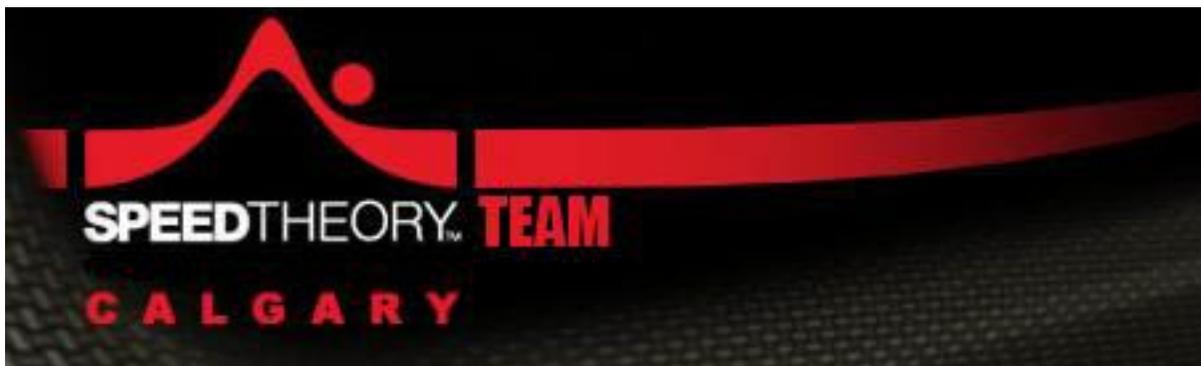


**Jason Lapierre Memorial
Speed Theory Cycling
Dual-Stage ITT Omnium**

July 12th 2008



It all starts at 9:01am



The Races

The race consists of 2 individual time trials separated in time and course. The morning ITT will consist of a 25km rolly and scenic course. The afternoon ITT will consist of an 11km rolly to hilly course that will push your envelope of pain! Inside the afternoon ITT, there will be the 'Killer Kilometer' hill climb prime, which will be a timed event all in itself, with separate prize money.

All proceeds, if any, will be put toward the Jason Lapierre Scholarship Fund at the University of Calgary. <http://netcommunity.ucalgary.ca/NETCOMMUNITY/Page.aspx?&pid=290&srcid=231>

Speed Theory Cycling is a small club and this will be our first event. We will endeavor to give you a great, fun, seamless, and rewarding race atmosphere. We have designed this race to be something different on the ABA race calendar and we hope the cycling community embraces the idea. We appreciate every club that has stepped forward this year to provide a racing calendar packed with great events and wish to thank all those putting in long hours so we can race.



The Registration Process

Registrants will enter the event via Karelo. Follow www.karelo.com to sign up. The event will be a \$40 flat rate whether you compete in one event or two.

The registration **cutoff date and time will be Thursday July 10th at noon**. This will let us have the start list populated and posted by midday Friday. Only the morning start list will be posted at this time.

Day licenses will be available from the ABA on the morning of the event. You will be racing in Cat5 or Womens B if you need to purchase a day license. Therefore, you can still register on Karelo, but please give yourself plenty of time before your morning TT start time to purchase your day license and then warm up and ride to the start line.

**Start lists and results will be posted on the entertaining
Speed Theory Cycling blog at:**

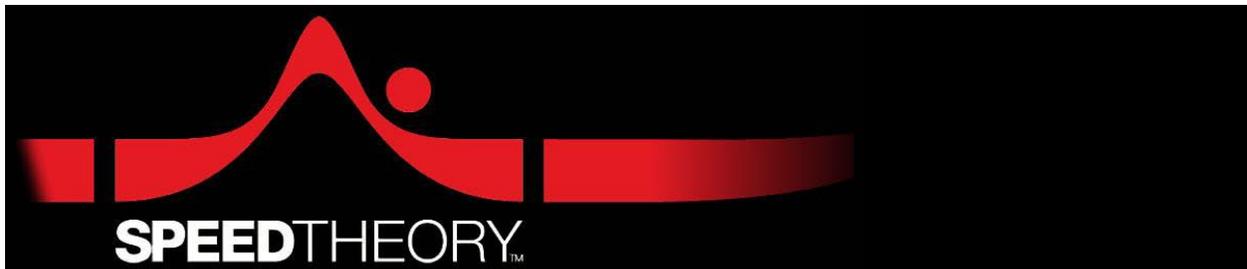
www.speedtheoryteam.com

Sign on (IMPORTANT)

This will be a process you will all LOVE! We have integrated the race-day waiver into your registration process on Karelo. Therefore, there will be no lines or making sure you get to the event in time to sign in. All you need to do is put your race license in the pocket of your skinsuit or jersey and show up to the start line with at least 3 minutes grace. Show the volunteer your license and you are golden! We are excited to be pushing the development of this process that should be super easy. Please make this work by remembering your license (with photo).

