



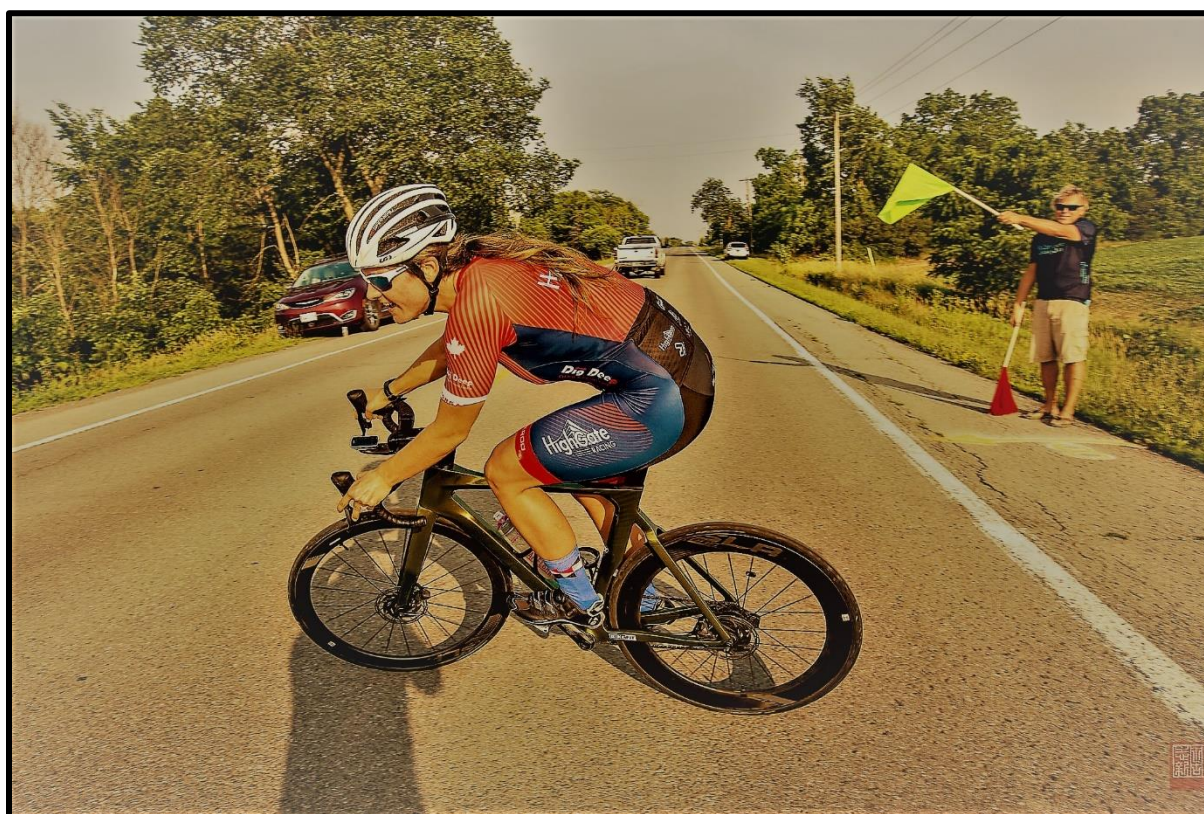
**ST. CATHARINES
CYCLING CLUB**

Individual Time Trial Series 2022



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INTRODUCTION

The SCCC Individual Time Trial series is back for 2022 and is one of the only official competitive type events that can be held at the club level! Merckx and TT bike categories and Female and Male sub-categories again are in the series. Most of last years TT routes will be used but there is one new route added to this year's series.

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 SCCC members are welcome and encouraged to ride in the club ITT series.

An ITT series calendar will also be posted on the SCCC website (<https://stcatharinesccc.ca/>) and also communicated to club members via email, the SCCC Facebook and Twitter pages.

Rider categories:

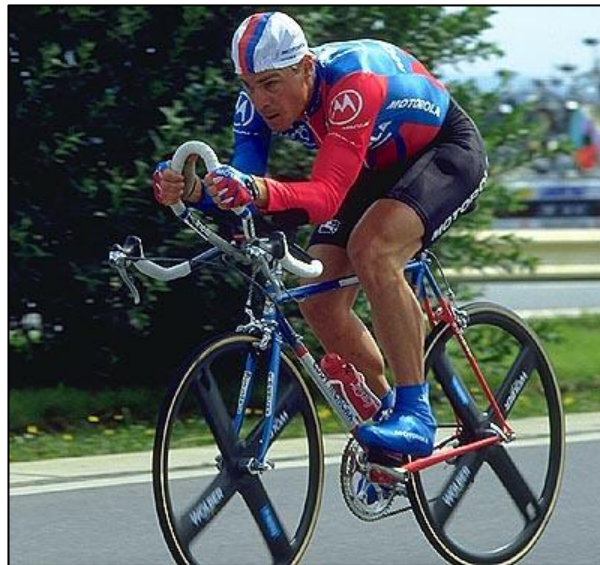
No TT bike, no problem as there will be two general categories:

- 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 (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) **Female/Male categories:** Within the TT and Merckx category will be a Female and Male rider subcategory.
- 4) **Age category:** There are no specific age categories but for overall placing in the SCCC 2021 ITT series the United Kingdom's Veterans Time Trial Association's (VTTA) "Individual Standards" will be applied to riders aged 41 years and older. This is the most up to date, evidence based age adjustment protocol available for use.
- 5) VTTA Individual Standards explained: <https://www.vtta.org.uk/content/0-standards>
- 6) VTTA Individual Standards online calculator: <https://www.vtta.org.uk/standards>

A few notable St.Catharines Cycling Club members!



Karen Strong at the 1984 Olympics
"Merckx style"



Steve Bauer with Team Motorola
Time Trial bike

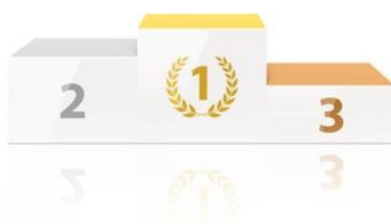
SCCC ITT Series rules:

- 7) Current 2022 SCCC members only can only qualify for the ITT series final placing,
- 8) How to attend if not a SCCC member:
 - i. Ontario Cycling affiliate Club/Team members are welcome to attend a SCCC ITT only twice (any date),
 - ii. Persons who are not a member of any Ontario Cycling Club/Team are very welcome to attend as a guest twice only on specific "Try-Out" dates (see page 5), sign-up for Try-Out as follows:
 - a. **Guests on Try-Out nights first register for the indicated dates (see page 5):**
<https://ccnbikes.com/#!/events/2022-oc-club-try-out-participant-acknowledgement>
 - b. **Then email the SCCC to let us know you're attending at:** president.stcatharinescc@gmail.com
 - c. **See you at the Time Trial! ☺**
- 9) Time trials will be conducted on both Monday and Thursday evenings, start time on both nights is 6:30 PM,
- 10) There are six TT courses in the ITT series:
 - i. "Wainport" course 14.8 Km
 - ii. Elcho Road course 10 Km
 - iii. Wellandport (River Road) course 16 Km
 - iv. Feeder Road West course 15 Km
 - v. Sixteen Road long course 14 Km
 - vi. Sixteen Road short course 16 Km
- 11) The following courses will be conducted on **Monday** evenings in a repeating schedule:
 - i. "Wainport" course 14.8 Km
 - ii. Elcho Road course 10 Km
 - iii. Wellandport (River Road) course 16 Km
 - iv. Feeder Road West course 15 Km
- 12) The following courses will be conducted on **Thursday** evenings in an alternating schedule:
 - i. Sixteen Road short course 14 Km
 - ii. Sixteen Road long course 16 Km
- 13) A participant must complete all six of the TT courses at least once to qualify for final placing in the ITT series, if a rider does any or all of the six 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!
- 14) Highest average speeds achieved through the six TT courses will be used to determine ITT series final placing in each category: **a) Merckx style female and male, b) TT bike female and male,**
 - ➔ Total distance of six courses divided by total elapsed time for all six course=average speed in ITT series,
 - ➔ VTTA "Individual Standards" will be applied to riders aged 41 years and older,
- 15) Any SCCC rider can still come out and ride any of the TT courses if you do not want to take part in the ITT series.

