



TOUR DE BOWNESS

2024 Tour de Bowness

Technical Guide

Race Director: [Bob Grunewald](#)

Chief Commissaire: Andy Holmwood

Technical Delegate: James Kendal

Volunteer Coordinator:

Last updated July 29, 2024

We acknowledge the neighborhood of Bowness is located on the traditional territories of the Blackfoot Confederacy (comprising the Siksika, Piikani and Kainai First Nations), the Tsuut'ina First Nation and the Stoney-Nakoda peoples (including the Chiniki, Bearspaw and Goodstoney First Nations). This is also home of Metis Nation of Alberta, Region III. As residents of the Treaty 7 region in Southern Alberta, we seek to live, work and play in ways that honour and respect the spirit of the treaties and the lives of our Indigenous neighbors.

Preamble

2024 marks the 21th anniversary of the Tour de Bowness. Originally just a criterium, it expanded over the years to be a three-race omnium event with a road race, hill climb and criterium with a street festival accompanying the criterium on the holiday Monday in August. We hope you can make it!

On Saturday, watch the cyclists from many great viewing points along the road course just outside of Cochrane. This is one of the most beautiful rides in southern Alberta. This is also the Provincials Championships for the road.

On Sunday, come to Mackay Road, in the neighboring community of Montgomery, and see who is the fastest up the hill. A short course made for demonstrations of power. The five-up finale gives spectators opportunities to see each win.

On Monday, visit beautiful Bowness to see the racers tackle the challenging 7 turn Criterium course! With all of Mainstreet Bowness putting on a Street festival, Monday has something for everyone.

Race Regulations

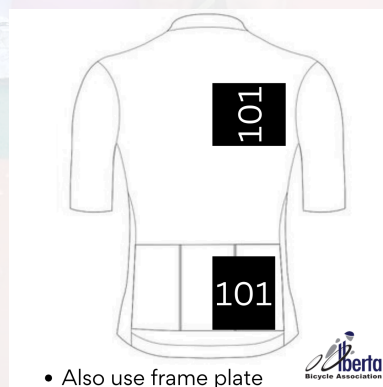
The Tour de Bowness will be run under applicable UCI, CCC, and [ABA Regulations](#). Riders are responsible for reading and understanding these regulations, which are available online.

What types of licenses are accepted:

- UCI licenses - American-licensed riders require a USA Cycling International license
- ABA Citizen licenses
- Not accepted: Provincial licenses from provinces other than Alberta, USA Cycling domestic licenses.
- prior to their first race, each rider must present their license to the Technical Delegate
- Single Event Licenses are not offered at the Tour de Bowness

Race Numbers

Riders will be provided specific Tour de Bowness numbers, to be worn in all three races. **These are NOT your 2024 ABA permanent road numbers.** These numbers can be picked up at Bow Cycle & Sports on Friday August 2nd from 4pm to 7pm.



Sign-On



All riders must present their ABA/UCI License for their first event (road race, hill climb or criterium).

Riders must indicate their attendance by signing-on for the Road Race and the Criterium no later than 15m prior to their respective category start time.

- No sign-on for the Hill Climb; rather, riders must present themselves no later than 5m prior to their respective start times.
- All riders must present their ABA/UCI License for their first event.
- Sign On for the Road race and Criterium ends 15 minutes before your category start time.
- For all events, please place your jersey numbers as indicated in the diagram (Right rib cage, Right Hip). You also require a frame plate.

Race Timing Chip

The race timing chip will be securely attached to your bicycle. Chips are not to be placed on the rider's body. Participants who lose their chip, or fail to return the timing chip, will be invoiced \$75 by the ABA for the replacement cost.

UCI Regulations Reminders

- The UCI minimum bike weight regulation of 6.8 kg will be in effect for all three stages. Bicycles may be checked prior to, or after, each race.
- riders are also reminded of UCI Regulation 1.3.008 which prohibits the “supertuck” position, as well as riding with one’s forearms as a point of support on the handlebars.
- UCI regulation 2.6.027 (incidents in the last 3km) will be applied in the final 3 km of the Horse Creek Road Race and the last 3 laps of the Criterium. Riders suffering an incident (crash or recognized mechanical) must present themselves to the commissaires immediately following the race.
- 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 antidoping regulations refer and to the antidoping regulations of other competent bodies as per the regulations of the UCI.
- Riders are reminded that per UCI regulations, riders shall appear at official ceremonies in competition clothing.

