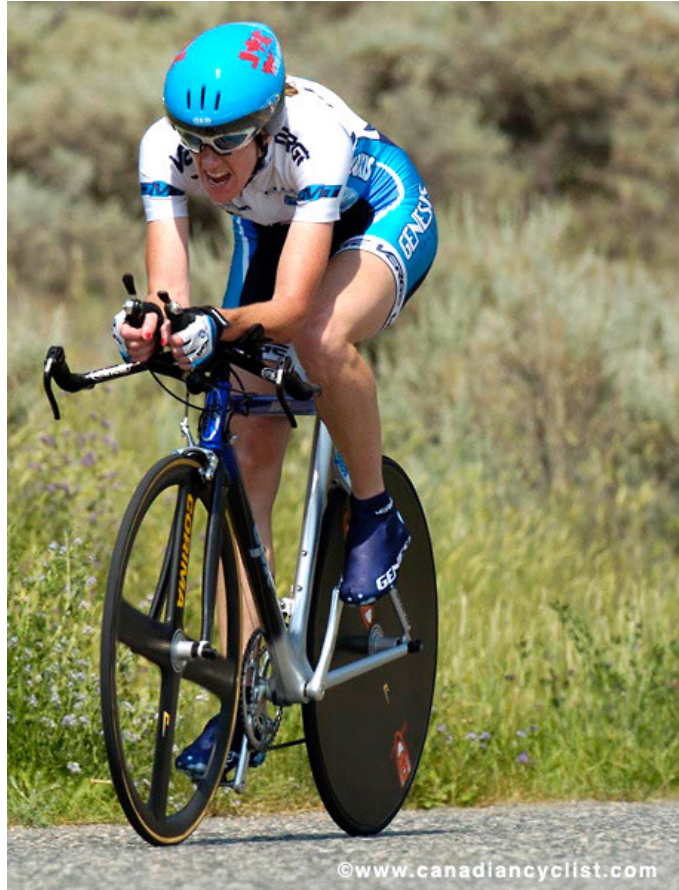


Hamilton Cycling Club Indian Trail Time Trial



Technical Guide
May 05, 2015
Version 1.0

Sponsored by: Hamilton Cycling Club / Holiday Inn Express and Suites Calgary Northwest / P-K Express



Calgary Northwest



General Information

- The course is mostly flat with two hills (one on the way out and similar one returning). Road is newly paved on the Hamilton side, and good pavement on the Brantford side. Distance is 14.6 kilometers.
- Warm up may take place on the course or roads in the surrounding area. Please obey all traffic laws and do not litter on the course or other road ways.

Registration Information

- All riders will be required to sign in prior to the start. Registration will occur starting at 6:30pm at the start line (approx. Lynden Road and Garden Ave, Brantford).
- The Indian Trail TT is open to all members of the Ontario Cycling Association. Proof of Membership must be provided to officials at sign-in.
- Numbers will be assigned at the start according to seeding. Please remember this number and yell it out as you cross the finish line.
- Riders are required to be either an associate or full member of the Hamilton Cycling Club (HCC) to participate in the Indian Trail Time Trial. HCC Associate Membership is a one-time fee of \$5, payable on site at registration. HCC Membership is \$48, with registration online via CCN Bikes. More information on HCC Membership is available at www.hamiltoncycling.com
- Entry fee for each time trial is \$8 for associates and \$1 for HCC members.
- All payment at site will be accepted in cash only.

Schedules/Category

Category	Start Time	Distance	Entry Fee
All Categories	7 pm	14.6km out and back	\$8 Associate / \$1 HCC Members
Results	10 mins after last rider completes the course		

Course Notes

- There are no washrooms on site. There is a Tim Hortons plaza on Garden Ave at HWY 403.
- There are no change room facilities on site. We ask that you use discretion when changing before and after your ride.
- Please ensure that you bring the necessary hydration and nutrition to allow for the best experience possible. There will be no water or nutrition provided. Additionally, please bring spare tires/tubes and all mechanical equipment you may require. There will be no mechanical support or tools on site.
- Parking is on Indian Trail at Garden Ave. Please ensure your vehicle is completely off the road when parking on the shoulder.