SCCC ITT 2022 series prize list: Awarded at the end of the ITT series in September 2022

Merckx: Female	Merckx: Male	TT bike: Female	TT bike: Male
1 st place: \$100.00	1 st place: \$100.00	1 st place: \$100.00	1 st place: \$100.00
2 nd place: \$75.00	2 nd place: \$75.00	2 nd place: \$75.00	2 nd place: \$75.00
3 rd place: \$50.00	3 rd place: \$50.00	3 rd place: \$50.00	3 rd place: \$50.00

SCCC most improved ITT rider of 2022 (any category): \$100.00



SCCC ITT 2022 series schedule

May 2022

- Monday, May 16th @ 1830: Wainport 14.8 Km course **Try-Out night; Non-OCA guests welcome**
- Thursday, May 19th @ 1830: Sixteen Road short course 14Km
- Thursday, May 26th @ 1830: Sixteen Road long course 16 Km
- Monday, May 30th @ 1830: Elcho Road 10 Km

June 2022

- Thursday, June 2nd @ 1830: Sixteen Road short course 14Km
- Monday, June 6th @1830: Wellandport 16 Km **Try-Out night; Non-OCA guests welcome**
- Thursday, June 9th @ 1830: Sixteen Road long course 16 Km
- Monday, June 13th @1830: Feeder Road West 15 Km
- Thursday, June 16th @ 1830: Sixteen Road short course 14Km
- Monday, June 20th @1830: Wainport 14.8 Km course
- Thursday, June 23rd @ 1830: Sixteen Road long course 16 Km
- Monday, June 27th @ 1830: Elcho Road 10 Km
- Thursday, June 30th @ 1830: Sixteen Road short course 14Km

July 2022

- Monday, July 4th @ 1830: Wellandport 16 Km **Try-Out night; Non-OCA guests welcome**
- Thursday, July 7th @ 1830: Sixteen Road long course 16 Km
- Monday, July 11th @ 1830: Feeder Road West 15 Km
- Thursday, July 14th @ 1830: Sixteen Road short course 14Km
- Monday, July 18th @ 1830: Wainport 14.8 Km course
- Thursday, July 21st @ 1830: Sixteen Road long course 16 Km
- Monday, July 25th @ 1830: Elcho Road 10 Km
- Thursday, July 28th @ 1830: Sixteen Road short course 14Km

August 2022

- Thursday, August 4th @ 1830: Sixteen Road long course 16 Km
- Monday, August 8th @ 1830: Wellandport 16 Km **Try-Out night; Non-OCA guests welcome**
- Thursday, August 11th @ 1830: Sixteen Road short course 14Km
- Monday, August 15th @ 1830: Feeder Road West 15 Km
- Thursday, August 18th @ 1830: Sixteen Road long course 16 Km
- Monday, August 22nd @ 1830: Wainport 14.8 Km course
- Thursday, August 25th @ 1830: Sixteen Road short course 14Km
- Monday, August 29th @ 1830: Elcho Road 10 Km









September 2022





- Thursday, September 1st @ 1800: Sixteen Road long course 16 Km
- Thursday, September 8th @ 1800: Sixteen Road short course 14Km
- Monday, September 12th @ 1830: Wellandport 16 Km
- Thursday, September 15th @ 1830: Sixteen Road long course 16 Km
- Monday, September 19th @ 1830: Feeder Road West 15 Km

How to take part in a SCCC ITT:

- 1) Register attendance on the CycleClubApp (SCCC members)
- 2) Arrive at ITT event location, if driving park in recommended location, do not park on TT course,

- 3) Check in with SCCC ITT organizer, indicate category and your estimated fitness/speed level for determining starting order. Maintain COVID-19 infection prevention measures.
- 4) Warm-up is allowed on TT course only before the event starts,
- 5) Move to staging area before start time and be in your designated starting order, maintain required distancing,
- 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, maintain required physical distancing in finish line and parking lot areas after the ITT.
- 10) ITT results are posted on the SCCC website for the current and past years: <https://stcatharinescc.ca/thursday/>

<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 Ontario 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 large population centers in Niagara was a goal but finding TT courses meeting the defined requirements meant choosing courses in more rural areas.
<p>Start points</p>	<p>Start points may be marked by one or more of the following:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>1) At/near a prominent, visible location such as a community centre</p>  </div> <div style="text-align: center;"> <p>2) Signpost:</p>  </div> <div style="text-align: center;"> <p>3) Orange or white marking on tarmac with "S" under it:</p>  </div> <div style="text-align: center;"> <p>4) Orange flag in ground:</p>  </div> <div style="text-align: center;"> <p>5) Orange tape around pole/tree:</p>  </div> </div>
<p>Turnaround point</p>	<p>A Marshall will be at a turnaround point during club TT events, they will have a green and a red flag: 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> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>1) Orange or white marking on right edge of tarmac with turnaround distance under it:</p>  </div> <div style="text-align: center;"> <p>2) Orange flag in ground:</p>  </div> <div style="text-align: center;"> <p>2) Orange marking streamers in tree:</p>  </div> <div style="text-align: center;"> <p>4) At/near a prominent, visible location such as near an intersection.</p> </div> </div>

<p>Finish line</p>	<p>Finish lines may be marked by one or more of the following: <i>*Monitor your progress along the route on your computer and watch for a marker near the finish line.</i></p> <div> <div> <p>1) At/near a prominent, visible location such as a community centre</p> </div> <div> <p>2) Signpost:</p>  </div> <div> <p>3) Orange or white marking on tarmac with "F" under it:</p>  </div> <div> <p>4) Orange flag in ground:</p>  </div> <div> <p>5) Orange tape around pole/tree:</p>  </div> </div>
<p>Road conditions</p>	<p>Road conditions for the courses are rated as follows: 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 Ontario Highway Traffic Act must be adhered to, • An approved helmet is mandatory for SCCC TT events, • Rear red marker light required, • 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 a small orange flag (show example) at edge of road 25m before it or by Marshall waving a yellow flag (if Marshalls are available to deploy), • 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, Times will be posted on the SCCC webpage TT results section: http://stcatharinescc.ca/thursday/
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!

