

EDMONTON MASTERS CYCLING CLUB

TWIN ISLAND LAKE – 18 mile 2 Up TTT training course

MAY 15th 2013 7:01 pm 18 mile 2 Up TTT training Sign-on 6:00 pm

Teams of 2

Teams must ride unassisted, and neither give nor take pace from another team or rider.

The onus is on the overtaken team/rider to drop back.

THE ONUS IS ON EACH TEAM/RIDER TO NEGOTIATE THE TURN SAFELY.

Time is taken on the last rider of the team to cross.

ALL RIDERS AND HELPERS MUST BE PAID-UP MEMBERS OF EMCC.

COURSE DESCRIPTION

START on Hwy 824, north of Hwy 629 (TWP 520).

Proceed north on Hwy 824 (TWP 520) to TURN on Hwy 630 (Wye Road) - **MARSHAL**.

Proceed east on Hwy 630 to TURN on RR 213 - **MARSHAL**.

Proceed south on RR 213 to TURN on Hwy 629 - **MARSHAL**.

Proceed west on Hwy 629 to TURN on Hwy 824 (TWP 520) - **MARSHAL**

Proceed north to FINISH (same as start).

See separate course map.

PARK on the sections at Strathcona Olympiette Centre (RR 224, TWP 520).

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| TIMEKEEPER | START on Hwy 824 north of Hwy 629 (TWP 520). |
| MARSHAL 1 | SE corner of intersection of Hwy 824/Hwy 630 (Wye Road). |
| MARSHAL 2 | SW corner Hwy 630/RR 213. |
| MARSHAL 3 | NW corner of intersection of RR 213/Hwy 629 (TWP 520). |
| MARSHAL 4 | NE corner of intersection of Hwy 629 (TWP 520)/Hwy 824. |
| TIMEKEEPER | FINISH same as start on Highway 824. |