



# TECHNICAL GUIDE

2025-06-05 version 1.0

## 2025 25 km ITT Provincial Championship and Saskatchewan Cup Road Race

Regina, Saskatchewan

June 14-15, 2025

Presented By

Regina Cycle Club



Thanks to our sponsors:



Saskatchewan Cycling Association



Hammer Nutrition



City of Regina





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*Regina Cycle Club acknowledges the city of Regina, the city of Moose Jaw, and the surrounding areas are located on Treaty 4 lands, the traditional territories of the nêhiyawak, Anihšīnāpēk, Dakota, Lakota, and Nakoda, and the homeland of the Métis/Michif Nation. As treaty people, we strive to live, work and play in ways that honour and respect the spirit of the treaties.*



## Event Description

The June 14-15 race weekend hosted by Regina Cycle Club includes an SCA Sask Cup road race, as well as the provincial championship for the 25 km Individual Time Trial (ITT). The races will take place in the vicinity of Regina, with the road race held in Moose Jaw, and the ITT held in Kronau, just south of Regina. This will be the third Sask Cup weekend for road racing, after races in Prince Albert and Saskatoon in May.

## Event Organizer

<b>Event Organizer</b>	Regina Cycle Club Road Committee
<b>Address</b>	1500 1881 Scarth Street, Regina, SK, S4P 4K9
<b>Name</b>	Stephen Trott, VP Road
<b>Phone</b>	306-216-6722
<b>Email</b>	<a href="mailto:road@reginacycleclub.ca">road@reginacycleclub.ca</a> , <a href="mailto:Stephen.trott@protonmail.com">Stephen.trott@protonmail.com</a>
<b>Website</b>	<a href="https://reginacycleclub.ca/">https://reginacycleclub.ca/</a>
<b>Facebook</b>	<a href="https://www.facebook.com/groups/ReginaCycle/">https://www.facebook.com/groups/ReginaCycle/</a>
<b>Other Social Media</b>	

## Registration and Entry Fees

All riders must pre-register online for competitive events. Day-of registrations will NOT be accepted at this event.

Online Registration Link	<a href="https://ccnbikes.com/#!/events/regina-cycle-club-saskatchewan-cup-road-2025">https://ccnbikes.com/#!/events/regina-cycle-club-saskatchewan-cup-road-2025</a> <b>No same day onsite registration will be available!</b>
Online Registration Deadline	<b>Wednesday Jun 11, 2025, at midnight</b>
Entry Fee	\$35 per event, \$65 for both events

**Prizes** - to be determined

## Sign-on and Event Package Pick-up

All riders must pre-register online for competitive events and sign-on the day of the event. Day-of registrations will NOT be accepted at this event.

Sign-on	Saturday June 14: Moose Jaw - Church of Our Lady 11:00 a.m. Sunday June 15: Kronau Curling Rink - 9:30 a.m.
Event Package Pick-up	As above
Race Numbers / Timing Chip	As above

## Event Rules / Licenses

\*One Event covers for General Liability insurance but does **NOT** cover Sport Accident insurance which is reserved for SCA members only!

Valid SCA Membership is required to participate in any sanctioned event.



Valid SCA Provincial or UCI licenses are required to participate in any sanctioned competition event (race), whether it be at the Club or Provincial level, and must be presented at sign-on.

UCI, CCC, and SCA Regulations and Policies will be enforced at all events.

Participants are expected to obey all traffic and local jurisdiction laws.

### **Helmets must be worn at all times when riding your bicycle!**

- Chief Commissaire and Organizers reserve the right to combine categories if registration for a category does not meet the minimum participant level requirements.
- UCI rules and regulations will be in place for all stages of this race. The onus is on the racer to know and follow the rules.
- Two race numbers will need to be worn on the right jersey pocket and right chest back. Numbers may not be folded, cut, covered, or overlapped. Race numbers need to be clearly visible to the Commissaires. A minimum 1-minute penalty will be enforced for infractions.



- A chip timing system may also be used for results, which requires each rider to adhere a chip to the top of their helmet.
- **\*\* Remember, if we can't see your number, we can't give you an accurate finishing time!**
- **\*\*All racers must sign on at each race event!**
- Even if you have preregistered for the race, you must present your race license and pick up your race numbers, RFID chip and race package or you will not be allowed to race. Refunds will not be given to riders who miss sign on. Out of province racers will be required to present a valid UCI race license at this time.
- E-bikes or pedal assisted bikes are **not** allowed. Use of an e-bike, pedal assisted bike, or motor will result in immediate disqualification.
- **Time Trial bikes will not be allowed for U17 & Juniors – ages 18 and under.**
- **Aero extension bars will not be allowed for U17 & Juniors – ages 18 and under.**
- **Disc wheels will not be allowed for U17 & Juniors – ages 18 and under.**

## Road Race

### **Provincial Road Race, Saturday, June 14, 2025**

**\*\*Racers who ride on or cross over the center line will be penalized one (1) minute for each time that a Commissaire or designate observes them crossing the center line for any reason.** Racers are not allowed to cross the center 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 center line while trying to draft. Commissaires are instructed to be very strict with this rule, for your own safety and in the best interest of all competitors.

