

ATHLETE GUIDE



Presented by **cervélo**
VOGOMEN WHITE DESIGN

EVENT SCHEDULE

Friday, September 16

4:00 pm – 8:00 pm	Registration/Package pickup – All events – Blue Mountain Village
6:00 pm - 8:00 pm	OCA Provincial Championship and Centurion Hill Climb
4:00 pm – 8:00 pm	Centurion Expo Open – Village Square

Saturday, September 17

7:30 am – 4:00 pm	Registration/Package pickup for Centurion Kids – Blue Mountain Village
8:30 am	Centurion Kid's Ride 1 (ages 5 - 9)
9:00 am	Centurion Kid's Ride 2 (ages 14 and under)
9:30 am	Corral Staging for C25
10:00 am	Start on Grand Georgian Drive for the C25
1:00 pm	Awards and Presentations – Village Square
2:00 pm	TIMEX Vertical Challenge
4:00 pm	Awards

Festivities:

11:00 am – 4:00 pm	Registration/Package pickup for C50 & C100 – Village Square
9:00 am – 4:00 pm	Centurion Expo Open – Village Square
4:00 pm – 7:00 pm	Free Concert: The Sam Roberts Band – Village Square
5:00 pm	Celebrity and VIP Reception at Rusty's

Sunday, September 19 - Centurion C50 and C100 – RACE DAY!

5:30 am – 7:00 am	Registration, Check-in & Package pickup for C50 & C100 – Village Square
6:30 am	Corral Staging for C50, athletes should be in the Start Corral
7:00 am	C50 Start on Grand Georgian Drive
7:00 am	Corral Staging for C100; Athletes should be in the Start Corral
7:30 am	C100 Start on Grand Georgian Drive

Festivities:

7:00 am – 3:00 pm	Centurion Expo Open
10:00 am	Post Race Festival/Food Opens
11:30 am	Awards C50
2:00 pm	Awards C100

Road Cautions: C25 Mile Course - The intersection at Poplar Side Road and Concession #10 is unpaved / gravel and will not be complete for race day – I apologize – we don't have the political pull to fix that one. C100 mile course has a short 300 metre section that is gravel. It is on Side Road #10 before turning left onto River Road towards Feversham.

Please take extra caution on all descents and respect the road conditions, traffic and property of all residents. THANK YOU!

PARKING

Resort Parking at Blue Mountain is well signed and can be reviewed on the Blue Mountain web site at www.bluemountain.ca. The direct link to the resort map showing all of the site locations including parking designations is at: www.bluemountain.ca/pdf/Allseason%20Map5_3_10.pdf. Please be early as the access to the Village from the intersection at Jozo and Grey 19 will be restricted as of 7am. You can get access by remaining on Grey 19 and approaching parking from the North.

Note: P2 parking will be reserved for resort guests and event operations. We respectfully request that you park at South P1 as first option and P3 / P4 as alternatives.

RACE DETAILS

Course Marking

- For C 100 riders, all course markings and signs are RED.
- For C50 riders, all course markings and signs are BLACK.
- For C25 riders, all course markings and signs are WHITE.
- The first 4 km of the 50 & 100-mile events are controlled by the lead pace vehicle. The pace vehicle will signal the end of the neutral roll out by waiving an orange flag. This will happen just prior to the climb up Grey 19.
- For both 50 and 100-mile riders, approximately the first 8 to 10 km will be controlled by authorities. Once you start the climb up the escarpment, please merge to single lane traffic as soon as possible.
- From this point, ride on the right side of the road and pass on the left, however, **DO NOT CROSS THE CENTER LINE AT ANY TIME.**
- At Grey Road 2 after the climb up the escarpment, C50 riders must keep right and C100 riders keep left as you approach Grey Road 2.
- Many of the roads do not have a painted center line but all riders are required to ride to the right at all times
- Please ride with care and always keep your head up and eyes looking forward.
- While riding, remember to communicate your intentions to other riders around you with voice and hand signals.
- Give yourself a little extra space between you and the rider in front of you on all descents.
- There are some technical descents on this course – if you see signs that say “CAUTION - SLOW” and/or volunteers saying the same, please adhere to these instructions.
- **The Scenic Caves Road descent will be a single lane inside turn using the left lane for the entire descent.** Cones and barriers will direct your lane of travel. Please take extreme care and caution on the 180 degree left turn. Treat as a neutral zone.
- The King of the Mountain (KOM) contest will be measured by timing mats from our Sportstats team.
 - 50-Mile KOM Location stats at mile mark 23 and ending at Mile 27 on Grey Road 7.