The Race Sponsor

Speed Theory is located at:
#130 - 5403 Crowchild Tr NW
Phone: 403-202-1030



The Meeting Place

Dartique Lodge, located on Horse Creek Road is exactly 30km North West of Cochrane.

If driving from Calgary:

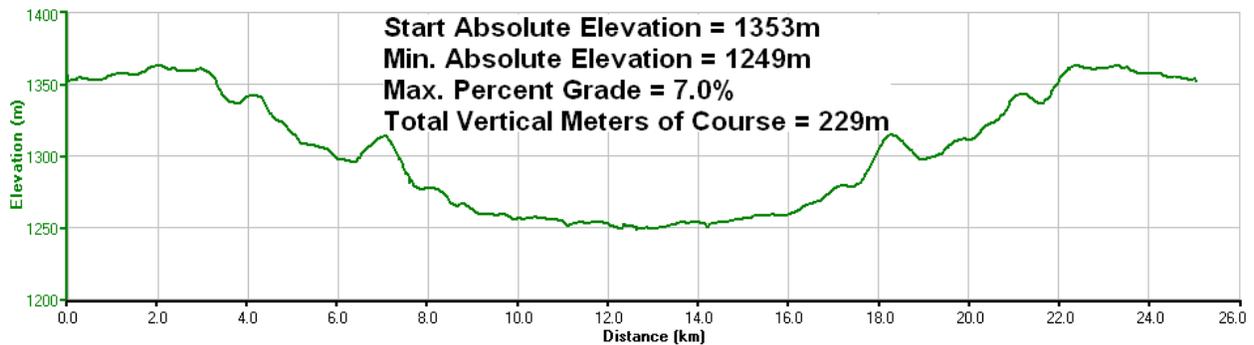
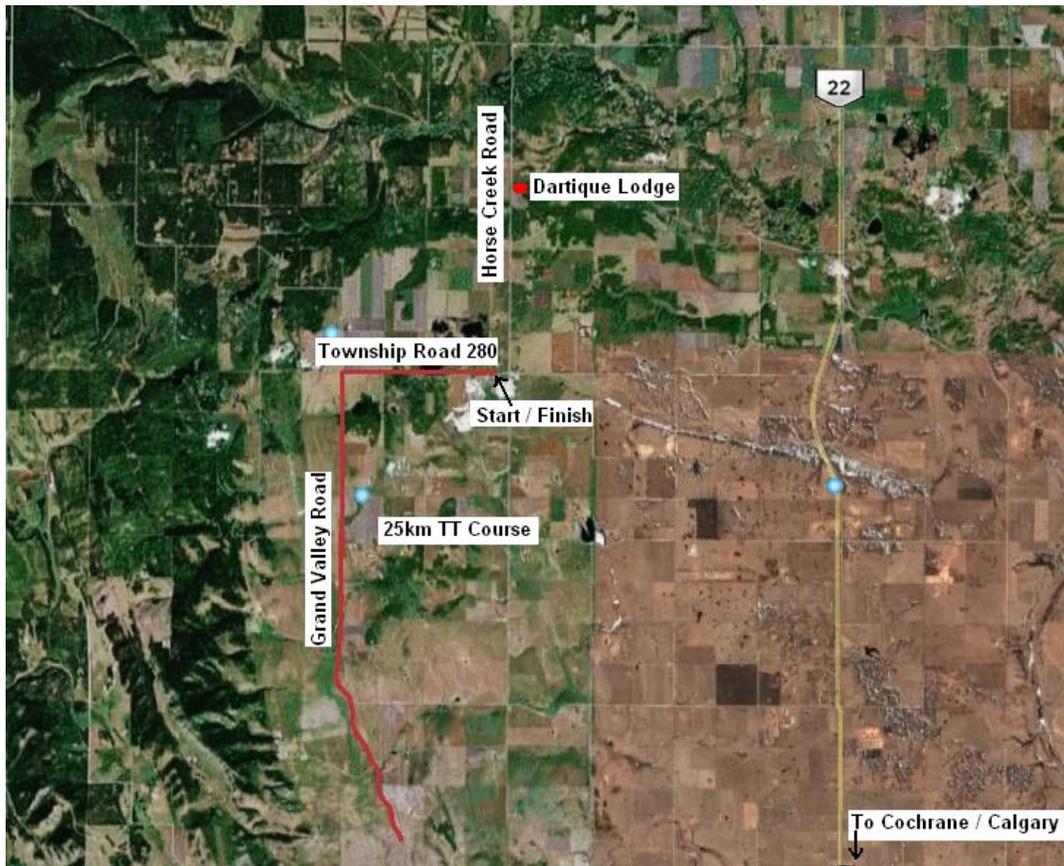
- 1.) proceed to Cochrane
- 2.) turn north on highway 22
- 3.) turn left (west) on Township Road 280
- 4.) turn right (north) on Horse Creek Road
- 5.) turn right on dirt road directly north of Dartique Lodge