Jimmy Greig conducting the Silverdale Course Time Trial



2021 SCCC ITT RESULTS

Total distance all courses=83 km, Best times of rider on specific courses shown Red times are the VTTA age adjusted times and the times used for final placing in the series								
Rockway-Sawmill 12 Km	Wellandport 16 Km	Elcho Road 10 Km	Feeder Road West 15 Km	Sixteen Road 14 Km	Sixteen Road 16 Km	Overall time	Average speed kph	Placing
19:13	25:18	15:40	23:40	22:00	24:59	130:50	38.1	1st Female Merckx Laura Belet
21:47	28:01	17:25	26:08	25:14	29:10	147:45	33.7	2nd Female Merckx Greta Chase
22:36	28:08	17:47	26:06	24:41	29:03	148:21	33.6	3rd Female Merckx Natalia Stret
25:08 22:53	30:40 27:39	18:08 16:16	27:13 24:07	26:06 23:28	29:46 26:45	157:01 141:08	31.7 35.3	1st Female TT Anna Tykoliz
18:51 18:18	24:21 23:36	14:50 14:23	22:15 21:34	22:11 21:02	24:46 24:01	127:14 122:54	39.1 40.5	1st Male Merckx Mark Goveia
18:17	23:54	15:07	22:30	21:41	24:30	125:59	39.5	2nd Male Merckx Jonathan Van Der Sluis
20:56 19:33	25:34 23:42	16:18 15:09	24:44 23:00	23:18 21:41	26:28 24:36	137:18 127:41	36.3 39.0	3rd Male Merckx Chuck Taylor
16:22 15:41	21:07 20:12	13:18 12:44	20:27 19:36	18:44 17:56	20:54 19:59	110:52 106:08	44.9 46.4	1st Male TT Russell Jones
18:52 16:44	23:25 20:33	14:33 12:47	21:51 19:11	21:00 18:31	24:14 21:22	123:55 109:08	40.2 45.6	2nd Male TT Gary Carter
20:48 18:17	26:10 22:46	16:35 14:30	24:59 21:49	23:43 20:46	27:19 23:56	139:34 122:04	35.7 40.8	3rd Male TT Doug Taylor
23:08 20:28	26:22 22:47	16:43 14:31	24:17 20:56	23:47 20:40	27:13 23:38	141:30 123:00	35.2 40.5	4th Male TT Peter Meadows
18:46 17:57	23:51 22:45	15:21 14:41	21:59 20:58	21:23 20:25	24:18 23:12	125:38 119:97	39.6 41.3	Derek Christensen

2021 Most improved: Natalia Stret
2021 Runner-up most improved: Greta Chase

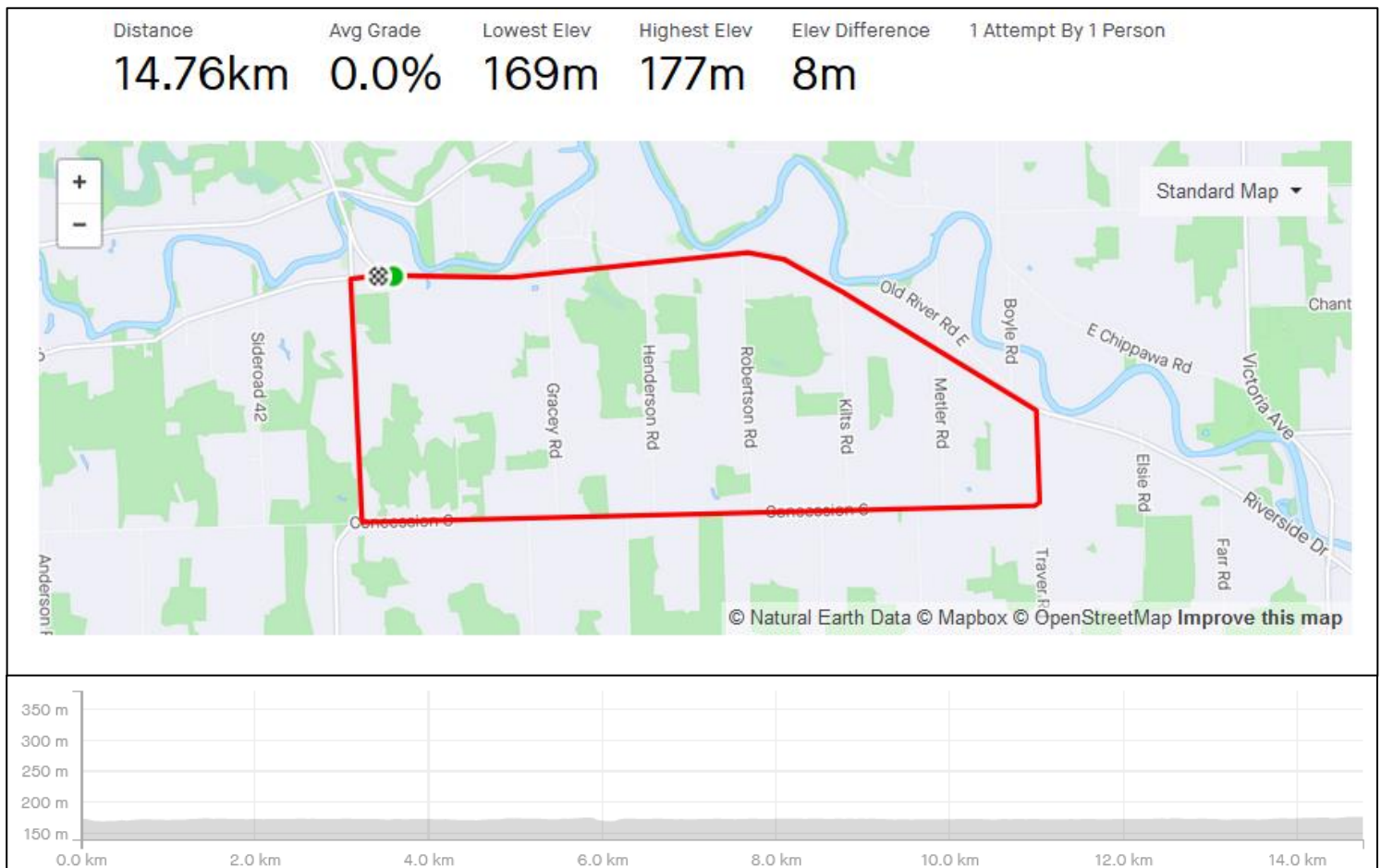
"WAINPORT" 14.8 KM TT COURSE





Course description: This A to B course is on mostly flat terrain, long rising and descending slopes of up to 2.2% are encountered on Regional Road 27. Starts and ends in Wellandport and has the rider going through the flat farmlands of Wainfleet. Four right hand turns are on this course as it leads the rider to the finish line located near the start. Open topography will have the rider possibly facing notable head and tail winds.

Course route:

- 1) **Start point:** In Wellandport at the intersection of Regional Road 45 (River Road) and Regional Road 27 (Riverside Drive), start point at the stop sign on Regional Road 45 which merges onto Regional Road 27,
- 2) Head east on Regional Road 27 for 6.1 km until Traver Road
- 3) **Turn** right (south) on Traver road and proceed 800m south to Concession #6 road
- 4) **Turn** right (west) on Concession#6 Road and proceed 5.8 km to Service Road 2,
- 5) **Turn** right (north) on Service Road 2 (**50m before Wellandport Road stop sign**) proceed for 130m and merge onto Wellandport Road and head north 2 km,
- 6) **Turn** right (east) on Regional Road 45 and proceed 240m to finish line,
- 7) **Finish line:** 100 metres due west of start point on Regional Road 45.

Strava segment: <https://www.strava.com/segments/31719249>



<p>Start point and Finish line</p>	<p>Start point: In Wellandport at the intersection of Regional Road 45 (River Road) and Regional Road 27 (Riverside Drive), start point at the stop sign on Regional Road 45 which merges onto Regional Road 27,</p> <p>Finish line: 100 metres west of start point on Regional Road 45.</p>	
<p>Turns</p>		 <ul style="list-style-type: none"> • 4 right hand turns on course • Note: Right turn from Concession 6 onto Service Rd 2, do not turn at stop sign at Wellandport Road
<p>Road conditions</p>	<ul style="list-style-type: none"> • Regional Road 27 (Riverside Drive): Good • Traver Road: Satisfactory • Concession #6: Fair to Satisfactory • Service Road 2 and Wellandport Road: Satisfactory • Regional Road 45: Satisfactory 	
<p>Cautions</p>	<ul style="list-style-type: none"> • Watch for occasional gravel on Regional Road 27 especially at the intersections with a gravel road, • Concession #6 has occasional rough section or minor potholes that can easily be avoided, • Watch for gravel when cornering! 	
<p>Parking</p>	<ul style="list-style-type: none"> • Wellandport Community Centre, Wellandport library when open has washrooms • Don't park in spots right in front of library entrance. 	