- 100-Mile KOM Location starts at mile mark 80 and ending at Mile 84 on Grey Road 7.

Safety Details: SHARE THE ROAD

- Riders must yield to any and all emergency vehicles, Fire, Medical and Police. Be aware that volunteer fire fighters have a dashboard mounted green flashing light and are to be considered an emergency vehicle.
- Caution must be given to the local agricultural community who may be using the roads at this time as well.
- At every opportunity, please move to the right side of the road and ride with the understanding that vehicles will be required to pass. For your own safety, try and ride in groups of two in draft lines (where possible).

COURSE MAPS

Download copies of the route maps at:

<http://www.centurioncycling.com/canada-routes/>

ATHLETE CHECK-IN

Athlete check-in/packet pickup hours are:

Friday, September 16	4:00 pm – 8:00 pm – Blue Mountain Village
Saturday, September 17	7:30 am – 10:00 am – Kids and C25 (Race Day) – Blue Mountain Village 11:00 am – 4:00 pm – for C50 and C100 – Blue Mountain Village
Sunday, September 18	5:30 am – 7:00 am – C50 and C100 (Race Day)– Blue Mountain Village

REGISTRATION PROCESS

Pre- Registered Athletes:

Look for the PRE REGISTRATION tables for your respective race distance Hill Climb, Kids, C25, C50 or C100. Proceed to the appropriate station according to LAST name.

- Sign the Athlete and Medical waivers
- Pick-up your race packet which will contain:
 1. Race Number (Bib) – wear on LOWER BACK aligned with center pocket of jersey
 2. Bike Plate – affix to the front of handlebars (number facing out) with large twist ties (provided in registration packet). The bike plate, which has your TIMING CHIP on it, MUST be tied to your handlebars with the number facing forward and outward.
 3. Wristband – this will be your access to the start area, so athletes must wear the wrist band during their corresponding events.
- Timing Chip – as mentioned above, your timing chip this year is already affixed to your bike plate.
- Get your athlete goody bag and race shirt.

Event day is hectic so athletes are strongly encouraged to pick-up their packets early (or even the day before, if applicable). Packet pick-up closes 30 minutes prior to the start of the event.

On-Site Registration:

On-site registration will be available on Friday, Saturday and again on Sunday. Please complete the following forms:

- Race Entry
- Athlete Waiver
- Medical Waiver
- Proceed to CASHIER/ LATE Registration table
- Pick-up your race packet – which will contain:
 - **Race Number (Bib)** – wear on LOWER BACK aligned with center pocket of jersey
 - **Bike Plate** – affix to the front of handlebars (number facing out) with large twist ties (provided in registration packet). The bike plate contains your TIMING CHIP so MUST be tied to your handlebars, number facing forward and outward.
 - **Wristband** – this will be your access to the start area, so athletes must wear their wrist band during their corresponding events (For the C50 and C100, the wristband is your access to athlete food after the race).
- Timing Chip – your timing chip this year is already affixed to your bike plate.
- Get athlete goody bag and race shirt

Color Coding by Event:

Each event has a corresponding color scheme so be sure you are wearing the bib and bike plate that corresponds to the event in which you are participating.

- Hill Climb: Silver/Gray
- C25: White
- C50: Black
- C100: Red
- Kid's Ride: Green

RACE DAY INFORMATION

STARTING CORRAL STAGING INFORMATION

Line up in corrals according to your corral choice. Look for the appropriate colored sign to signify your group:

RACER –	BLUE
SERIOUS –	GREEN
CASUAL –	YELLOW
BEGINNER –	RED

Please be in the starting corral area no later than 15-30 minutes before the start of your event.

FEED ZONES

Feed Zone explanation:

There are two different areas for each Feed Zone. Athletes will first hit the “Dine-In” Feed zone. This will be located safely off the road where you can rack your bike and have access to all the different foods and drink and then proceed on their way. Toilets will be located at the Dine-in Feed zone area.