The course is not closed to traffic and racers are encouraged to be aware at all times. Areas of the road may be rough & may contain potholes, especially on the shoulder & caution must be taken at the turn around point. Volunteers will be there to assist.

There will not be a rolling enclosure or closed course.

## **Staging**

All categories of racers are requested to start staging on Saturday June 14, 2025 for the Road Race at **11:45 AM** at the intersection of Hwy 363 and 9<sup>th</sup> Ave. SW in Moose Jaw. Please line up for roll call behind the vehicle for your category.

In case of flats, neutral wheels will be available in the official follow vehicles only. Racers should bring wheels labeled with your name, race number and the gear to the appropriate marked vehicle in the staging area at **11:45 AM**. Racers will be responsible for changing the flat themselves and will not be motor paced back to the group.

## **Start**

There will be a neutral start on Hwy 363, just west of 9<sup>th</sup> Ave. SW in Moose Jaw).

## **Feed Zone**

The feed zone is located at km 25 on Hwy 363.

**All categories can feed on each lap.** Feeding will be allowed in the marked area only. Feeders may park on a side road closest to the feed zone, but not on the highway.

The feed zone area is a neutral zone where no racing is allowed. This zone includes the area 25 meters before and after the cones in the feed zone.

## **Turnaround Points**

Racers must turn to the outside of the cone in the center of the road and may not cut the turn.

The turnaround point is a neutral zone where no racing is allowed. This zone includes the area 25 meters before and after the turnaround cone.

## **Follow Vehicles**

Only official Commissaire and follow vehicles will be allowed to follow any race. Spectators and feeders may carefully drive to the feed zone but may only pass a racer or a group when it is safe to do so. They may not follow any racer for any length of time and may not park on the course or on the shoulder of the highway at any time. This is for the safety of all racers as the course is not long enough to allow extra vehicles.

## **Marshals**

Marshals will be available at the turnaround points, the feed zone and at the finish line. These marshals will make every effort to stop traffic for the turns, but racers must proceed with caution. Please follow the instructions of the volunteers at all times.



## Ride with Your Category

Racers may only ride with people who are in the same category as they are. If you are dropped from your group, you may not ride with someone from another category. If one category catches another group, the group that is being caught must pull completely over and allow enough room for the faster category to pass by safely without crossing the center line. If you are riding alone or in a small group, please stay on the shoulder or as close to the shoulder as possible for your own safety!

**If there is a rail crossing, racers may not cross level crossings when the warning signal is ringing or lights flashing.**

The following rules shall apply:

1. One or more riders who have broken away from the field are held up at a level **crossing**, but the lights stop before the field catches up. No action shall be **taken**, and the closed level crossing shall be considered a race incident;
2. One or more riders with more than 30 seconds lead on the field are held up at a level crossing and the rest of the field catches up while the crossing lights are on. In this case the race shall be neutralized and restarted with the same gaps, once the official vehicles preceding the race have passed; if the lead is less than 30 seconds, the closed level crossing shall be considered a mere race incident;
3. If one or more leading riders make it over the crossing before the crossing lights start and the remainder of the riders are held up, no action shall be **taken**, and the closed level crossing shall be considered a race incident;
4. If a group of riders is split into two groups following the closure of a level crossing, the first group will be slowed down or stopped in order to allow the delayed riders to return to the first group;
5. Any other situation shall be resolved by the Commissaires.

## Categories / Distances

Men	Distance	# Laps	Women	Distance	# Laps
CAT 1/2/3	100 km	2 x 50 km			
CAT 4	70 km	1 x 70 km	CAT 3	70 km	1 x 70 km
CAT 5	50 km	1 x 50 km	CAT 4/5	50 km	1 x 50 km

The races are on an out-and-back course from the start of Hwy 363 (just west of 9<sup>th</sup> Ave. SW in Moose Jaw).