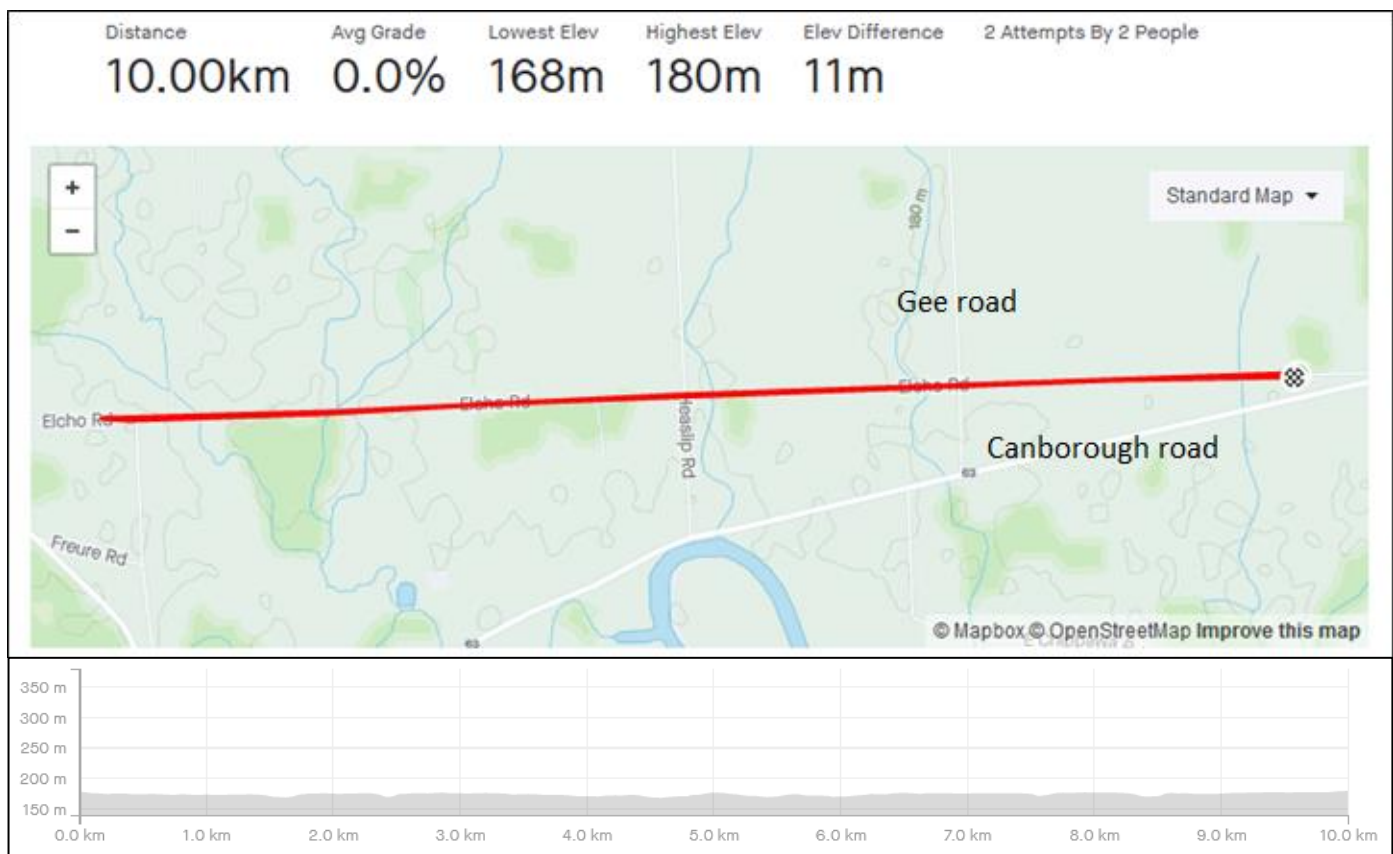
ELCHO ROAD 10 KM TT COURSE

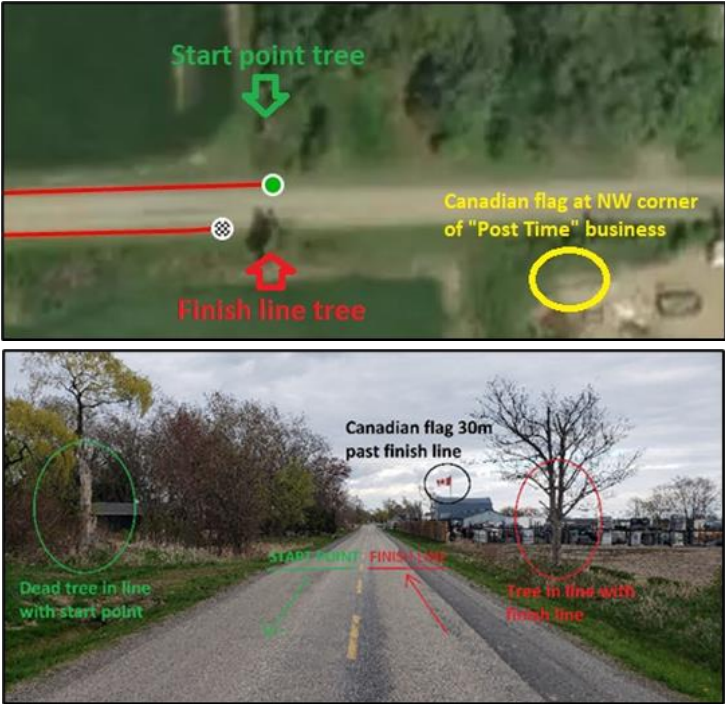
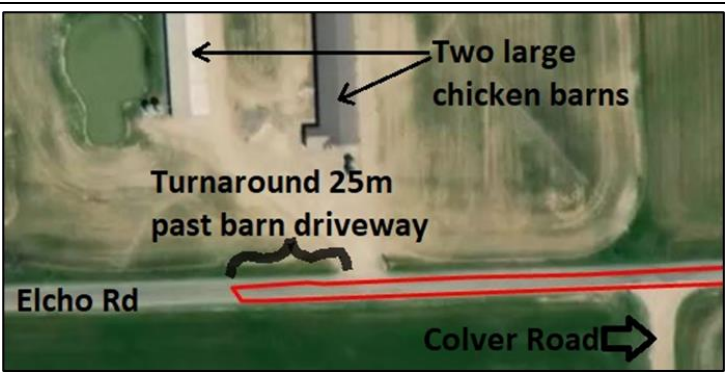
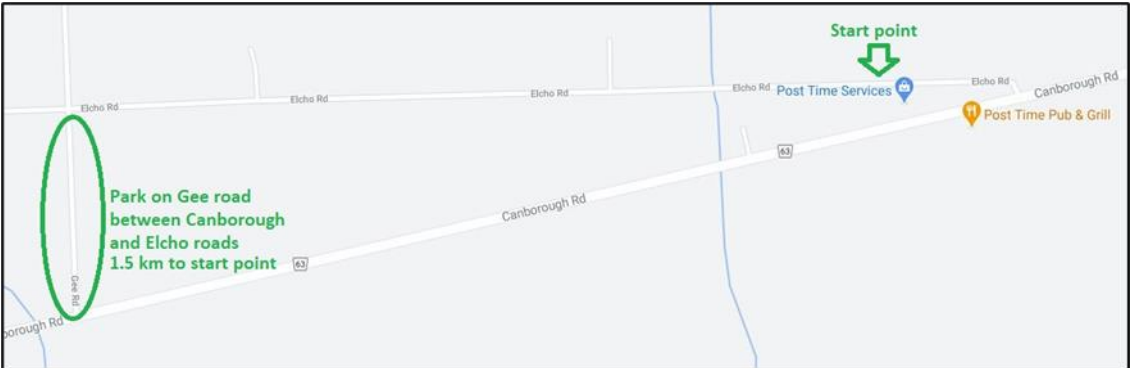
Course description: This is an out and back course on slight rolling terrain.

