



2016 Tour de Bowness presented by TappCar

Technical Guide

Race Director: Bob Grunewald 403-560-2439 bobg@bowcycle.com

Technical Director: Jordan McGuire jordan@albertabicycle.ab.ca

Chief Commissaire: Andy Holmwood



2016 Tour de Bowness is a three-race omnium event with a Road Race, Hill climb and Criterium. Points will be given for each race toward the overall omnium standings. On Saturday, watch the cyclists from many great viewing points along the road course just outside of Cochrane. On Sunday evening, come to Canada Olympic Park and see who is the fastest up the hill. On Monday, visit beautiful Bowness to see the racers tackle the challenging 7 turn Criterium course!

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CATEGORIES

Riders will compete in one of the following categories, as indicated on their ABA license:
 Women Cat 1,2,3 Women Cat 3,4,5
 Men Cat 1 and 2 Men Cat 3
 Men Cat 4 Men Cat 5

EVENT SIGN-IN

- All riders must sign on and present their ABA/UCI License for their first event.
- Sign On for all events ends 15 minutes before your category start time.
- For all events, please place your jersey numbers as indicated in the diagram (Right ribcage, Right Hip). You also require a frame plate.

CASH PRIZES FOR OMNIUM

To qualify, participants must start all races. The following cash prizes will be awarded for the omnium. These are guaranteed prize monies.

PLACE	MEN CAT 1/2	WOMEN CAT 1,2,3	WOMEN CAT 3,4,5	MEN CAT 3	MEN CAT 4	MEN CAT 5
1	\$1500.00	\$1500.00	\$400.00	\$600.00	\$400.00	\$300.00
2	\$800.00	\$800.00	\$200.00	\$400.00	\$200.00	\$200.00
3	\$500.00	\$500.00	\$150.00	\$200.00	\$150.00	\$150.00
4	\$200.00	\$200.00		\$120.00	\$120.00	\$120.00
5	\$100.00	\$100.00		\$100.00	\$100.00	\$100.00
6	\$100.00	\$100.00		\$100.00	\$100.00	\$100.00
7	\$100.00	\$100.00		\$100.00	\$100.00	\$100.00
8	\$100.00	\$100.00		\$100.00	\$100.00	\$100.00



Omnium Points

	HILL CLIMB	ROAD RACE	CRITERIUM
PLACE	POINTS	POINTS	POINTS
1	25	25	30
2	20	20	25
3	15	15	20
4	12	12	15
5	10	10	12
6	9	9	10
7	8	8	9
8	7	7	8
9	6	6	7
10	5	5	6
11	4	4	5
12	3	3	4
13	2	2	3
14	1	1	2
15+	1	1	1

Note: These are not ABA series or upgrade points

In the case of a tie, the higher placed rider in the criterium will be overall winner.



AWARDS

Podium presentations for the top-5 riders in each category will be made following each event. The omnium podium presentations will be made after the Criterium presentations on Monday August 3rd. Aside from prizes, all money prizes will be mailed (cheques) to the respective winners. Awards will be handed out as soon as possible after the Criterium.

Upgrade and Series points will be available at this event according to the ABA points schedule B (20, 15, 12, 10, 8, 6, 4, 2) for the Road Race, Hill Climb, and Criterium. The omnium will have Series points awarded to ABA points schedule A (25, 20, 15, 12, 10, 8, 6, 4, 2, 1).