Rider Behaviour

- Unsportsmanlike conduct will not be tolerated, including, but not limited to, public urination, littering, and profane language. Officials have the right to assess penalties and disqualify riders from the race if deemed necessary. We are on public roads and we want to remain welcome. Please do your part to ensure this is possible.
- Where it is deemed that the image or reputation of the Tour de Bowness may be blemished, organizers reserve the right at any time to exclude riders.



Awards

Podium presentations for the **top-5** riders in each category will be made following each event. Top 3 for Youth categories. The omnium podium presentations will be during the day as results are available during the Criterium presentations on Monday August 5th. Aside from primes, all money prizes will be mailed (cheques) to the respective winners. Awards will be handed out as soon as possible after the Criterium. * **Youth groups will all race together but podiumed and awarded all separately.**

Upgrade and Series points will be available at this event according to the ABA points schedule A (25, 20, 15, 12, 10, 8, 6, 4, 2, 1) for the Road Race, and Criterium, ABA points schedule B (20, 15, 12, 10, 8, 6, 4, 2) for the Hill Climb. The omnium will have Series points awarded to ABA points schedule A (25, 20, 15, 12, 10, 8, 6, 4, 2, 1).

Registration

On-line via Zone 4, www.zone4.com

There will be no race day registration. Registration price increases July 29th. Registration closes at 11:59 pm on Thursday, August 1st.

Categories

Riders will compete in one of the following categories, as indicated on their ABA license:

Women-	Cat 1/2/3	Cat 4	Junior Women (U17 & U19)
Youth -	U17 (Male)	U15 (Male and Female) (Podiumed and prized separately)	
Men -	Cat 1/2	Men Cat 3	Men Cat 4
Citizen -	Male and Female compete in the same group		

Cash Prizes for Omnium

The following cash prizes will be awarded for the omnium. These are guaranteed prize monies. U15 and U17 have separate podiums and prizes for male and female competitors.

Place	U15 M and F	U17 M and F	Men Cat 4	Men Cat 3	Women Cat 4	Women Cat 1/2/3	Men Cat 1/2
1	\$100	\$100	\$300	\$500	\$300	\$1250	\$1250
2	\$75	\$75	\$200	\$400	\$200	\$750	\$750
3	\$50	\$50	\$150	\$300	\$150	\$500	\$500
4			\$120	\$120	\$120	\$200	\$200
5			\$100	\$100	\$100	\$150	\$150

Omnium Points

To qualify, riders finishing each race, regardless of eligibility for overall Omnium standing, will receive points as per the below table.

	Road Race	Hill Climb	Criterium
Place	Points	Points	Points
1	30	15	30
2	25	12	25
3	20	10	20
4	15	9	15
5	12	8	12
6	10	7	10
7	9	6	9
8	8	5	8
9	7	4	7
10	6	3	6
11	5	2	5
12	4	1	4
13	3	1	3
14	2	1	2
15+	1	1	1

Notes: These are not ABA series or upgrade points
In the case of ties, the higher placed rider in the criterium will prevail.

Road Race Provincial Championships

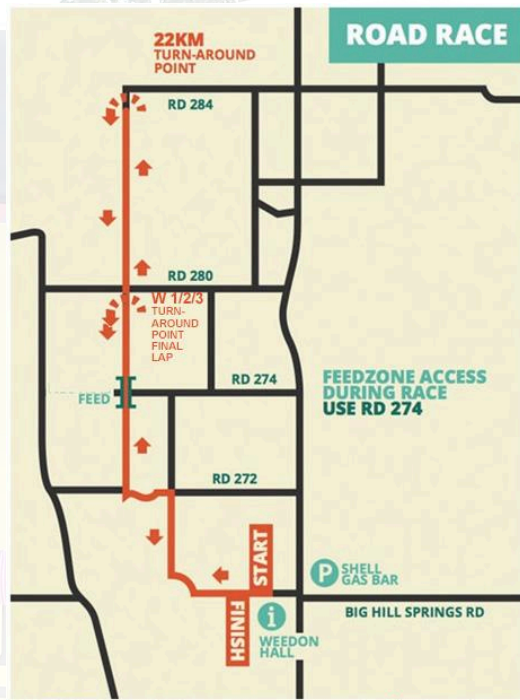
Saturday, August 3 | Horse Creek Road (Cochrane)



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The road race takes place on Horse Creek Rd just outside the Town of Cochrane. With its rolling hills and majestic scenery, all racers are challenged by the 22 kilometer course. For 2024, the road race stands as the Provincial Championships.

