

Fresh Air Experience

Summer Holiday

Stage Race

RACE BIBLE

Saturday, July 12th & Sunday, July 13th

The Fresh Air Experience Summer Holiday Stage Race is a general classification stage race and consists of an individual time trial and a road race. There will be time bonuses awarded to the top 3 finishers in each event and racers must complete in both stages to be eligible for time bonuses, and the overall GC. Athletes that wish to race in only the road race are allowed to do so, but are not eligible for time bonuses and the GC, they are however required to pay the same race fee and are eligible for draw prizes and may attend the awards barbeque.

Birch Bay will be the location for the sign on and race day registration on Saturday evening from 4:45pm until 5:30pm. For pre-registered riders you must sign on to pick up your race package and numbers. Refunds will not be given to riders that do not show up.

There will be 4 categories offered this year: Cat 2/3 (combined), Cat 4, Cat 5, and Women. Cat 5 is a novice category and is for male or female competitors. The Prince Albert National Park has made it possible to host this event, please respect the Park and do not park in non designated areas and please pick up your garbage. Urinating in public is strictly forbidden, bad language and improper behavior towards organizers, officials and volunteers will not be tolerated. Thank you to all of our volunteers for making this event happen.



Park Fees

Being that the road race is in a National Park, there are user fees that everyone will be required to pay at the Park gate. The fees are as follows:

Adult Individual - \$7.80
(17-64 years of age)

Youth Individual - \$3.90
(6-16 years of age)

Senior Individual - \$6.80
(65 and older)

Family Group (2-7 persons) - \$19.60



Parks
Canada

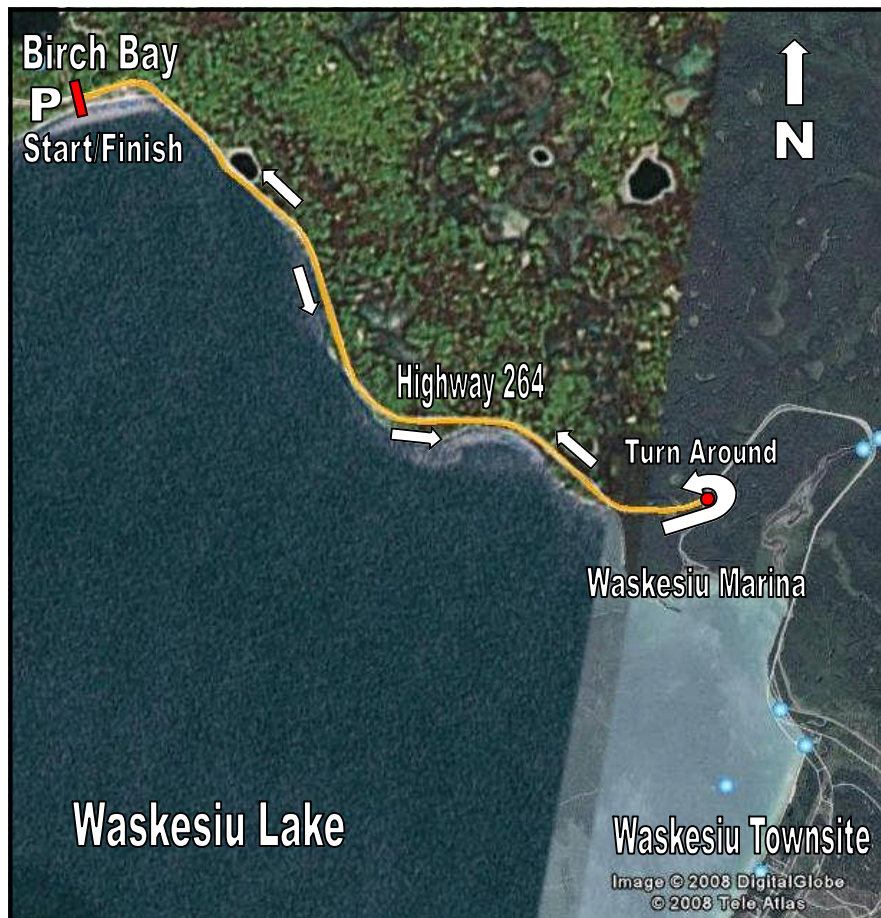
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stage 1

