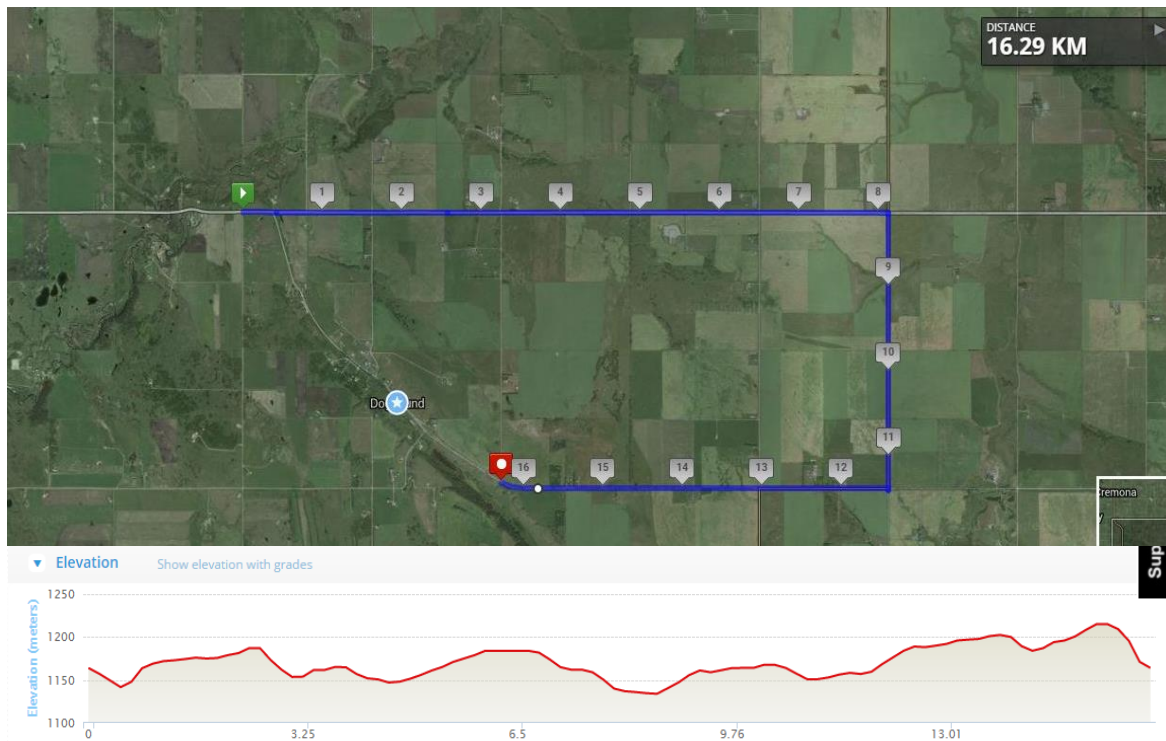
Estimated Start Times

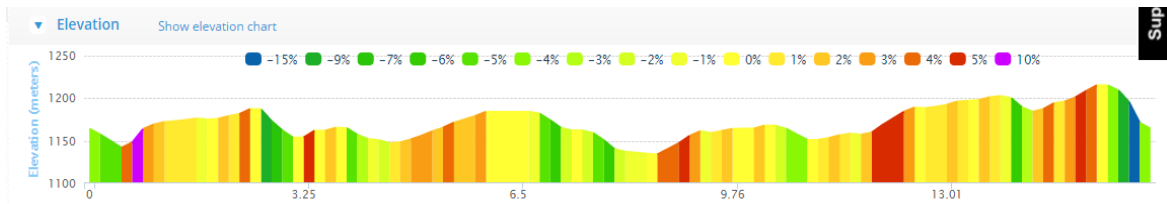
The first rider will set off at 10 a.m. Subsequent riders will depart at 60 second intervals.

Start Times will be posted on Zone4 after 4PM on Friday July 7, 2017 and sent out via email.

Approximate Distances

Distance	Notes
0 km	Start Range Road 40 and Township Road 292 (directly across from the Dogpound Community Hall).
600 m	Begin roller #1.
3 km	End roller #1.
4 km	Begin roller #2.
6.5 km	End roller #2, fast decent begins.
8.1 km	Turn south on Highway 766 (NOTE: THIS WILL BE A FAST CORNER, PLAN ACCORDINGLY).
11.5 km	Turn west on to Township Road 290.
13 km	Legs blowing up.
15.7 km	End of final roller, descend to finish.
16.3 km	Finish.





