



**MANITOBA
CYCLING
ASSOCIATION**

I Found a Friend Team Relay Time Trial Races

The MCA is pleased to announce that our next round of races will be Team Relay Races. We have received government approval to proceed with some racing that follows the guidelines set forth by the Federal and Provincial governments. Teams will consist of 2 riders (Women, Men, Mixed) regardless of category ability. Team Relay Races will take place Wednesday, August 5th and 12th

Dates

- Wed, August 5: Team Relay Time Trial #1 (2 laps, Clockwise Loop)
- Wed, August 12: Team Relay Time Trial #2 (2 laps, Counter-Clockwise Loop)

Race Organizer: Jayson Gillespie: (204) 333-5503; cycling.coach@sportmanitoba.ca

Location: Birds Hill Provincial Park

Parking: East Beach Parking Lot. Riders are asked to park one stall apart to maintain physical distancing from one another.

Washrooms: Available at the Beach at BHP

Hand Sanitizer: every participant is encouraged to bring their own, however, we will have available at the staging area, and results area

Spectators: Please minimize the number of people coming out to watch the race as we must keep our number of people associated with the race to a minimum to stay with the government guidelines. No spectators will be allowed in proximity of the start / finish line

Registration:

- Online Only. \$20 per team per event (2 riders).
- There will be no on-Site Registration, license purchases or license upgrades due to COVID-19 restrictions.
- Registration will close on Tuesday night at midnight.
- You must have a valid 2020 Cycling Race license (Manitoba or UCI) or a 2020 Manitoba Triathlon Membership
- [Register Here](#)

Categories: Racers will compete in one of the following: Women, Men, Mixed, regardless of regular ability categories.



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Sign-In: There will be no direct sign-in. Your presence at the start line for your start time will be used as confirmation of your sign-in.

Race Numbers:

- Each team will use one number, with each rider having one number on their backs
- Teams must decide which person's number they will use.
- If you don't have a number, one will be assigned to you that you can pick up from the race after 6:30pm. There will be a table setup at the start area where you can pick up your number.
- For each person, only one body number is required, no frame plate. Use the same number for both riders. Put the number in the center of your lower back overtop of your jersey pockets.
- Here's a video how to pin your numbers properly: <https://www.trainerroad.com/blog/what-every-racer-should-know-about-number-pinning/>

License: Cycling Race License (Manitoba or UCI) or Manitoba Triathlon Membership **is required**

- You must hold a valid 2020 of one of the following:
 - o Cycling: UCI or Manitoba race license.
 - o Manitoba Triathlon Membership
- You cannot purchase a MCA race license or or MB Triathlon membership. This must be done line before the race.
- Day licenses are not available at this time.

Start Times

- Will be posted Wednesday morning (race day) on Instagram, Facebook and the MCA website. This will be your official start time
- First Team Rider will start at 7pm, with 1-minute gaps between teams
- You will start sometime between 7-8pm.

Staging

- You must show up 10min before your start time for staging at the top of Pan-Am hill
- Riders will be spaced 6 feet apart, there will be no holders for starting.
- Riders arriving late for their start will be started at the discretion of the commissaires at the end of the start list. Riders will not be able to jump in with a late start near their start time due to Covid-19 restrictions
- Racers should not be present at the staging area more than 15minutes before their start time, to ensure the number of racers is keep to a manageable number.



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Race Format

- Teams will consist of 2 riders, each doing one lap of the course
- The 1st rider of the team will start based on the start times given
- The 2nd rider will stage in the transition area, which will be located just after the start/finish line. This rider must have 1 foot on the ground until the 1st rider has crossed the finish line, at which time they may begin their lap
- The 2nd rider will depart the transition zone once their teammate has crossed the finish line after completing the 1st lap
- The team's 1st rider is responsible to not block the path of the 2nd rider of their team or other teams who are starting their lap. 1st riders are asked to ride on the far left side of the lane (yellow line) on the course until they can safely turn around as to ensure they do not get in the way of the 2nd riders starting.
- Results will be based on the time when the 2nd rider of each team crosses the finish line

Passing other Riders

- If a racer is catching another racer, they must maintain a lateral distance of at least 2 metres between them and the other rider. (UCI rule [2.4.018], but applies for Covid-19)
- racers should only pass another racer when it is safe to do so for both racers.
- After being passed by another racer, the caught rider should ride at least 25m away from the other after 1km of being passed [UCI rule 2.4.018]. If this is not possible, the caught racer, should ensure they are not in the slipstream of the other racer, by leaving a lateral gap of at least 2 metres.

