PEAK CENTRE
FOR HUMAN PERFORMANCE

Peak Centre Winter Racing Series
2010-11 Race Schedule

Fall Season 2010				
Stage	**Saturday Afternoons 1:00pm, 2:30pm**	**Monday Evenings 5:00pm, 6:30pm, 8:00pm**	**Tuesday Mornings 9:00am, 10:30am**	**Description**
Free	18-Sep-10	20-Sep-10	21-Sep-10	Rolling
1	25-Sep-10	27-Sep-10	28-Sep-10	Hilly
2	02-Oct-10	04-Oct-10	05-Oct-10	Rolling (Sprint)
3	16-Oct-10	18-Oct-10	19-Oct-10	Hilly (KOM)
4	23-Oct-10	25-Oct-10	26-Oct-10	Uphill Mtn Stage (KOM)
5	30-Oct-10	01-Nov-10	02-Nov-10	Original Time Trial
6	06-Nov-10	08-Nov-10	09-Nov-10	Plateaus & Climbs
7	13-Nov-10	15-Nov-10	16-Nov-10	Net Downhill
8	20-Nov-10	22-Nov-10	23-Nov-10	Rolling (Sprint)
9	27-Nov-10	29-Nov-10	30-Nov-10	Uphill Mtn Stage (KOM)
10	04-Dec-10	06-Dec-10	07-Dec-10	Plateaus & Climbs (Sprint)
11	11-Dec-10	13-Dec-10	14-Dec-10	Hilly (KOM)
12	18-Dec-10	20-Dec-10	21-Dec-10	Original Time Trial

Winter Season 2011				
Stage	**Saturday Afternoons 1:00pm, 2:30pm**	**Monday Evenings 5:00pm, 6:30pm, 8:00pm**	**Tuesday Mornings 9:00am, 10:30am**	**Description**
1	08-Jan-11	10-Jan-11	11-Jan-11	Hilly (KOM)
2	15-Jan-11	17-Jan-11	18-Jan-11	Rolling
3	22-Jan-11	24-Jan-11	25-Jan-11	Original Time Trial
4	29-Jan-11	31-Jan-11	01-Feb-11	Hilly
5	05-Feb-11	07-Feb-11	08-Feb-11	Plateaus & Climbs (Sprint)
6	12-Feb-11	14-Feb-11	15-Feb-11	Uphill Mtn Stage (KOM)
7	19-Feb-11	21-Feb-11	22-Feb-11	Rolling (Sprint)
8	26-Feb-11	28-Feb-11	01-Mar-11	Original Time Trial
9	05-Mar-11	07-Mar-11	08-Mar-11	Net Downhill
10	12-Mar-11	14-Mar-11	15-Mar-11	Plateaus & Climbs (Sprint)
11	19-Mar-11	21-Mar-11	22-Mar-11	Hilly (KOM)
12	26-Mar-11	28-Mar-11	29-Mar-11	Original Time Trial

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Pricing:

Single Race: $15
5 Race Package: $70
Fall Season Package (12 races): $140
Winter Season Package (12 races): $140
Fall & Winter Season (24 races): $250

Vancouver Heat Times and Schedule

Monday Evening Heats

Heat 1
5.00pm - 6.30pm

5.00-5.15 bike set-up and warm up
5.15- Racing starts
Cool down
6.25 OFF BIKE

Heat 2
6.30pm-8.00pm

6.30-6.45 bike set-up and warm up
6.45- Racing starts
Cool down
7.55 OFF BIKE

Heat 3
8.00pm-9:30pm

8.00-8.15 bike set-up and warm up
8:15- Racing starts
Cool down
9.25 OFF BIKE

Tuesday Morning Heats

Heat 1
9.00am - 10.30pm

9.00-9.15 bike set-up and warm up
9.15- Racing starts
Cool down
10.25 OFF BIKE

Heat 2
10.30pm-12.00pm

10.30-10.45 bike set-up and warm up
10.45- Racing starts
Cool down
11.55 OFF BIKE

Saturday Afternoon Heats

Heat 1
1:00pm-2:30pm

1.00-1.15 bike set-up and warm up
1.15- Racing starts
Cool down
2.25 OFF BIKE

Heat 2
2:30pm-4:00pm

2.30-2.45 bike set-up and warm up
2.45- Racing starts
Cool down
3.55 OFF BIKE

Series Details

The **Peak Centre Winter Racing Series** is back for it's 7th season. Once again riders from east and west will have an opportunity to challenge each other on the same courses for GC and stage titles starting with heats in Ottawa, Burlington, Montreal, Alaska and Vancouver.

