



# **TOUR DE BOWNESS**

**2019 Tour de Bowness**

**Technical Guide**

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**Chief Commissaire: Andy Holmwood**

**Technical Delegate: Jiayi Sun**



**2019 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, come to Mackay Road 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!

**REGISTRATION**

On-line via Zone 4, [www.zone4.com](http://www.zone4.com) or follow link on [here](#).  
 There will be no race day registration. Registration price increases Monday July 29<sup>th</sup>.  
 Registration closes at 11:59 pm on Thursday, August 1<sup>st</sup>.

**CATEGORIES**

Riders will compete in one of the following categories, as indicated on their ABA license:  
 Women Cat 1, 2, 3      Women Cat 4, 5      U17/15 Men      U17/15 Women  
 Para (HandCycle)      Men Cat 1 and 2      Men Cat 3      Men Cat 4      Men Cat 5

**EVENT SIGN-ON**

- All riders must present their ABA/UCI License for their first event and sign on for all events.
- Sign On for each event 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**

The following cash prizes will be awarded for the omnium. These are guaranteed prize monies.

PLACE	MENCAT 1/2	WOMEN CAT 1,2,3	WOMEN CAT 4,5	MEN CAT 3	MEN CAT 4	MEN CAT 5	U17/U15 EA	PARA
1	\$1500.00	\$1500.00	\$300.00	\$600.00	\$400.00	\$300.00	\$150.00	\$150.00
2	\$800.00	\$800.00	\$200.00	\$400.00	\$200.00	\$200.00	\$100.00	\$100.00
3	\$500.00	\$500.00	\$150.00	\$200.00	\$150.00	\$150.00	\$75.00	\$75.00
4	\$200.00	\$200.00	\$120.00	\$120.00	\$120.00	\$120.00		
5	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00	\$100.00		
6	\$100.00	\$100.00		\$100.00	\$100.00			
7	\$100.00	\$100.00						
8	\$100.00	\$100.00						



## Omnium Points

To qualify for a final standing in the Omnium, riders must start each of the three races. Points will be awarded, however, to riders finishing each race as per the table below regardless of eligibility for overall Omnium standing.

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

**Note:** These are not ABA series or upgrade points

**\*\* Ties will be broken by placing in the Criterium.**

## AWARDS

Podium presentations for the **top-5 riders** in each category will be made following each event. The omnium podium presentations will be during the day as results are available during the Criterium presentations on Monday August 5<sup>th</sup>. Aside from primes, 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 Hill Climb, and Criterium. The Road Race and Omnium will have Series points awarded to ABA points schedule A (25, 20, 15, 12, 10, 8, 6, 4, 2, 1).

Riders are reminded that per UCI regulations, riders shall appear at official ceremonies in competition clothing.