Finish Area

- Once finished, racers are expected to not linger at the finish line, rather go cool down and return to their vehicles.
- If you would like to see your teammate finish their lap, please position yourself away from the start/finish area to maintain your physical distancing from other riders and spectators
- There will be no prizing at the end of the race

Results

- Raw Race results will be posted at the race immediately after.
- However, riders are reminded to maintain a 2m distance, thus only one person may look at results at a time. Race results will be sectioned off, such that only one person may enter at a time.
- Results will also be posted on the MCA's Instagram account immediately. Riders will have 24hrs to protest any results before they are considered official.



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Prizing:

- Top 3 teams of each category (Women, Men, Mixed) will be prized
- Prizing will be sent to teams via an e-transfer from the MCA.
- Prizing amount will be determined based on number of participants, and at the discretion of the race organizer.
- No Prizing will be given out at the end of the race. The race organizer will contact riders directly via email

How this is going to work with Covid-19

- With the restrictions currently in place due to Covid-19, there are some changes necessary to our standard racing format. Please read through the entire document so you are aware of how the race will be setup, so you can do your part to help follow the rules.
- We will have volunteers in charge of physical distancing, who will be walking around asking you to keep your distance. Please show them respect and follow their requests as they are ensuring that we are maintaining the requirements necessary to be able to have the races.
- **Registration** will be done completely online and there will be no race day registration available. You must have an MCA race license or Tri MB Membership to participate
- If you need a **race number**, we will have one for you at the race. However, we are asking everyone to reuse their numbers from last year if possible.
- We will post **start times** on Wednesday morning on Instagram, Facebook & MCA website
- When you arrive at east beach, please park one stall apart (if possible) from other participants
- There will be nothing happening in east beach, other than parking.
- You are responsible to ride up to the start/finish at the top of the Pan-Am Hill
- There will be no parking allowed at the start / finish for **spectators** as we can't have too many people at the start / finish. If you have people coming to watch, they need to park somewhere else and walk over. They will still be asked to keep their distance from the start / finish area for physical distance and to ensure we are meeting the gathering guidelines
- **Staging:** When it is ~10 minutes before your start time, please be present near the start line, which is at the top of the Pan-Am hill (see map below). Please don't show up early as we need to keep the number of people at the start/finish to a minimum. Showing up for staging will be considered your "Sign-in for these races. 2nd Riders are asked to show up to the transition are approximately 10min after their teammate (1st rider) has started.
- Once you arrive at the start/finish for staging, please keep an ear out for the volunteer who will be calling out names (The Whip) and getting everyone sorted into their start order
- We will stage everyone about 5 minutes before their actual start time



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- **Don't be late** as you will not be allowed to just jump in with a late start due to the physical distancing restrictions. We will do our best to put you in at the end of the race or if someone doesn't show up for their start time
- Once you start, you will do your race. If you **pass someone**, please ensure that you are giving them 2 meters clearance laterally. If you are passed, then you must maintain an acceptable distance from their as described in this tech guide.
- When you are **finishing the first lap**, please be aware that you will be passing the 2nd rider of your team and other teams in the transition area. Give them enough room by riding near the yellow line as you may be passing them at a significant difference in speed
- Once you have **finished your lap**, please do linger around the finish line. Go cool down and return to your cars. You will be asked to leave by the volunteers.
- Raw **results** will get published online (Instagram, Facebook) as soon as the race is finished. We will also post them on a table at the start/finish after the race, where you can view them, while maintaining the physical distancing rules.
- You will have 24hrs to **protest the results** before they become official
- Teams that have won a **prize** will be contacted via email to have arrangements made.

COVID-19 Race Protocols

PLEASE SEE THE MCA'S FULL RETURN TO RACING PROTOCOL DOCUMENT ON THE MCA WEBSITE.

All cyclists and guardians are expected to adhere to the Provincial Health Officer's (PHO) orders and guidelines with respect to COVID-19.

GENERAL GUIDELINES - TO BE RESPECTED AT ALL TIMES

- If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT participate in sport. If these symptoms begin during an organized cycling activity, you must leave immediately and contact local public health office for recommendations. You must also inform your club and/or personal coach.
- In addition, the following individuals should not participate in organized cycling activities:
 - Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the Manitoba department of Health, Seniors & Active Living (<https://www.gov.mb.ca/covid19/index.html>)



