

Regina Stage Race 2010 (Sask Cup Road Race # 3)

Saturday June 12th and Sunday June 13th, 2010

The Regina stage race is a general classification stage race with a road race, time trial, and criterium. General classification times will be calculated and GC prizes will be awarded at the end of the third stage. As well, stage prizes (cash) and/or time bonuses will be awarded. The finalized prize list will be posted at the start of the second stage.

Riders must complete all stages of the race to be eligible for any of the prizes, primes or time bonuses. Also, riders must complete all previous stages in order to be allowed to start the next stage of the race.

Registration and sign on for the Stage Race will take place between 9:30 am and 10:00 am only on Saturday, June 13, 2010. Even if you have pre-registered for the race, you must present your race licence, sign the waiver form and pick up your race numbers at this time or you will not be allowed to race. Refunds will not be given to people who miss sign on.

Five categories of races will be offered: cat 2/3, cat 4, cat 5, cat 6 and women.

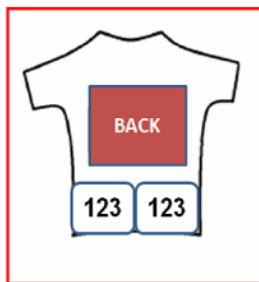
Novice women may choose to enter the women's category or may ride with the men's cat 5 group.

Organizers reserve the right to combine categories if required.

UCI rules and regulations will be in place for all stages of this race. The onus is on the rider to know and follow the rules. Wearing rigid safety headgear is mandatory during competition and training sessions for all stages.

Urinating in public is strictly forbidden and offenders will be penalized. Bad language, disrespectful or improper behaviour towards organizers, volunteers, commissaries, and other riders will not be tolerated.

Race numbers must be worn correctly for every race. Numbers may not be folded, cut or overlapped. Race numbers may not be covered at any time during a race and must be clearly visible at all times.



Race results will be posted at the road race and on the SCA website (<http://www.saskcycling.ca/>) as soon as possible. Please note results are subject to change at any time before the final GC results are posted. If you have any questions about your results, please contact the Chief Commissaire

Race Organizer: Paul Levett (306) 585-3239. Email: plevett@sasktel.net
Chief Commissaire: Ed Kinash (306) 545-7495. Email: edkinash@accesscomm.ca

Stage 1: Road Race

Saturday, June 12

Location: the Valley Park Campsite, 4 km North of Hwy. #2 and Hwy #11 junction.

Toilets are available here. **Public urination is strictly forbidden.**

Approximate start times: (racers are requested to start staging at 10:00 am on the right side only of the entry road. Please leave the left side for vehicles).

Category	Start	Distance	Laps
Cat. 2/3	10:10 AM	114 km	4
Cat. 4	10:20 AM	86 km	3
Women	10:25 AM	86 km	3
Cat. 5	10:30 AM	57 km	2
Cat. 6	10:45 AM	~22 km	modified course on Hwy 733

Riders may only ride with other riders in the same category. If you are dropped from your group, you may not ride with riders from another category. If one category catches another group, the group that is being caught must pull completely over to the shoulder and allow enough room for the faster category to pass by safely without crossing the center line.

Corner marshals will be available at the turns (see map). These marshals will make every effort to stop traffic for the turns but riders must proceed with caution. Please follow the instructions of the volunteers at all times.

On Hwy 11, there is a rumble strip dividing the shoulder from the right hand lane of the highway. **Stay on the shoulder.**

For the remainder of the course, most shoulders on this route are narrow and center lines are not always clearly marked. Riders are not allowed to cross the centre line in an attempt to pass the pack or gain an advantage and should not put themselves in a position that they could get "pushed" over the centre line.

Riders who ride on or cross over the center line will be penalized 1 minute for each occasion that a commissaire observes them crossing the center line for any reason. Commissaires are instructed to be very strict with this rule, for your own safety and in the best interest of all competitors.

Only official commissaire and follow vehicles will be allowed to follow any race.

