

Calgary
CRANKMASTERS
Cycling Club

Presents

Pedalhead Individual Time Trial

July 6, 2019



Sanctioned by the Alberta Bicycle Association.

Sponsors

Thanks to the following sponsors of Calgary Crankmasters Cycling Club



Race Organizer

Robert Haslam -Pedalhead ITT
rmhaslam@mac.com

Registration

On-line via Zone 4, www.zone4.com or follow link on www.calgarycycling.com. There will be no race day registration. Single Event licenses will be available.

Registration closes at 11:59 am on Thursday July 4, 2019

Entry Fee

Fee is \$. 25.00 All registrations must be made via Zone 4.

Required License Type: UCI License You must show your license at sign on. If you are unable to do so you will incur a \$10 fine. Day Licence for Novice Men/Woman are available for an additional \$ 10.00

Categories

- **Men Open (Cat 1/2)**
- **Men Cat 3/Men Cat 4 /Men Cat 5**
- **Novice (Men)**
- **Novice (women)**
- **Women Open (Cat 1/2/3)**
- **Women Cat 4/5**
- **Para -Men**
- **Para-women**

Sign-on

Sign-On is at the Pete Knight Memorial Arena, 920 Mountain Ave, Crossfield, AB from 9:00 am to 10:30 am.

Please Note : There is a 3 way stop at the intersection of Railway Street and Limit Ave. Please respect the rules of the road and stop for traffic at this intersection (we have received complaints about riders blowing through the intersection that will put this race in jeopardy if repeated this year)

Numbers

Number placement is one number on middle lower back. Please remember to bring your own pins

REMEMBER – bring the numbers the ABA gave you for the season. If you forget, the ABA will charge you \$10 for a new number, no exceptions.



INDIVIDUAL START

Regulations

This event will be run under UCI, CCC & ABA Race Regulations. Riders are responsible to read and understand these regulations. They can be found [here](#).

Anit-Doping

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

Course

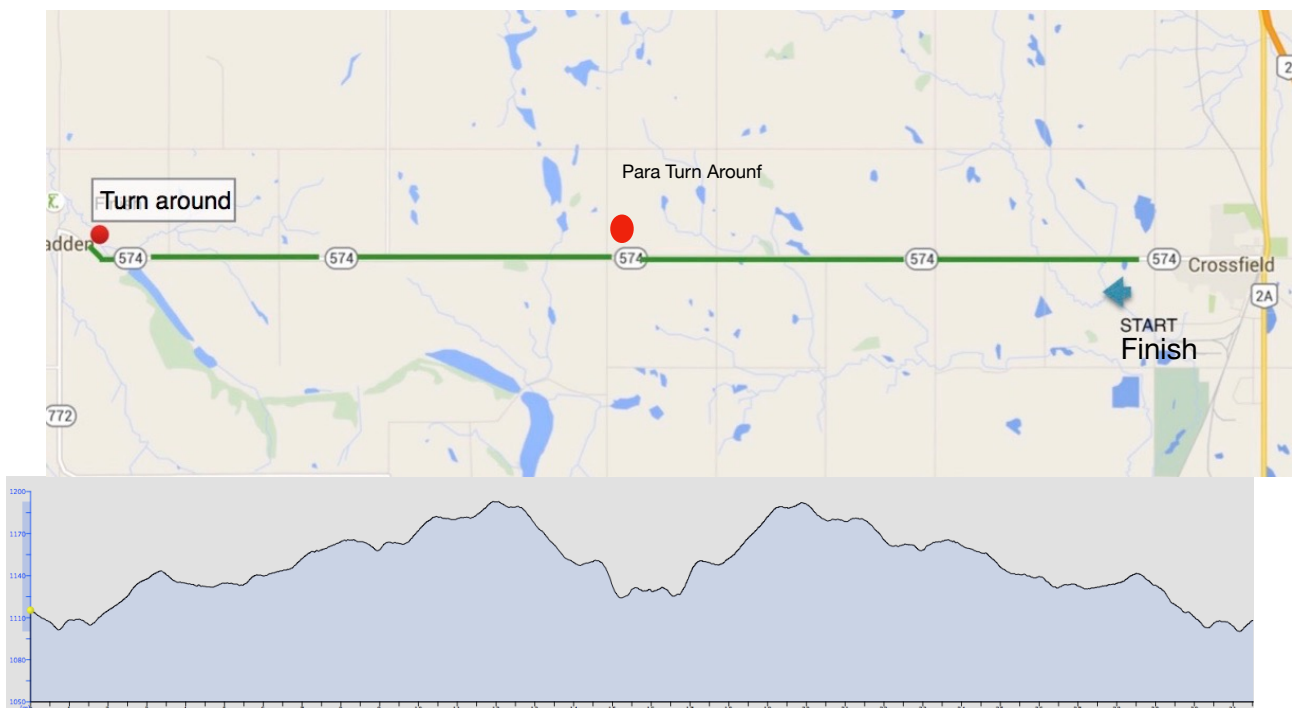
**Length 31 km
(10 km Para)**

Start: Highway 574 (from sign on go east on Mountain Ave then South on Railway St. then west on 574)

First team rider starts at 11:00 am and subsequent riders at 1 minute intervals

Course: West on Highway 574 to turn around and back East on Highway 574
NOTE: while there will be marshalls at the turn around point, but, by law they can not stop traffic. It is up to each rider to insure it is safe to turn before doing so.

Map and approximate profile:



**To return from finish to sign on
East on Highway 574 left on Railway St then left on Mountain Ave.**

Event Staff: Course Marshalls will be stationed at appropriate course locations and will be wearing reflective vests and may be holding signs. It is each rider's responsibility to know and follow the race course. The roads will not be closed to traffic.

Parking:

Do not park on race course. There is parking available at the Pete Knight Arena

Refreshments

Post-race refreshments will be held for all volunteers and riders.

Awards

Awards will be held post-race at the Pete Knight Arena

Directions

Sign-on at Pete Knight Memorial Arena, 920 Mountain Ave, Crossfield, AB

From Calgary:

Take Highway 2 North to exit 295 go North on Highway 2A then left on Highway 574 (Limit Ave) turn right on Railway St. then left on Mountain Ave.

From Edmonton

Take Highway 2 South to Township road 292 (exit 305) on to Highway 2A South then right at highway 574 then right on Railway St. then left Mountain Ave.

First Aid

EMS will be on site, stationed at the Finish. Nearest hospital is Peter Lougheed Hospital 3500 26 Ave NE Calgary

The screenshot shows a Google Maps interface with a route calculated from Crossfield, AB to Peter Lougheed Centre, 3500 26 Ave NE, Calgary. The route is highlighted in blue on the map and detailed in the left sidebar.

Drive 46.3 km, 33 min

O Crossfield, AB

- Get on AB-2 S in Rocky View County from AB-2A S — 7.2 km / 7 min
- Follow AB-2 S to 32 Ave NE in Calgary. Take exit 260 from AB-2 S — 34.9 km / 19 min
- Continue on 32 Ave NE. Drive to 26 Ave NE — 4.2 km / 7 min
- Turn left onto 32 Ave NE — 3.7 km

The map shows the route starting in Crossfield, AB, heading south on AB-2 S, then east on 32 Ave NE, and finally south on 26 Ave NE to the Peter Lougheed Centre. The map includes labels for nearby locations like Carstairs, Airdrie, Cochrane, and Calgary, as well as highways like 2, 1A, 201, 1A, 564, 567, 791, 575, 581, 766, 72, 21, and 836. A 'Full map view' button is visible in the top right corner of the map area.

<https://plus.google.com/u/0/?tab=IX>