



Cycling stages race
North-American sanction, July 15th to 18th 2010

Categories :

Cadet men and women (15-16 years old)
Junior women (17-18 years old)

Stages :

1st stage : Road race
2nd stage : Team time trial
3rd stage : Road race
4th stage : Road circuit
5th stage : Individual time trial
6^e étape : Criterium

Challenges :

Leader men and women
Best sprinter
Best climber
Best male team
Best female team
Best fighting spirit

Team composition

Four racers team :

- 4 men (cadet)
- 4 women (cadet and/or junior)

A club is allowed to register more than one team of 4 racers.

For racers who don't have a team of 4 racers, the organisation can pair them up to create a full team.

In the case of composite team, it is mandatory to get a written authorization of the president of your cycling club.

All the mixed teams (men and women) will be part of men ranking.

Every racer is allowed to wear the jersey of his license team. However, it is recommended that every team member should wear the same team jersey during the event.

Every team can have two accompanying adults during the race (coach and mechanic). Those adults are responsible of their athletes during the whole event.

Politics and regulations of Tour de la relève internationale de Rimouski

1.0 Jersey

- 1.1 The leading jersey will be given after every individual stage. The team time trial event will be considered for the main individual ranking. The cumulative will be calculated with each final time.
- 1.2 Only the final time of the first three racers of each team will be considered for the cumulative ranking.
- 1.3 The best sprinter jersey will be given to the racer who will cumulate the most points during the first, third and sixth stages. Points will be given to the first three racers to cross the intermediate sprint line. There may be more than one sprint section during one stage.

Points will be given this way :

- 1st : 3 points + 3 seconds of bonification
- 2nd : 2 points + 2 seconds of bonification
- 3rd : 1 point + 1 second of bonification

For the final sprint of those stages, points will be cumulate this way:

- 1st : 10 points + 5 seconds of bonification
- 2nd : 9 points + 3 seconds of bonification
- 3rd : 8 points + 1 second of bonification
- 4th : 7 points
- 5th : 6 points
- 6th : 5 points
- 7th : 4 points
- 8th : 3 points
- 9th : 2 points
- 10th : 1 point

1 km before the intermediate sprint section, a green flag will be placed on the road side. The racer with the most points will receive the best sprinter jersey.

- 1.4** The best climber jersey will be given to racer that will cumulate the most points during the first, third and fourth stages. Points will be granted to the first three racers to cross the line. There may be more than one climbing sprint during one stage.

Points will be given this way :

1st : 5 points

2nd : 3 points

3rd : 1 point

A white flag will be placed beside the road, down the hill Winner will get a dotted jersey.

- 1.5** Jersey colours
Leader man : yellow
Leader woman : yellow
Best sprinter : green
Best climber : dotted
Best combative spirit : red

- 1.6** In case of an equality at the general ranking for any type of jersey, the last stage result will prevail.

2.0 Control and signature

- 2.1** A controlled signature is mandatory before each stage. The signature session will be held at the starting line 45 minutes before the race and will end 15 minutes before the race begins.

3.0 Sprocket control

- 3.1** Every racer finishing in the male category top ten and in the female category top five will have to go to the sprocket control desk immediately after each race.
- 3.2** The sprocket is limited to 52X16 (cadet) and 52x14 (junior).

4.0 Start/Schedule

- 4.1 Male and female racers will take the same start
- 4.2 The start schedule will be confirmed by the organizer
Here's an example of schedule :

| | | |
|--------------------------------------|------|-----------------------------------------------------|
| Thursday July 15th | 10AM | 1 st stage : road race (45 km) |
| | 7PM | 2 nd stage : team time trial (7 km) |
| Friday July 16th | 9AM | 3 rd stage: road race (71 km) |
| Saturday July 17th | 10AM | 4 th stage: road circuit (6 X 11.5 km) |
| Sunday July 18th | 10AM | 5 th stage: individual time trial (7 km) |
| | 1PM | 6 th stage : criterium women |
| | 2PM | 6 th stage : criterium men |

5.0 Trailers and repairing

- 5.1 The number of vehicles allowed in the race caravan will be determinate depending on the circuit length.
- 5.2 For a line circuit, the order of the vehicle placement during the race will be determinate by a draw before the race. Each vehicle will be crested with numbers provided by the organisation.
- 5.3 Every team drivers need to have a valid license and will have to show it at the technical director meeting.
- 5.4 Each team vehicle in the parade need to fit in UCI sizes regulation.

6.0 Supplies pits

- 6.1 It will be allowed to give water to the racers during the stages 1 and 3 after the first 20km, until 10km from the finish line and during stage 4 in the marked area.
- 6.2 The beginning and the end of the supplies area will be marked by blue flags.