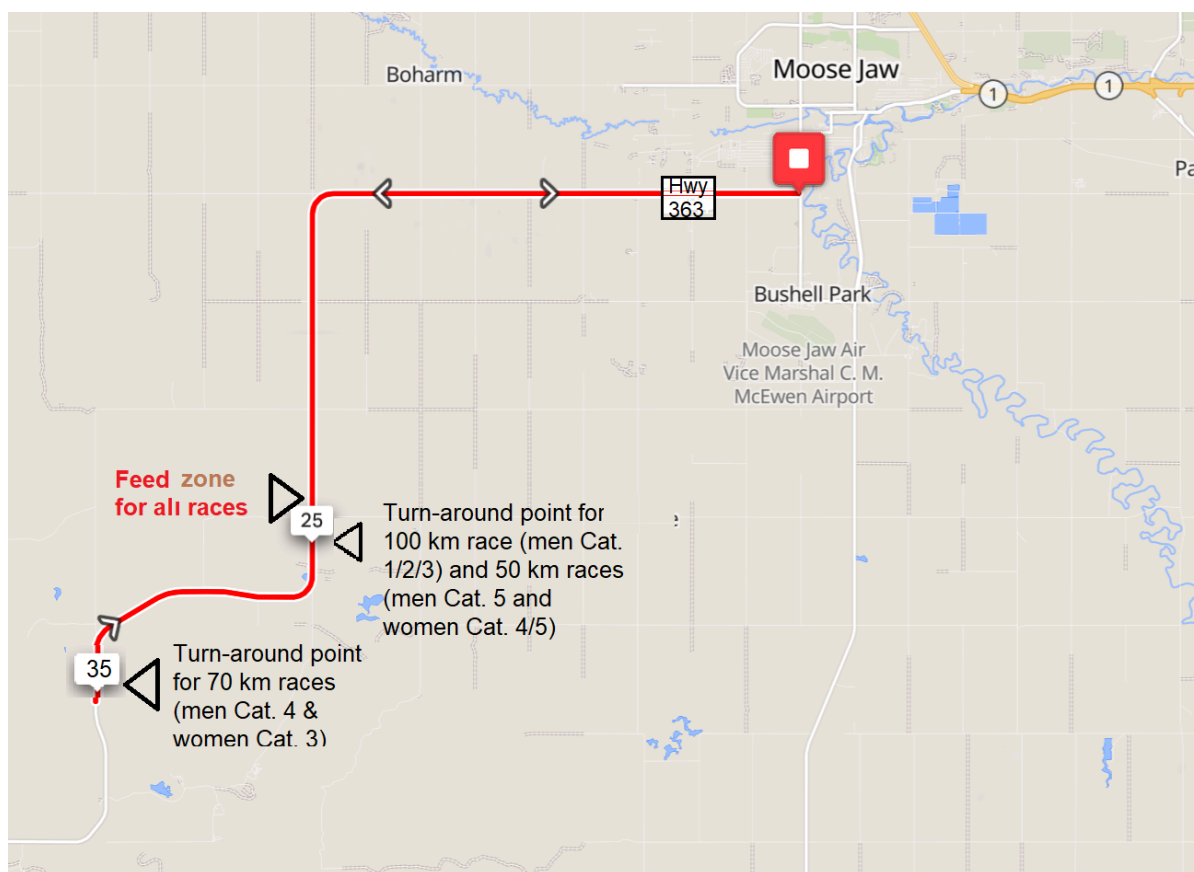
Men CAT 1/2/3, Men CAT 5, and Women CAT 4/5 will turn around at the 25 km point. Men CAT 1/2/3 will ride the course twice for a total of 100 km race; the others will do only one lap.

Men CAT 4 and Women CAT 3 will ride out on Hwy 363 and turn around at the 35 km point. Only one lap is needed to complete the 70 km course.

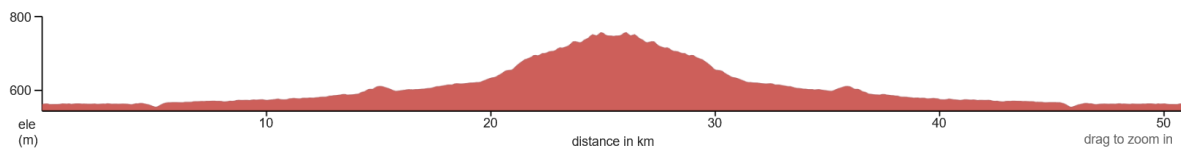


It is the responsibility of the racer to know the course and the number of laps required for their category. Volunteers, spectators and Commissaires will not be able to advise you once the race has started.

