



TECHNICAL GUIDE

2025 Lumsden Roubaix

Sunday, May 4, 2025

River Park Campground, Lumsden, SK

Presented By

Regina Cycle Club Gravel Committee



Sponsored by

Hammer Nutrition



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Event Description

The RCC Roubaix has been a staple in the RCC Gravel calendar with over 10-year history hosting this spring classic. Pioneers of GRAVEL, RCC started this event years before gravel was cool or gravel specific bikes were even a thing. By staying off the pavement, riding offroad becomes an adventure where google maps is your new best friend to endless possibilities.

The course is approximately 80% gravel / dirt and 20% pavement.

What's included?

- World famous GRAVEL tee that every Sask gravel enthusiast has grown to love. The tee shirt order goes in April 1st so you MUST be registered by March 31 to guarantee your shirt and size. Any rider registered after this date will not be guaranteed a shirt and size.
- Food will be provided following the event from the Campground Canteen (TO BE CONFIRMED).
- Hammer Nutrition is a sponsor for this event. Expect top quality race nutrition at the race (TO BE CONFIRMED).
- Podium prizes for the top three finishers in each Race Category.
- All participants will receive entry into the door prize draw.

Volunteers: If you have friends or family that would like to help us out, please let us know! In return, volunteers will receive a GRAVEL tee shirt and a free meal.

Event Organizer

Event Organizer	Mike Edmonds, VP Gravel Please feel free to message via Facebook Messenger with any additional questions about the event.
Address	
Name	
Phone	
Email	gravel@reginacyclub.ca
Website	https://reginacyclub.ca/2025-lumsden-roubaix/
Facebook	
Other Social Media	

Registration and Entry Fees (if applicable)

All riders must pre-register online. Day-of registrations will NOT be accepted at this event.

Online Registration Link	TBD
Online Registration Deadline	TBD
Entry Fee	TBD. No refunds.

Prizes (if applicable)

Podium prizes for the top three finishers in each category except party pace.

KOM / QOM of the Roubaix: A prize will be given to the fastest male and female on the grueling Pumpkin Hallow Climb East. <https://www.strava.com/segments/15538629>. This will be timed via Strava, and to participate you must upload your ride immediately after the race.

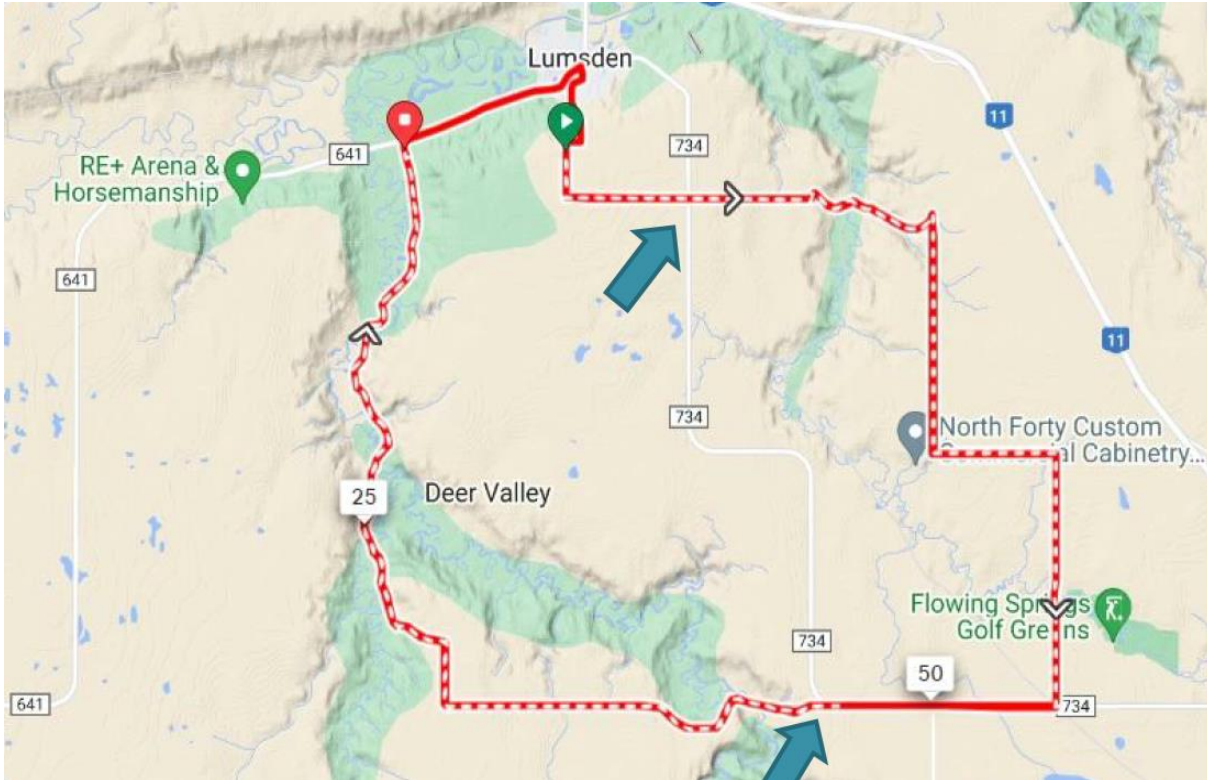
Sign-on and Event Package Pick-up (if applicable)

