




**TUBS ON TUBS  
EXTRAPRESTIGIOUS PRESTIGE  
PROVINCIAL CYCLOCROSS CHAMPIONSHIPS  
OCTOBER 20, 2024  
ARGYLL (MILL CREEK RAVINE) PARK**



*We want to give thanks for the traditional and ancestral territory that our event takes place on. We acknowledge the First Nations across Treaty 6 land the Cree, Dene, Blackfoot, Saulteaux and Nakota Sioux; the Métis Nation of Alberta in regions 1, 2, 3, and 4; and the Inuit whose footsteps have marked these lands for generations. We are grateful for the stewardship and teachings of Elders and Traditional Knowledge Keepers and the efforts of youth and individuals who continue to protect land and language. This is an acknowledgement of the historical relationship between Indigenous and non-Indigenous communities on Turtle Island, and is a call to action to walk together towards reconciliation.*



# OVERVIEW

Welcome to Tubs on Tubs' *most prestigious of prestiges*, the **Extraprestigious Prestige**, AKA the **Provincial Cyclocross Championships**! In conjunction with the Velocity Velo Cross Race on Saturday, Alberta's most prestigious weekend of cross will be held at **Mill Creek Ravine (Argyll) Park** on Sunday, October 20, 2024.

Registration is \$55 for championship categories, and is open to all ABA/UCI licensed riders. Provincial Championship categories include Masters, Juniors, U17, and Elite/Open. There will be a Novice Men and Sport Women race for \$40. Unlicensed riders may purchase a Single Event License (SEL) for an additional \$20, and can race in the Novice Men or Sport Women race. U15/U13 racers will have their own races and can register in their corresponding category at the reduced rate of \$30.

Registration is on Zone4 [here](#). The first 50 entrants will receive an extraprestigious and special custom Tubs on Tubs keener award. Everyone else will receive something only mildly prestigious.

NOTE! As per ABA regulations, combined category races may not exceed 60 participants. Therefore, register early to ensure you don't miss out. Registration will close Wednesday October 15 at 23:59. Registration closes early to facilitate start list generation and chip timing wrangling. **THERE WILL BE NO LATE REGISTRATIONS ACCEPTED.**

# RULES & REGULATIONS

Provincial championship categories correspond to your license designation. To race in an age based category you must have elected "Master" on your license. so you will register in the category that corresponds to your age class. Please note that your racing age corresponds to your age as of December 31st in 2025 Please direct any questions to the ABA prior to registering.

A Novice Men/Sport Women race will be run for non-Masters aged racers (under 35) that do not wish to race Elite/Open. Day license racers can also register in these races.

License check will be at the ABA tent and closes 15 minutes before your start time. All licensed riders must present their license to the ABA Technical Delegate.

You will use your regular cross numbers. If you don't have numbers yet, you will receive them at sign on. If you forget your numbers, you will risk having to pay for new ones. Number placement is the two small numbers on your shoulders facing forward and the large number on your lower back. Please bring your own pins. Chip timing will be in effect. You will receive your chip at sign on/license check. Place your chip on your bars or fork, unless you have a pit bike, in which case you should affix the chip to yourself. Remember to return your chip after your race or face the wrath of the ABA Technical Delegate.



# RULES & REGULATIONS

This event will be run according to ABA/UCI regulations, which are available [here](#). Each racer is responsible for knowing and understanding the rules and regulations. Cyclocross bicycles must be used in the Elite/Open, Masters, and Junior categories. In all categories, remove all racks, bags, light mounts, etc.

There will be a double entry pit zone for spare wheels, bikes, etc. We are not responsible for lost or stolen items. Equipment changes (wheels or bikes) may only take place in the equipment pit. A rider who is still in the racing lane and has not passed the end of the equipment pit area may enter the equipment pit as long as they re-trace their route in the racing lane and enter the pit at its start without obstructing other competitors.

An approved helmet must be worn at all times while racing or while riding within the event area. Washroom facilities and change rooms will be available in the Juventus Clubhouse near the main parking area.

A first aid station will be near the food/team tents area. Marshals and first aid personnel will be equipped with radios to respond to any incidents. In case of an emergency call 911. The Royal Alexandra Hospital is 9 km [driving distance](#) from the park.