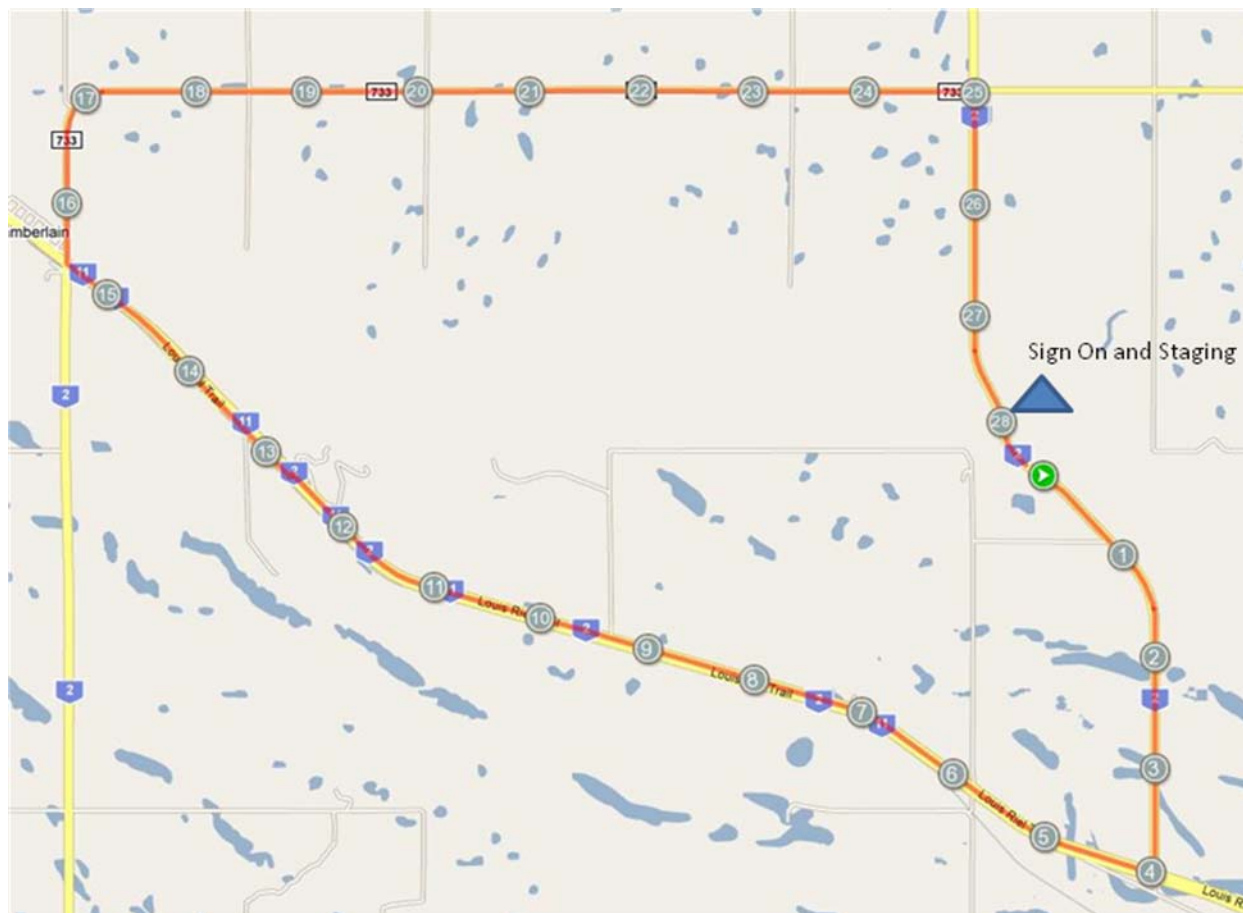
Spectators and feeders may not follow any rider for any length of time and may not park on the course at any time.

The **feed zone for cat 2/3 riders only** is located just after the finish line.

In case of flats, **neutral wheels will be available in the official follow vehicles only**. Riders should bring wheels labeled with name, race number and the cassette type to the appropriate marked vehicle in the staging area at 9:45 am. Riders will be responsible for changing the wheel themselves.

Time bonuses will be awarded to riders finishing in the top 3 places in each category in the road race: 15 seconds for 1st place, 10 seconds for 2nd place and 5 seconds for 3rd place.