Course Description



- Men Cat ½ and 3 will do three laps of the course
- Women 1/2/3 will do 2 ½ laps of the course turning at RD 280 on final lap
- Cat 4 and Women 4 will do two laps of the course
- Citizen and U17/15 will do one lap of the course

Schedule

7:15 AM	Sign On opens in Weedon Pioneer Hall
8:10 AM	Staging of Categories
8:15 AM	Category 4 start - 2 loops @ 44km = 88 km
8:17 AM	Category Women 4 - 2 loops @ 44km = 88 km
8:30 AM	Category U17 Men /U15 F&M – 1 loop @ 44km = 44 km
8:35 AM	Citizen - 1 loop @ 44 km
10:10 AM	Category 1/2 start - 3 loops @ 44km = 132km
10:15 AM	Category 3 start - 3 loops @ 44km = 132km
10:30 AM	Category Women 1,2,3 - 2 loops @ 44km, 3/4 loop @ 35km = 123km

Staging and Start – Weedon Pioneer Hall

- Riders will head west down Weedon Road to a marshaled right turn, heading north onto Horse Creek Road.
- The race will be neutral until after this turn.
- There is a slight left turn at the 272, then a right onto Horse Creek Rd again.
- Racers will ride north to just before TWP RD 284 to the designated turn-around.
- Racers return on the same route and turn-around in front of Weedon Pioneer Hall.
- The finish line will be on the up-hill section of Weedon Road several hundred meters back of Weedon Pioneer Hall



Race Day Information

- Racers must present their 2024 racing license to the race secretaries. Citizen racers must present one piece of photo identification.
- Beverages will be available at the Weedon Pioneer Community Hall for Racers and Volunteers at the end of the events.
- Racer's meals are not provided.
- **Please remove cycling shoes before entering Weedon Pioneer Hall.**
- Results and awards to follow as soon as possible after each category.

Directions to Venue

- From Calgary, head northwest on Crowchild Trail, to HWY 1A. Continue west for 20km to Cochrane. Stay on the HWY 1A through Cochrane for 2.5km until reaching the lighted intersection of HWY 1A and HWY 22.
- Turn right and go north on HWY 22, up the hill. Head north for 7km until the intersection of the RNG RD 567/ Big Hill Springs Road, and HWY 22. Turn right and enter the Big Hill Shell Parking lot.
- Race Staging and Start area will be on the west side of HWY 22, directly across from the Shell/ RV Park, on Weedon Road. The Weedon Pioneer Community Hall is the central spot for the A.B.A., wheel cars, and Marshalls, First Aid, Media and Volunteers. There will be no parking for racers at the hall for registration or the race.

Parking

- Racers must park at the Big Hill Shell gas bar on the EAST side of HWY 22. This will be a marshal controlled/limited parking situation. Please obey the Parking Coordinators. Those wanting to set up Team tents, warm-up equipment, etc. are advised to arrive early to get the space you need.
- The parking lot and gas bar/ RV Park will be open to the public during this event. Please use caution while in the area and on your bikes. Cyclists need to represent our user group in a responsible, courteous manner to ensure future use of this venue. Riders should be wearing a helmet at all times when on their bicycle. Thanks to Sean Veraat of The Spring Hill Group undertaking arrangements for us.
- Please safely cross HWY 22 from the Big Hill Gas Bar to the Weedon Pioneer Hall or sign on. HWY 22 at the 567 is an uncontrolled, extremely busy intersection. Exercise EXTREME CAUTION when crossing. Remember: this is a long weekend travel day.
- Weedon Pioneer Hall parking is reserved for organizers, race officials, FIRST AID, and media. There will be no parking for racers at the Hall for registration or the race.
- PARKING is NOT allowed on the Race Course of Weedon Road, Horse Creek Road or residents' driveways, as per County of Rocky View. The future of our event depends on cooperation of all parties participating.

Feed Zone

- Check map for feed zone details. The feed zone is open, for all categories, every passing except the first northbound passing.
- Riders must dispose of garbage and bottles only in the feed zone and between the finish line and the south turnaround on Weedon Trail.

Wheels



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- The wheel vehicle will service you from behind on the right side of the road and you are responsible for changing your own wheel. You will not get any drafting to help you back to the group. [ABA Rules](#)

Vehicles

- If you are dropped by the peloton, you must stay to the right and obey all traffic signs and laws.
- There will be a sweep vehicle following the last rider on the course so you won't be left alone if you need help. Depending on the position of the last rider, the sweep may take a few minutes to get up to you.

