

# Media Information Package

## CYCLING



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## A. HISTORY OF THE SPORT

The first bicycle race is popularly held to be a 1,200 metre race held on the 31 May 1868 at the Parc de Saint-Cloud, Paris. It was won by expatriate Englishman James Moore who rode a wooden bicycle with iron tires. In 1880, cycling took another leap forward with the development of the chain-and-gearing system. With this new development, bikes evolved into a sleeker shape.

Traditionally, competitive cycling has consisted of road and track events. The road race and track cycling were included in the first Olympic Games of modern times (1896). Women's cycling events were only recently added to the Olympic program, road in 1984 and track in 1988.

Mountain bike racing is relatively new. It was popular during the 1990s. In 1996, cross country mountain biking events were added to the Olympic Games. Mountain bike races are off-road and usually involve a moderate degree of technical riding.

## B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Cycling has been a consistent event in the Canada Summer Games, starting in Halifax – Dartmouth back in 1969 for the first ever Canada Summer Games.

### PAST RESULTS

	1969	1973	1977	1981		1985		1989		1993		1997		2001	
	M	M	C	M	F	M	F	M	F	M	F	M	F	M	F
<b>AB</b>	4	4	4	2	4	6	3	4	8	4	3	4	5	2	4
<b>BC</b>	3	1	5	1	2	2	1	2	3	3	4	2	1	4	2
<b>MB</b>	5	6	3	4	7	5	9	3	7	9	5	5	6	6	6
<b>NB</b>	6	8	-	7	5	7	8	7	5	6	6	7	8	8	5
<b>NF</b>	-	9	6	8	8	8	5	9	6	5	-	5	7	11	8
<b>NS</b>	7	7	-	6	5	4	4	8	9	8	7	7	10	5	9
<b>ON</b>	2	1	2	5	3	3	6	6	2	1	2	3	3	3	3
<b>PEI</b>	8	-	8	10	-	10	-	-	-	10	9	-	-	9	10
<b>QC</b>	1	1	1	3	1	1	2	1	1	2	1	1	2	1	1
<b>SK</b>	-	5	7	9	9	9	7	5	4	7	8	10	4	7	7
<b>YK</b>	-	-	-	-	-	-	-	-	-	-	-	9	9	10	-

C = Mixed  
 M = Male  
 F = Female

## C. NUMBER OF ATHLETES PER EVENT

Up to 6 per Provincial/Territorial team.

## D. NUMBER OF ATHLETES ON TEAM

Competitors: Male 6 Female 6

## E. EVENT FORMAT AND RULES OF PLAY

### CCA Rules – Races

	Maximum riders		Number of riders counting to team score		Recommended Distance	
	Men	Women	Men	Women	Men	Women
Individual time trial	6		3		20-25 km	10-15 km
Road race	6		3		120 km	80 km
Criterium	6		3		50 km	40 km
Mountain bike cross country	6		3		1 hr 45 min*	1 hr 15 min*

\*Estimated time of winner of 1 hour 45 minutes

### Sequence of Events

Sunday Training (mountain bike and time trial)

Monday Mountain bike cross country

Tuesday Individual Time Trial

Wednesday Training (criterium and road race)

Thursday Road race

Friday Criterium

### Specific Rules

While the competitions will be run under the CCA competition rules, some specific rules will apply to the Canada Games events. For details, please refer to the Canada Games Council's website [www.canadagames.ca](http://www.canadagames.ca) in the Sport section, under 2005 technical packages.

## F. EQUIPMENT AND TERMINOLOGY

*Attack* – A sudden attempt to get away from another rider or group

*Blocking* – When a rider tries to get in the way of other riders, usually done as part of a team strategy to slow down the main field when other team members are ahead in a breakaway

*Bonk* – Known as "hitting the wall" in marathon running, this is when a rider completely runs out of energy

*Breakaway* – When a rider or group of riders is attempting to ride away from the peloton/group

*Bridge the Gap* – When a rider or group of riders is attempting to reach a group farther ahead

*Chasers* – Riders who are attempting to "bridge the gap" to catch the lead group

*Criterium* – A multi-lap event on a course usually between 1-3 kilometers or less in length and of medium total distance between 40 km and 100 km.