## NUMBER PLACEMENT

**Racers will be supplied TdB numbers!**



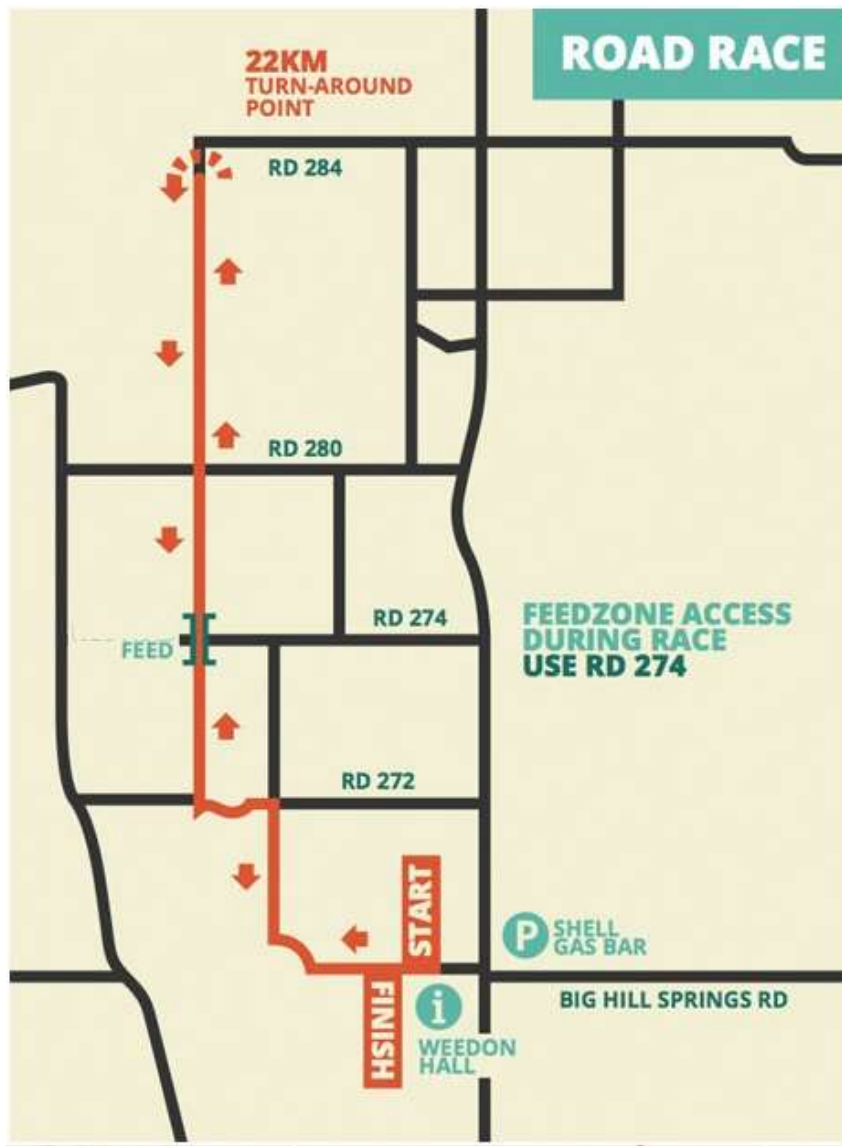
**\* also use frame plate**

*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, AUG 3 | 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. For 2019, this is also the Provincial Championships.

### COURSE DESCRIPTION



- Cat ½ and 3 will do three laps of the course
- Women 1/2/3 will do 2 ½ laps of the course turning at RD 280 on final lap



- Cat 4, 5, and Women 4/5 will do two laps of the course
- U17/15 and Paracycle will do one lap of the course

## SCHEDULE

9:00AM	Staging of Categories
9:05AM	Category 1/2 start - 3 loops @ 44km = 132km
9:10AM	Category 3 start - 3 loops @ 44km = 132km
9:15AM	Category Women 1,2,3 - 2 loops @ 44km 3/4 loop @ 35km= 123km
9:20AM	Category 4 start - 2 loops @ 44km = 88 km
9:25AM	Category 5 start - 2 loops @ 44km = 88 km
9:28AM	Category Women 4,5 - 2 loops @ 44km = 88 km
9:30AM	Category U17/15 - 1 loop @ 44km = 44 km
9:32AM	Category ParaCycle - 1 loop @ 44km = 44 km

## 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 Racers are required to present their license and sign-on at Weedon Pioneer Hall at least 15 minutes prior to their respective start time.
- 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 marshal 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.

## NEUTRAL SERVICE

- The provision of neutral service in Alberta road races is wholly dependent on receiving an adequate supply of wheels from teams and riders. Teams should plan on contributing one pair of spare wheels for every three riders, while Independent riders should come equipped with a spare pair of wheels. Riders are reminded that service vehicle drivers are volunteers and may not be trained in bicycle mechanics. As well, riders are reminded that drafting a service (or other) vehicle is prohibited.

## VEHICLES

- If you are dropped by the peloton, 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.