The race routes are as follows:



Stage 2: Time Trial

Saturday, June 12

Sign on: 6:00- 6:30 pm at Lumsden

Start: 6:45 pm, 4.5 km

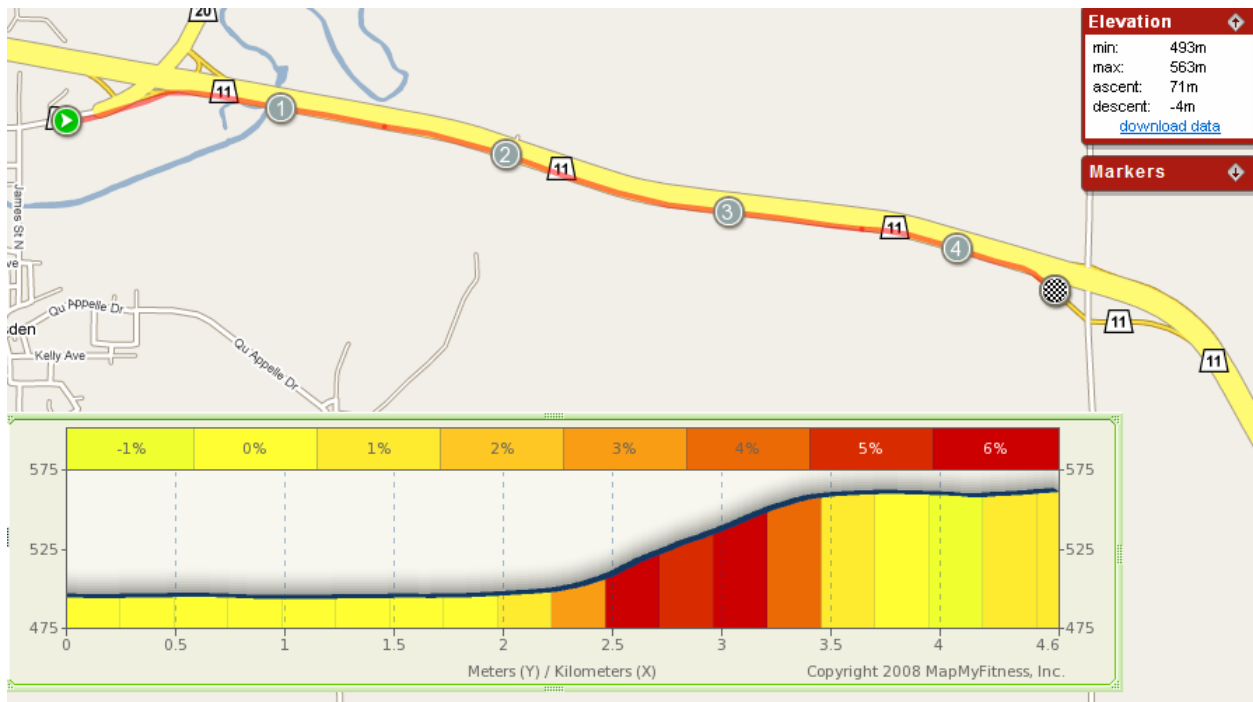
Important: Park in the ballpark parking lot, on the south side of the road. Do not park in the gas station car park.

The time trial is a 4.5 km straight out course, from Lumsden to exit C on Hwy 11.

Riders will start in reverse order based on GC time, within each category. Cat 6 riders will start first, followed by cat 5, Women, cat 4, and cat 2/3. Riders will start at 30 second intervals, until cat 2/3, when intervals will be 1 minute.

Riders are required to ride on the shoulder. Riders passing others should exercise great caution.

As with all other stages of this race, you will be required to wear a helmet and obey all traffic laws while racing or warming up. At least one number must be worn on the right side jersey pocket area for the time trial.



Stage 3: Criterium

Sunday June 13

Sign on: 8:00 - 8:30 am - or 1 hour prior to your race

Location: SIAST, Regina campus

8:30 am	Cat 6	15 min. + 1 lap
9:00 am	Cat. 5	25 min. + 3 laps
9:45 am	Women	30 min. + 3 laps
10:30 am	Cat 4	40 min. + 5 laps
11:30 am	Cat 2/3	55 min. + 5 laps
12:45 pm	Lunch and awards ceremony	

A number of cash or donated prize primes and 5-second time bonus primes will be announced during each race.

Race numbers must be worn, on the right and left pockets (see diagram on page 1). Numbers may not be folded, cut, overlapped or covered. Riders without visible numbers may not receive an accurate finishing time or position.

