

RACER INSTRUCTIONS

BC TIME TRIAL CHAMPIONSHIPS

Saturday, August 9, 2008

Squamish, BC

A provisional start list will be posted at www.escapevelocity.bc.ca on Friday the 8th to give you a better idea of your start time. Notices will be posted at the registration area in the Sunwolf Centre. As results are available, they will be posted in the registration area. As soon as we can following the last finish, the BBQ will be served and awards will be presented.

Warm-ups

You may **NOT** warm-up near the start line. The start area has very limited space. **Only riders within 10 minutes of their start time will be allowed in the start area.** Use the roads south of the registration area (Squamish Valley Road, Government Road) for your warm-up. Please **RESPECT** the local residents. When riding to the start line, be careful crossing the **BC Rail tracks**.

Course Reminders (This is not a closed course)

- The route is **38.5K total (except 20K course for U17 and below women, U15 and below men and handcycles)**, out and back along the same road. There will be a marshal at the turnaround with cones to indicate half way. There will be some distance markers.
- The **road has no shoulder**, so space is tight. Stay as far to the right as possible.
- You must present your license at sign-on as collateral for your number.
- The **wooden bridge** at 12km is only one lane for cars. To accommodate two-way cycling traffic we have applied a line - stay to your side of the line. Marshals will be present at either side to control vehicles.
- Although we have notified residents, **BE ALERT!** This is **NOT** a closed course, and it is open to traffic. Marshals are present along the route for your protection.
- **Watch for road imperfections such as cracks, potholes or grooves.** On sunny days, shadows on the road make it difficult to see obstructions, so keep your head up.
- As in every race, **centre-line rule is in effect.** Use caution and restraint in dealing with any vehicles on the course. Harassing or aggravating motorists or local residents is not wise and damages the reputation of all cyclists.
- After you have finished, please vacate the finish area, it can become quite congested.
- Please use extreme caution when passing another rider, and give verbal warning. Be especially cautious at your turn around location for any vehicles.

Medals, Jerseys and Prizes

- **Championship Medals** will be presented to the top three placers in each age-based category: Junior, Senior, and Espoir for both men and women (except Espoir which is men only).
- **Championship jerseys** are awarded for Junior men and women, Espoir men, Senior men and women only. Please note that **there must be at least five competitors in a championship category for a jersey or medal to be awarded.**
- **Cash prizes** will accompany the medals.
- **BC Cup medals and prizes for Cat 1 and 2 men, Open women.**