*Derailleur* – The mechanism that moves the chain from one gear to another

*Director Sportif* – Pronounced "Director sporteef"  
 " this is the manager of the team

*Domestique* – A rider who sacrifices any individual honors to the team leader who is in contention to win

*Drafting* – Riding closely behind another rider, the lead rider creates a slipstream, or air pocket. The lead rider expends up to 30 percent more energy than the following rider does



*Drop* – A fatigued rider losing contact with the group in which they are riding. Also refers to leaving another rider or riders behind by attacking

*Echelon* – A line of riders taking orderly turns at the front and staggered so that each rider will get maximum protection from the wind. Also called a "pace line". An echelon will share the workload and help maintain a higher speed

*Feeding* – At some point during a long road race it is necessary for riders to replace expended energy. Riders are given a "musette," a small cloth bag, containing food and water bottles. Riders grab the bag from the team support personnel, remove the contents and put them in the pockets of their jerseys to eat when most convenient. They generally prefer high-energy foods that break down quickly

*Field Sprint* – The final sprint to the finish line between a group of riders

*Force the Pace* – When one rider goes harder than the pack to increase the tempo

*Gap* – The distance between individual or groups

*Hammering* – Very steady, strenuous pedaling. Also called "jamming"

*Hanging On* – Barely keeping contact at the back of the pack

*Hook* – When one rider, either on purpose or by accident, uses his/her rear wheel to hit the front wheel of the rider behind him/her

*Jump* – A sudden acceleration, often at the start of the sprint

*Kick* – The final burst of speed in a sprint

*Lead Out* – An international and often sacrificial move where one rider begins a sprint to give a head start to another rider (usually a teammate) on his rear wheel, who then comes around at an even faster speed to take the lead

*Peloton* – The main group of riders, also known as the "field", "pack," or "bunch"

*Prime* – Pronounced "preem." A race-within-a-race where riders sprint for prizes on a designated lap or at a certain point in a race, i.e., the "sponsor" Teamwork Challenge

*Pull* – To take a turn at the front and break the wind for the other riders in the pack

*Pull Off* – To move to one side so that another rider can take a turn at the front

*Pull Through* – Move to the front of a pace line, from second spot, after the lead riders swings off to the front

*Sitting In* – When one rider refuses to take a pull and break the wind for the group in which he/she is riding. A derogatory term is "Wheel Sucker"

*Soigneur* – Pronounced "Swa-neur" Comparable to a trainer in other sports, this person gives massages and watches the physical health of the riders along with the team doctors

*Stage Race* – A series of individual races – time trials, road races, circuit races or criteriums – grouped into one event that lasts several days. The rider who has the lowest accumulated time for all stages determines the winner. The most famous stage race in the world is the Tour de France, which spans 2,500 miles in 21 or 22 days.



*Take a Flyer* – When one rider goes off the front of the pack, usually alone

*Individual Time Trial* – An individual race against the clock, often called the "race of truth"

### **G. AGE ELIGIBILITY**

Cyclists must hold valid CCA licenses.

Cyclists must be under 23 years of age and at least 17 years of age as of December 31, 2009 (year of birth 1987-1992).

Note: Athletes born in 1993 who hold CCA licenses in 2009 may compete if their provincial association applies to and gains permission from the CCA.

### **H. JUDGING / SCORING SYSTEM**

#### Points Criterium (Men's and Women's)

Competitors are ranked in the order of the number of laps they have completed, followed by the number of points they have earned. Points are awarded to the first four riders crossing the line every 5 laps of the circuit. (5 points for first, 3 for second, 2 for third and 1 point for fourth). Double points will be awarded at half distance and in the final sprint (10, 6, 4, 2 points).

Riders without points at the finish will be placed after points-earning riders who have completed the same number of laps, in the order they cross the finish line at the end of the last lap. In the case where the riders cannot be separated by the photo finish, riders finishing in the same group will receive an equal placing (and equal event points).