NUMBER PLACEMENT

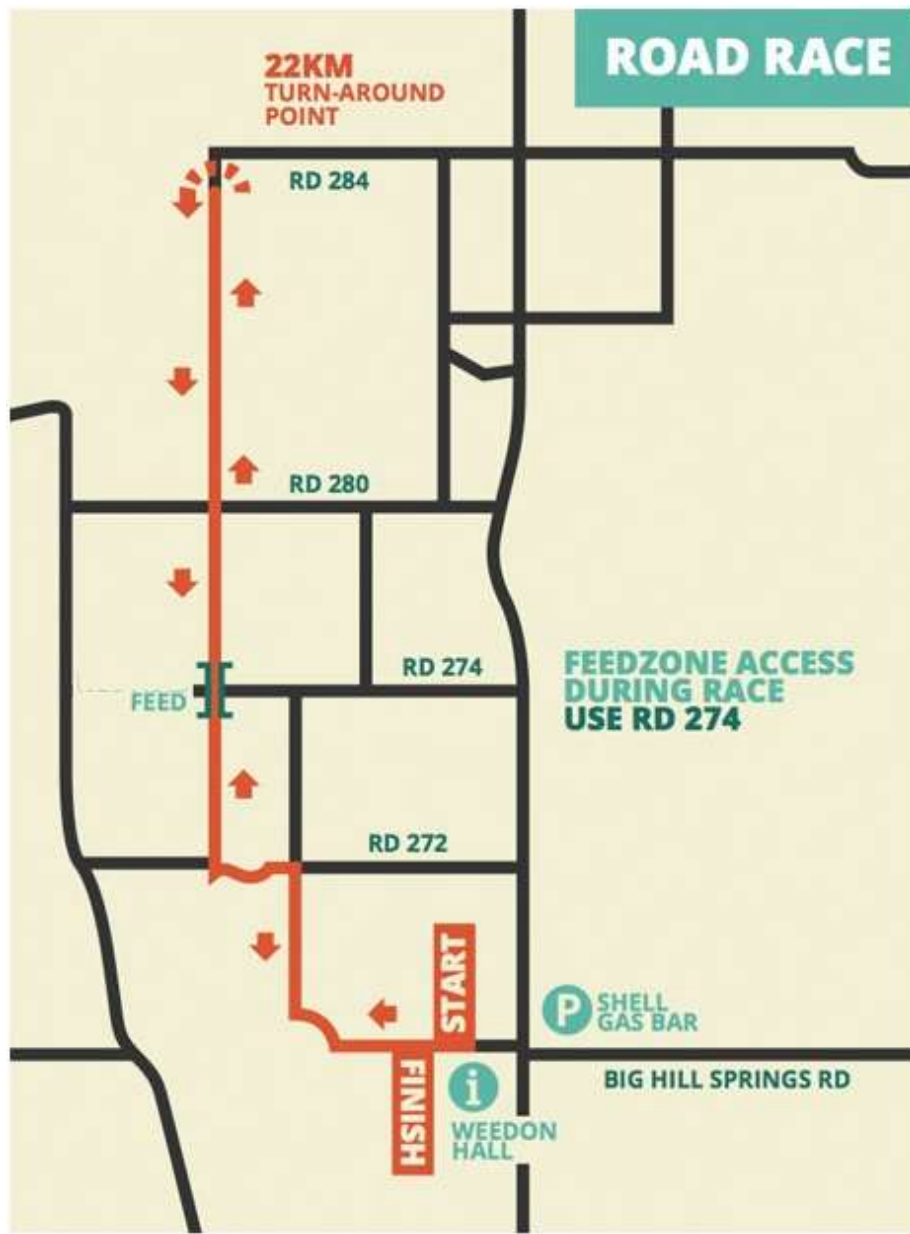


The ABA complies with and fully supports the UCI antidoping regulations, the clauses of the World Antidoping Code and its international Standards to which the UCI antidoping regulations refer and to the antidoping regulations of other competent bodies as per the regulations of the UCI.

ROAD RACE SAT, JULY 30 | HORSE CREEK (COCHRANE)

The road race takes place on Horse Creek Rd just outside the Town of Cochrane. With its rolling hills and majestic scenery, all racers are challenged by the 22 kilometer course.

COURSE DESCRIPTION



- Cat ½, 3, and Women 1/2/3 will do three laps of the course
- Cat 4, 5, and Women 3/4/5 will do two laps of the course



Staging and Start – Weedon Pioneer Hall.

- Riders will head west down Weedon Road to a marshaled right turn, heading north onto Horse Creek Road. The race will be neutral until after this turn.
- There is a slight left turn at the 272, then a right onto Horse Creek Rd again.
- Racers will ride north to just before TWP RD 284 to the designated turn-around.
- Racers return on the same route and turn-around in front of Weedon Pioneer Hall.
- The finish line will be on the up-hill section of Weedon Road several hundred meters back of Weedon Pioneer Hall

RACE DAY INFORMATION

- All Race participants are required to sign on at Weedon Pioneer Hall at least 15 minutes prior to their start time. Racers who have not done so already must present their license to the Technical Delegate to receive numbers.
- You will receive your race numbers at your first event.
- Snacks and beverages will be available at the Weedon Pioneer Community Hall for Racers and Volunteers at the end of the events.
- Racer's meals are not provided.
- **Please remove cycling shoes before entering Weedon Pioneer Hall.**
- Results and awards to follow as soon as possible after each category.

