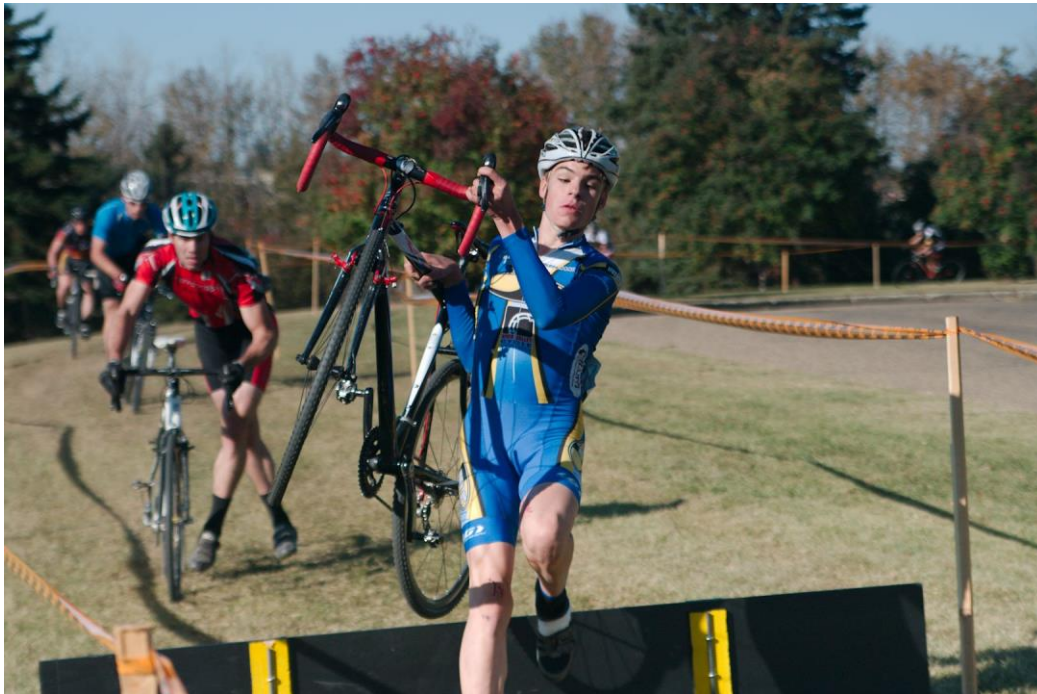


Jim Horner Grand Prix of Cyclo-cross Saturday September 29, 2018

Millcreek Ravine – Argyll Park
6850 88 St
Edmonton AB

Race Organizer: Lorne Dmitruk

ldmitruk@interbaun.com 780.619.1917



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Registration & License Check

Registration is available at [Zone 4](#) and closes Thursday, Sept 27, 2018 at 23:59pm. Please sign-up on-line. Race day registration will not be permitted.

All categories \$40.00

All ABA and UCI licensed riders are eligible to register.

Single Event Licenses (SEL): Available for \$10 online. SEL men and women will be placed in Novice Men or Sport Women, respectively. Riders are only allowed two SEL's per year regardless of discipline.

All riders must sign-in on race day 15 minutes prior to category start time. Licensed riders must present their license. Failure to bring your license may result in a \$10 fine.

Race Categories

Men: Open, Expert, Sport, Novice

Women: Open, Sport

New cyclo-cross riders should compete in the cross category corresponding to their respective Road or Mountain Bike category, whichever is higher. If you are new to CX please use the following to determine which category you should compete in.

Cyclo-cross	Road	Mountain
<u>Cyclo-cross Category</u>	<u>Road Category</u>	<u>MTB Category</u>
Novice Men	U15, U17, Master 50+; Categories 4, 5	U15, U17, Novice, Master 50+, Sport
Sport Men	Categories 3,4, and 5	Sport, Expert
Expert Men	Categories 1/2, 3	Expert, Elite
Open Men	Open to all license-holders	Open to all license-holders
Sport Women	Categories 3, 4, and 5	Novice, Sport, Expert
Open Women	Categories ½, but open to all license-holders	Elite, but open to all license-holders

Race Numbers

Bring your ABA cyclo-cross body numbers. If you don't have them yet you can get them at the race from the ABA. SEL racers will be given a number at sign-on.