Saturday, July 12th

12.5km Individual Time Trial

Sponsored By South Hill Physiotherapy and Fitness



Stage 1 is a 12.5km out and back individual time trial. This stage will start and finish at Birch Bay Beach which is located approximately 14km north of the Waskesiu town site on highway 264. There is good parking and washrooms on site. Pre-registration pick-up and race day entries will begin at 4:45 and close at 5:30pm. The race starts at 6pm with Cat 5 riders, Women, Cat 4, and Cat 2/3. Riders will be sent out in 30 second intervals. The race turnaround is at the Waskesiu Marina turn. There will be a course marshal at the turn around, but please be cautious of on coming traffic, we do not have road closure.



stage 2

Sunday, July 13th

Road Race in the Park

Sponsored By Fresh Air Experience



Cat 5

Start Time: 10am

Distance: 58km

Cat 5 riders will turn left at the Lakeview Drive/Highway 264 junction and ride towards the Birch Bay turnaround. Once around the turn riders will then ride to the Boundary Bog turn around and back to Birch Bay. On return riders will then head towards the finish line.

Cat 4 and Women

Start Times: Cat 4 10:10am
Women 10:15am

Distance: 76km

Cat 4 and Women riders will turn right at the Lakeview Drive/Highway 264 junction and ride towards the Boundary Bog turn around. Cat 4 and Women will complete 2 full loops of the Boundary Bog/Birch Bay loop. On the return of the 2nd lap will be the finish.

Cat 2/3

Start Time: 10:05am

Distance: 113km

Cat 2/3 riders will turn right at the Lakeview Drive/Highway 264 junction and ride towards the Boundary Bog turn around. Cat 2/3 will complete 3 loops of the Boundary Bog/Birch Bay loop. On the return of the 3rd lap will be the finish.

Sign on for this stage will be at the Waskesiu Community Hall in Waskesiu from 9:15am. There are washroom and change facilities on site. Drinking water is available to all riders. It's supplied by the Purified Water Store in Prince Albert. The race start time is 10am. *All categories will have neutral starts from the Waskesiu Community Hall and through Waskesiu out to highway 264. The finish line will be located past the Lakeview/Highway 264 junction at the top of the hill.*

Highway 264 has narrow shoulders and the center line is clearly marked. Riders are prohibited to cross or ride on the center line. Riders will be penalized each time they cross the disobey this rule. The National Park is busy this time of year and we don't have road closure. There is absolutely no need to cross the center line.

There will be course marshals at important road intersections and at the 2 turnaround spots. Please be cautious when approaching intersections. The turnarounds are both neutral zones.

There will be a feed zone available for the Cat 2/3, Cat 4 and Women categories. The feed zone is marked on the map and it will also be signed during the race. *Please do not park in the ditches, any vehicles parked in the ditches will be ticketed. Please park on side roads and be sure traffic can pass.*

Barbeque and Awards Ceremony

There will a Barbeque and Awards Ceremony after the road race on Sunday at 2:30pm. This will take place at the Waskesiu Community Hall in Waskesiu. All volunteers and competitors will receive 1 free meal ticket and additional meal tickets may be purchased at the barbeque for \$10 each.

Thank You

We would like to thank all of our great volunteers, commissaries and event sponsors. With out the help of these people our race could not happen. Also, thank you to you the cyclist who has come out to support our event. We hope you will have a memorable time and a safe race. We are always looking to grow and improve any cycling event we host, so if you have questions or comments, please feel free to contact us and give us your input. We hope to see you next year and remember, recruit a friend and save some money. Race hard and have fun.

Mike Horn
Event Organizer

Event Sponsors



South Hill Physiotherapy & Fitness Centre



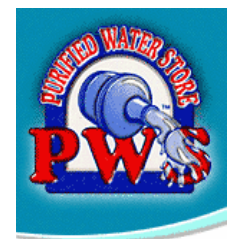
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DAILY HERALD



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