DNF Riders

- If you retire or abandon the race, please tell a Commissaire at the finish line. Once you finish, clear the finish area quickly and do not cross the finish line again while riding your bike. Do not congregate around the finish line as this may cause oncoming traffic to enter the finish area and causes danger to other riders.

Additional Information

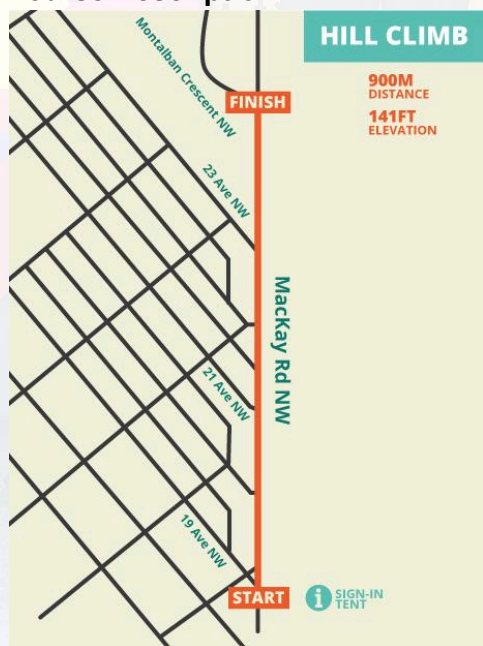
- Certified FIRST AID responders will attend the Road Race. Weedon Pioneer Hall is the designated First Aid Point. Marshals on the Course will have radios and cell phones for easy communication.
- Porta-potties will be available in the parking area of Big Hill Gas Bar and at Weedon Pioneer Hall.

Hill Climb

Sunday, August 4 | Mackay Road (Calgary)

The Hill Climb changed in 2017. Participants will have to gauge their effort on a slightly shorter climb that constantly increases in pitch. The straight up climb on Mackay Road will combine gauging effort with some strategy. Then the top five in each category will race again to determine final placement.

Course Description



The Hill Climb course consistently increases in steepness to 10% and is just under 1km in length.

Schedule

- 8:30 AM Registration open for Hill Climb
- 9:00 AM Warm Up
- 9:45 AM Hill Climb Clear
- 10:00 AM Citizen
- 10:20 AM Category 4
- 10:50 AM Category 3
- 11:20 AM Category U17/U15
- 11:40 AM Women Category 1/2/3/4
- 12:15 PM Category 1/2
- 12:40 PM All Categories Top Five for placement





Race Day Information

- If you already have your race number (TdB ones), you are good to race! No Sign-on, no license check.
- If you have not picked up a racer package, you are required to check in the tent near the start at least 15 minutes prior to your start time. License check opens at 9:00am.
- Racers must present their ABA/UCI license to the Technical Delegate to receive numbers.
- Riders will compete as a ITT in 30 seconds intervals.
- NOTE: Traffic is allowed beside the course and riders MUST obey the rules of the road. Results and awards to follow as soon as possible after the event. Results will be posted about 15 minutes after the finish of each category.

Directions to Venue

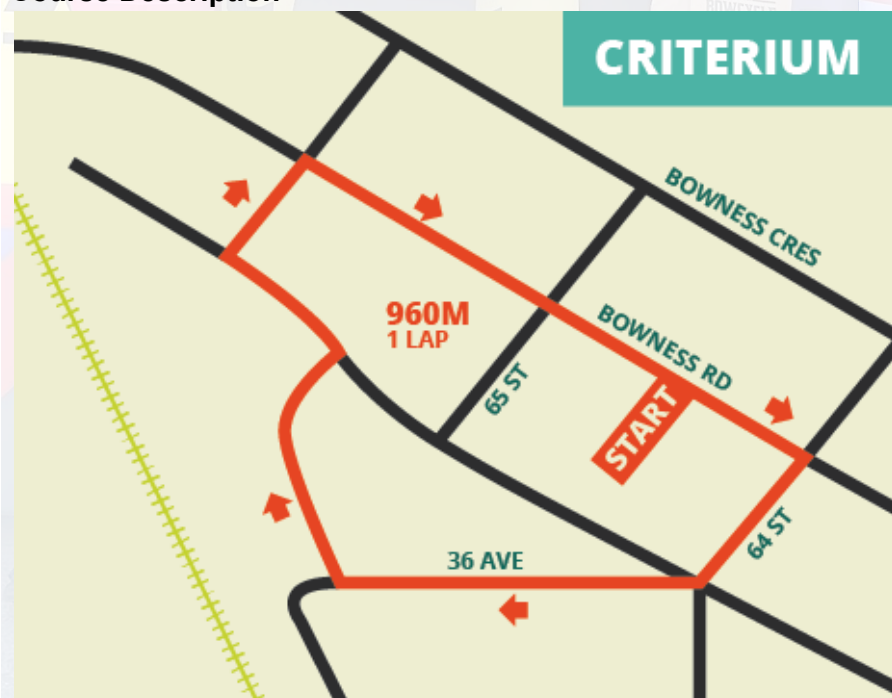
- From Bow Cycle & Sports - 6501 Bowness Rd NW, Calgary, AB T3B 0E8 Head southeast on Bowness Rd NW toward 64 St NW for 3.1 km **Turn left onto 44 St NW , Turn right onto 21st Ave NW and cross Mackay Road into the parking lot.** Foundations for the Future Charter Academy High School Campus is at 2116 MacKay Rd NW

