

# SPORT TECHNICAL GUIDE

2019 ALBERTA MASTERS GAMES, CYCLING



**Rocky Mountain House & Clearwater County, Alberta**  
**XCO August 23, CX August 24, RR August 25, 2019**

The Cycling events for the 2019 Alberta Masters Games consists of 3 cycling events, XCO, CX & RR these events may be entered individually. Or all 3 events with recognition to the individual who has the best placings in all three events. These events require that participants follow the rules as set out else where in the 2019 Alberta Masters Games as to license and eligibility under the Alberta Bicycle Association rules. It is strongly recommended that you read and understand the Alberta Bicycle Association, Cycling Canada and the Union Cycliste Internationale rules and regulations as in regards to you and your bicycle to insure it meets these specifications. We highly recommended that participants pre-ride the courses prior to race day to ensure you know it.

## EVENT ORGANIZERS

Alberta Sport Connection & 2019 Alberta Masters Games, Rocky Mountain House, Clearwater County

## EVENT ORGANIZATION

Race Director: Loyal Ma,  
Course Director: Rob Hunter  
Road Course Asst Tech Director: Dominik Kmet  
Road Race Regulator: William Laidlaw  
Games Ambassador: Timothy Kavanagh

President of the Commissaire Panel: Andy Holmwood, ENC Road, CAN  
Vice President of the Commissaire Panel: Felix Lee, ENC MTB, CAN  
Panel Member: Robert Armstrong, Nat Road, Track & MTB, CAN  
Panel Member: Vitaly Rudenko, Nat MTB, CAN  
Panel Member: TBD  
Photo Finish: Bernard Fagan, Prov Road, CAN

## SCHEDULE OF EVENTS

Thursday August 22 Cross Country Olympic  
10H00 to 12H00 Baseline Mountain XCO (5.8km loop)

Course Open for training Bike Number Plate Mandatory. Baseline Mountain is located 54 KW south west of Rocky Mountain House in Clearwater County on Hwy 752. Please do not park on the side of Hwy 752 there is limited parking at this venue we strongly recommend car pooling. There will be one Tech/Feed zone near the Start/Finish area.

**Friday August 23**

09H30 Race # 1	XCO Women 30-39 (4 Laps), 40-49 (3 laps), 50-59 (2 laps) 60 Plus (1 laps) Mass start, Call Up Youngest to oldest
11H00 Race #2	XCO Men 30-39 (5 laps), 40-49 (4 laps), 50-59 (3 laps) 60 Plus (2 laps) Mass Start, 2 minute intervals age groups

All laps and start times may be subject to change by Race Commissaires.

**Saturday August 24 Cyclo Cross**

The Cyclo Cross course is a 5.6KM loop and located on NE corner on the Walking, Cycling trail in Rocky Mountain House. The start finish area is at the Big Rock, 61 Ave & Hwy 11 intersection. Be aware course marking maybe in progress. Please use the off street parking in the area. There will be limited Neutral Technical support in the Tech Zone.

10H00-11H00	CX Training	
13H00 Race #1	CX Men 30-39 & Men 40-49	50 Minutes
14H15 Race #2	CX Men 50-59 & Men 60 Plus	40 Minutes
15H30 Race #3	CX Women 30-39, 40-49, 50-59, 60Plus	40Minutes

All times subject to change in accordance with the Race Commissaires.

**Sunday August 25 Road Race**

The RR course is 20.4KM looping clockwise on Hwy 11A west in a clockwise direction back to Rocky Mountain House on Hwy 11 east.

Please access the venue via Will Sinclair drive heading north to West Central School and follow the signs to riders parking area on east parking lot of school. Please note this road race is utilizing rolling road closures and the centerline rule is strictly enforced. There will be limited neutral support; the feed zone will be prior to the junction of Hwy 756 and Hwy 11. Please follow the direction of all Commissaires, Course Marshalls and Law Enforcement.

07H30 All riders must sign in at the start/finish area with the Commissaires.

08H00 Race #1	RR Men 30-39 & 40-49	4 Laps
08H04 Race #2	RR Men 50-59	3 Laps
08H06 Race #3	RR Men 60 Plus	2 Laps
08H08 Race #4	RR Women 30-39 & 40-49	3 Laps
08H10 Race #5	RR Women 50-59 & 60 Plus	2 Laps

All laps and start groups may change in accordance with the Race Commissaires.

On behalf of the 2019 Masters Games & all our cycling vollies we wish you a successful and fun filled Games.