Course route:

- 1) **Start point:** 350m west of the Elcho and Canborough Road intersection at the corner of a field and wooded area, a large dead tree on the north side of Elcho and a live tree immediately opposite it on the south side of Elcho mark the start/finish points.
- 2) Head west on Elcho road along its rolling terrain for 5 Km to the turnaround point,
- 3) **Turnaround point:** At the top of a rise adjacent to two large chicken barns located on the north side of the road, turnaround point approximately 25m past the driveway of the chicken barns,
- 4) Head east back to the start/finish point,
- 5) **Finish line:** Start point location.

Strava segment: <https://www.strava.com/segments/28061008>



<p>Start point and Finish line</p>	<p>350m west of the Elcho and Canborough Road intersection at the corner of a field and wooded area, a large dead tree on the north side of Elcho and a live tree immediately opposite it on the south side of Elcho mark the start/finish points.</p>	
<p>Turnaround point</p>	<ul style="list-style-type: none"> At the top of a rise adjacent to two large chicken barns located on the north side of the road, turnaround point approximately 25m past the driveway of the chicken barns, Turnaround point 150m west of Colver Road. 	
<p>Road conditions</p>	<ul style="list-style-type: none"> Elcho Road: Satisfactory 	
<p>Cautions</p>	<ul style="list-style-type: none"> At turnaround point always ensure there are no vehicles approaching from your rear or front before turning around, never risk safety to save seconds! 	
<p>Parking</p>	<ul style="list-style-type: none"> Gee Road between Elcho and Canborough roads 	

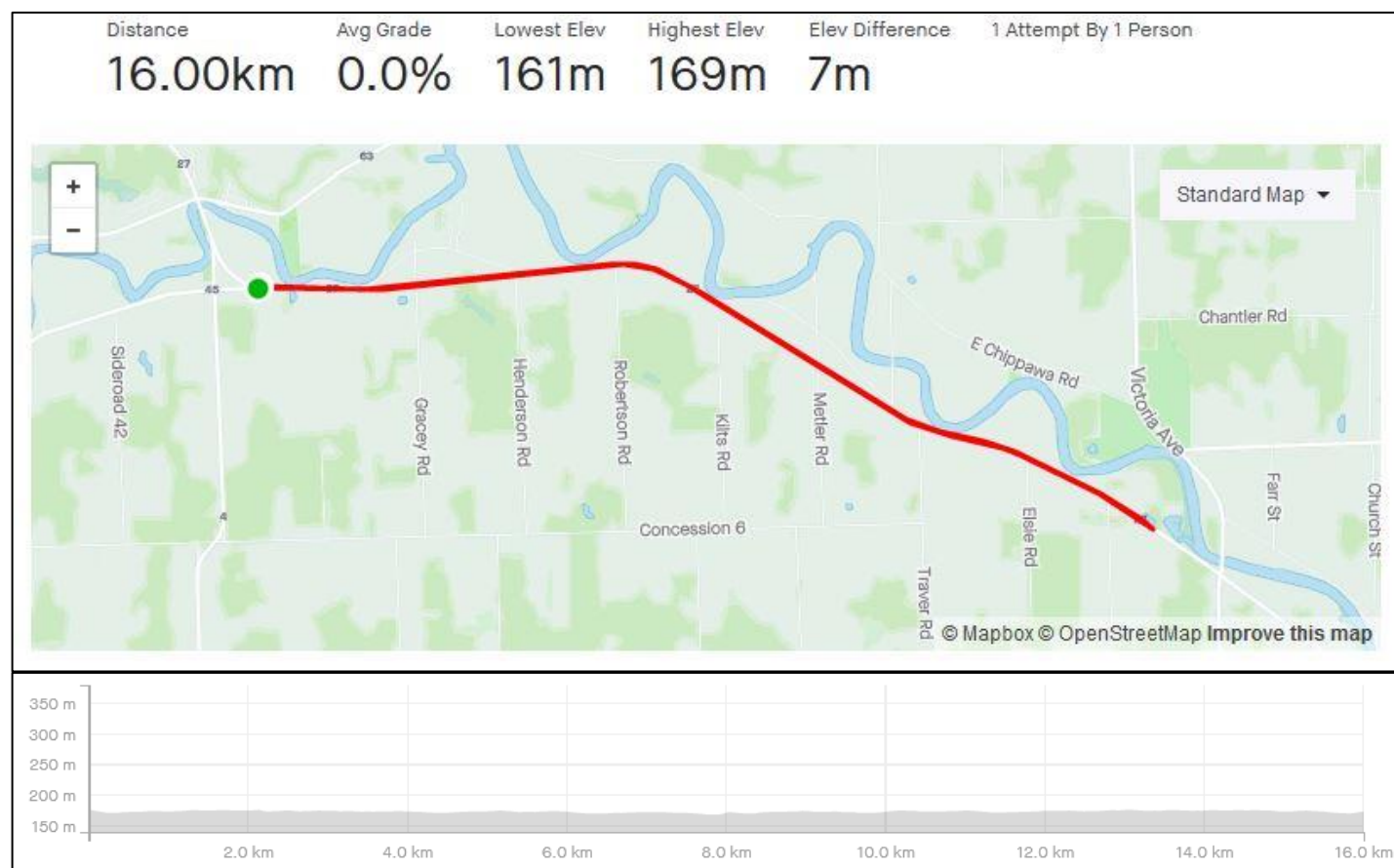
WELLANDPORT (RIVER ROAD) 16 KM TT COURSE

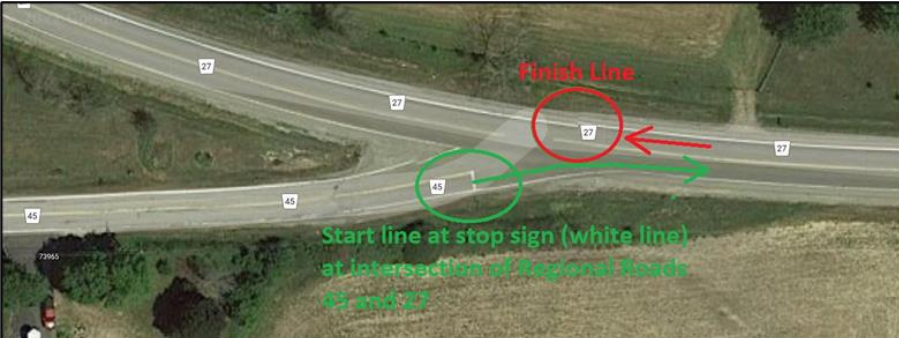


Course description: This is an out and back course on mostly flat terrain, long rising and descending slopes of up to 2.2% are encountered. Open topography will have the rider possibly facing notable head and tail winds.

Course route:

- 8) **Start point:** In Wellandport at the intersection of Regional Road 45 (River Road) and Regional Road 27 (Riverside Drive), start point at the stop sign on Regional Road 45 which merges onto Regional Road 27,
- 9) Head east on Regional Road 27 for 8 Km until the turnaround point
- 10) **Turnaround point:** At the 8 Km point located in a flat section,
- 11) Head west on Regional Road 27 for 8 Km until finish line,
- 12) **Finish line:** On north side of Regional Road 27 adjacent to start point.