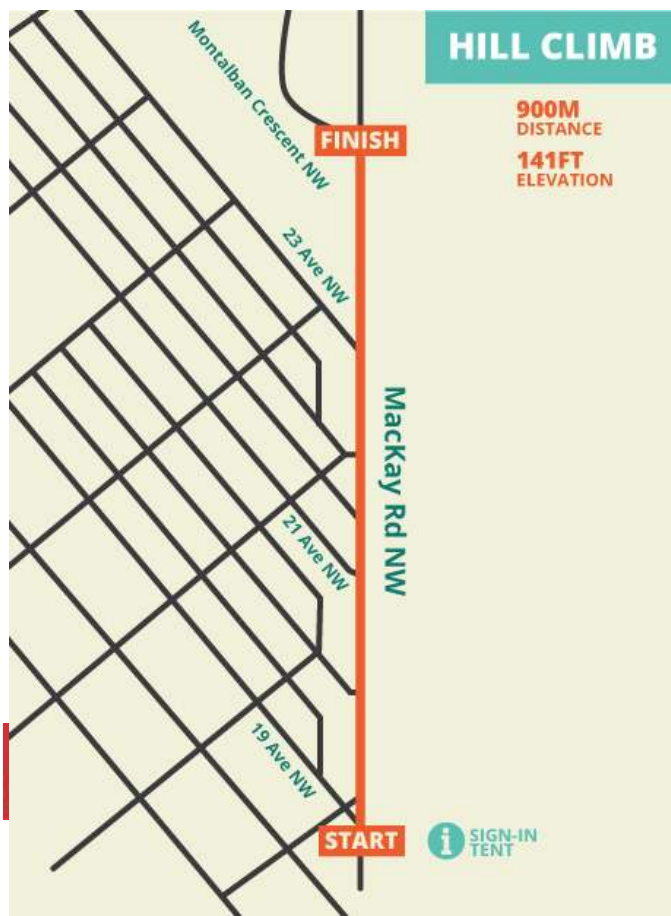
## ADDITIONAL INFO

- 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 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.**

## HILL CLIMB

### SUN, AUG 4 | MACKAY RD (CALGARY)

The Hill Climb changed in 2017 and an additional twist for 2019. Participants will have to gauge their effort individually on a slightly shorter climb that constantly increases in pitch. The straight up climb on Mackay Road will combine gauging effort with some strategy. Then the top five in each category will race again to determine final placement.



## COURSE DESCRIPTION

The Hill Climb course consistently increases in steepness to 10% and is just under 1km in length.



## SCHEDULE

<b>9:00AM</b>	Registration open for Hill Climb
<b>9:00AM</b>	Warm Up
<b>9:45AM</b>	Hill Climb Clear
<b>10:00AM</b>	Category 5
<b>10:30AM</b>	Category 4
<b>11:00AM</b>	Category 3
<b>11:30AM</b>	Category U17/U15
<b>11:40AM</b>	Women Category 1/2/3/4/5
<b>12:10AM</b>	Category 1/2
<b>12:40PM</b>	All Categories Top Five for placement

## RACE DAY INFORMATION

- As this race starts with an Individual Time Trial, there is no sign-on.
- If you have not picked up a racer package, you are required to attend license check in the tent near the start 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 will open at 9:00am.
- Bicycles must be UCI legal for mass-start racing.
- Bike Check: Bicycles will be checked for compliance with UCI equipment regulations immediately prior to each rider's start; please allow at least 5 minutes for this process. A pre-check will be available beginning at 09:00.
- Information on UCI bicycle and equipment regulations can be found [here](#).
- Riders will go up at 30 seconds intervals. **NEW FOR 2019!!**
- NOTE: Traffic is allowed beside the course and riders MUST obey the rules of the road.
- 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

- From Bow Cycle & Sports - 6501 Bowness Rd NW, Calgary, AB T3B 0E8
- Head southeast on Bowness Rd NW toward 64 St NW for 3.1 km



- Turn left onto 42 St NW for 130 m
- Turn left onto MacKay Rd NW for 130 m
- Foundations for the Future Charter Academy High School Campus is at 2116 MacKay Rd NW