Riders may earn points regardless of the number of laps they have completed, with the exception of riders lapped by the breakaway (single rider or group) and not yet caught by the main back (bunch), who may not contest points sprints or contribute to the breakaway.

The bunch is the biggest group of riders on the course. In the event there are several groups of the same size, the commissaries will rule which group constitutes the bunch.

Lapped riders may be withdrawn at the discretion of the commissaries (for instance, if they pose a safety hazard or are interfering with the race). These athletes will be placed after the last finisher, in the reverse of the order in which they were withdrawn.

#### Cross-Country, Road Race and Individual Time Trial (Men's and Women's)

Competitors are ranked in the order they cross the finish line in the road race and cross-country. Competitors are ranked in the order of their time to complete the course in the time trial.

The province/territory's three (3) best placings in the time trial, road race, cross-country and criterium will count towards the provincial/territorial ranking point total.

Riders will be ranked from first to last after each event. Points will be attributed as follows:

Position	Pts
1 <sup>st</sup> place	100
2 <sup>nd</sup> place	97
3 <sup>rd</sup> place	94
4 <sup>th</sup> place	91
5 <sup>th</sup> place	88
6 <sup>th</sup> place	85
7 <sup>th</sup> place	83
8 <sup>th</sup> place	81
9 <sup>th</sup> place	79
10 <sup>th</sup> place	77
11 <sup>th</sup> place	75
12 <sup>th</sup> place	74
13 <sup>th</sup> place	73
14 <sup>th</sup> place	72
15 <sup>th</sup> place	71
16 <sup>th</sup> place	70
17 <sup>th</sup> place	69
18 <sup>th</sup> place	68
19 <sup>th</sup> place	67
20 <sup>th</sup> place	66
21 <sup>st</sup> place	65
22 <sup>nd</sup> place	64

Position	Pts
23 <sup>rd</sup> place	63
24 <sup>th</sup> place	62
25 <sup>th</sup> place	61
26 <sup>th</sup> place	60
27 <sup>th</sup> place	59
28 <sup>th</sup> place	58
29 <sup>th</sup> place	57
30 <sup>th</sup> place	56
31 <sup>st</sup> place	55
32 <sup>nd</sup> place	54
33 <sup>rd</sup> place	53
34 <sup>th</sup> place	52
35 <sup>th</sup> place	51
36 <sup>th</sup> place	50
37 <sup>th</sup> place	49
38 <sup>th</sup> place	48
39 <sup>th</sup> place	47

### I. PLAYOFF AND TIE-BREAKING FORMAT

UCI rules shall be applied.

### J. TECHNOLOGY OF SPORT

Technology has played a critical role in the development of the sport. Over the years, improvements in bicycles, clothing, components and other pieces of equipment have changed the way bicycles and riders look and perform. Cutting edge technology has led bicycle frames made initially from steel to now being made from carbon that is light and extremely stiff. This gives the rider a great ability to push the speed factor.

Developments in tires, wheels, gearing and cog set designs have allowed cyclists to see marked improvements in the quality and durability of their equipment. New materials used to manufacture these components have been improved and have resulted in stronger, lighter parts that have improved the performance of the bicycle.

The research that goes into the clothing that a cyclist wears, from a recreational level to that of a high performance athlete, has also been very impressive. Whether it is the development of a new clothing material that allows for greater breathability or the cycling skinsuit that gets tested in an

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wind tunnel to see how aerodynamic it is or the cycling helmet that remains light but provides incredible protection in case of a fall, technology has been there to guide us.

But as the technology has improved our bikes, part of the sporting component has been taken away. While those with access to these opportunities to push the envelope of cycling technology have been benefited, those without have been left somewhat behind. For that reason, the international federation has taken steps to ensure that all national cycling federations stay within a strict set of regulations pertaining to the bicycle in general to ensure that the playing field is kept as level as possible and allow for the competition to be determined on the bike and not by science.