Please follow the map below to get to the lodge.



The 25km Morning Event

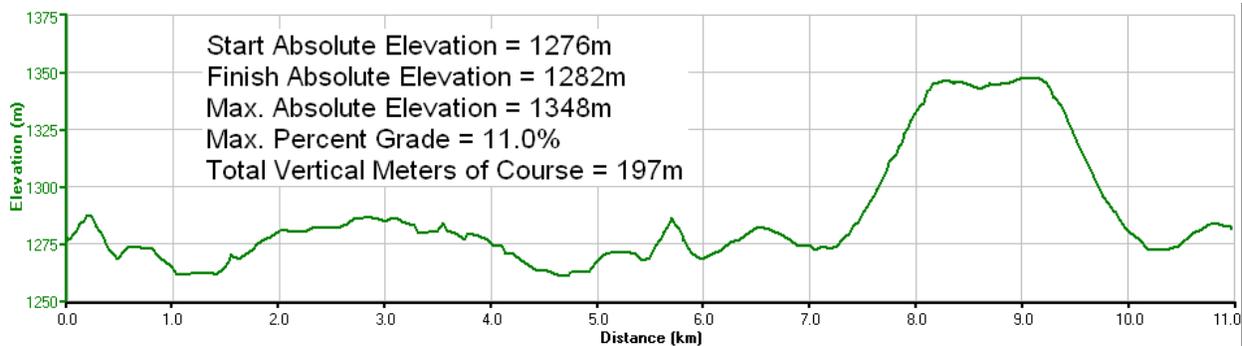
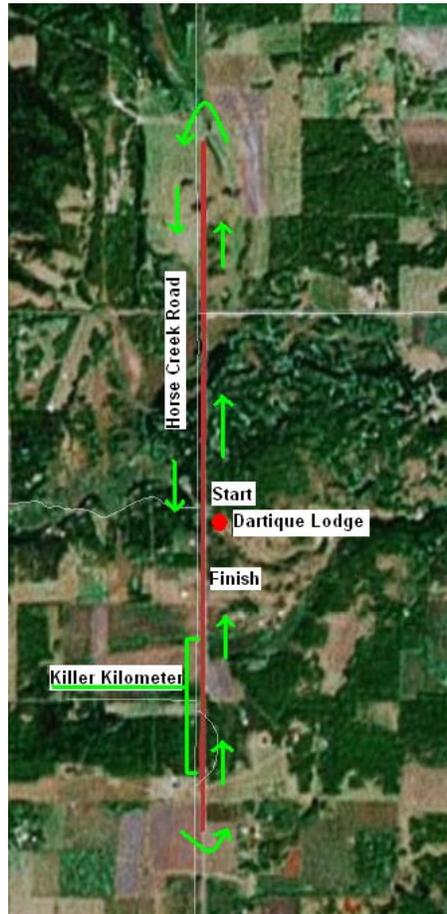
There is a 5km warm up ride from the lodge to the start of the first TT. **No parking on the streets around the TT start/finish area.** There will be a start clock at Dartique lodge for you to gauge when you should leave for your start time. Please allow 20min, which will get you to the start at a leisurely pace.



The last 2.5km of this TT is FAST ! Hammer home!

The 11km Afternoon Event

We are quite excited about this course. We have tried to make this TT exciting to compete in as well as exciting to watch. You will be able to see your favourite riders struggle up the Killer Kilometer as well as gauge their progress, since they will be zipping by the lodge at km 6 of the 11 km event. Please refrain from driving to and from Dartique Lodge during the duration of this event.

