

Calgary

CRANKMASTERS

Cycling Club

Presents

The Masters

Provincial Road Race

September 12, 2010 - Crossfield, Alberta



Start Time: 11:00 a.m. for Men A, others at 5 minute intervals
Sign On: 9:00 to 10:15 a.m.
Sign On at: Crossfield Masonic Hall

Registration: On-line via Karelo only. www.karelo.com or click on link on www.calgarycycling.com Registration closes at 6 p.m. on Saturday, September 11, 2010

ENTRY FEES: \$40 for all categories

CATEGORIES: Master Men A (age 30-39)
Master Men B (age 40-49)
Master Men C (age 50-59)
Master Men D (age 60-69)
Master Men E (age 70-79)
Master Women A (age 30-39)
Master Women B (age 40-49)
Master Women C (age 50-59)
Master Women D (age 60-69)
Master Women E (age 70-79)
(Women ride as one group and prizes are awarded by above age categories)

The Masters' Provincial Road Race is open to Master riders only, who hold a "**Master's**" designation on their ABA license. Categories, as described in the tech guide, are gender specific. Category jumping is **NOT** allowed, **you must race with your age and gender group.**

Out-of-province riders may contest this Provincial Championship event; however, they are not eligible to receive medals.

COURSE: Using Twp Road 285 East, Highway 791 South, Highway 72 West and Range Road 292 North. The Race will be run in a clockwise direction. One lap of the course is approximately 32 km. See map below.

START: On Range Road 292, 300m North of the intersection with Highway 72. **It is 8 km from the hall to the start line. Please allow enough time to be at the start line for the beginning of the race.**

FINISH: On Twp Road 285, at Range Road 291. No parking, except for race officials, will be allowed at the Finish line.

DISTANCES:	Men A:	3 laps (approx. 102km)	11:00 AM Start
	Men B:	3 laps (approx. 102km)	11:05 AM Start
	Men C, D, E	2 laps (approx. 70km)	11:10 AM Start
	Master Women:	2 laps (approx. 70km)	11:15 AM Start

NOTE: Course layout and race distances are subject to change based on road conditions. Groups may be combined in the event of smaller fields.
Please confirm the details of your race at Sign-On

Common Starter's Instructions for all Categories: This race is sanctioned by the Alberta Bicycle Association. Course Marshalls will be stationed at appropriate course locations and will be wearing reflective vests and may be holding signs. However, it is each rider's responsibility to know and follow the race course. The roads will not be closed to traffic and the centre line rule will be in effect. Any rider crossing the centre line will be disqualified.

During the race you may hear a few quick honks of the horn from the Commissaire Vehicle. This means that following traffic is trying to pass. Please neutralize yourselves briefly until the traffic has passed safely. This also applies when groups of different Categories try to blend together.

Highway 72 along the southern part of the course is a busy road and it's suggested that you consider the paved shoulder as the race course since we can't assure you that drivers will respect you in the lane. Although the shoulder line will not be enforced as the yellow line, riders are encouraged to consider it the edge of the course.

Wheels are neutral. The wheel vehicle will service you on the right side of the road and you are responsible for changing your own wheel. You will not get any drafting to help you back to the group.

If the wheel vehicle passes you then you are outside of the rolling enclosure and must stay to the right and obey all traffic signs and laws. If riders from another Category catch up to you, you may not ride or work with that group or be involved in the final sprint.

There will be a sweep vehicle following the last rider on the course so you will not be left alone if you require assistance. Depending on the position of the last rider the sweep vehicle may take some time to reach you.

If you abandon the race you must inform a Commissaire at the finish line or tell the organizer at the sign-on area. Once you finish, clear the finish area quickly and do not cross the finish line again while riding your bike.

Feed Zone: will be marked by signs on Range Road 285 1.1km East of Twp Road 290. Master A & B groups can feed on laps 2 and 3. All other groups can feed on lap 2 only.

Number Placement: Right hip and right side below arm. Frame plate behind head tube or seat post. Riders without two body numbers and number plate may not be placed at the finish.

Helmets – MUST be worn for all pre and post race riding. **No exceptions!**

Refreshments and snacks will be provided after the race. M&M burgers will be available free of charge. There will be a draw for prizes. You must be present to claim a draw prize.