Lapped riders will be pulled at the commissaires' discretion. This is a short crit course (~700 m) and for the safety of everyone, we will be pulling riders sooner, rather than later. Please remove yourself from the course as soon as it is safe to do so after the commissaire has indicated. Pulled riders will be given a pro-rated time. Riders who DNF on their own will not be given a prorated time. Lapped riders who are allowed to continue the race must not assist or hinder other riders or contest the sprints in any manner.

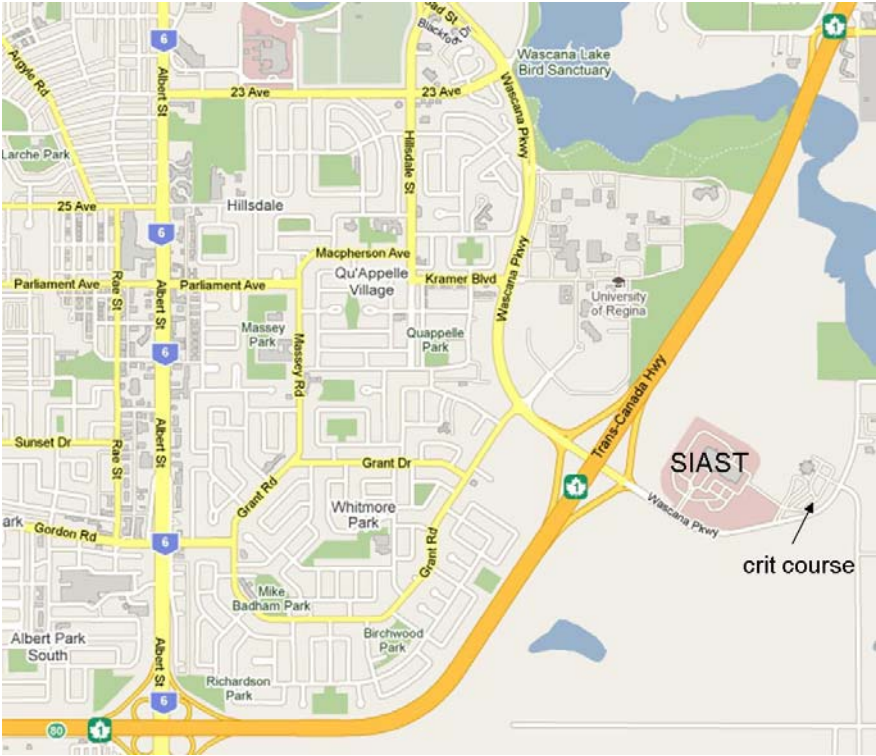
All racers will finish on the same lap, regardless of the number of laps completed. Racers may help each other only if they have covered the same distance in the race. If a racer or a small group of racers lap the main pack and return to the back of the pack, everyone in the newly formed group is eligible for any subsequent primes and time bonuses (not just those that have lapped the main pack).

There will be a **wheel pit** across from the start/finish line for riders who have crashed or flatted. Wheels in the pit will be neutral wheels. Please label wheels with your name, race number and the cassette type. Riders will be given one free lap for a flat or crash related mechanical up to the last three laps. Each person is only allowed one free lap/race. Any rider who crashes in the last three laps will be given the same time as the last rider in the group they were riding in prior to the incident.

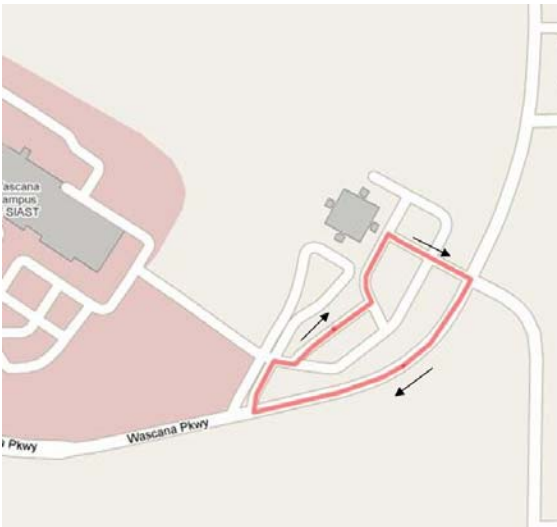
Out of province riders, please return your race number and pick up your race license from one of the volunteers in the sign on area.

Prizes will be awarded as soon as possible after results are calculated and posted for 15 minutes.

Location of crit course at SIAST



Crit course



Thank you for riding the Regina CC stage race. We look forward to seeing you again next year.