### **K. ROLE OF OFFICIALS IN SPORT**

Within any sport, as long as there is competition, there will be a need for officials. Cycling is no different and ensures that there is a group of officials in place to act as the race officials.

Commissaire is the term used in cycling to denote a race official. At any given race, an organizer must ensure that a panel of Commissaires is in place to guarantee that the rules of the sport are adhered too in proper fashion.

The panel of Commissaires (or the College of Commissaires), is always headed up by the President and is often referred the President of the Jury or Chief Commissaire. He is the individual in charge of the race. This individual is responsible for any changes to the regulations, acting as the point of contact for the team representatives, responding to any questions pertaining to the event, and managing a group of officials working alongside him.

Assisting the Chief Commissaire will be a number of other officials with pre-defined tasks depending on the role within the race. A normal complement of officials includes the Chief Commissaire, two full commissaires, a finish judge, an anti-doping inspector and one or two motorcycle judges.

The two full commissaires are responsible checking the licenses of each and every rider, confirming age categories, developing start lists, distributing race numbers, performing bike checks to ensure they are within regulations, enforcing the rules of cycling during an event and applying any sanctions and/or fines following the race.

The finish judge has a critical role. He is responsible for developing the final classification of the race and as such plays a vital role once the race is nearing completion. He needs to be prepared to make decision in the case that there is no video equipment or it is not working properly. He is responsible for announcing the final podium, any special prizes won by riders within the race and for announcing the final classification by age category in any given race. This is extremely important to allow the awards ceremony to run according to plan. He is also responsible for ensuring that any changes made to the list of participants prior to the race is accurately reflected in the start lists and ensuring that all racers have signed on at that start of the race.

The anti-doping inspector will ensure that the anti-doping controls performed at the end of the race are carried out in accordance with the UCI or national federation regulations and the law of the land.

The motorcycle judges are involved directly in the race, riding on the back of the motorcycles, observing the race and ensuring it is run according to the regulations. Any incidents are reported to the Chief Commissaire following the race and any applicable sanctions and/or fines are applied.

The assistant commissaires are given various tasks, depending on how many are available: in the neutral service vehicles, in the broom wagon, in order to be able to witness at first hand and



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take an active role, and hence prevent certain infringements. They do not have powers to direct the race, but they can observe the course of the race and make a personal written report which is submitted to the Chief Commissaire.

### L. FACILITY DESCRIPTION

The Road Race is set to take place in the City of Summerside, starting and finishing on Harbour Drive at the waterfront, in close proximity to the Loyalist Hotel. The Road Race will be run over a 10 km loop that travels from the waterfront around the western edge of the City and then returns through residential areas and passing by Credit Union Place, the main venue for Week 1, before returning to the downtown streets and waterfront.

The Cross Country Mountain Bike Race will take place at Brookvale Nordic-XC Ski Center (the venue constructed for the 1991 Canada Games for Biathlon and Cross Country Skiing), which has been turned into a dual purpose facility to accommodate mountain bike/cross country races over the last number of years. The Canada Games' Cross Country course has a number of new wrinkles added for this event, and will provide a challenging and exciting track for both athletes and spectators. Course layout upgrades will be complete in the summer of 2009 and will not only allow for several excellent viewing points but also for the return of the racers into the main start/finish area at several points throughout the race. Cycling Prince Edward Island is hosting an invitational meet to test the 2009 Canada Games Cross Country bike trail in June of 2009.

The Time Trial will be taking place in the Evangeline area of western Prince Edward Island. The race will commence at École Evangeline in Abram Village on Route 124 and travel south to join Route 11 and proceed in an easterly direction along the shore through the heart of the Acadian lobster fishing area. The race will have a 7 km return loop for female participants and a 13.5 km return loop for male participants. The few necessary road upgrades will take place in the summer of 2009.

The Criterium is set to take place in the City of Summerside. The course will be set up as a 1km lap through the downtown streets of Summerside and along the waterfront, starting and ending at the Harbour Drive venue setup location. The loop will have a slight uphill section when moving from the waterfront into the downtown area with a hairpin turn when coming back onto the final stretch, which should make for a spectator-friendly event as well as a challenging for the riders.