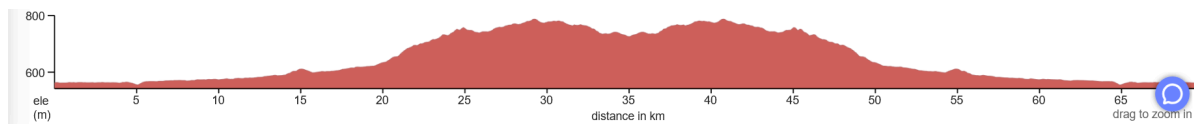
## Course Description & Map(s)



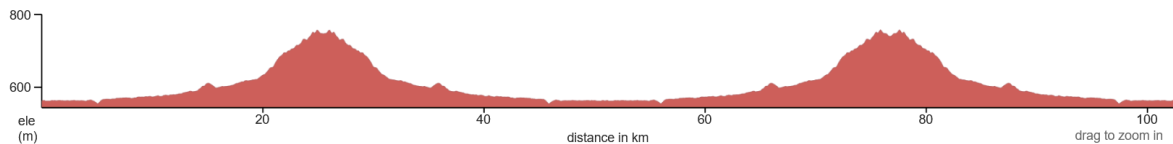
Men & women Cat. 5 course (50 km) – ride to 25 km point and turn around. Elevation gain: +281m



Men Cat. 4 & women Cat. 3/4 course (70 km) – ride to 35 km point and turn around. Elevation gain: +442m.



Men Cat. 1/2/3 course (100 km) – two laps of ride to 25 km point and turn around. Elevation gain: +562m



Feed zone is located at 25 km point for all but men Cat. 5 and women Cat. 4/5 racers.

## Time Trial

### Sunday, June 15, 2025

Riders will be sent off at one (1) minute intervals in the following order: CAT 5, CAT 4, and Cat 1/2/3 with a two (2) minute gap between categories.

Final Start lists will be posted as soon as possible. Any racer missing their posted start time by more than 1 minute will be assessed a one (1) minute penalty and must start after all other riders in their category. Any racer missing their posted start time by less than 1 minute, will keep the time that they should have started at and will be allowed to start under the direction of the start line Commissaire.

There is no wheel pit for this time trial and follow vehicles are not permitted. If approved by the Chief Commissaire, racers who flat or crash and are unable to complete the time trial will be given the same number of points as the slowest rider in their category. Please discuss with the Chief Commissaire if this applies to you.

The course is not closed to traffic & racers are encouraged to be aware at all times. Areas of the road may be rough & may contain potholes, especially on the shoulder & caution must be taken at the turn around point. Volunteers will be there to assist.

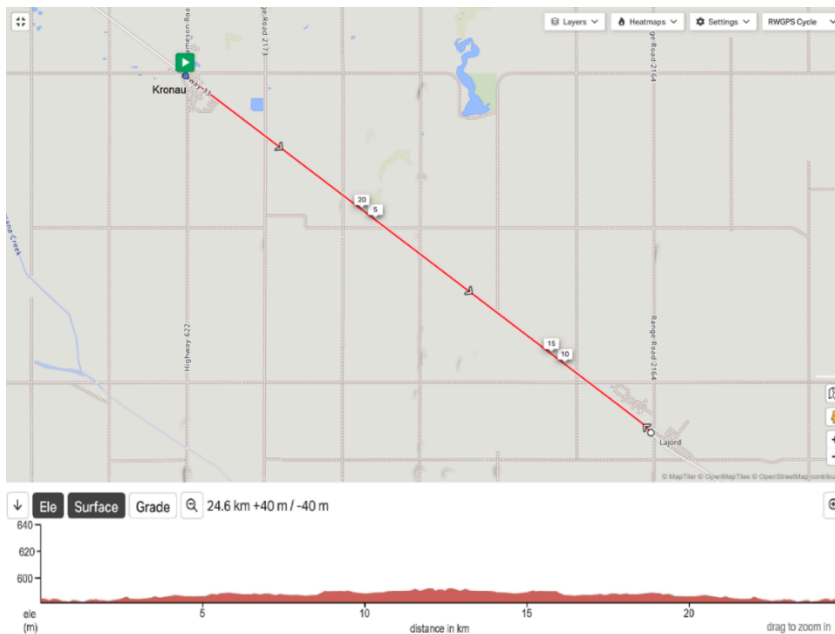
### Staging

All categories of racers are requested to start staging on Sunday June 15, 2025 for the ITT at **10:15 AM** by the start line on Hwy 33, Kronau, SK.

## Categories / Distances

Time Trail will be 25 km for all categories.

## Course Description & Map(s)



## Schedule

See the tables below for a full listing of the events. Please note that schedules are subject to change.