7.0 Results

- 7.1** All the results will be posted in the Paul-Hubert school entrance. The medals and jerseys presentation will be made as soon as possible after the posting of the results.
- 7.2** Each team will receive a complete copy of the results and notifications at the lodging facilities. No copy will be given to racers. All the results will also be posted on our web site every night.
- 7.3** Each racer who is out of time (more than 20% of the winning result) will be eligible to come back to the next race in function of the official decision and will get a ranking.

8.0 Accreditation cards

- 8.1** To have access to the parade, the competition site and the lodging facilities, all racers, coaches or mechanics will have to show their licenses.

9.0 Protocol

- 9.1** All the ceremonies will be held immediately after every stage. The three first racers (male and female) of every stage will receive a medal. Those racers will have to appear with their racing gears on.
- 9.2** Challenge jerseys will also be given during those ceremonies.
- 9.3** Every leader will have to wear his/her leader jersey for every stage of the race except the time trial stage. During this stage, leaders will be allowed to wear a skin suit instead of their leader jersey.

10.0 Technical directors meeting

- 10.1** The day prior to the first stage of the race, every coach will have to assist to an official meeting.
- 10.2** If another meeting is needed, every coach will be notified by an announcement joined to the results sheet.

11.0 Lodging

- 11.1** Every athlete and team personal (2 per team) will be lodged in their own personal dorm in Paul-Hubert school. Sleeping pads will be provided but you will need to bring your own sleeping bag and pillow.
- 11.2** For other accompanying people, a price is already negotiated with the Hotel Navigator for 105\$/night for simple to quadruple occupation. For reservation, call 1-888-724-6944 and mention the Tour de la relève internationale de Rimouski.

12.0 Technical guide

- 12.1** Every team will receive a technical guide that will included :
- Schedule
 - Specific rules (ACC and FQSC)
 - Detailed description of the race tracks
 - Protocol modalities
 - Emergency phone and address with a map
 - Composition of the judge panel
 - Contact info of the race organisation team

13.0 Radio communication

- 13.1** The organisation will provide four radio channels :
- Radio-Tour
 - Officials channel
 - Security channel
 - Site manager channel

Each team will receive a radio for the event.

14.0 Registration fees

14.1 The registration fees are fixed at 1100\$ (CDN) per team as:

- Registration : 300\$ (75\$/racer even if team is less than 4 racers) ;
- Accommodation and meals (cafeteria service) from Wednesday evening to the Sunday banquet : 750\$ (4 racers + 2 accompanying adults = 125\$/each) ;
- 50 \$ per team to rent radios during the event ;
- Sunday banquet ;
- T-shirts.

14.2 125\$ will be charged for each additional accompanying adult.

15.0 Purses – 1200\$ Value

15.1 Prizes in money will be offered to winners.

- 250\$ split between the first three winners in the general ranking for cadet men: 1st – 125\$, 2nd – 75\$, and 3rd – 50\$;
- 250\$ split between the first three winners in the general ranking for cadet women: 1st – 125\$, 2nd – 75\$, and 3rd – 50\$;
- 250\$ split between the first three winners in the general ranking for junior women: 1st – 125\$, 2nd – 75\$, and 3rd – 50\$;
- 250\$ split between the first two winners for each individual stage for junior women : 1st – 30\$, 2nd – 20\$
- 200\$ split in 20\$ for winners of each individual stage for cadet men and women ;
- Medals will be given to the first three winners of each category for each stage and for general ranking.

16.0 Numbers

16.1 Numbers from different cycling federation won't be allowed during the race. The numbers will be provided by the organisation at the accreditation.

For further information on the race or our location, contact the race organisation at :

418-735-0111

e-mail : acreq@live.ca

Web : <http://acreq.blogspot.com>

Le **Tour**
de la relève internationale
de **Rimouski**



Association cycliste des régions
de l'Est-du-Québec



July 15th to 18th 2010

Team registration form

Informations need to be the same as the UCI license :

| | | |
|--------------------|-------------|-------------------|
| Team name : | | |
| Racer #1 | Name | First name |
| | | |
| | Club | License # |
| | | |
| Racer #2 | Name | First name |
| | | |
| | Club | License # |
| | | |
| Racer #3 | Name | First name |
| | | |
| | Club | License # |
| | | |
| Racer #4 | Name | First name |
| | | |
| | Club | Licence # |
| | | |

- You need to confirm and pay you registration on the web site:
<http://competitionsfqsc.net/inscriptions/app/>
- No refund without good reason (death, medical,...)
- No registration on the site
- Accreditation Wednesday July 14th from 1 PM to 9 PM

Please send this form by fax or e-mail before July 7th 2010 at 23:59 PM

E-mail : acreq@live.ca Fax : 418-735-0111