A sampling of the following will be available at the Dine-In feed zones: for example: watermelon, grapes, bananas, water, Gatorade, gels, cookies, bars, etc.

The 2nd zone will be the “Dine & Dash” Feed Zone. Athletes will be handed water or Gatorade as they ride by and will not have to stop. Please do not stop at the drive-through tables!!!

Feed Zone Locations:

100 mile Feed Zones Locations:

1. Pretty River Parking area - 23 miles or 37km
2. Town of Creemore – 40 miles or 64km
3. Just past Feversham – 63 miles or 101km
4. At top of KOM on Grey Rd 7 at John Muir Park lookout – 80 miles or 129km

50 Mile Feed Zone Location:

1. At top of KOM on Grey Rd 7 at John Muir Park lookout – 26.5 miles or 42.5km
2. Clark Street in Clarksburg – 58km

25-Mile Feed Zone Location:

1. Pretty River Parking area 1 mile after the turn around – 13 miles or 21km. Please access the feed zone on return and not on the way out.

- There are portable toilets at all feed zones – please use these and do not go on private property.
- Please deposit all trash at the feed zone – keep our roads clean.
- If you encounter bad weather, seek shelter where you can.

WHAT TO CARRY

Every rider should be prepared just in case they have a minor mechanical and/ or encounter inclement weather. At a minimum, please carry the basic tools required to change a flat tire (spare tube, tire lever, CO2 cartridge or bike pump), plus a small Allen wrench tool for minor adjustments.

RACE TIMING

The HC, C25, C50 and C100 will be chip timed for accurate timing. The timing chip is affixed to the back of your bike plate, which is placed number forward on your handlebars. SportsStats is the official timer of Centurion Cycling. Results will be posted as soon as possible in the Expo, and online after the event.

RACE PHOTOGRAPHY

ASI is the official photographers for the Centurion Colorado Event. They will be out on the course taking photos, and don't miss the opportunity to get your finish photo at the ASI photo podium.

AWARDS

The following awards will be presented:

Overall Male and Female for C50 and C100

Age Groups Awards, 1st – 3rd place, Male and Female:

Hill Climb Age Groups: 18-29, 30-39, 40-49, 50-59, 60-69, 70+

C25 Age Groups: 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+,

C50/C100 Age Groups: 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

Team Awards: C50 and C100, 1st – 3rd place teams, top 5 finishers in each team

King of the Mountain: C50 and C100, Top Male and Female in each age group

Kid's Ride: All participants receive a t-shirt and a Centurion finisher medal.

FOOD & BEVERAGES

Race food & beverages will be served for all participating athletes. Refreshments, fruit and snacks will be available for all events.

Oliver and Bonacini's Restaurant will be providing a post race meal for those in the C50 and C100. Water and Gatorade will be available at the start / finish line as well as during your post race meal – along with an assortment of Pepsi products.

Look for Starbucks to be open and serving coffee on Sunday morning very early for all racers and families.

Creemore Springs Brewery will be supporting all age eligible riders and will have a promotional program in cooperation with their restaurant partners in the Blue Mountain Village. Look inside your race packet at check-in for all the details.

COURSE MANAGEMENT

CUT-OFF TIMES

There are no cut off times for the C25 and C50 events.

C100 Cut-Off times:

12:30 p.m. at intersection of Concession No. 8 and Grey Road 2 at Feversham, approximately 100km (62 miles) into the course. Riders will have five hours to reach this point. Any rider who arrives at this location after 12:30 p.m. will be asked to make an immediate right turn and travel North on Grey Road 2 to Grey Road 19, and then descend Grey Road 19 back to the Village.

Centurion Cycling reserves the right to remove an athlete from the course and DNF the athlete if our course staff determines that there is no possibility of your finishing the distance before the posted cut-off times based on your location, the time and average speed to that point.

Emergency Course Closure: All riders are responsible to familiarize themselves with the applicable course route they are riding. In the case of extreme weather conditions or other similar emergencies, riders will be notified of an official course closure and advised to make their way to the closest town shelter (church, fire hall, school, garage, etc) or back to Blue Mountain Resort. Race Officials will attempt to provide as much notification as possible of any potential closure so that riders can easily find their way to safety.