DIRECTIONS TO VENUE

- From Calgary, head northwest on Crowchild Trail, to HWY 1A. Continue west for 20km to Cochrane. Stay on the HWY 1A through Cochrane for 2.5km until reaching the lighted intersection of HWY 1A and HWY 22.
- Turn right and go north on HWY 22, up the hill. Head north for 7km until the intersection of the RNG RD 567/ Big Hill Springs Road, and HWY 22. Turn right and enter the Big Hill Shell Parking lot.
- Race Staging and Start area will be on the west side of HWY 22, directly across from the Shell/ RV Park, on Weedon Road. The Weedon Pioneer Community Hall is the central spot for the A.B.A., wheel cars, and Marshalls, First Aid, Media and Volunteers. There will be no parking for racers at the hall for registration or the race.

PARKING

- Racers must park at the Big Hill Shell gas bar on the EAST side of HWY 22. This will be marshalled controlled/limited parking situation. Please obey the Parking Coordinators. Those wanting to set up Team tents, warm-up equipment, etc. are advised to arrive early to get the space you need.
- The parking lot and gas bar/ RV Park will be open to the public during this event. Please use caution while in the area and on your bikes. Cyclists need to represent our user group in a responsible, courteous manner to ensure future use of this venue. Riders should be wearing a helmet at all times when on their bicycle. Thanks to Sean Veraat of The Spring Hill Group undertaking arrangements for us.
- Please safely cross HWY 22 from the Big Hill Gas Bar to the Weedon Pioneer Hall or sign on. HWY 22 at the 567 is an uncontrolled, extremely busy intersection. Exercise EXTREME CAUTION when crossing. Remember: this is a long weekend travel day.
- Weedon Pioneer Hall parking is reserved for organizers, race officials, FIRST AID, and media. There will be no parking for racers at the Hall for registration or the race.
- PARKING is NOT allowed on the Race Course of Weedon Road, Horse Creek Road or residents' driveways, as per County of Rocky View. The future of our event depends on cooperation of all parties participating.



FEED ZONE

- Check map for feed zone details. The feed zone is open, for all categories, every passing except the first northbound passing.
Riders must dispose of garbage and bottles only in the feed zone.

WHEELS

- Wheels are neutral. The wheel vehicle will service you from behind on the right side of the road and you are responsible for changing your own wheel. Make sure you get a suitable wheel, with the right cogset. You will not get any drafting to help you back to the group.

VEHICLES

- During the race you may hear a few quick honks of a horn, this means that following traffic is trying to pass.
- If you are dropped by the peleton, you must stay to the right and obey all traffic signs and laws.
- There will be a sweep vehicle following the last rider on the course so you won't be left alone if you need help. Depending on the position of the last rider, the sweep may take a few minutes to get up to you.

DNF RIDERS

- If you retire or abandon the race, please tell a Commissaire at the finish line. Once you finish, clear the finish area quickly and do not cross the finish line again while riding your bike. Do not congregate around the finish line as this may cause oncoming traffic to enter the finish area and causes danger to other riders.

ADDITIONAL INFO

- This event will be run according to UCI, CCC & ABA rules & regulations. Riders are responsible to read & understand the regulations. They can be found [online](#).
- Certified FIRST AID responders will attend the Road Race. Weedon Pioneer Hall is the designated First Aid Point. Marshals on the Course will have radios and cell phones for easy communication.
- Porta-potties will be available at the Feed Zone area, in the parking area of Big Hill Gas Bar and at Weedon Pioneer Hall.
- Unsportsmanlike conduct will not be tolerated, including, but not limited to, public urination, littering, and profane language. Officials have the right to assess penalties and disqualify riders from the race if deemed necessary. We are on public roads and we want to remain welcome. Please do your part to ensure this is possible.
- **Where it is deemed that the image or reputation of the Tour de Bowness may be blemished, organizers reserve the right at any time to exclude riders.**