The original time trial course will be the only course that is repeated throughout the series. Every other course will be new for the series.

Riders will race in waves of 6 to determine the results of each weekly stage with the results appearing at **www.peakcentrevancouver.ca**

Stage, General Classification (GC) and point leaders in different categories will be presented along the way to see who the leaders are based on the times posted, points collected and individual improvements. The results will be divided into 3 categories. Men's A, Men's B, and Women's.

The 25 race **indoor** series is designed for fun and fitness. Starting September 2010 and running into April 2011 you can race head to head with 6 riders at a time on linked CompuTrainers at the Peak Centre. The series is for all levels of ability so come for the racing or come for the training and social aspect of it. Everyone is welcome so book your

heat and start time by calling the Peak Centre in Ottawa at 613-737-PEAK or 604-299-7959 in Vancouver.

Registration

To book your start time and heat, contact **604-299-7959** in Vancouver. Registration for a stage opens the Tuesday prior to the stage and closes at 2pm the day before the race.
(Please note; a road bike or mountain bike with a slick tire is required)

Rules & Regulations

Course
- Races run on Saturday afternoons, Mondays evenings and Tuesday mornings, Heats of 6 every 1.5 hrs…see schedule for heat times.
- Courses will vary in length between 20km and 30km so count on average 1hr of CompuTrainer time including warm up.
- About every fourth week will use the same Time Trial course to determine who is improving and to help riders gauge their level of fitness
- Category entry will be self seeded.

Categories
There will be an A and a B category for men and a women's category (depending on numbers in each category).

Basic category descriptions

Riders will be adjusted into a specific category after a profile has been established based on their tt.
"A" Category guide lines
- 18- 35 & Elite level racers
- Racers who train 8 plus hrs/week in any discipline
- Self seeded "A" racers
- "B" racers who finish in the top 5 of overall stage results will be moved up

"B" Category guide lines
- Under 18 and 36+
- Beginners
- Self seeded B racers
- Racers who train less than 8 plus hrs/week in any discipline
- "A" racers asking to down grade and who finish in the bottom of the A field

Race Rules
- GC will be calculated on points using the formula outlined below.
- Points will be determined based overall stage placing in the following manner
- Points in order of stage finish as follows… 20, 17, 15, 12, 10, 9, 8, 7, 5pts for everyone else who starts
- Lantern Rouge (last place rider on stage) …6pts (1pt in addition to the 5pts for starting)
- PB on TT day…3pts. Riders are eligible for PB points providing they have ridden one prior tt to establish a benchmark time.
- Final GC points will be based on the best 9 finishes of the 12 stages in each of the Fall and Winter series. In the event of a Tie in GC, the person with the fastest time in the Final series Time Trial moves ahead.

Other notes
** In the event that a rider rides twice in one stage, the placing from the best ride will be used.

** Riders wishing to reserve more than one heat start time in a stage will be responsible for paying for all the heats booked even if they do not start.
** Racers who have already completed a heat may ask to race "stand by" in later heats that are not full. In this case, they will only be billed for one start on the day. However, there are no guarantees that a spot will become available. Stand by will be left up to the staff on the day of the heat and can only be requested on that day.
** Riders who are not part of the GC can still take part and will still have their times posted for the day
** Riders do not need to race all races to be eligible for the lead because the race is based on points and is based on the best 9 finishes of the 12 stages.
** To be eligible for any prizes, riders must have taken part in 7 stages
** Unused portions of packages at the end of the series expire and are non-refundable
** **Any disputes regarding points or prizes will be reviewed by Peak with the final decision reached by this panel standing as the final word.**
** The overall results of each weekly stage will appear on **www.peakcentrevancouver.ca**. GC updates will be tabulated after each stage.