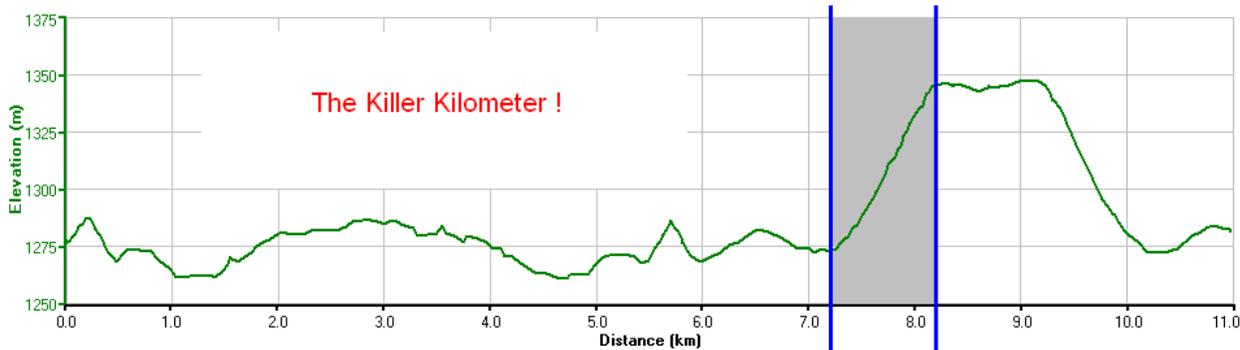


How do you like the start of this TT? We thought you would like that.



The 'POWERBAR Killer Kilometer'. The race within the race.

A timed hillclimb, will take place within the afternoon's 11km TT. Prize money will be given out for top 3 absolute fastest times regardless of ability category for both men's and women's events.



Please visit www.powerbar.ca for your nutrition needs.

The schedule of events

Riders will leave in 30second intervals in all TT events.

Morning TT will start at 9:01am in this order:

Women's B
Youths
Cat 5
Cat 4
Women's A
Cat 3
Cat 1/2

The results will be tabulated and made available quickly and posted in an obvious location at Dartique lodge.

The afternoon TT will start at 12:01 and will be run in the same order as the morning, however, the start list will reflect the rider's position. For example, the faster the rider from each category, the later his/her start time within the start order.

Battle of the big guns!

The 15 absolute fastest times from the morning TT, regardless of category or gender, will be trimmed from the start list and placed in a separate start list with a start time beginning at 2:01pm. This will be the battle of the big guns.

Spectator friendly TT? We hope to make this possible! Please come out and cheer for the 15 top TT riders in Alberta by lining the course around Dartique Lodge and watching them start, and then missile their way toward the Killer Kilometer. These 15 riders will be launched at 30 second intervals and should be fun to watch.

Awards for all events will be at 3:00pm. We will really try to stick with this time schedule. We realize riders have been frustrated as of late with tardy results and we hope to make this event wrap up with a short and fun award presentation and have you driving home relaxed and pleased and ready to hit the Stampede Road Race on Sunday!

The Results

Due to the nature of the TT, we hope to have results posted extremely quickly following each event. Our goal will be to have the morning's ITT results posted 5 - 10min after each Category is finished. We will have the start times for the afternoon's ITT posted well in advance so you know when to warm up and when to proceed to the start line.

The awards will be presented 20min after the final finisher of the 'Big Guns TT', which should be close to 3:00pm.

An Important Rule

A 'Nobody in the aerobars' rule will be in effect for the opposite direction in which the Killer Kilometer is being run. The grade of the hill is quite steep and extreme caution is required for your safety. Also, riders struggling up the Killer Kilometer will undoubtedly have their heads down and may be wobbly and unable to take fast action should you encounter difficulty while in your aerobars. During this section of the race, no one will be in the aerobar position and will thus be fair for everyone.



Parking

There is plenty of parking at Dartique Lodge for everyone. There is also lots of room to warm up on trainers in the field behind the lodge, as well as inside the lodge if the weather conditions call for it. It is permitted to warm up on Horse Creek road during the morning's ITT event, however, there will be **no warm up riding on Horse Creek Road during the afternoon's ITT.**

Facilities

There is clean water available at Dartique as well as flushable toilets. There will be two toilets for male competitors and one for female competitors. We believe, because of the separate start times for this event, this should be sufficient as long as you do not use your toilet time to read the newspaper or have a nap.