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The logo for the Alberta Bicycle Association, featuring a stylized cyclist in blue and white, with the word "Alberta" in a large, blue, sans-serif font and "Bicycle Association" in a smaller font below it.

Race numbers for cyclo-cross:

***Shoulder numbers:** placed on upper forearm, facing forward.

***Body number:** placed in the middle of your lower back.



Your ABA cyclocross numbers are yours for the season.

Please bring your own pins.

Watch out for the yellow Leader number for Open Men/Women!

Regulations

Receiving permission to host racing events is challenging, requiring Permits, Insurance, Association Agreements and no end to the volunteer motivation and time. The ABA, Juventus Cycling Club and the race organizers 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 outlined herein. Please understand that your cooperation ensures not only your safety, but the safety of those racing with you and the likelihood of repeating and growing these events in the coming years.

General Highlights


- A helmet shall be worn whenever traveling on a bike.
- Whenever on-course, only move (ride/walk) in the race direction, exit the course to back-track and re-enter in the direction of the race. If you don't know the direction, please ask.
- During racing, do not enter the course or pit area, safe crossing zones are provided.
- Please race with sportsmanlike etiquette and conduct. Racers being lapped shall graciously neutralize themselves to minimize interruption to the front of the race.

UCI CX Regulations

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If you are not already familiar with the UCI/ABA Cyclo-cross Rules, please do so prior to arrival. It is your responsibility to know and follow these: [UCI CX Regulations](#)

Anti-Doping

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.

Bikes

The ABA follows UCI International rules when it comes to the type of bike you can ride in a cross race. Novice and Sport categories are allowed mountain bikes; riders in all other categories, Elite, Expert and Open must have a cyclocross bike. Please ensure that you remove all bags, pumps, fenders, bells and whistles from your bicycle.

Call-up

Call up will take place five minutes before the start of the events, except in Novice Men. Eight riders per race will be called up at each Alberta Cup and Alberta Championship event. Call up will be based upon current UCI standing followed by current Alberta Cup standing.

Race Schedule

09:00	Registration opens
09:00-09:50	Course open for warm up
10:00	Novice men – 40 min race
11:00	Sport men – 40 min minimum race
12:00	Sport women – 40 min minimum race
13:00-13:20	Course open for warm up
13:30	Expert men – 50 min race
14:40	Open Women – 40 min minimum race
15:50	Open men – 60 min race


** Call-up will be 5 min before each race*

** Awards following each category!*

The ABA and the organizer may shorten the races and/or the course dependent on weather, time delays, and combine categories if necessary.

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Course Pre-Riding

Pre-riding will be available from 09:00 am to 09:50 am. Please respect these times to allow for full course preparation and the arrival of EMS personal. In addition, the course will be open following the Sport Women's race (about 12:55) until 13:20 There may also be short openings between races. **Please do not ride the course when other categories are racing.** Check with commissaires before entering the course after 9:50am. Please only enter the course from the Start/Finish Area to do any pre-riding.