Time	Event
<b>Saturday June 14, 2025</b>	
11:00 - 11:45 AM	Road Race sign-on at Church of Our Lady <div> <div></div> <div>Note: races may be combined depending on numbers of racers.</div> </div>
11:45 AM	Road Race Staging Start for all categories at Hwy 363 and 9 <sup>th</sup> Ave. SW
12:00 PM	Road Race Start: Men Cat 1/2/3 – 100 km
12:05 PM	Road Race Start: Men Cat 4, Women Cat 3 – 70 km
12:10 PM	Road Race Start: Men Cat 5 & Women Cat 4/5 race start – 50 km
<b>Sunday June 15, 2025</b>	

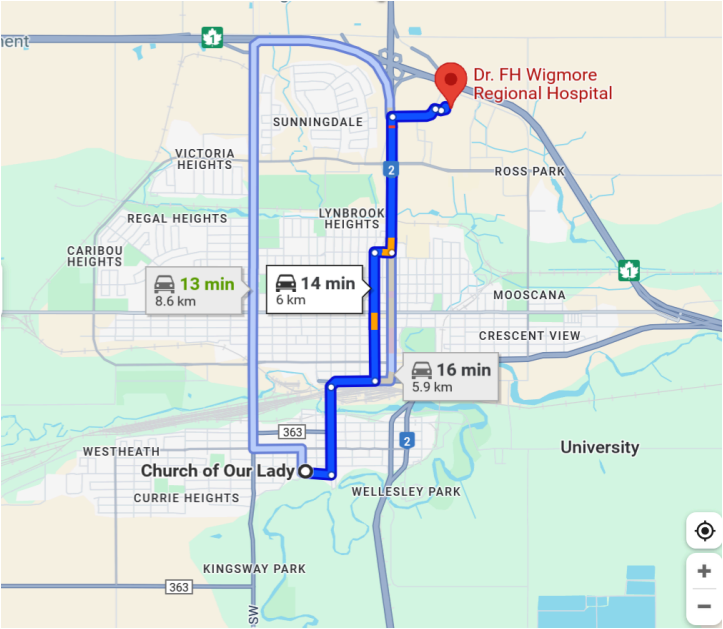
9:30 AM	25 km Individual Time Trial: Sign-on in Kronau Curling Rink, 11 Main St, Kronau, SK S0G 2T0
10:15 AM	25 km Individual Time Trial: Staging behind start line on Hwy 33 in Kronau
10:30 AM	25 km Individual Time Trial Start: 1 minute starts

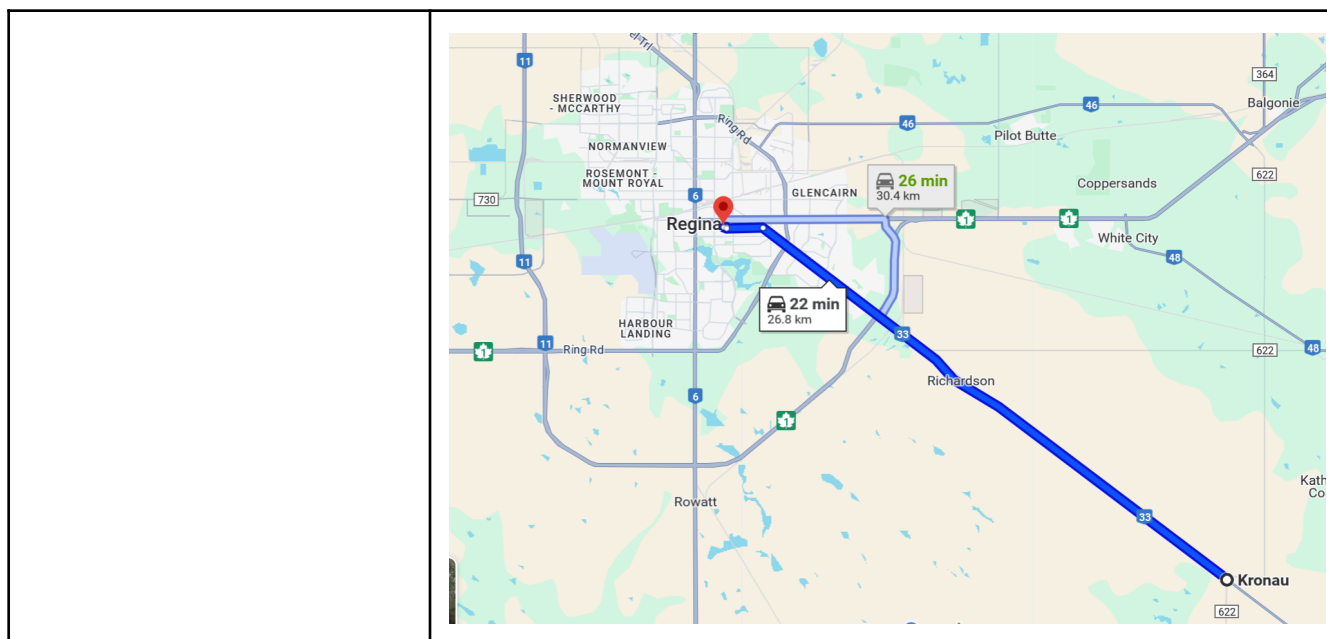
## Event Officials (if required)

Role	Name
Chief Commissaire	Karen Cranston
Commissaire	Bill Kinash
Commissaire	Laurie Ewen
Timing	