Bottled water will also be provided for racers and volunteers.

The Point Structure for the Omnium

Placing	25km TT	11km TT	PowerBar Killer Kilometer
1	25	20	20
2	23	19	19
3	21	18	18
4	19	17	17
5	17	16	16
6	15	11	11
7	13	10	10
8	11	9	9
9	9	8	8
10	7	7	7
11	5	5	5
12	3	3	3
13	1	1	1

The Prize Money

A \$2200 prize purse! The race will be separated into ability categories, youth, and Masters events for series points. Prizes will be given out by ability category only.

Omnium Overall			
	1st	2nd	3rd
Cat 1/2	\$200.00	\$150.00	\$100.00
Women	\$200.00	\$150.00	\$100.00
Cat 3	\$150.00	\$100.00	\$75.00
Cat 4	\$100.00	\$75.00	\$50.00
Cat 5	\$75.00	\$50.00	\$40.00

Killer Kilometer			
	1st	2nd	3rd
Men	\$100.00	\$85.00	\$70.00
Women	\$100.00	\$85.00	\$70.00

This prize money is dependant on at least 110 racers.

In the event of a tie, the winner will be the racer with the highest placing in the 11km TT.

Leaving Dartique Lodge

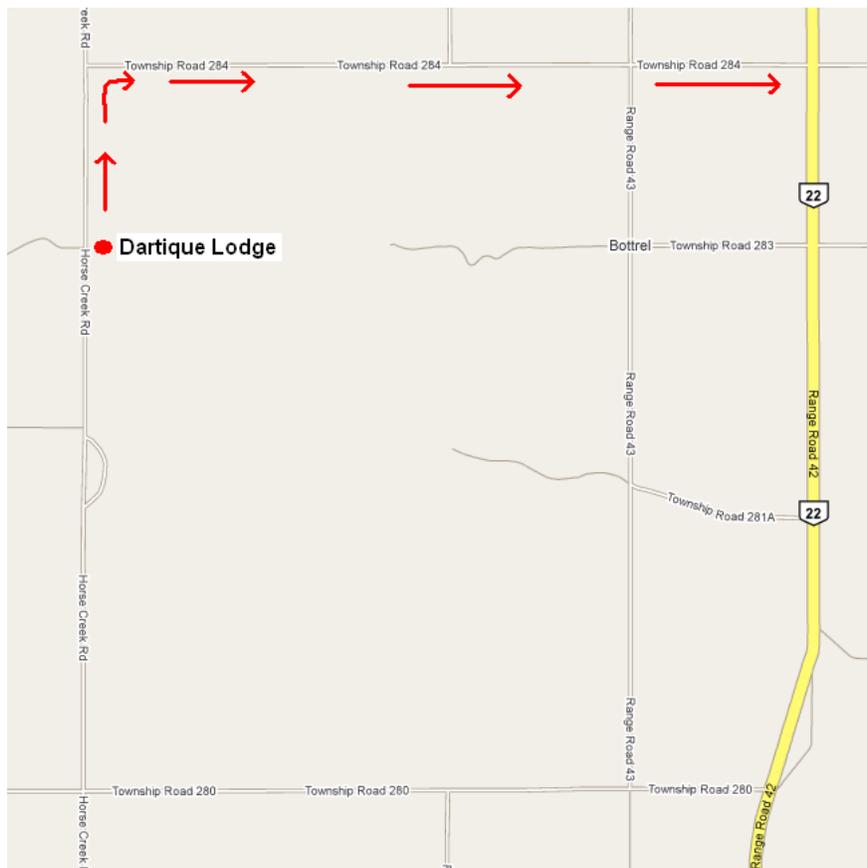
Please, if you absolutely need to leave Dartique Lodge during the afternoon's TT event, leave by the north route. We believe it would not be in the racers' best interest for you to travel south along the Killer Kilometer in a car during this event. Please be considerate of the racers.

Directions:

Proceed north on Horse Creek Road.

Turn right on Township Road 284 (Secondary Highway 574)

This hooks up with Highway 22.



The Wrap up

Thank you for considering our event. We are really trying to create a quality racing atmosphere. Please provide us with praise or constructive criticism if you believe we can make the event better for the coming years. You can leave feedback at www.speedtheoryteam.com or talk to Trev Williams, Rob Woolley, or Alex Shaw directly.