



MID-WEEK RACING!

EDMONTON MASTERS CYCLING CLUB



The Edmonton Masters Cycling Club was formed in 1986 by a group of masters-age cyclists for the express purpose of promoting age-related racing. The 2019 season will be the 33rd year in which EMCC has organised a full season of club races for masters-age (30 and over) riders.

The events are typically held mid-week, and over the years have included road, track, criteriums, hill-climbs, and time trials. Last year the events included road races, handicap road races, criteriums, time trials, and a season-ending hill-climb, in a 21-event calendar. The majority of participants are experienced cyclists from other clubs.

To ensure the proper running of the events, a system of mandatory volunteerism is in place. That is, if you want to race then you must also volunteer to help at a couple of events.

The mass-start events are organised by ability groups, or by age categories if there are sufficient numbers. The time trials are decided on the long-established UK system of Age Standards, which allows for a statistically robust and equitable comparison of the performance of anyone from the age of 40 to 100 (Master A riders age 30 to 39 are decided on actual time).

Best All Rounder trophies for each 10-year age category (30 – 39, 40 – 49, 50 – 59, 60 – 69, 70 – 79, 80 – 89) for both men and women are up for competition each year. The BAR is decided on a points system that is designed to encourage and reward participation throughout the year.

In addition to the mid-week events, EMCC also organises a spring training week in Penticton, regular Sunday morning group rides, an annual dinner and awards presentation, and beer-and-pizza evenings to mark the start and end of the racing season.

2ND CLAIM MEMBERSHIP ONLY \$60

\$5 PER EVENT OR \$50 FOR THE SEASON

**SIGN UP BEFORE APRIL 30TH TO BE ELIGIBLE FOR DRAW OF
CUSTOM MOLDED SPECIALIZED INSOLES (\$200 VALUE)**

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