Mechanical Zones

There will be one double equipment pit as marked on the course map

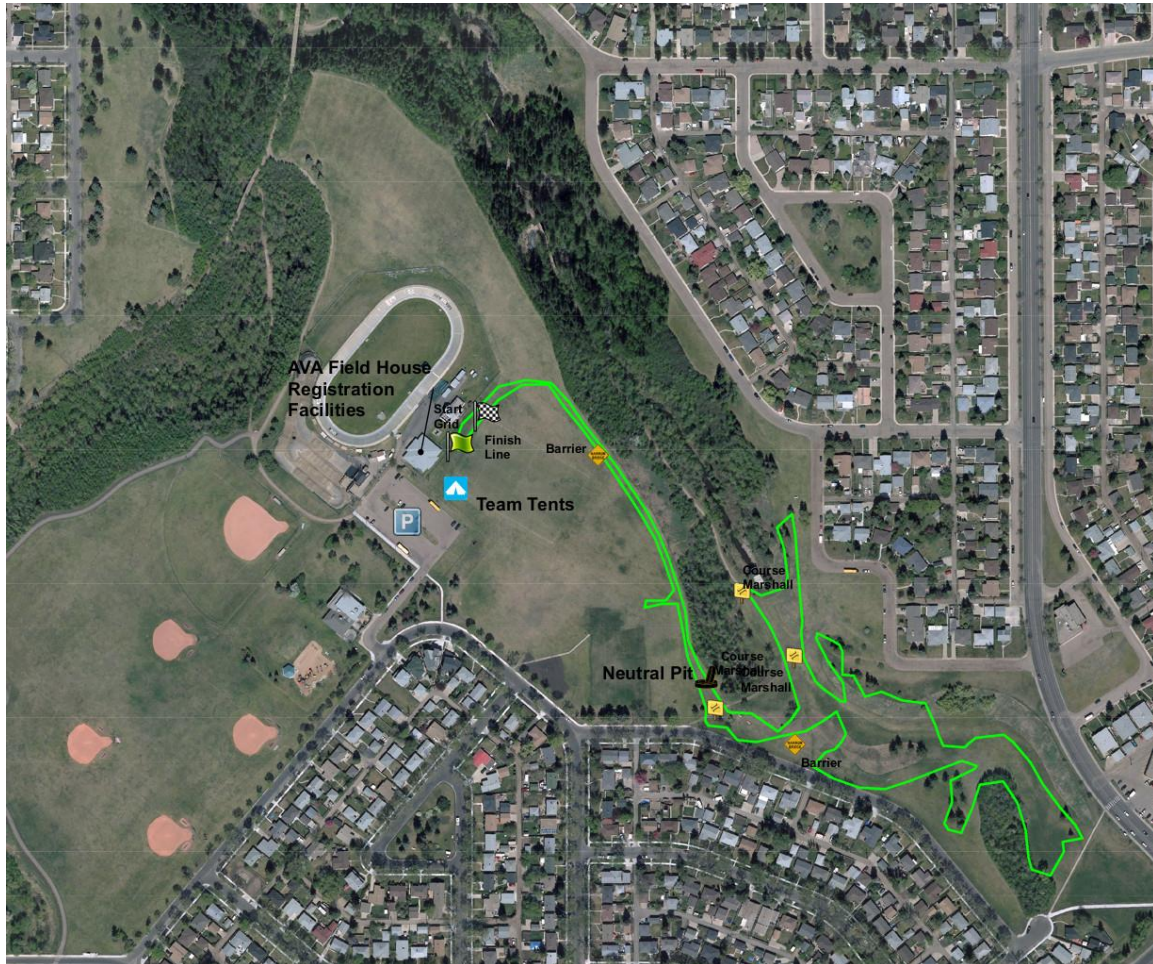
The exchange of equipment between riders is forbidden. Equipment changes may only take place in the equipment pit. Rider may change wheels or bikes only in the equipment pit. Riders may only use the equipment pit lane to change equipment. A rider who passes the end of the equipment pit area must proceed to the following equipment pit to change wheels or bikes.

A rider who is still in the racing lane and has not passed the end of the equipment pit area may enter the equipment pit as long as he re-traces his route in the racing lane and enters the pit at its start without obstructing other competitors.



Course

The course is located in a public park and off leash area. Please expect people to cross the course during warm up. Be courteous and slow down. Marshals will direct the public during the race but not all areas can be controlled. The start finish area is located near the Argyll Velodrome clubhouse.



Rider Conduct


Unsportsmanlike & unbecoming conduct will not be tolerated, including littering, use of profane language and any verbal abuse whatsoever of officials, organizers and volunteers. Please be respectful.

Awards

Gift cards and cash prizes will awarded for all categories. Podium and prizes will take place as soon as possible once results are official. The podium will be at the Argyll velodrome just outside the fencing.

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Emergency Services and First Aid

Primary Contact Person: Lorne Dmitruk 780-619-1917

First Aid will be located at the Argyll Velodrome and on site EMT service will be provided by Aaron Paramedical. [Grey Nuns Community Hospital](#) and [University of Alberta Hospital](#) are both located within 10 km of the race site. In addition, first kits and an A.E.D are located in the Argyll Velodrome club house. If there is an on-course incident, the nearest course marshal will alert First Aid personnel via radio who can be quickly dispatched on the course. If the incident is serious, 911 EMS will be called for packaging and evacuation.

Addresses of Nearest Medical Facilities

Grey Nuns Community Hospital
1100 Youville Dr. W NW Edmonton AB T6L 5X8
780-735-7000

University of Alberta Hospital
8840 112 Street NW Edmonton AB T6G 2B7
780-407-8822

Communication Plan

There will be 2 race radios available for medical personnel. Each medical person will also have a cell phone. If there is an incident on course, the medical team will be notified via race radio. In the rare occasion that radio communication fails (the course area is only 500m in length), cell phone communication will be used. Each course marshal will receive a list of phone numbers for race organizer and medical staff. Participants are informed to call 911 in the event of an Emergency.