## Medical Support (See Medical Support Policy)

Emergency Action Plan (EAP)	See APPENDIX I
EAP Coordinator	Name: Stephen Trott Phone: 306-216-6722
On-site First Aid Personnel	Mike Edmonds – 306-560-0886 Marshall Wilson – 306-551-5080
On-site First Responder Personnel	This venue will be serviced by certified first responder professionals Name: individual responders' names tbc. Phone: individual responders' numbers tbc.
Venue Contact	Name: Vicki Mayer (Moose Jaw Church of our Lady - parking and washrooms venue only, near race site) Phone: 306-692-2950
Nearest Hospital	Moose Jaw Road Race – June 14, 2025:

	<p>Address: Dr. F.H. Wigmore Regional Hospital, 55 Diefenbaker Dr., Moose Jaw SK S6J 0C2 Phone: 306-694-0200 Directions: <a href="#">Click here for Google Maps directions</a> Distance: 6km (12 minute drive)</p> 
Nearest Hospital	<p>Kronau Individual Time Trial – June 15, 2025: Address: Regina General Hospital 1440 14 Ave, Regina, SK S4P 0W5 Phone: 306-766-4444 Directions: <a href="#">Click here for Google Map directions</a> Distance: 27km (22 minute drive)</p>

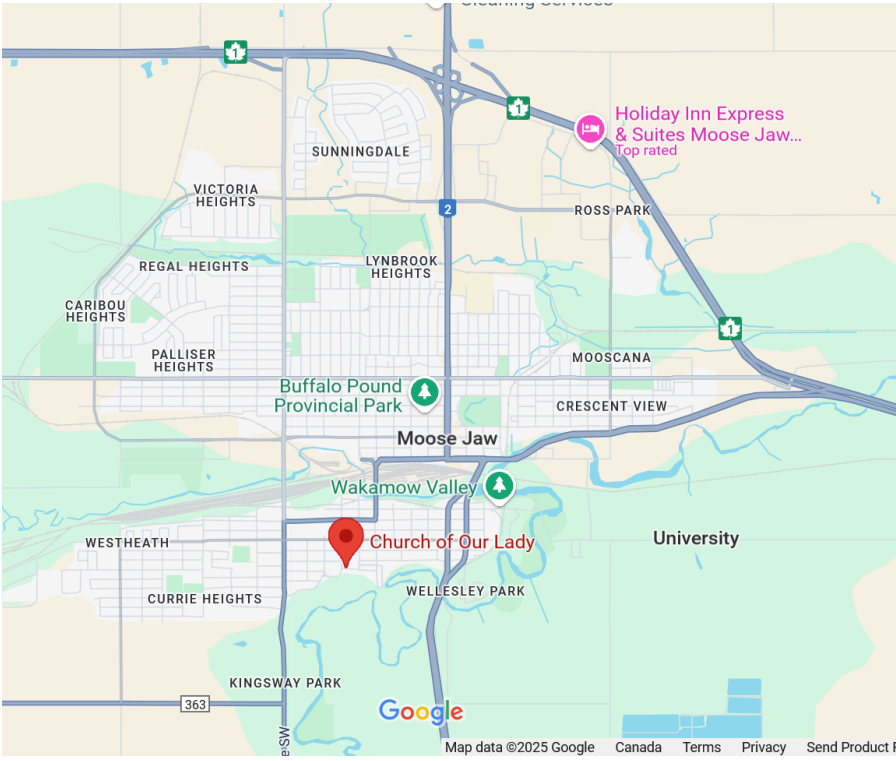


## Event Risk Management Plan (See APPENDIX II)

- An Emergency Action Plan is in place for this event. See Appendix I.
- Race is sanctioned by Saskatchewan Cycling Association, all riders are SCA members & insured.
- An emergency medical responder will be present on the course and ready to respond if needed. Several first aid responders will also be present.
- Signage will be placed on roads advising motorists of bike race in progress.
- Marshals will help manage traffic at turn-around points and feed zone on the course.
- Note that traffic will continue on the course, and riders must abide by traffic rules.
- Marshals, commissaires, medical responders and the Emergency Action Plan coordinator (Stephen Trott) will be in contact by cell phone during the event, and able to share information about and respond to any incidents on the course.