Race Dates

- The Indian Trail Time trial will be held on alternating Thursdays throughout the 2015 season.
- Race dates are as follows: May 7, May 21, June 4, June 18, July 2, July 16, July 30, Aug 13, Aug 27

Eligibility

- To be eligible for the Susan Palmer Komar and Holiday Inn Express & Suites Calgary Northwest Trophies, riders must attempt and finish three Indian Trail Time Trials
- Times for each rider will be an average speed for three participations on the Time Trial. If riders undertake more than three participations, the fastest three times will be averaged.

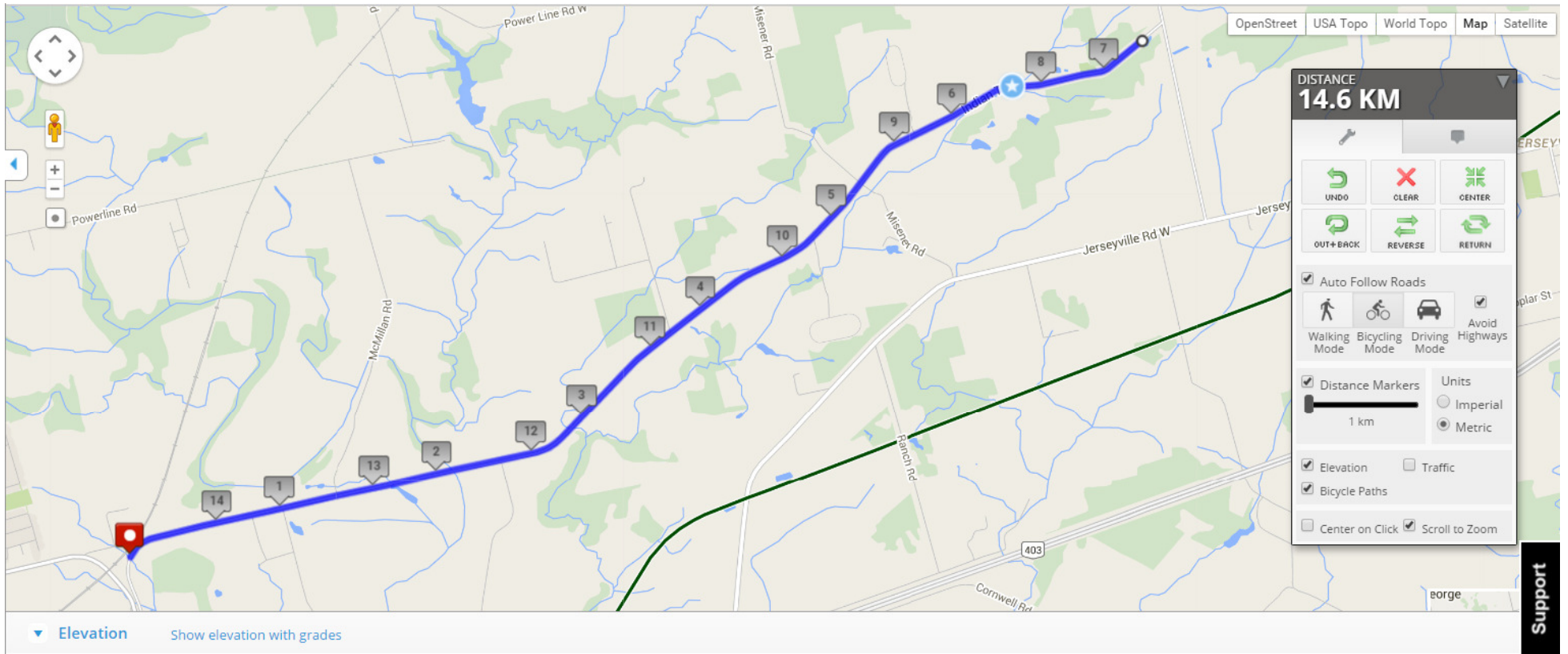
Awards

- Fastest female will receive the Susan Palmer Komar Trophy
- Fastest male will receive the Holiday Inn Express and Suites Calgary Northwest Trophy
- Prize payouts for 1st, 2nd and 3rd will be \$300, \$175, \$75 for both male and female competitors
- Awards will be given out following the conclusion of the time trial series. Top three male and female competitors are asked to be present for the awards ceremony and are expected to wear their respective team colours for the presentation. Riders will be notified of ceremony date and time.