Food & Water

Food and drinks for racers will be served starting at 11:00 outside of the Argyll Velodrome clubhouse.

Washrooms

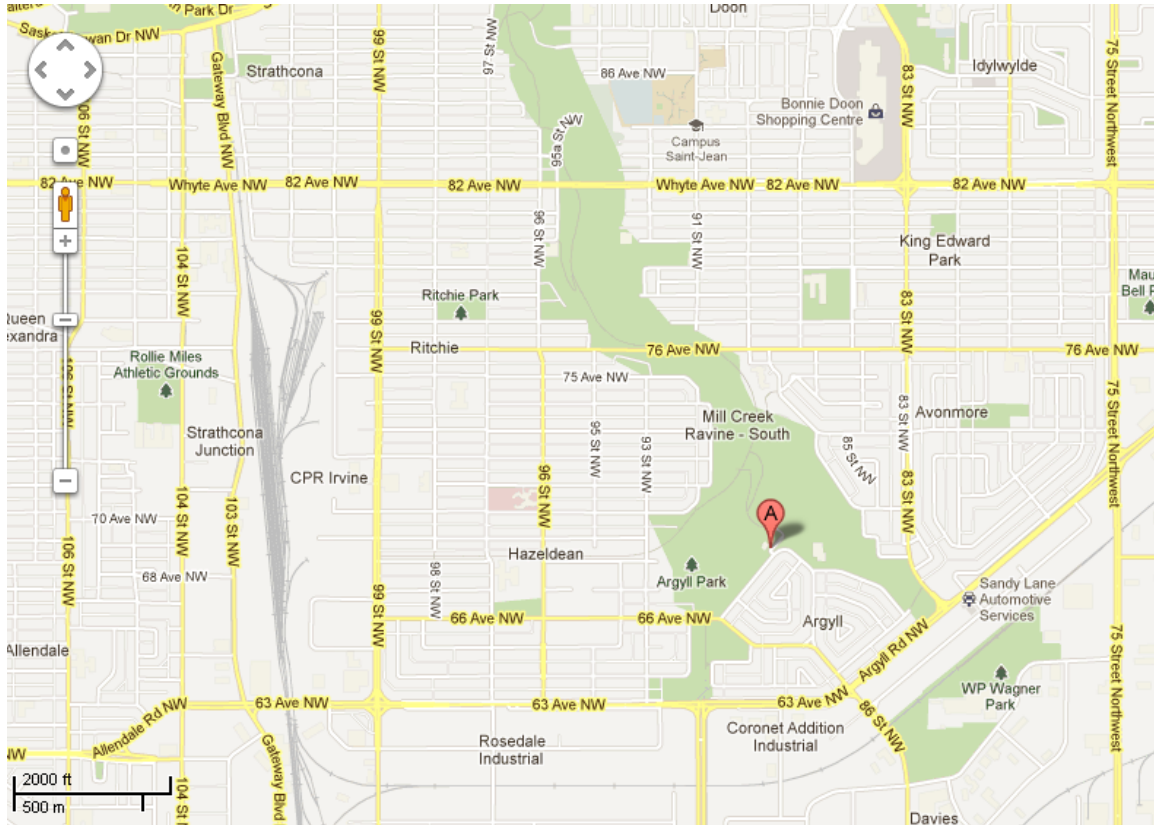
Washroom and change facilities are located inside the Argyll Velodrome



Location & Directions

[Argyll Velodrome](#)

6850 – 88 St.
Edmonton, Alberta



Parking

Park in designated areas only – main parking is at the Argyll Velodrome with overflow at Argyll School (immediately east of the parking entrance). Do not park in front of homes across from the park. Be courteous when riding on public roads and especially on trails in the area of the course.

Volunteers

This event would not be possible without volunteers. The Juventus Cycling Club would like to formally thank all volunteers that have contributed their time and energy to make this event possible. Please take the time to thank a volunteer!

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Sponsors

David Aplin Group

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We would like to thank the David Aplin Group for supplying the race tape used to mark the course.

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