#### 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 behind the Future Charter Academy.
- 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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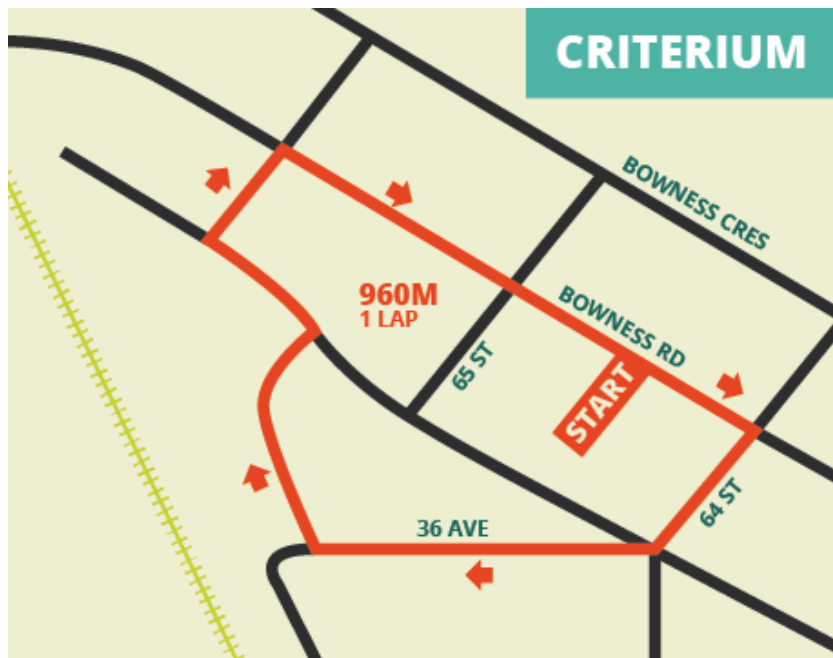
## CRITERIUM

### MON, AUGUST 5 | 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.
- Teams may set up tents along Bowness Road in front of Undercurrents towards 65<sup>th</sup> Street.
- **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.**

## SCHEDULE

8:00AM	Course open for training
9:00AM	Women Cat 4/5 - 20 laps
9:45AM	Category 5 - 20 laps
10:30AM	Category 4 - 30 laps
11:20AM	Category U17/15 - 15 laps
12:00PM	Category 3 - 35 laps
1:20PM	Category Paracycle - 15 laps
2:00PM	Women Cat 1/2/3 - 25 laps
3:00PM	Category 1/2 - 45 laps

## RACE DAY INFORMATION

- All Racers must be pre-registered: If you have raced either the Road Race or the Hill Climb, you will already have numbers and need only to sign-on at least 10 minutes before your race starts. If you have not yet picked up a racer package, you are required to present your ABA/UCI license to the Technical Delegate to receive numbers, at least 15 minutes prior to your start time.
- License check will open at 8:00am
- License check / sign-on will be located at the front doors of Bow Cycle.
- 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.
- Riders either lapped, or about to be lapped (passed by the lead motorcycle), may be removed from the race at the discretion of the commissaires. Such riders must continue riding until they are flagged off the course by a commissaire shortly after the finish line. Riders pulled from the race will receive a placing.
- Riders who remove themselves from the course otherwise will be classified as DNF.
- Results and awards to follow as soon as possible after each category.





## PRIMES

- ParaCycle - 2 Primes @ prizes
- U17/15 - 2 Primes @ Prizes
- Women 4,5 - 2 Primes @ \$100ea value (cash or prize)
- Category 5 - 2 Primes @ \$100ea value (cash or prize)
- Category 4 - 3 Primes @ \$100ea value (cash or prize)
- Category 3 - 3 Primes @ \$100ea value (cash or prize)
- Women 1,2,3 - 3 Primes @ \$100ea value (cash or prize)
- Category 1/2 - 4 Primes @ \$100ea value (cash or prize)

## 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 Sign on. Come and enjoy the Bowness Street Festival during and after the Criterium on Monday, August 5<sup>th</sup>.

## 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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Thank you for participating in the Tour de Bowness

*Bob Grunewald*