### M. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

Total number of athletes, coaches and officials = 14254

Per province:

BC – 2337	AB – 2734	SK – 224	MB – 791	ON – 3231
QC – 4072	NB – 271	NL – 152	YK – 18	

### N. NOTABLE ATHLETES TO WATCH FOR

#### Alberta:

Jessica Kisell is a University of Calgary Engineering Student Jessica has seen her star rise quickly in cycling. As a junior, Jessica placed 4<sup>th</sup> in the ITT and 5<sup>th</sup> in the road race at the 2009 Canadian National Championships.

Cody Canning started riding mountain bikes in 1999 as summer training for hockey. In 2006 as a junior Cody won the National Mountain Bike Championships and was the top UCI ranked junior Mountain Biker in North America.

### British Columbia:

Cody Campbell – Junior National ITT champion in 2008. Cody was also selected to represent Canada at the 2009 Pan-American Road Race Championships.

Bianca Adolf – 2008 Junior National Mountain Bike Champion and came in 6<sup>th</sup> place at Junior World Mountain Bike Championships in Italy.

### Nova Scotia:

Garrett McLeod of Wolfville N.S. will be competing in his 3rd Canada Games for Nova Scotia (cycling 2005; alpine skiing 2007). This 20 year old has held six provincial cycling titles, stood on the podium four times at National Championships, and represented Canada internationally.

### Ontario:

Denise Ramsden had a fantastic 2008 season. She won the National Road Championships as a junior, was in contention for top Canadian at the Tour of PEI and was selected to the National team for the 2008 Junior Road Worlds.

Cam Jette- This guy can ride any bike. Cam is great on a MTB, cyclo-cross and road bike. Cam has been on the podium at numerous Provincial Championships.

### Quebec:

David Veilleux is a mechanical engineering student at École Polytechnique in Montréal. In 2008 David won four USA Cycling National Ranking Calendar events and the Canadian National under 23 time trial championship.

Marie-Claude Surprenant was the silver medallist at the under 23 Mountain Bike Nationals in 2008. She completed her first year at medical school, with big plans by starting out at the 2<sup>nd</sup> and 3<sup>rd</sup> rounds of the MTB World Cup events in Europe. As a first year U23 last season she had her first international experience by riding for the national team at Mount Ste-Anne and Bromont. Marie-Claude also represented Canada at the World Championships as a junior.

### Saskatchewan:

Andrea Bunnin - In her first appearance at Canada Summer Games in Regina, Andrea placed 11<sup>th</sup> in the mountain bike race and 20<sup>th</sup> in the Road Race. She was a double Gold medal winner at the 2007 Western Canada Games; one in the Mountain Bike race and one in the General Classification.

Andrew Thomas – In his first appearance at Canada Summer Games in Regina, Andrew placed 14<sup>h</sup> in the mountain bike race. Andrew competed as part of Team Canada in the Under 23 age category at the 2009 World Cyclo-Cross Championships in the Netherlands.

## O. SCHEDULE OF EVENTS

### Monday, August 17, 2009

Time	Event Stage	Game No.	Participants	Venue/ Site
11:00	Men's Cross-Country	Final	All	Brookvale Provincial Park
14:00	Women's Cross-Country	Final/Finale	All	Brookvale Provincial Park

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### Tuesday, August 18, 2009

Time	Event Stage	Game No.	Participants	Venue
10:00	Men's Individual Time Trial	Final	All	Evangeline Area
13:00	Women's Individual Time Trial	Final	All	Evangeline Area

### Thursday, August 20 2009

Time	Event Stage	Game No.	Participants	Venue
10:00	Women's Road Race	Final	All	Summerside
13:45	Men's Road Race	Final	All	Summerside

### Friday, August 21, 2009

Time	Event Stage	Game No.	Participants	Venue
16:00	Women's Points Criterium	Final	All	Summerside
18:15	Men's Points Criterium	Final	All	Summerside