

EDMONTON MASTERS CYCLING CLUB

RR 220 (Joseph Lake Road) – 36.7 km ITT course

JULY 22nd 2015 7:31 pm Sign-on 6:30 pm 36.7 km ITT

All riders must ride alone and unassisted, and neither give nor take pace from another rider.
The onus is on the overtaken rider to drop back.

The onus is on each rider to negotiate the turns safely.

BAR points awarded by Age Category based on Age Standard +/- (except Master A – actual time).

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

COURSE DESCRIPTION

START on RR 220 south of Highway 14, approximately 200 metres south of the intersection with the old highway (TWP 512), at the WARNING GAS PIPELINE sign.

Proceed south on RR 220 for 6.3 km to TWP 504 (Looking Back Lake Road), turn RIGHT – **MARSHAL**.

Proceed west on TWP 504 for 8.05 km to RR 230 (Hay Lakes Trail), TURN at the intersection approximately 60 metres before the at-grade rail crossing – **MARSHAL**.

Retrace east on TWP 504 to RR 220, turn RIGHT – **MARSHAL**.

Proceed south on RR 220 for 4.0 km to TURN at the CANCEEN access road, 50142 RR 221, on the west side of RR 220, 800 metres south of TWP 502 - **MARSHAL**.

Retrace north on RR 220 to FINISH at the wooden power pole approximately 20 metres before the start.

PARKING

Park on the old highway, west of RR220 immediately south of Highway 14, at least 10 metres away from the intersection and at least 5 metres away from the STOP sign.

OFFICIALS/MARSHALS

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| Timekeeper 1, Holder | START |
| Marshal Park well away from the intersection. | RR 220/TWP 504 |
| Marshal Park on RR 230. | TWP 504/RR 230 |
| Marshal Park on the gravel access road at the turn, off the highway. | TURN |
| Timekeeper 2 | FINISH |