## Venue Information

<b>Saturday June 14, 2025</b>	Road Race
<b>Venue Address</b>	Race on Hwy 363 southwest of Moose Jaw

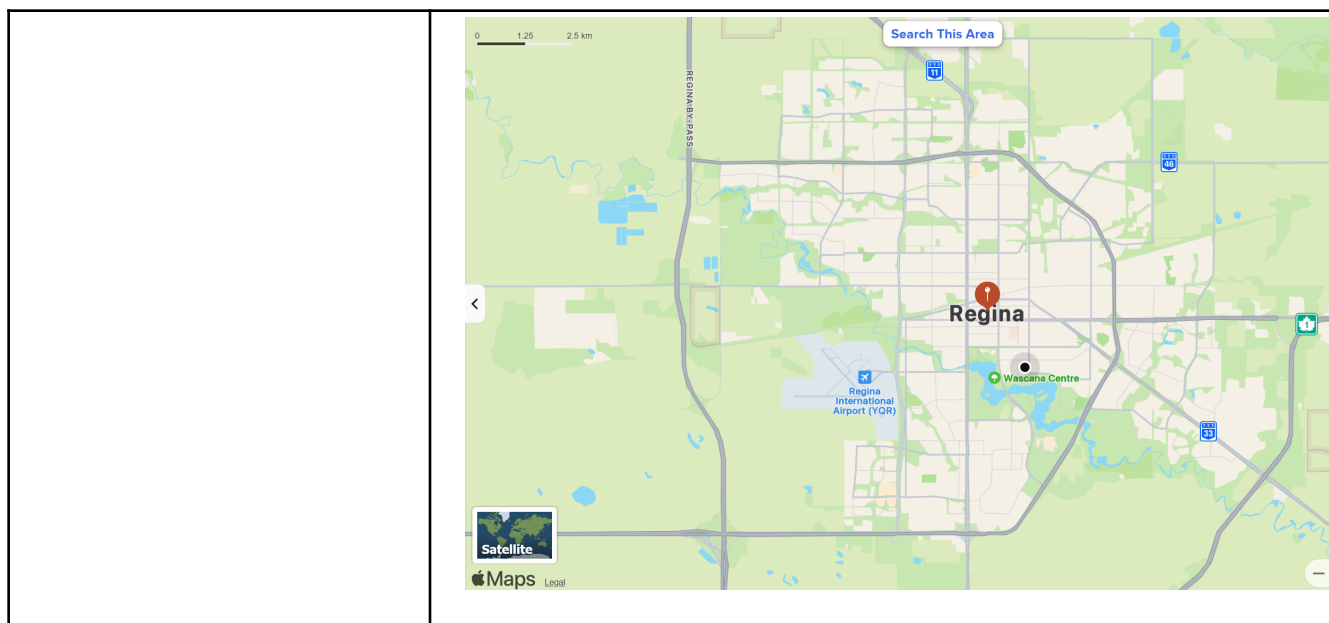
Saturday June 14, 2025	<p>Parking and sign-on at: Church of our Lady</p> <p>566 Vaughan St, Moose Jaw SK S6H 6L3, Canada</p>
Venue Contact (if applicable)	<p>Name: Vicki Mayer (Church of our Lady – parking and washrooms only)</p> <p>Phone: +13066922950</p>
Directions	<p>Link to <a href="#">location in Google maps</a></p> 
Sunday June 15, 2025	Individual Time Trial

<b>Venue Address</b>	<p>Race on Hwy 33 southeast of Regina,</p> <p>Start and staging at Kronau Curling Rink, 11 Main St, Kronau, SK S0G 2T0. 27 km southeast of Regina</p>
<b>Venue Contact</b>	<p>Brad Schneider, VP Kronau Curling Club</p> <p>Cell phone: 306-531-8883</p>
<b>Directions</b>	<p>Link to <a href="#">location in Google Maps</a></p> 

## Athlete & Spectator Services

<b>Parking</b>	<p>Moose Jaw: Parking is available at Church of Our Lady</p> <p>Kronau: street side parking.</p>
<b>Washroom Facilities</b>	<p>Washroom facilities are located at Church of Our Lady</p> <p>Washroom available at Kronau Curling Rink, 11 Main St, Kronau SK S0G 2T0</p>
<b>Food Service</b>	<p>Post-race non-alcoholic beverages and snacks will be offered.</p> <p>No other food service on site.</p> <p>A social event will be held at the Copper Kettle in Regina from 6:30 p.m. on Saturday June 14. 1953 Scarth St, Regina (across from Victoria Park).</p>





## Host Club / Sponsors / Partners Information

	<p>The Saskatchewan Cycling Association (SCA) is the not-for-profit provincial governing body for cycling. Funded through <u>Saskatchewan Lotteries</u>, the SCA provides opportunities for individuals to experience all forms of cycling through its member clubs. Under the umbrella of Sask Sport the SCA's mandate is to develop athletes, coaches, officials, and volunteers.</p>
	<p>Cycling Cyclisme Canada is a National Sport Organization with one simple purpose: to share our love for cycling. No matter what gets you pedaling every day, we're here to provide support and help you turn each ride into an inspiring moment.</p>
	<p>For more than 50 years, Regina Cycle Club (RCC) has been riding and racing in the Regina area. We are a welcoming club and are always looking for new riders.</p> <p>The club has 3 main focuses: road, gravel, and cyclocross.</p>
	<p>Hammer Nutrition is an endurance sports nutrition company that provides unparalleled products, knowledge, and service to health conscious athletes all over the world. Over the years, the product line has grown to an extensive line of fuels &amp; supplements.</p>



City of Regina Hosting Grant for provincial events has been applied for. Outcome to be confirmed.