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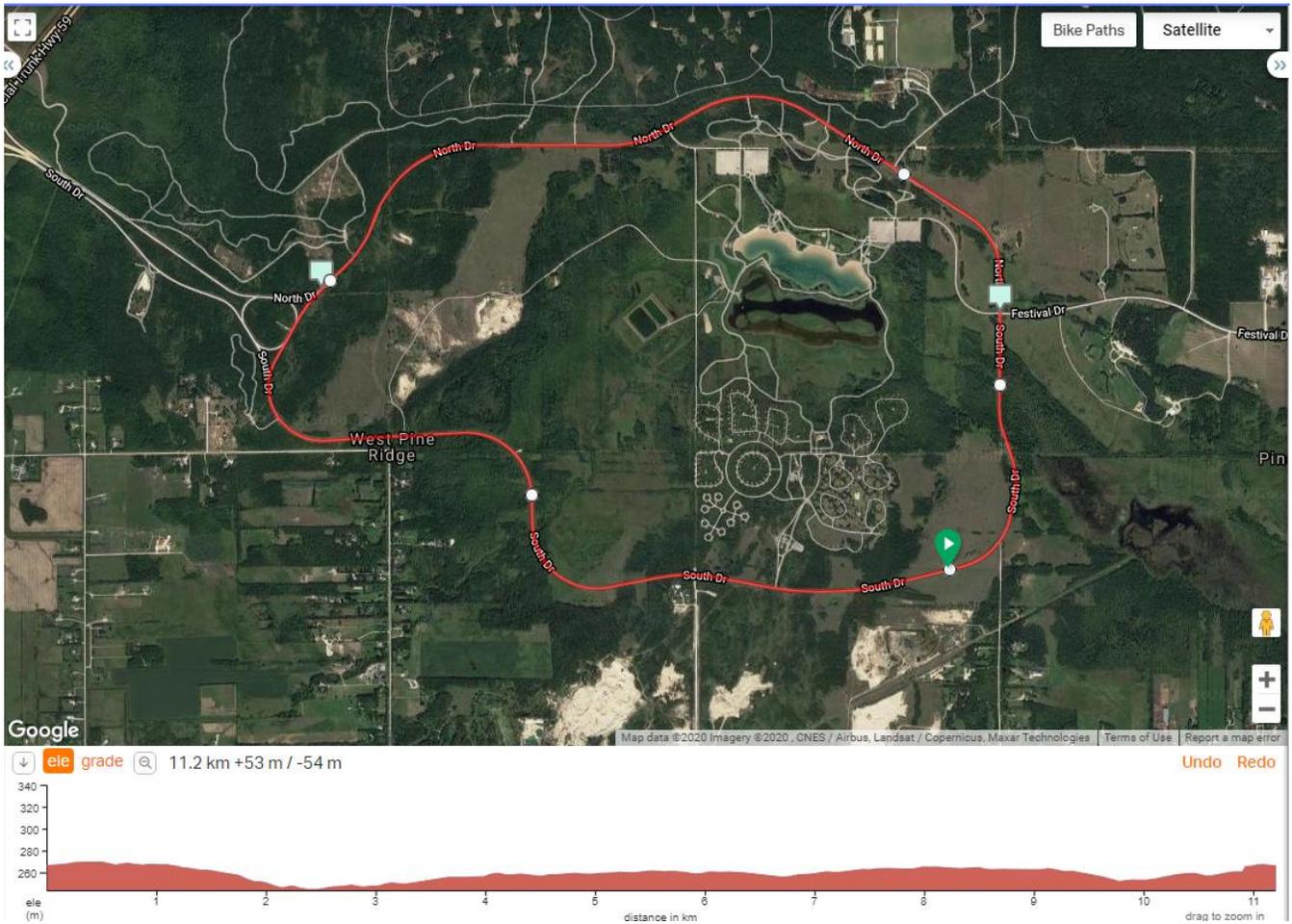
- Any person who has been told to self-isolate.
- Any person who lives in a home with or has been in close contact with someone with symptoms of COVID-19.
- Any person who has arrived in Manitoba from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- All participants must practice recommended social/physical distancing by keeping two metres (six feet) away from one another at all times.
- Washing your hands frequently following the recommended guidelines of a minimum of 20 seconds (it is the single most effective way of reducing the spread of viruses)
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough (NOT YOUR HANDS).
- Practice enhanced hygiene, including regular cleaning of equipment.
- Use an alcohol-based hand sanitizer containing 60% alcohol if soap and water are not available
- Be self-sufficient on the bike – leave prepared for nutrition, hydration, and mechanicals.
- Do not share equipment, food, drinks, utensils, water bottles, etc.
- Do not shake hands, embrace or high-five to celebrate.
- Do not loiter before or after organized activities.
- Avoid contact with sick people, including avoiding close contact with people suffering from acute respiratory infections
- Group size – limited to Manitoba Health Authority recommendations of 100 persons outdoor and 50 persons indoors.



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Course Maps

August 5, 2020: Clockwise Loop





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August 12, 2020: Counter Clockwise Loop