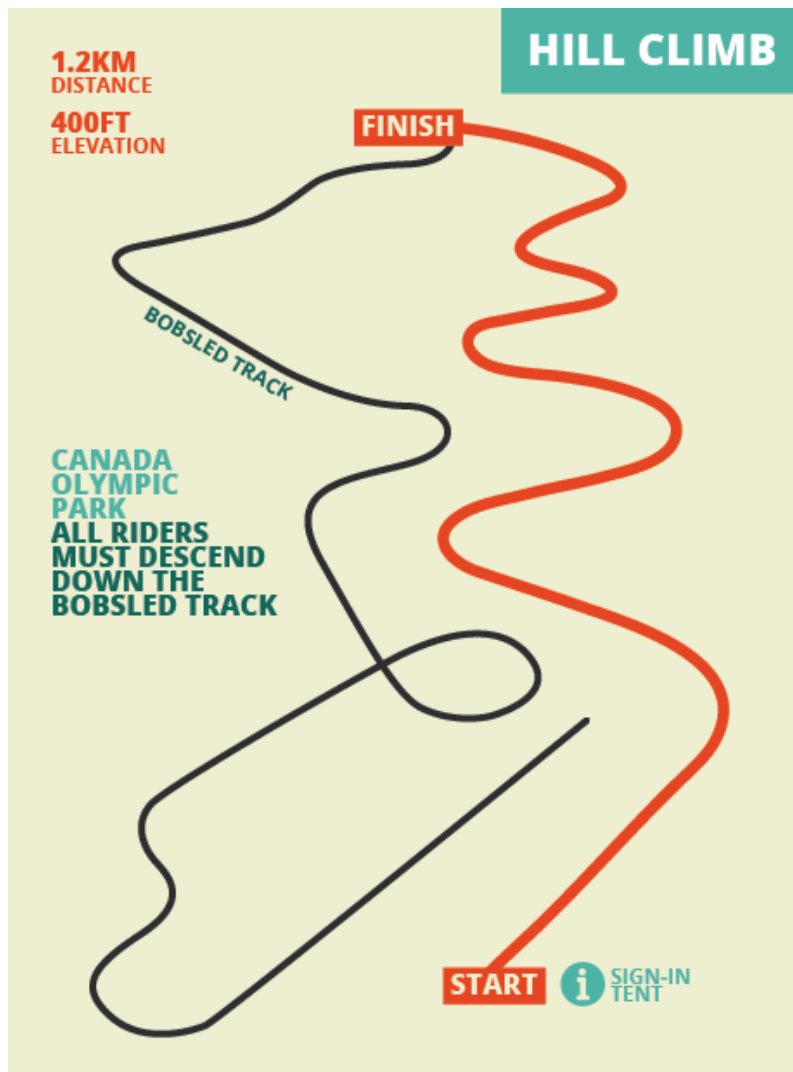
BICI BUCERIAS HILL CLIMB SUN, JULY 31 | CANADA OLYMPIC PARK (CALGARY)

The [Bici Bucerias](#) Hill Climb is an exciting dash to the top of Canada Olympic Park Hill at the edge of Calgary. This grueling climb takes brute power and strength to successfully conquer the 1.25 kilometer long steep 120- metre ascent. Lined with cheering spectators and a gorgeous view of Calgary in the background.

You will have more reasons than ever to be the fastest up the hill this year. The Bici Bucerias KOM/QOM will receive Bici Bucerias KOM jersey and shorts as well as a one week stay at [maraVilla](#) in Bucerais, Mexico (valid until June 1, 2017). one week bike rental with Bici Bucerias. This is a \$1300 USD value!

Bici Bucerias is all about the ride. Our Mexican Bike Tours include lots of relaxation and exploration time – you can even call them vacations – but make no mistake, we’re here to ensure you enjoy your time in the saddle. Rides range between 50 – 100 kilometres, depending on the group. We provide opportunities to cycle on some of the best, safest and most scenic roads on Mexico’s west coast.

COURSE DESCRIPTION



The COP Hill Climb course starts with a consistent slope that gradually steepens past turn 6 and 7 to finish 1.25km from the start line.

- Total Distance = 1.25km
- Total Elevation = 400ft

RACE DAY INFORMATION

- All Race participants are required to attend license check in the Bobsleigh Finish house at COP at least 15 minutes prior to your start time. Racers must present their ABA/UCI license to the Technical Delegate to receive numbers. License check opens at 4:00pm.
- You will receive your race numbers at your first event.
- Bike Check: Riders are reminded UCI rules regarding minimum bike weights will apply – “the minimum weight of the bike, without accessories that can be removed during the event shall be 6.8 kg / 14.96 lbs)” – and bikes will be weighed prior to competing. The official scale will be accessible to riders from 3:30 – 5:30 so adjustments can be made accordingly. If your bike leaves the area between your bike check and start time, your bike will be re-weighed and you may be late for your start. Bike check will be directly behind the start tent. For information about technical regulations regarding bikes, see the UCI & ABA [regulations](#).
- Riders will compete “Three-Up” with other riders in their category, in 2 minute intervals.
- NOTE: All riders MUST descend down the bobsled bike path during warm up and during the race. Riders must stay in the right hand lane on the way up. East lane will see traffic in both directions.
- Results and awards to follow as soon as possible after the event.
- Results will be posted about 15 minutes after the finish of each category.

