

# EDMONTON MASTERS CYCLING CLUB

RR 220 (Joseph Lake Road) – 40 km ITT course

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AUG 7<sup>th</sup> 2019      First Rider Off: 7:31 pm      Sign-on 6:30 pm      40 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

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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 220/221 for 6.3 km to TWP 504 (Looking Back Lake Road) – **MARSHAL #1**.

TURN RIGHT and proceed west on TWP 504 for 8.05 km to RR 230 (Hay Lakes Trail), the intersection approximately 60 metres before the at-grade rail crossing – **MARSHAL #2**.

**TURN IN THE ROAD WITH CARE** and retrace east on TWP 504 to RR 221 – **MARSHAL #1**. **STOP** TURN RIGHT and proceed south on RR 221 for 5.7 km - –**MARSHAL #3**.

**TURN IN THE ROAD WITH CARE** and retrace north on RR 221/220 to FINISH directly across from the start.

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Park on the old highway, west of RR220 and 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                      START

MARSHAL #1                      RR 221/TWP 504  
Park well away from the intersection.

MARSHAL #2                      TWP 504/RR 230  
Park on RR 230.

MARSHAL #3  
Gravel road just south of the turn (see next page).

TIMEKEEPER #2                      FINISH