Sign-on	Sunday, May 4, 2025 @ 9:45 – 10:30 AM
Event Package Pick-up	Sunday, May 4, 2025 @ 9:45 – 10:30 AM
Race Numbers	Sunday, May 4, 2025 @ 9:45 – 10:30 AM

Event Rules / Licenses

- Valid **SCA Membership is required** to participate in any sanctioned event.
 - **Racers:** A valid SCA Provincial Race license or UCI licenses are required to participate in the race category and must be presented at sign-on.
 - **Party Pacers:** The Party Pace category DOES NOT require a race license as it is not a race, it is a fun casual ride with no timing or prizes for category winners. An SCA Cycling For All membership provides appropriate insurance and this (or a Provincial Race or UCI license) is required to participate. For riders who are new to the sport and wishing to try participating in an event for the first time, the SCA also offers single-event licenses. However, they do not include the benefits of a Cycling For All or Provincial license, including insurance coverage for the rider. We strongly recommend that Party Pacers purchase a Cycling For All membership, as it enables riders to participate in other events held by our club and others throughout the year.
- UCI, CCC, and SCA Regulations will be enforced at all competition events.
- **Participants must obey all traffic and local jurisdiction laws.** This means all riders MUST make a complete stop at all stop signs with one foot on the ground. Violations of this rule will be reviewed by the Event Director, and violators will be relegated and/or disqualified from the race. This is part of cooperating with the RM and the RCMP – let’s be good representatives of our community.
- The bike of choice will be a gravel bike, mountain bike, cross bike, fat bike, or anything that can handle gravel road terrain.

- Joining the RCC is encouraged – we hold lots of other fun events throughout the year for our members.
- This event is to be considered “self-supported” - Make sure to bring the appropriate equipment for flat tires, bike mechanicals etc.



Categories / Distances (if applicable)

	Race	Party Pace	Party Pace Short
Start Time	11:00AM	11:10	11:20
Length	~60km	~60km	~30km (1 lap)
Culture	Race	Party Pace	Party Pace
License Required	SCA Race License or UCI license	SCA Cycling For All (or higher) or single-event license. Cycling For All recommended.	SCA Cycling For All (or higher) or single-event license. Cycling for All recommended.
Prize Categories	<ul style="list-style-type: none"> • Men’s Race • Women’s Race • Youth Male • Youth Female 	No prize categories (draw prizes only)	No prize categories (draw prizes only)

	<ul style="list-style-type: none"> Youth Women's Race <p>Youth must be under 21 as of December 31, 2025.</p>		
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Course Description & Map(s)

Rides will start with a neutral roll out from the Lumsden campground parking lot (located directly across the road from the Lumsden RCMP Detachment).

The route is a loop with neutral start from the campground to the base of James Street. The Long course (2 Lap) riders will ride through the finish line and turn right on HWY 641 back to Lumsden, turning right onto James St. to complete a second lap. Short course (1 lap) riders will return to the campground after completing one lap.

Riders will be provided with the route via Strava so it can be downloaded to any bike computer. A PDF of the route will also be posted. The course will be marked with orange pylons, with two pylons placed at turns. Riders are encouraged to study the route before the event to assist in navigation.

Schedule (if applicable)

See the tables below for a full listing of the events. Please note that schedules are subject to change at the approval of the event's Chief Commissaire.

Sunday, May 4, 2025	
9:45 – 10:30 AM	Package Pick
10:50 AM	Staging and brief pre-ride safety briefing from the event director. Located directly across the road from the Lumsden RCMP Detachment.
11:00 AM	Race Start. Neutral roll out to the base of James Street.
11:10 AM	Party Pace Long Course Start.
11:20 AM	Party Pace Short Course Start

Event Officials (if required)

Role	Name
Event Director	Michael Edmonds

Medical Support (See Medical Support Policy)

Emergency Action Plan (EAP)	See APPENDIX I
EAP Coordinator / Ride Leader	Name: Michael Edmonds Phone: (Contact information provided to race registrants in advance of day)
On-site First Aid Personnel	Name: Phone:
On-site First Responder Personnel (if applicable)	This venue will be serviced by certified medical professionals from Canadian Ski Patrol. Name: Phone:
Venue Contact	Name: Phone:
Nearest Hospital	Address: Pasqua Hospital, 4101 Dewdney Ave, Regina, SK S4T 1A5 Phone: (306) 766-2222 Directions: https://www.google.com/maps/dir//4101+Dewdney+Ave,+Regina,+SK+S4T+1A5/@50.4542498,-104.7209935,12z/data=!4m8!4m7!1m0!1m5!1m1!1s0x531c1e7ab0faa69b:0xfaaada605df6f5bf!2m2!1d-104.6385932!2d50.4542789?entry=ttu&_ep=EgoyMDI1MDIxOS4xIKXMDSOASAFAQAw%3D%3D

Event Safety Plan

Provide a plan that describes how you will reduce the risks of extreme weather conditions or other event safety risks that may occur. How will you provide for the safety, health, and well-being of the participants? E.G., Medical support, police support, security support, removal or marking of hazards, open road safety, etc.