DIRECTIONS TO VENUE / PARKING

- Canada Olympic Park is located at 88 Canada Olympic Rd. NW. This is located on the Trans Canada Highway (16th Avenue) at Bowfort Road NW.
- Park in the Sports Center/ Warehouse parking lot located at the west side of Canada Olympic Park.

ADDITIONAL INFO

- This event will be run according to UCI, CCC & ABA rules & regulations. Riders are responsible to read & understand the regulations. They can be found [online](#).
- Washrooms are available near the Bobsleigh Finish house.
- Unsportsmanlike conduct will not be tolerated, including, but not limited to, public urination, littering, and profane language. Officials have the right to assess penalties and disqualify riders from the race if deemed necessary. We are on public roads and we want to remain welcome. Please do your part to ensure this is possible.
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CRITERIUM

MON, AUGUST 1 | BOWNESS (CALGARY)

The Criterium is a speed race on a short circuit with the city streets closed to traffic. Racers reach speeds of up to 70 km/hr as they race on the circuit that loops from Bowness Rd, past Bow Cycle and back around the winding streets of the community of Bowness.

This event is a crowd-favorite as the racers take the turns at high speed and the constant sprinting whips the crowd into a frenzy as riders compete for cash prizes known as lap primes (pronounced “preems”). Our unique course has the benefit of a chicane to test the skill of the riders as they ride the bownesian pave.

COURSE DESCRIPTION



- The criterium course is 960m with 7 turns, a small hill, a chicane and some good old Bownesian pavement. A long straight away (with a typical tailwind) makes for a fast finish.
- The wheel pit is located just before the start line on the rider's right.
- The wheel pit is not neutral, you must provide your own wheels.
- A neutral warm up/team area, located behind Bow Cycle, can be used for riders to put up tents and warm up.
- **Tents must have weights on them to keep them secured to the ground. If your tent is not properly secured, it will be taken down.**

EVENT SCHEDULE

8:00AM	Course open for training	9:00AM	Women Cat 3/4/5 - 20 laps
9:45AM	Category 5 - 20 laps	10:30AM	Category 4 – 30 laps
12:00PM	Category 3 – 35 laps	1:00PM	Women Cat 1/2/3 - 25 laps
2:00PM	Category 1/2 – 45 laps		

RACE DAY INFORMATION

- All Racers must be pre-registered and need to show their license/sign on at Bow Cycle at least 15 minutes before your race starts. Riders who have not done so already must present their license to the Technical Delegate to receive numbers. Ensure that your signature appears on the sign-on sheets.
- Course open for warm up at 8:00am. Please use caution as set up may still be in progress. The course will be open for at least one lap after each event.
- The course will be open to the next category only after the last rider in an event has finished and until 10 minutes before start time of the next event.
- Each race will be led by a motorcycle. Any rider caught by the motorcycle is considered to have been lapped and must pull off the course at the end of the lap on which they are caught by the motorcycle. If the lead rider laps the field, all riders remain in the race.
- Results and awards to follow as soon as possible after each category.

PRIMES

- **Women 3,4,5** – 2 Primes @ \$100ea
- **Category 5** – 3 Primes @ \$100ea
- **Category 4** – 3 Primes @ \$100ea
- **Category 3** – 3 Primes @ \$100ea
- **Women 1,2,3** – 3 Primes @ \$100ea
- **Category 1/2** – 4 Primes @ \$100ea

DIRECTIONS TO VENUE / PARKING

- The Criterium course is located in downtown Bowness on 64th Street and Bowness Road NW.
- Parking is available behind Hextall Place and east of 64th Street on Bowness Road.

RACER FOOD

- A ticket for a post criterium meal provided by Salt & Pepper Restaurant will be available at Sing on. Come and enjoy the Bowness Street Festival during and after the Criterium on Monday, August 1st.

ADDITIONAL INFO

- This event will be run according to UCI, CCC & ABA rules & regulations. Riders are responsible to read & understand the regulations. They can be found [online](#).
- Washroom facilities will be provided behind Bow Cycle near the Community Garden.
- Unsportsmanlike conduct will not be tolerated, including, but not limited to, public urination, littering, and profane language. Officials have the right to assess penalties and disqualify riders from the race if deemed necessary. We are on public roads and we want to remain welcome. Please do your part to ensure this is possible.
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