Strava segment: <https://www.strava.com/segments/28077169>



<p>Start point and Finish line</p>	<p>Start point: In Wellandport at the intersection of Regional Road 45 (River Road) and Regional Road 27 (Riverside Drive), start point at the stop sign on Regional Road 45 which merges onto Regional Road 27,</p> <p>Finish line: On north side of Regional Road 27 adjacent to start point.</p>	
<p>Turnaround point</p>	<p>At the 8 Km point located in a flat section</p>	
<p>Road conditions</p>	<ul style="list-style-type: none"> Regional Road 27 (Riverside Drive): Good 	
<p>Cautions</p>	<ul style="list-style-type: none"> Watch for occasional gravel on Regional Road 27 especially at the intersections with a gravel road, At turnaround point always ensure there are no vehicles approaching from your rear or front before turning around, never risk safety to save seconds! 	
<p>Parking</p>	<ul style="list-style-type: none"> Wellandport Community Centre, Wellandport library when open has washrooms Don't park in spots right in front of library entrance. 	

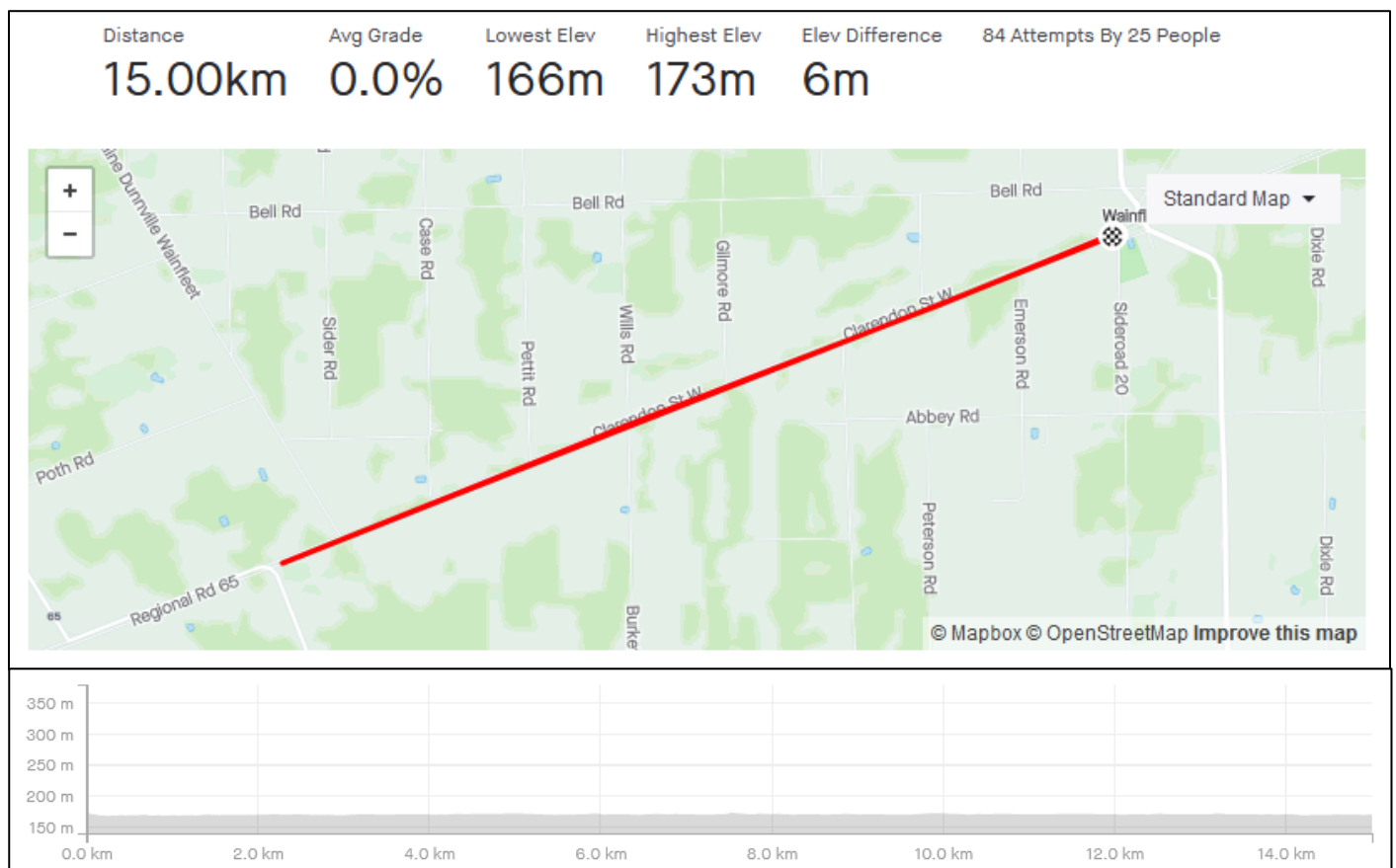
FEEDER ROAD WEST 15 Km TT COURSE

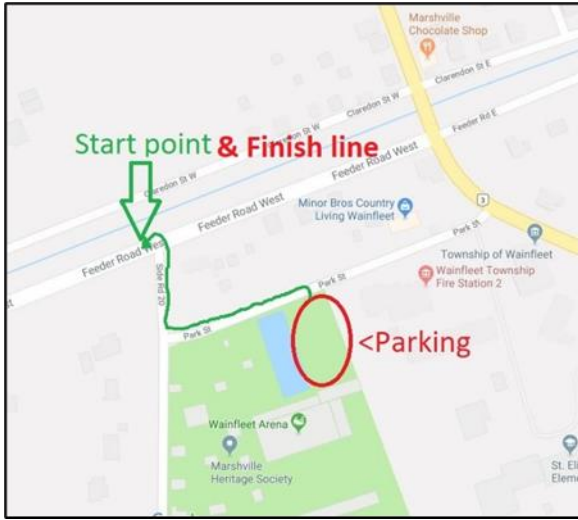

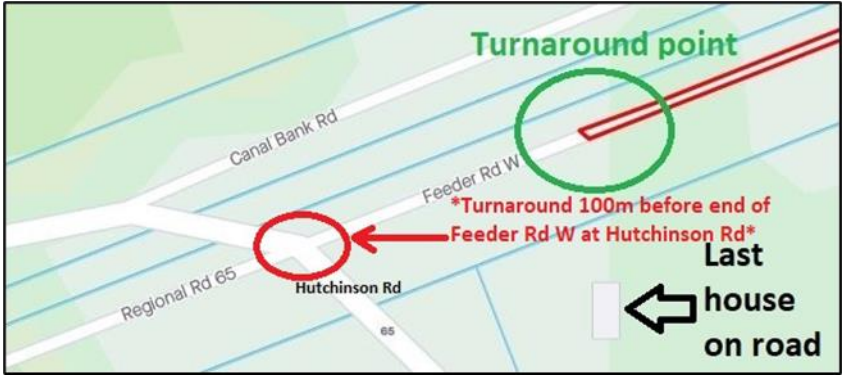


Course description: This is a flat out and back course which requires power, pacing and aerodynamic efficiency to achieve a fast time! Prevailing winds are from the southwest and the return section is usually fast!