Cory Meza Memorial Criterium

Monday, August 5 | Bowness (Calgary)

The Criterium is a speed race on a short circuit with the city streets closed to traffic. Racers reach speeds of up to 70 km/hr as they race on the circuit that loops from Bowness Rd, past Bow Cycle and back around the winding streets of the community of Bowness. This event is a crowd-favorite as the racers take the turns at high speed and the constant sprinting whips the crowd into a frenzy as riders compete for cash prizes known as lap primes (pronounced “preems”). Our unique course has the benefit of a chicane to test the skill of the riders as they ride the bownesian pavement.

Course Description





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- The criterium course is 960m with 7 turns, a small hill, a chicane and some good old Bownesian pavement. A long straight away (with a typical tailwind) makes for a fast finish.
- The wheel pit is located just before the start line on the rider's right. The wheel pit is not neutral, you must provide your own wheels.
- Teams may set up tents along Bowness Road in front of The Light Cellar towards 65th Street. Tents must have weights on them to keep them secured to the ground. **If your tent is not properly secured, it will be taken down.**

Schedule

Time		Laps
8:00 AM	Course open for training	
8:30 AM	Para- Hand Cycles	15 Min + 3 Laps
9:00 AM	Citizen Category	20
9:45 AM	Women Category 4	20
10:30 AM	Category 4 Men	30
11:20 AM	Category U17/U15	15
12:00 PM	Category 3 Men	35
1:00 PM	Kids Rodeo	
1:50 PM	Women Category 1/2/3	35
3:00 PM	Men Category 1/2	45

Race Day Information

- All Racers must be pre-registered and need to show their license/sign on at Bow Cycle at least 15 minutes before your race starts. Riders who have not done so already must present their license to the Technical Delegate to receive numbers. Ensure that your signature appears on the sign-on sheets.
- Course opens for warm up at 8:00am. Please use caution as set-up may still be in progress.
- The course will be open for at least one lap after each event.
- The course will be open to the next category only after the last rider in an event has finished and until 10 minutes before start time of the next event.
- Each race will be led by a motorcycle. Riders, either close to being lapped or lapped, *may* be pulled from the race by the Chief Commissaire. Such riders will be placed according to the number of laps completed.
- The wheel pit is located just before the start line on the rider's right. The wheel pit is not neutral, you must provide your own wheels.
- Riders will receive a free lap in case of a recognized mechanical (defined as breakage of an essential part of the bicycle) or a crash (defined as falling off one's bike). No free lap in the final five laps; riders in the pit at 3 laps to go may not re-enter the race.
- Results and awards to follow as soon as possible after each category.





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Primes

U17/15	– 2 Primes
Cat 4 Women	– 2 Primes
Category 4 Men	– 3 Primes
Category 3 Men	– 3 Primes
Women Cat 1,2,3	– 3 Primes
Men Category 1/2	– 4 Primes

Directions to Venue/Parking

- The Criterium course is located in downtown Bowness on 64th Street and Bowness Road NW. Parking is available behind Hextall Place and east of 64th Street on Bowness Road.

Racer Meal

- A ticket for a post criterium meal provided by Salt & Pepper Restaurant will be available at Sign on. Come and enjoy the Bowness Street Festival during and after the Criterium on Monday, August 5th.

Additional Information

- Washroom facilities will be provided behind Bow Cycle near the Community Garden.

Thank you for participating in the Tour de Bowness
Bob Grunewald