## APPENDIX I

# Emergency Action Plan

### GENERAL

1. The Emergency Action Plan (EAP) Coordinator for the **2025 25 km ITT Provincial Championship and Saskatchewan Cup Road Race** is Stephen Trott (306-216-6722).
2. If you are unable to reach the EAP Coordinator or on-site emergency personnel, call 911 directly.
3. All emergency personnel, Commissaires, and Volunteers stationed at the venue will carry cell phones.
4. EAP Coordinator will call the athletes emergency contact person if medical intervention is required.
5. EAP Coordinator will fill out an incident report as soon as possible after the incident and send to the SCA office.

### PROCEDURE IN THE EVENT OF A CYCLING INCIDENT

1. Give the timeout signal to stop further event action until the incident is cleared.
2. Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements.
3. Signal for the on-site emergency personnel. Use a cell phone to notify on-site emergency personnel and the EAP Coordinator if they are not in line of sight. Provide the location of incident and as much detail on the casualty's symptoms as possible.
4. Designate who is in charge of other participants at the event.
5. On-site medical personnel will assess the situation to determine whether or not the casualty requires no medical assistance, only emergency medical assistance on-site or transport to the hospital.
6. If the casualty is able to continue cycling, no action is required. Return to your posting.
7. If the casualty requires further medical assistance, wait by the injured person until emergency personnel have taken over the situation.
8. Once the injured person has been removed from the venue, ensure no debris is left on the course.
9. Designate a person to clear the entrance / access road if an ambulance is required and wait by the entrance to direct the ambulance when it arrives.
10. Give the thumbs-up signal to the event organizer to allow event to continue.
11. Return to your posting.

### PROCEDURE IN THE EVENT OF DISTURBANCES

1. In the event of other on-site disturbance, such as crowd control, inappropriate behavior, protests, etc., call EAP Coordinator for assistance.
2. If you are unable to reach the EAP Coordinator or on-site security personnel, call 911.

### PROCEDURE IN THE EVENT OF NATURAL DISASTER



1. Other natural disasters, such as fire, gas leaks, explosions, etc. may also pose a hazardous situation that may necessitate evacuation of the event site.
2. EAP Coordinator will call 911 and report the disaster.
3. Quickly and calmly leave the event site and proceed to the muster point if designated or to a safe area. Await further instructions. Note: Some participants may also decide to leave in their own vehicles

## APPENDIX II

# Event Risk Management Plan

This event is implementing a Risk Management Plan with the following features:

1. This SaskCup event is sanctioned by the SCA and covered by benefits under the SCA insurance plan.
2. All event participants are SCA members (insured under SCA).
3. All event participants will have a signed waiver prior to participating in any sanctioned activity.
4. All pertinent UCI, Cycling Canada, and SCA regulations and policies will be followed, as well as Safe Sport and Concussion Protocols.
5. All Saskatchewan Provincial laws will be followed. E.G., Highways Traffic legislation.
6. All Commissaires of competitive events will hold a Cycling Canada Commissaire Technical License.

## Sanctioning of Events

1. An Event Sanction Application has been submitted to and approved by SCA.
2. SCA Medical Support Policy requirements are met:
  - a. A designated Emergency Action Coordinator has been named
  - b. Certified first aid or emergency response personnel will be in place
  - c. An Emergency Response Plan is in place
3. SCA Weather Policies Manual requirements are met
  - d. Frequent monitoring of the weather forecast before, during, and after the event
  - e. Evaluation of the weather conditions and an informed decision will be made to continue, delay, alter, or cancel the event
4. Commissaire requirements are met.
5. The event has a designated Event Organizer.
6. This events will have attendance records, including event name, date, and location.
7. Proof of SCA and Club membership will be confirmed at sign-on.

## Event Safety

1. Safety risks that may occur at the event. These include:
  - a. Regular traffic on the course
  - b. Risk of crashing from group riding and racing.
  - c. Rider risks at turnaround points and feed zone.
  - d. Weather-related risks
2. A safety plan has been developed to mitigate the identified risks.
  - a. Marshals will help manage traffic at start, turnaround point and feed zone on the course.
  - b. There will be an accounting of all riders at the start and finish of the event
  - c. Commissaires and scribes in follow vehicles will be able to advise Emergency Action Plan Coordinator and medical responders of any accidents on the course.
  - d. Helmets are mandatory whenever riders are on the bike.