Course route:

- 1) **Start point:** Feeder Road West adjacent to an electrical relay station located on south side of road 50m southwest of the Side Road 20 intersection.
- 2) Head southwest 7.5 Km along the very flat Feeder Road West to the turnaround point,
- 3) **Turnaround point:** 100m before the Hutchinson Road intersection, a stop sign is at this point halts traffic heading SW along Feeder Road West,
- 4) Head northeast 7.5 Km back along Feeder Road West to the finish line,
- 5) **Finish line:** Start point location,

Strava segment: <https://www.strava.com/segments/21479605>



<p>Start point</p>	<p>Feeder Road West adjacent to an electrical relay station located on south side of road 50m southwest of the Side Road 20 intersection.</p> <p>A 50 kph speed limit and children playing warning sign marks the exact start point and finish line.</p>	 
<p>Turnaround point</p>	<p>100m before the Hutchinson Road intersection, a stop sign is at this point halts traffic heading SW along Feeder Road West.</p>	
<p>Finish line</p>	<p>Feeder Road West adjacent to an electrical relay station located on south side of road 50m southwest of the Side Road 20 intersection.</p> <p>A 50 kph speed limit and children playing warning sign marks the finish line</p>	 
<p>Road conditions</p>	<ul style="list-style-type: none"> Feeder Road West: Satisfactory 	
<p>Cautions</p>	<ul style="list-style-type: none"> Watch for wildlife crossing on Feeder Road West including beavers! At turnaround point always ensure there are no vehicles approaching from your rear or front before turning around, never risk safety to save seconds! Turnaround point is 100 metres before the intersection of Feeder Road West and Hutchinson Road, watch for vehicles exiting onto Feeder Road West from Hutchinson Road. 	
<p>Parking</p>	<ul style="list-style-type: none"> Wainfleet arena and Wainfleet library when open has washrooms 	

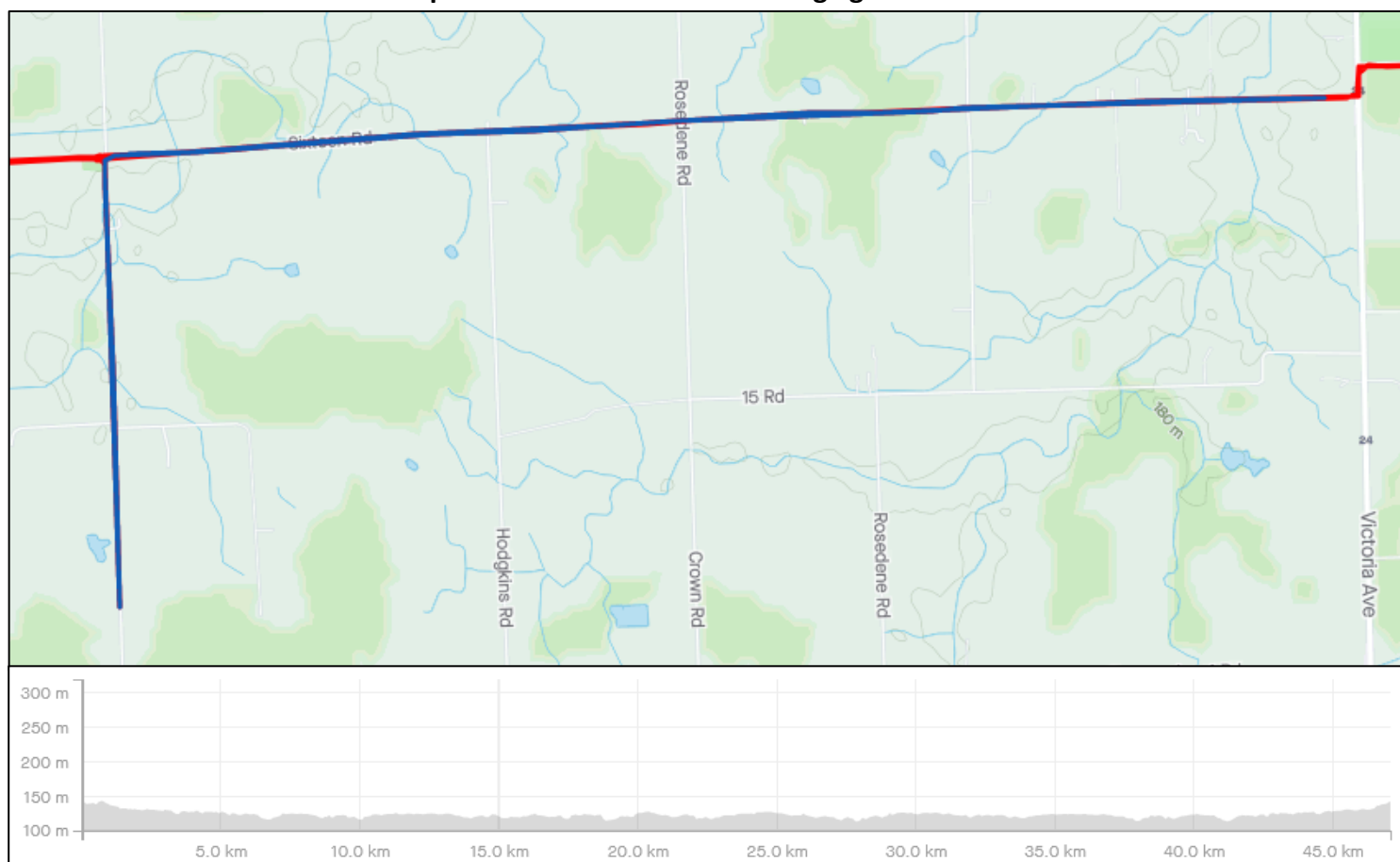
SIXTEEN ROAD SHORT COURSE 14 KM TT COURSE

Course description: This is an out and back course on slight rolling terrain, there are two turnaround points.

Course route: Starts at Silverdale Community Centre and heads south along Silverdale road to turnaround point #1 and then proceeds north back along Silverdale Road turning east onto Sixteen Road and then proceeds east on Sixteen Road to turnaround point # 2 then heads back westward to finish line at Silverdale Community Centre.

- 1) **Start point:** Silverdale community Centre
- 2) **Turnaround points:** Two turnaround points at southern and eastern ends of course
- 3) **Finish line:** Silverdale community Centre
- 4) **Road conditions:** **Satisfactory**
- 5) **Cautions:** Two turnaround points
- 6) **Parking and washrooms:** Silverdale community Centre
- 7) **SCCC Silverdale L course Strava segment:** <https://www.strava.com/segments/8199276>

SCCC Silverdale Short "L" shaped TT distance=14 Km Average grade=0% Elevation difference=13m