Directions to Crossfield Masonic Hall:

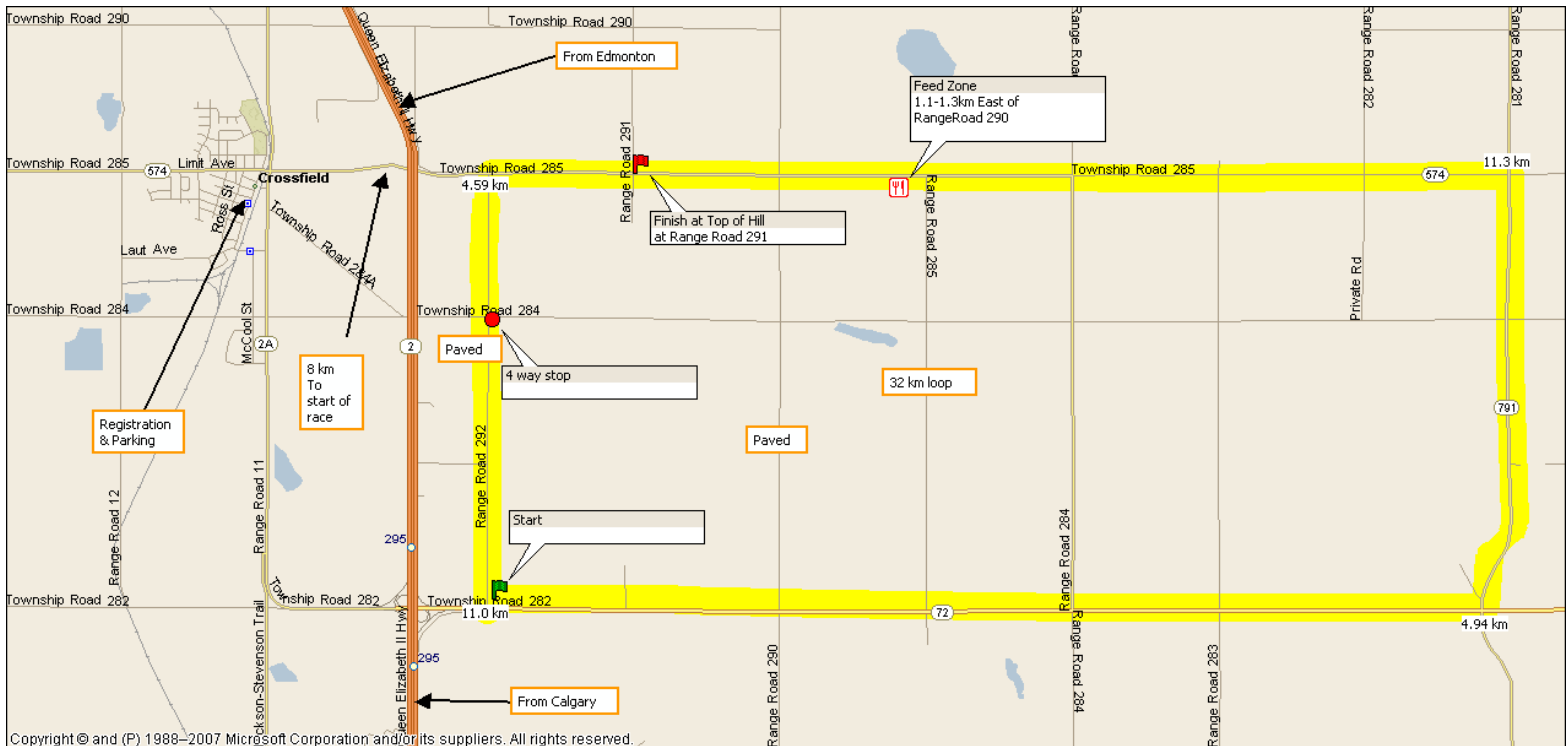
Located at Ross Street and Osler Avenue west of Railway Street (Highway 2A)

From Calgary: North on Highway 2, West at Exit 295 and follow highway 2A to Crossfield

From Edmonton: South on Highway 2, Take exit 305 and follow highway 2A to Crossfield

Accommodation: Several hotels and motels are available in Crossfield, Airdrie, Didsbury or north Calgary. All of these locations would be within a short drive of the race start.

Race Course:



SPONSORS: Thanks to the following sponsors of Calgary Crankmasters Cycling Club:

