



Individual Time Trial Series 2024





TABLE OF CONTENTS

INTRODUCTION.....	3
ROCK N' ROAD ITT SERIES RULES	4
HOW TO ATTEND IF NOT A ROCK N' ROAD MEMBER.....	5
ITT SERIES SCHEDULE.....	5
HOW TO TAKE PART IN A ITT	5
INFORMATION ON COURSES	6
STURGEON LAKE ROAD 16 KM TT COURSE.....	9
PULP HAUL ROAD ROAD 16 KM TT COURSE	11



INTRODUCTION

The Rock n' Road Individual Time Trial series is one of the only official competitive type events that can be held at the club level! Merckx (road bike), TT bike and Mountain bike categories and Female and Male sub-categories are in the series. New TT routes will be used!

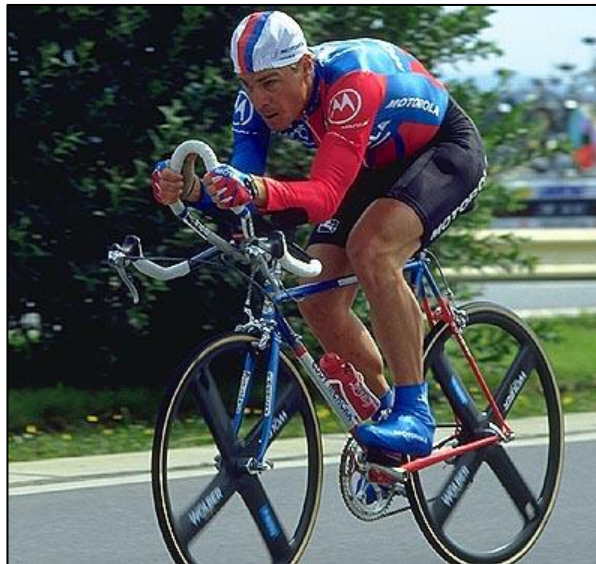
The ITT or "race of truth" is you versus the clock rather than against other riders and is therefore open to riders of all levels of fitness and ability, all current Rock n' Road members are welcome and encouraged to ride in the club ITT series.

An ITT series calendar will also be posted on and also communicated to club members via email, Facebook, Discord and other social media.

Rider categories:

No TT bike, no problem as there will be two general categories:

- 1) **TT bike category:** Full aero TT/Triathlon bike, TT Bars, disc wheel and/or wheels with no rim depth restrictions, aero helmet, shoe covers and skinsuit is allowed.
- 2) **"Merckx" category:** In honour of the Eddy Merckx hour record this category is a standard road bike or gravel bike (aero or non-aero), no aero bars, no disc wheel and rim depth restriction of no greater than 40mm. No aero (TT) helmet or shoe covers but a skinsuit may be worn.
- 3) **Mountain bike category:** Only have a mountain bike then no problem, come out and ride!
- 4) **Female/Male categories:** Within the each category will be a Female and Male rider subcategory.



Steve Bauer with Team Motorola
Time Trial bike



Rock n' Road ITT Series rules:

- 1) Current Rock n' Road members only can only qualify for the ITT series final placing,
- 2) How to attend if not a Rock n' Road member:
 - i. Saskatchewan Cycling affiliate Club/Team members are welcome to attend a ITT only twice (any date),
- 3) Time trials will be conducted on Wednesday evenings (except first TT which is Thursday, June 20th) , start time is 7:00 PM,
- 4) There are two TT courses in the ITT series:
 - i. Sturgeon Lake Road TT course 16 km
 - ii. Pulp Haul Road TT course 16 km
- 5) A participant must complete both TT courses at least once to qualify for final placing in the ITT series, if a rider does any or all of the two courses more then once the best time completed on that particular course will be used for the final series scoring. It is to your advantage to do each course as many times as possible in order to achieve your best time and to ensure you post at least one time. A mechanical, flat tire or weather related cancellation can take you out of the series if you only ride a course once!
- 6) Highest average speeds achieved through the two TT courses will be used to determine ITT series final placing in each category. Total distance of the two courses divided by total elapsed time for all two courses=average speed in ITT series,
- 7) Any Rock n' Road member can still come out and ride any of the TT courses if you do not want to take part in the ITT series.

Rock n' Road ITT 2024 series categories:

Merckx/Gravel: Female

- 1st place
- 2nd place
- 3rd place

Mountain bike: Female

- 1st place
- 2nd place
- 3rd place

TT bike: Female

- 1st place
- 2nd place
- 3rd place

Most improved ITT rider of any category

Merckx/Gravel: Male

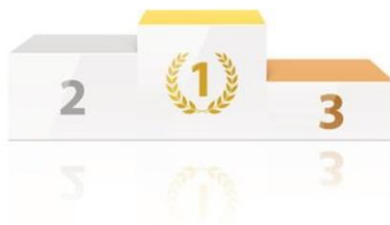
- 1st place
- 2nd place
- 3rd place

Mountain bike: Male

- 1st place
- 2nd place
- 3rd place

TT bike: Male

- 1st place
- 2nd place
- 3rd place





Rock n' Road ITT 2024 series schedule

June 2024

- Thursday, June 20th @ 7:00 PM: Sturgeon Lake Road 16 km course
- Wednesday, June 26th @ 7:00 PM: Pulp Haul Road 16 km course

July 2024




- Wednesday , July 3rd @ 7:00 PM: Sturgeon Lake Road 16 km course
- Wednesday , July 10th @ 7:00 PM: Pulp Haul Road 16 km course
- Wednesday , July 17th @ 7:00 PM: Sturgeon Lake Road 16 km course
- Wednesday , July 24th @ 7:00 PM: Pulp Haul Road 16 km course
- Wednesday , July 31st @ 7:00 PM: Sturgeon Lake Road 16 km course


August 2024

- Wednesday , August 7th @ 7:00 PM: Pulp Haul Road 16 km course
- Wednesday , August 14th @ 7:00 PM: Sturgeon Lake Road 16 km course
- Wednesday , August 21st @ 7:00 PM: Pulp Haul Road 16 km course
- Wednesday , August 28th @ 7:00 PM: Sturgeon Lake Road 16 km course

How to take part in a Rock n' Road ITT:

- 1) Arrive at ITT event location, if driving park in recommended location, do not park on TT course,
- 2) Check in with ITT organizer, indicate category and your estimated fitness/speed level for determining starting order.
- 3) Warm-up is allowed on TT course only before the event starts,
- 4) Move to staging area before start time and be in your designated starting order,
- 5) First rider starts sharp at 7:00 PM!
- 6) The starter/timer will give you a countdown and indicate "GO" when you are at the start line. Riders to start every minute minimum,
- 7) On the course keep to the right and use bike lanes when present. If you do pass a rider keep 3+ metres distancing at all times, you are not allowed to draft riders or sit behind at a distance pacing off them in a ITT,
- 8) At the finish line call out your name/number to the finish line timer,
- 9) Do not cool down on the TT course until all riders have finished,
- 10) ITT results are posted on the Rock n' Road social medial pages

<p>Course descriptions</p>	<p>The selection of these TT courses was based on the following factors:</p> <ul style="list-style-type: none"> • Safety: These TT courses are on open roads and the Saskatchewan Highway traffic Act must be adhered to, safety can be enhanced also by for example only having right turns versus left turns off of through roads. Good road conditions are key. Placement of start, finish and turnaround points were considered from a safety standpoint. • Type of course: The type and length of the course were important factors for interest and to challenge riders; flat, hilly, technical, short and long distances are course options. • Parking availability near course start/finish: To ease parking for riders driving to courses. • Location: Keeping courses near Prince Albert was a goal but finding TT courses meeting the defined requirements meant choosing courses in more rural areas. Hopefully we can have more courses in the future.
<p>Start points</p>	<p>Start points marked by the following:</p> <p>1) Green marking on tarmac with "S" under it:</p> 
<p>Turnaround point</p>	<p>A Marshall may be at a turnaround point during club TT events, they will have a green and a red flag:</p> <p>Green flag = safe to turnaround Red flag = caution vehicles approaching do not turn until green flag shown</p> <p><i>*Monitor your progress along the route on your computer and watch for a Marshall/marker near the turnaround point distance, ensure you have studied the course map before riding.</i></p> <p>Turnaround points may be marked by one or more of the following:</p> <p>1) Orange or white marking on right edge of tarmac with turnaround distance under it:</p>  <p>2) Sign indicating turn and/or orange flag in ground:</p> 

<p>Finish line</p>	<p>Finish lines marked by the following: <i>*Monitor your progress along the route on your computer and watch for a marker near the finish line.</i></p> <p>1) Red marking on tarmac with “F” under it:</p> 
<p>Road conditions</p>	<p>Road conditions for the courses are rated as follows:</p> <p>Good: Tarmac is new or excellent condition and has a dedicated bike lane, Satisfactory: Tarmac is good to excellent condition but no dedicated bike lane, Fair: Tarmac is weathered and has minor cracks and bumps that do not affect safety and/or occasional road defects that riders can easily avoid, Poor: Tarmac has significant cracks and bumps that affect safety and/or potholes that riders cannot easily avoid. Road is not suitable for a TT course, Very Poor: Mountain, CX and Gravel bikes only!</p>
<p>Safety and cautions</p>	<ul style="list-style-type: none"> • TT courses are on open roads and the Saskatchewan Highway Traffic Act must be adhered to, • An approved helmet is mandatory for Rock n’ Road TT events, • Rear red marker light recommended, • Never risk safety for seconds, you can always do the course again, • Riders may not warm up on the course after the event starts, • You must avoid riding with your head down, watch ahead for road and traffic conditions, • Keep to right of road and use dedicated bike lane if available, • Never cross the center yellow line of the road; if observed you will be disqualified from the ITT, • Read each TT course description and know the route and any caution areas highlighted, • Assess and adjust your speed to road, weather and traffic conditions, • Watch for washouts and gravel after rain especially at corners and bottoms of grades (hills), known gravel accumulations will be swept (e.g.) regular gravel accumulation on a corner, • Hazards may be marked by orange paint around it, • Courses with turnaround points always ensure there are no vehicles approaching from your rear or front before turning around, never risk safety to save seconds! <i>*time bonus can be given if delayed,</i> • If Marshalls are deployed at turnaround points watch for their flag at being waved when you are approaching the turnaround; <ul style="list-style-type: none"> ○ Green flag = safe to turnaround, ○ Red flag = caution vehicles approaching do not turn until green flag shown, <i>*time bonus can be given if delayed,</i> • If new to riding the course do one or more practice rides first, • Ensure bike is in good mechanical shape especially braking systems! • Ensure tires are serviceable and meet the requirements for the course and road conditions. • You must not make U turns insight of either the start or finish, • While waiting in the staging area you must not be on the road, • Do not litter (e.g.) gel pack wrappers, • Be aware that you may overtake other riders and that you may be over taken, • When overtaking other riders you must yell “on your left”



	<ul style="list-style-type: none">• You must not ride in the draft of a rider ahead of you/pace yourself from a distance behind a rider,• Last rider should shout “last rider” to any turnaround Marshall,• At the finish line you should shout your name or race number (if issued),• Finishing times will be made available at the registration area only after the last rider has finished and all the calculations are completed,• ITT results are posted on the Rock n’ Road social medial pages
Parking	<ul style="list-style-type: none">• If driving to course use recommended parking areas, do not park vehicle on the TT route.
Strava segments	<ul style="list-style-type: none">• All these courses also have Strava segments created with the same name, weblinks to the Strava segment are in each TT course description,• If riding alone (not on a club ITT event) then standing starts, no rolling starts to be fair 😊• Tips for when riding these TT Courses on your own when going against the Strava clock:<ul style="list-style-type: none">○ Start approximately 2-3 metres before the indicated start point to ensure you trigger the start of the Strava segment via GPS,○ For a course with a turnaround ride past the turnaround marker 2-3 metres to ensure you “cross” that line due to GPS variability (turnaround safety is paramount),○ Ride at least 5 m past the finish line at your finishing speed to ensure you complete the Strava segment.• If it isn’t on Strava it didn’t happen!



STURGEON LAKE ROAD 16 KM TT COURSE

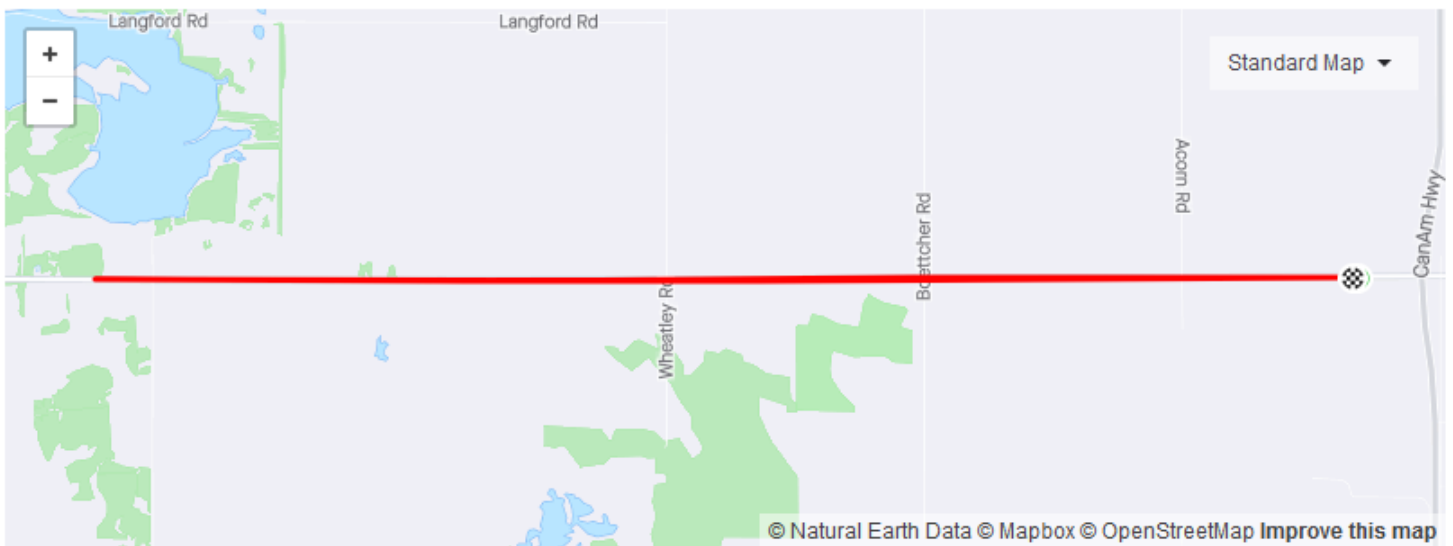
Course description: This classic 16 km (10 mile) out and back course is on mostly flat terrain, long rising and descending slopes of up to 3% are encountered. Starts and ends 400m west of intersection of Sturgeon Lake Road and Highway #2 north, start/finish is adjacent to the electrical/transformer station on Sturgeon Lake Road.

Course route:

- 1) **Start point:** Sturgeon Lake Road adjacent to the electrical/transformer station
- 2) Head west on Sturgeon Lake Road 8 km to turnaround
- 3) **Turnaround point:** At 8 km point
- 4) Head east 8 km back towards start point
- 5) **Finish line:** Sturgeon Lake Road adjacent to the electrical/transformer station.

Strava segment: <https://www.strava.com/segments/34968072>

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	3 Attempts By 1 Person
16.00km	18m	0.0%	470m	478m	8m	



<p>Start point and Finish line</p>	<p>Start and finish point: Starts and ends 400m west of intersection of Sturgeon Lake Road and Highway #2 north, start/finish is adjacent to the electrical/transformer station on Sturgeon Lake Road</p> 
<p>Turns</p>	
<p>Road condition</p>	<ul style="list-style-type: none"> Sturgeon Lake Road: Good
<p>Cautions</p>	<ul style="list-style-type: none"> Watch for occasional gravel at the intersections with a gravel road
<p>Parking</p>	<ul style="list-style-type: none"> Along service road (parallel to Hwy#2) between Spruce Home Community Centre and Sturgeon Lake road,



PULP HAUL ROAD 16 KM TT COURSE

Course description: This is a 16 km out and back course on mostly flat terrain.

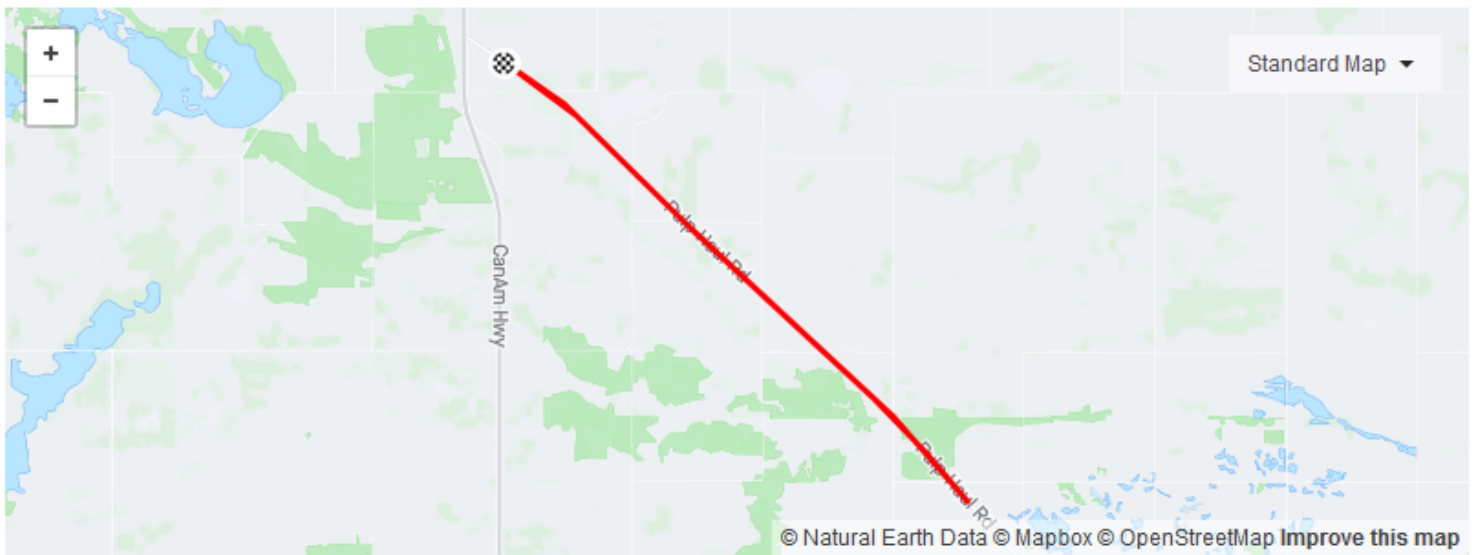
Course route:

- 1) **Start point:** 600m southeast of the Highway#2 and Pulp Haul Road intersection at a field driveway/entrance
- 2) Head southeast on Pulp Haul Road for 8 Km to the turnaround point,
- 3) **Turnaround point:** At 8 km point before a slight rise with a house on the right side at top of rise
- 4) Head northwest 8 km back to the start/finish point,
- 5) **Finish line:** Start point location.

Strava segment: <https://www.strava.com/segments/34967743>

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
16.00km	25m	0.0%	454m	464m	9m

2 Attempts By 1 Person



- 600m southeast of the Highway#2 and Pulp Haul Road intersection at a field driveway/entrance

Start point
and
Finish line



At 8 km point before a slight rise with a house on the right side at top of rise

Turnaround point



Road condition

- Pulp Haul Road: Fair to Satisfactory

Cautions

- Watch for occasional rough section and potholes!
- At turnaround point always ensure there are no vehicles approaching from your rear or front before turning around, never risk safety to save seconds!

Parking

Along service road (parallel to Hwy#2) between Spruce Home Community Centre and Pulp Haul Road