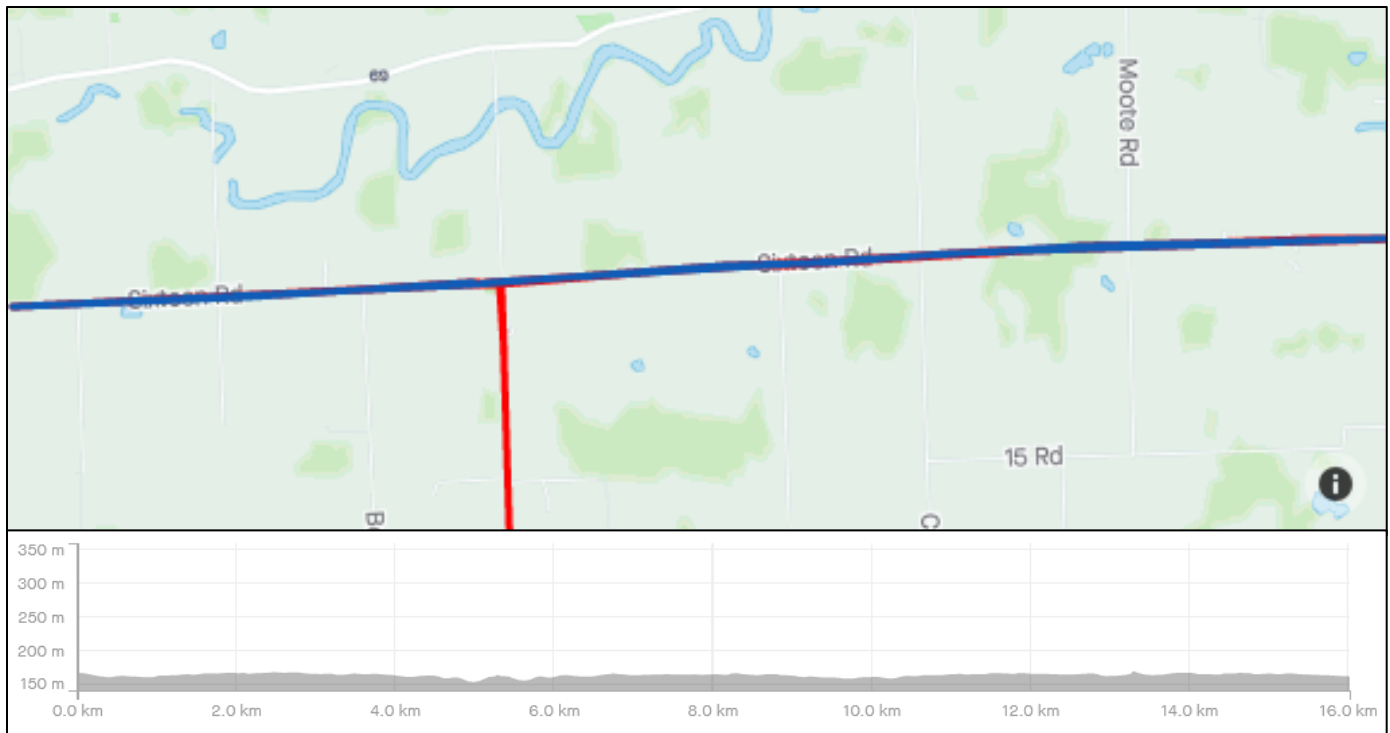
SIXTEEN ROAD LONG 16 KM TT COURSE

Course description: This is an out and back course on slight rolling terrain, there are two turnaround points.

Course route: Starts at Silverdale Community Centre and heads east along Sixteen road to turnaround point #1 and then proceeds west back along Sixteen Road to turnaround point # 2 then heads back eastward to finish line at Silverdale Community Centre.

- 1) **Start point:** Silverdale community Centre
- 2) **Turnaround points:** Two turnaround points at western and eastern ends of course
- 3) **Finish line:** Silverdale community Centre
- 4) **Road conditions:** Satisfactory
- 5) **Cautions:** Two turnaround points
- 6) **Parking and washrooms:** Silverdale community Centre
- 7) **SCCC Silverdale TT course Strava segment:** <https://www.strava.com/segments/1400794>

SCCC Silverdale Long TT distance=15.97 Km Average grade=0% Elevation difference=10m



Silverdale course time trial post TT



Start at Silverdale course



COVID-19 INFECTION PREVENTION INFORMATION

Adapted from OCA Progressive Return to Cycling Guidelines (June 15, 2021):

Risk Mitigation

Some basic risk reduction methods include:

- Not participating in any group activities if you or any of the other group participants:

A. Exhibit any COVID-19 symptoms including:

- Fever and/or chills
- Cough
- Difficulty breathing or shortness of breath
- Muscle aches
- Sore throat or difficulty swallowing
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes)
- Lost sense of taste or smell
- Extreme tiredness
- Any other symptoms as identified by health experts:

<https://www.ontario.ca/page/covid-19-stop-spread#section-0>

B. Have been in contact with someone who is a confirmed or presumptive case of COVID-19 within the last 14 days.

- Washing your hands frequently following the recommended guidelines for a minimum of 20 seconds
- Not touching your face/eyes/mouth with your hands
- Using an alcohol based sanitizer containing over 60% alcohol if soap and water are not available
- Practicing proper etiquette by covering your mouth and nose with your sleeve (not your hands) when coughing or sneezing, and washing/sanitizing your hands as soon as possible after
- Avoiding contact with sick people, as well as limiting close contact with people deemed “high risk”
- Keeping a MINIMUM distance of 3m (or most recent provincially identified distance from other individuals while engaged in sport or fitness activity.)
- Avoiding all physical contact including hugs, handshakes, high fives and fist bumps to people outside your household
- Limiting the risk of an emergency situation by ensuring you do not push yourself too hard or take any undue risks
- Ensuring you wash/sanitize all used clothing and disinfect all cycling equipment including, but not limited to: your helmet, sunglasses/protective lenses, handlebars, water bottle, etc.

COVID-19 Information

If you are displaying any symptoms related to COVID-19 you should NOT be participating in any activities.

Use the Ontario Government’s Self Assessment Tool: <https://covid-19.ontario.ca/self-assessment/>

To see if you should consult your appropriate medical professional or Telehealth Ontario.

Telehealth Ontario: 1-866-797-0000

Ontario Government COVID-19 website: <https://covid-19.ontario.ca/>

Download the COVID-19 Alert App: <https://covid-19.ontario.ca/covidalert>

Guidelines for Members

All participants in club or team sanctioned activities should follow the Progressive Return to Cycling Guidelines along with the latest recommendations from the Ontario Government, Ontario Public Health, local public health units and medical experts prior to participating in any club or team activity.

Do **NOT** participate in any group activities if you or any of the other group participants:

A. Exhibit any COVID-19 symptoms including:

- Fever, cough, difficulty breathing or shortness of breath, chills or muscle aches, sore throat or difficulty swallowing, runny, stuffy or congested nose (not related to seasonal allergies or other known causes), lost sense of taste or smell, extreme tiredness, or any other symptoms as identified by health experts and the Ontario Government (<https://www.ontario.ca/page/covid-19-stop-spread#section-0>)

B. Have been in contact with someone who is a confirmed or presumptive case of COVID-19 within the last 14 days.

Consider avoiding participating in group activities (club/team) if you:

A. Are considered vulnerable or at higher risk (elderly individuals, immunocompromised persons, individuals suffering from health problems including, but not limited to asthma, chronic bronchitis and other lung diseases, high blood pressure, diabetes, etc.)

- Abide by gathering size limits as per provincial/local protocols
- Practice safe physical distancing by maintaining a minimum 3m distance (or most recent provincially identified distance) between yourself and any other individual prior, during, and after your sanctioned activity

A. Note the above distancing requirement is applicable to any and all current sport and fitness activities in the province of Ontario.

B. Those participating in sport or fitness activities outside Ontario must follow the identified COVID-19 guidelines for sport and/or fitness activities for that area

- Do not share food or equipment (including water bottles) to prevent transmission of viruses and bacteria
- Clean **ALL** your equipment prior to heading out including wiping down your handlebars, glasses or protective lenses, and ensuring you have a clean water bottle
- Consider wearing an appropriate mask during lower intensity training/riding, making sure the mask covers both the mouth and nose
- Consider wearing gloves
- Confirm your bike is in good working order and that you are aware of the basic bike maintenance necessities, and are equipped with the appropriate tools prior to an activity
- Ensure you know and are following your club/team's approved Risk Management Plan for activities
- Avoid gathering after your activity
- If at any point you start displaying signs of COVID-19, members should:
 - A. Contact Telehealth Ontario and follow all instructions as provided
 - B. Contact the club to notify them of any symptoms or pending/confirmed test result

References:

- 1) OCA Progressive Return to Cycling Guidelines (June 15, 2021):
<https://ontariocycling.org/wp-content/uploads/2021/06/Progressive-Return-to-Cycling-Guidelines-V6-June-15-POST.pdf>
- 2) Ontario Return To Cycling Update V.14 – June 15, 2021:
<https://ontariocycling.org/wp-content/uploads/2021/06/Return-to-Sport-Update-V14-June-15-2021.pdf>