Important Notes

1) You will be riding on OPEN ROAD! Please be aware of traffic and remember that all riders are subject to the centre line rule. Marshals will NOT be stopping traffic. It is the rider's responsibility to ensure he or she is safe.

2) Ride near the right hand shoulder whenever possible.

3) Do not warm up/cool down on the course after 10 a.m.

4) Parking at the Dogpound Community Hall is limited. Please car pool.

5) The finish line is approximately 4.8 km from the Dogpound Community Hall. In order to return to the community hall continue riding west on Township Road 290A after crossing the finish line. Township Road 290A bends north and becomes Range Road 35A in hamlet of Dogpound. Turn left on Township Road 292. **PLEASE BE VIGILANT AT THIS INTERSECTION AS THERE MAY BE RIDERS BEGINNING THEIR TIME TRIAL. PLEASE GIVE THEM RIGHT OF WAY.** The Dogpound Community Hall is 300 m west of Range Road 35A. See map above for details on how to return to the community hall.



Awards

Podiums will take place as soon as possible after the conclusion of the time trial at the Dogpound Community Hall.

Results will be posted at the Dogpound Community Hall.

Series points will be awarded according to ABA points Schedule B (20, 15, 12, 10, 8, 6, 4, 2).

Rules

Receiving permission to host road events is becoming extremely challenging. biciport Calgary Cycling Club and the ABA are committed to providing a safe environment for all participants. It is therefore extremely important that all participants adhere to all UCI/CCC/ABA rules and regulations. Your cooperation is essential to ensure that this event will be safe and fair for all participants.

UCI/CCC/ABA regulations will apply during this event. Riders are responsible for reading and understanding all applicable rules and regulations. A copy can be found [here](#) .

The ABA complies with and fully supports the UCI anti-doping regulations, the clauses of the World Anti-doping Code and its international Standards to which the UCI anti-doping regulations refer and to the anti-doping regulations of other competent bodies as per the regulations of the UCI.

Rider Conduct

Unsportsmanlike conduct will not be tolerated. This includes, but is not limited to public urination, littering, use of profane language, and verbal abuse of officials and race organizers. Bottles and trash are not to be discarded while riding. Fines will be issued for infraction.

Washrooms

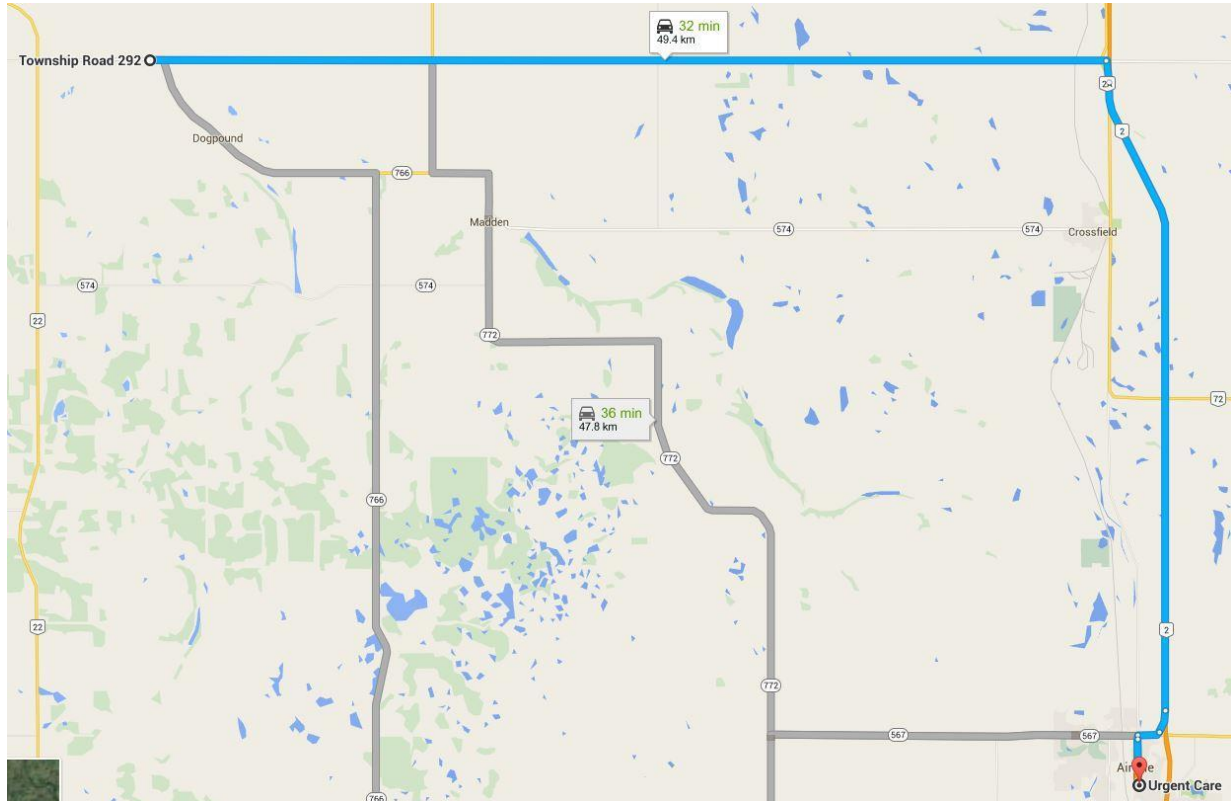
Washroom facilities will be available near the parking lot area. There are also men's and women's washroom facilities in the basement of the Dogpound Community Hall. Please note that the Hall doesn't have potable water. **You are responsible for bringing any hydration/food/gels that you should need for the event.**