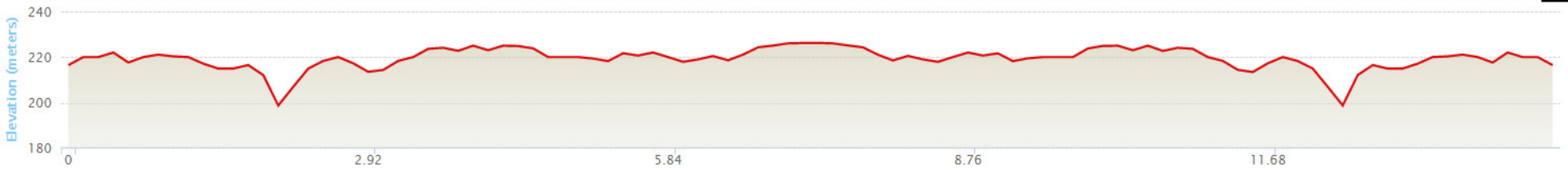
Contact Information

- Hamilton Cycling Club: Ken Wilson [email to hamiltoncyclingclub@gmail.com]
- P-K Express Representative: Suzie Brown [email to browns6@mcmaster.ca]

Course Map

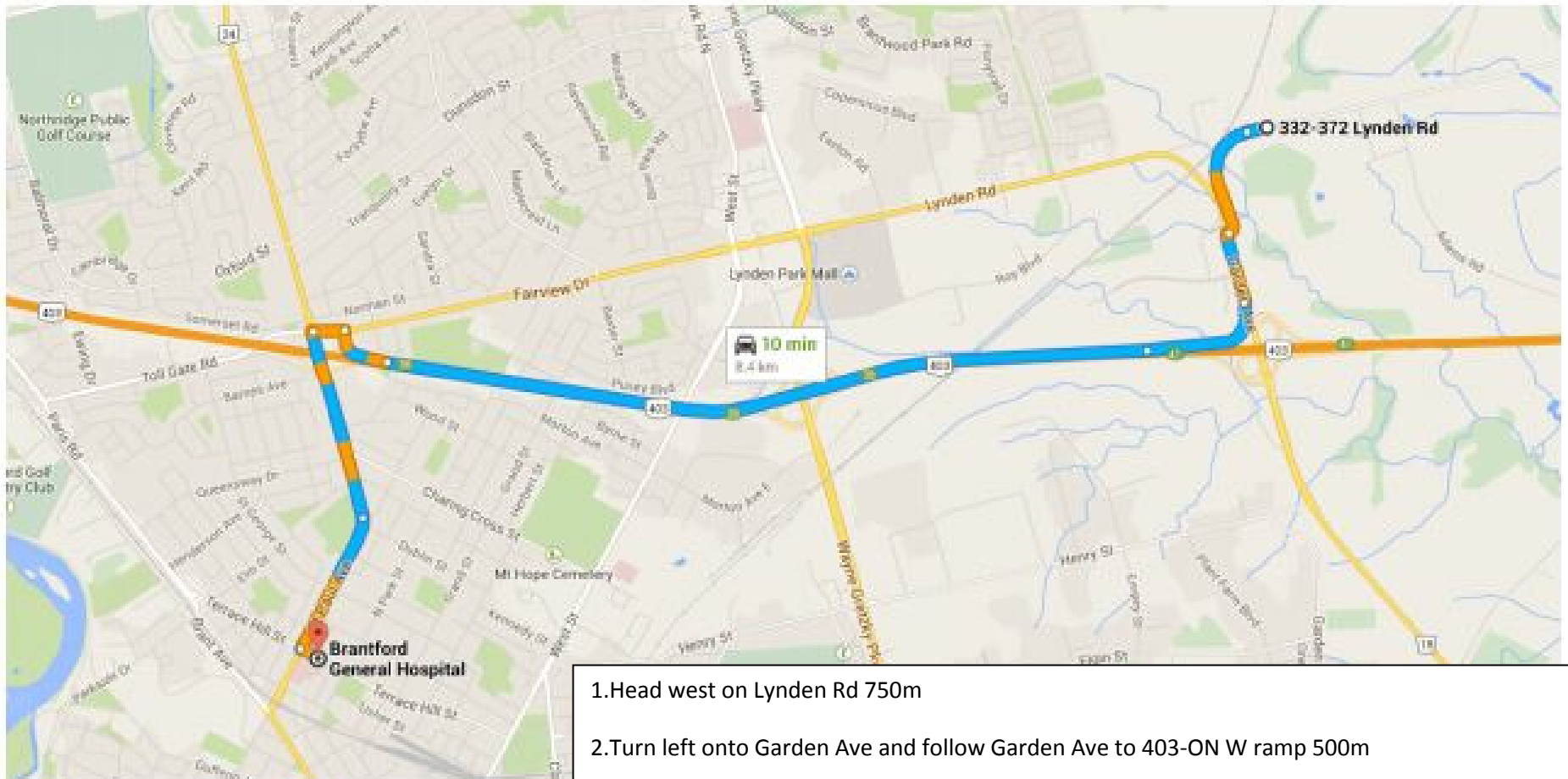


Elevation Show elevation with grades



First Aid

- Directions to Brantford General Hospital



1. Head west on Lynden Rd 750m
2. Turn left onto Garden Ave and follow Garden Ave to 403-ON W ramp 500m
3. Take 403-ON W ramp to London 700m
4. Merge onto ON-403W
5. Take ON-403W to Exit 36 King George Rd/ON24N/Cambridge 4.1km
6. Turn left onto Fairview Dr/ON-24 and turn left at the 1st cross street onto King George Rd. 1.2km
7. Continue onto St. Paul Ave 800m
8. Turn left onto Terrace Hill Street and proceed to Hospital

Brantford General Hospital 200 Terrace Hill Street, Brantford, ON N3R 1G9 (519) 751-5544

Course Safety

- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. Notification will be made on Hamilton Cycling social media platforms and www.hamiltoncycling.com if there is a cancellation for any reason.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Official that you are no longer racing. Any unreported DNF may result in a severe penalty.
- This race is being run on open roads in the direction of traffic. You must, at all times, stay on the right side of the road. Any rider caught crossing the center line may be disqualified and eliminated from the race. If you are removed from the race and ignore the instruction to do so, you may be subject to further penalties.
- You are required to wear an approved, regulation cycling helmet at all times while astride your bike, from the moment you arrive at the race until you leave. Non-compliance may result in a severe penalty