Extreme Weather Conditions (See Weather Policies Manual)

1. Frequent monitoring of the weather forecast before, during, and after the event.
2. Evaluate the weather conditions and make an informed decision to continue, delay, alter, or cancel the event.
3. Take an accounting of all riders at the finish of the event.

Event Safety

1. Safety risks that may occur at the event (venue, course, etc.) will be identified and evaluated. A safety plan will be developed to mitigate the identified risks.
2. First responders will be present on-site.
3. RCMP will be visible on the route.

Venue Information (if applicable)

Address	Riverpark Campground, Lumsden, SK
Venue Contact	Name: Phone:
Directions	https://maps.app.goo.gl/TTNYQK7ipqfUReBC9

Athlete & Spectator Services (if applicable)

Parking	Parking is located directly across the road from the Lumsden RCMP Detachment.
Washroom Facilities	Washrooms, change rooms, and showers are located at the River Park Campground. Please be respectful and keep them clean.
Food Service	Water, pop and treats will be supplied immediately after the race for a quick sugar boost before enjoying the ride back to the campground. Food will be provided following the event from the Campground Canteen (TO BE CONFIRMED).

Accommodations (if applicable)

Hotel	Address	Contact
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Host Club / Sponsors / Partners Information

	<p>The Saskatchewan Cycling Association (SCA) is the not-for-profit provincial governing body for cycling. Funded through Saskatchewan Lotteries, the SCA provides opportunities for individuals to experience all forms of cycling through its member clubs. Under the umbrella of Sask Sport the SCA's mandate is to develop athletes, coaches, officials, and volunteers.</p>
	<p>Cycling Cyclisme Canada is a National Sport Organization with one simple purpose: to share our love for cycling. No matter what gets you pedaling every day, we're here to provide support and help you turn each ride into an inspiring moment.</p>
	<p>For more than 50 years, RCC has been riding and racing in the Regina area. We are a welcoming club and are always looking for new riders.</p> <p>The club has 3 main focuses: road, gravel, and cyclocross.</p>
	<p>Hammer Nutrition is an endurance sports nutrition company founded in 1987 by Brian Frank. Hammer Nutrition provides unparalleled products, knowledge, and service to health conscious athletes all over the world. Over the years, the product line has grown to an extensive line of fuels & supplements.</p>

APPENDIX I

Emergency Action Plan

GENERAL

1. The Emergency Action Plan (EAP) Coordinator for the (event name) is (enter person's name).
2. If you are unable to reach the EAP Coordinator or on-site emergency personnel, call 911 directly.
3. All emergency personnel and Commissaires will carry cell phones.
4. Volunteers stationed at the venue and will carry cell phones.
5. EAP Coordinator will call the athletes emergency contact person if medical intervention is required.
6. EAP Coordinator will fill out an incident report as soon as possible after the incident and send to the SCA office.

PROCEDURE IN THE EVENT OF A CYCLING INCIDENT

1. Give the timeout signal to stop further event action until the incident is cleared.
2. Clear the risk of further harm to the injured person by securing the area and shelter the injured person from the elements.
3. Signal for the on-site emergency personnel. Use a cell phone to notify on-site emergency personnel and the EAP Coordinator if they are not in line of site. Provide the location of incident and as much detail on the casualty's symptoms as possible.
4. Designate who is in charge of other participants at the event.
5. On-site medical personnel will assess the situation to determine whether or not the casualty requires no medical assistance, only emergency medical assistance on-site or transport to the hospital.
6. If the casualty is able to continue cycling, no action is required. Return to your posting.
7. If the casualty requires further medical assistance, wait by the injured person until emergency personnel have taken over the situation.
8. Once the injured person has been removed from the venue, ensure no debris is left on the course.
9. Designate a person to clear the entrance / access road if an ambulance is required and wait by the entrance to direct the ambulance when it arrives.
10. Give the thumbs-up signal to the event organizer to allow event to continue.
11. Return to your posting.

PROCEDURE IN THE EVENT OF DISTURBANCES

1. In the event of other on-site disturbance, such as crowd control, inappropriate behavior, protests, etc., call EAP Coordinator for assistance.
2. If you are unable to reach the EAP Coordinator or on-site security personnel, call 911.

PROCEDURE IN THE EVENT OF NATURAL DISASTER

1. Other natural disasters, such as fire, gas leaks, explosions, etc. may also pose a hazardous situation that may necessitate evacuation of the event site.
2. EAP Coordinator will call 911 and report the disaster.
3. Quickly and calmly leave the event site and proceed to the muster point if designated or to a safe area. Await further instructions.
4. Some participants may also decide to leave in their own vehicles.