# SCHEDULE

Head to the start area at least 10 minutes prior to your race for staging/call ups. Categories will be staged and started individually at the Chief Commissaire's discretion. Start times may be adjusted on race day depending on any unforeseen delays and/or field sizes. Check with the ABA Technical Delegate if you have any questions/concerns.

Time	Event	Duration (approx)
8:30 – 9:00 am	Sign-on opens. Course open for pre-riding	25 min
9:05 am	Novice Men/U15 & U13 M (30 sec apart)	Novice Men: 40 min U15/U13 M: 30 min
10:15 am	Elite/Open Men & Junior Men (30 sec apart)	Elite: 60 min Junior: min 40 min
11:30 am	Elite/Open Women & Junior Women (30 sec apart)	min 40 min
12:30 – 12:50 pm	Course open for pre-riding	20 min
1:00 pm	Master W 35-44/Master W 45+/U17 W/Sport Women/U15 & U13 W (30 sec apart)	MW/U17 W: min 40 min Sport/U15/U13 W: min 30
2:00 pm	U17 M/Master M 55-64/Master M 65+ (30 sec apart)	min 40 min
3:00 pm	Master M 35-44/Master M 45-54* (30 sec apart)	50 min

\*An additional slot may be added at the end of the day to separate these two categories dependent on number of entries.

# PODIUMS & PRIZING

Provincial Champion jerseys will be awarded to the winner of the Elite Men and Elite Women races. Championship medals for the top three places will be awarded for the following categories:

- Elite/Open M, Elite/Open W, U17 M, U17 W, Junior M, Junior W, Master M 35-44, Master W 35-44, Master M 45-54, Master W 45-54, Master M 55-64, Master M 65+

We will also recognize each of the following categories with a podium and fun prizes (dependent on number of entries):

- U13 M, U13 W, U15 M, U15 W, Master M 75+, Master W 55+

Podiums will take place as soon as possible after each race. Additional prizes and podium width will be determined at the discretion of the organizer on race day.



# COURSE INFO

Tentative/sample course is shown below and subject to change. Site link can be accessed [here](#). Direction of travel on Sunday is counterclockwise.

**PRW/Velocity Cyclocross ...**

This map shows the race course lap route and the location of important features for our event on October 19 & 20, 2024.  
13 views  
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- Race course (lap runs clockwise Saturda...
- All items
- Features
  - Registration/Sign on/Washrooms
  - Start line - Saturday races
  - Start line - Sunday races
  - Lap through/Finish
  - Barriers
  - Run up diabolique
  - Ride up/Run up
  - Tent area
  - Tent area
  - Parking
  - Parking
  - Tech zone
  - Marshal
  - Marshal
  - Marshal
  - First Aid

Map labels include: Rockers Athletic Club, Edmonton BMX Association, Argyll Velodrome Association, Registration/Sign on/W..., Start line - Sunday ra..., Start line - Saturday..., Lap through/Finish, Marshal, Tech zone, Ride-up/Run up, Argyll Sledding Hill, Happy Pup Adventures and Care, Mill Creek Ravine, Jeremy Orser, Park Diamond #5, Restored Word Fellowship, and FlyFree Movement C.



# RANDOM IMPORTANT INFO...

**NOTE:** The event takes place in a community with limited parking lot and street parking. If parking on the street, please be courteous and polite to ensure we are welcome back for other events. When entering the clubhouse, please remove dirty footwear and leave bikes outside.

We will have abundant food and drink for racers and volunteers starting at 10:00 am. We are still finalizing food, but it will be delicious and plentiful. If you have allergies/dietary restrictions, please make a note of them for us when registering.

We hope to have some great podium prizes this year from our generous sponsors. Huge shoutouts to **Pedalhead Road Works** for the amazing support. Prizing will be awarded based on number of entrants. Prizing will be at the discretion of the race organizers. The ***confetti cannon award ceremony*** for each category will take place ASAP after each race near the Team Tent/Food/General Mayhem area.

If you would like to volunteer, please go to this [link](#). If you know someone that might be able to volunteer, please ask them for us! Volunteers are treated like royalty and rewarded well! If you have any questions or concerns, please contact the organizers:

Mark Jung:

[dr.jung@shaw.ca](mailto:dr.jung@shaw.ca) (780) 619 9631

Shantel Koenig:

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# THANKS TO OUR SPONSERS