First Aid

Aaron Paramedical will be providing First Aid onsite via an Ambulance and 2 EMT's.

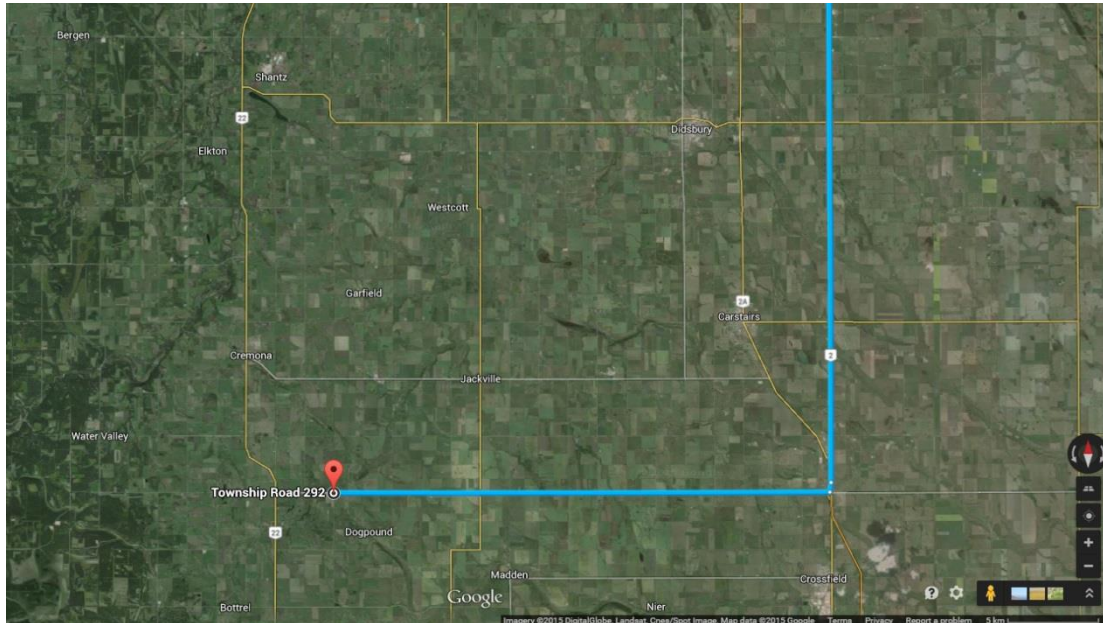
Hospital

The nearest health facility is the [Airdrie Regional Health Centre](#). From the Dogpound Community Hall drive 49 km east on Township Road 292 to Highway 2. Travel 20 km south on Highway 2 to Airdrie. When approaching Airdrie exit west on to Veteran's Way (Highway 567). Turn south on Main Street and travel 1.5 km. The Airdrie Regional Health Centre is located east of Main Street.



Directions to Dogpound Community Hall

From Edmonton: Travel south on QE2 (~245 km). Turn west on to Township Road 292 (~15 km north of Crossfield). Travel west on Township Road 292 for 28 km. The Dogpound Community Hall is located just west of the intersection of Township Road 292 and Range Road 40.



From Calgary: Travel north on QE2 (~54 km). Turn west on to Township Road 292 (~15 km north of Crossfield). Travel west on Township Road 292 for 28 km. The Dogpound Community Hall is located just west of the intersection of Township Road 292 and Range Road 40. Alternate routes using Crowchild and Highway 22 are possible, but you'll have to Google them...