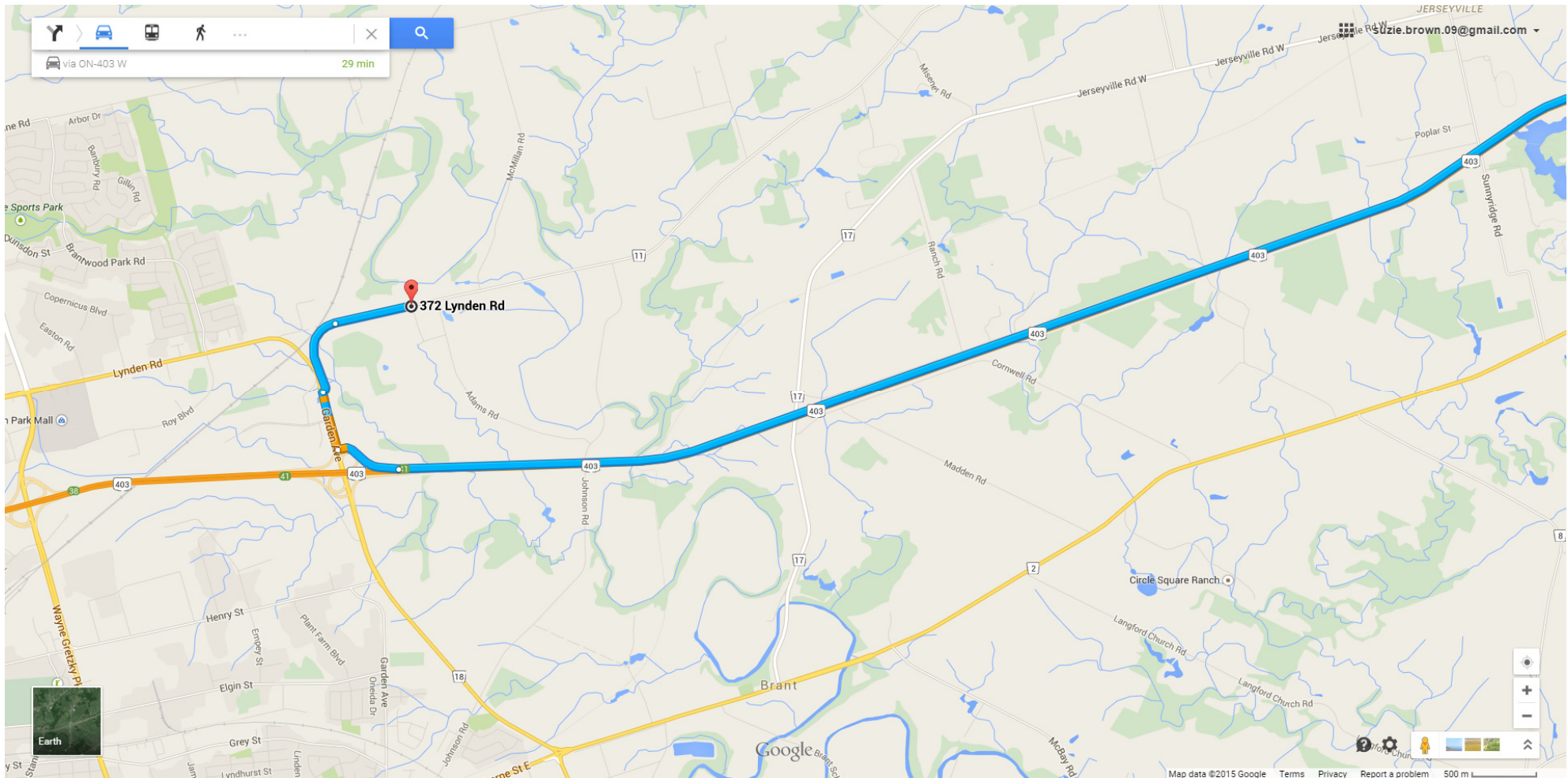
General Event Rules and Regulations

- The races will be held under the rules of the UCI with CCA and OCA modifications.
- The CCA & OCA rules are available on-line at: <http://www.ontariocycling.org/Officials/Officials-rules/>
- Registration closes 15 minutes before the start of each race.
- All riders must sign in at registration.
- U.S riders must present a UCI licence in order to enter this event. USAC Domestic Licences are not allowed in Canada
- All foreign licensed riders other than U.S. riders must produce a letter of permission from their country's federation.
- All riders (or parents/guardians) are required to sign the OCA and CCA waivers, unless they have an OCA-issued licence.
- Races will start promptly at the indicated start times.
- There will not be any team vehicles permitted on the course.
- Any rider dropping out of the race shall immediately notify an Official.
- This race is being run on open roads in the direction of traffic. You must, at all times, stay on the right side of the road. Any rider caught crossing the center line may be disqualified and eliminated from the race. If you are removed from the race and ignore the instruction to do so, you may be subject to further penalties.
- Results will be presented according to the published schedule.

Specific Course Rules

- Bikes are not required to meet UCI standards for time trials. Road and Triathlon Bikes may be used. Bikes must be in good working order.
- If a rider catches up to another, they are strictly forbidden from drafting behind the lead rider. Riders must remain at least 2m laterally between each other during passing, which starts 25m before on the approach, and 25m afterwards. Failure to do so may result in a time penalty. Drafting or taking pace of any other sort is not permitted (i.e. behind vehicles).
- If you arrive late for the start time, you will be allowed to start, at the direction of the Official only. Your time may not be counted.

Directions to Event



1. Head west on 403-ON W
2. Take exit 41 to Garden Ave in Brant
3. Follow Garden Ave to Lynden Rd