



# XC Mountain Bike Racing Manual

## Info for New Racers

### **This is my first race and which category should I choose?**

Finding the right category to race will make your race experience much more enjoyable, the trick is not to bite off more than you can chew nor picking a category that is too easy.

#### **Adults**

Adults, 19 years of age and older, who have NEVER raced before should start in the Citizen category. We ask that ALL first time Adult racers do at least 1 race in Citizen to ensure they are able to compete and finish their first event. **The Citizen race license is only \$40 for all first time racers in 2010.** Once you move up to the next category you will be required to pay the additional costs for a full race license.

If you find your first race too easy, then for your next race you can move up to a Sport category. See the category descriptions more details/options.

If you have raced in the past, but it has been a few years, please choose the Sport category until your skills and fitness allow you to move to a higher category.

#### **Kids & Juniors**

Kids and juniors should all start in the age appropriate Sport level category. See the category descriptions for more details.

**Remember that you are not stuck with the category you choose, if it is too hard or too easy you can change, but ONLY by contacting the MCA office and applying for a change.** You will be given a new license based on the new category, but you **MUST** race in the category that your license currently signifies. **You can NOT change categories at a race.** See more in the category description section.

To change categories, please contact Executive Director at the MCA offices for assistance & details.

## What can I Expect at a typical Mountain Bike Race?

Mountain bike races vary according to the location where the race is run. You can expect a variety of surfaces: rock, roots, hard pack dirt paths, loose gravel, loamy sections, mud sand, etc. The amount of climbing depends on the topography, but can and will be challenging. There will

be windy sections that involve trees and wide open sections. There will be wide open fields and tight single track sections. You can expect fast downhill sections and technical descents where you need to check your speed and bike handling skills will be tested. This is what makes mountain bike racing fun and challenging.

The schedule for most races is similar; here is what you can expect:

- All racers must still sign-in between 9:30AM and 11:00AM on the day of the race.
- You must have your current license with you at sign-in and present it to the commissaries when you sign-in.
- If you have not pre-registered, please arrive before 10:30AM to register; registration closes 90 minutes before the start of the race.
- Sometime you arrive late, it happens. There is no guarantee that you will be allowed to start the race but ask the race organizer and commissaries if you can still enter the race, they will try to be as accommodating as possible. If you are not pre-registered and arrive late you must first obtain permission to start by the race organizer, if permission is granted you need to register and sign the waiver. After that report immediately to the Chief Commissaire who will determine when and where you may start. Your start time will be the same as others in your race category (ie. your late start will not be reflected in the final results, unless the event format is an individual time trial).
- Most organizers will need you to pay by cash or cheque at races if you choose to register the day of the race.
- **All racers MUST complete the appropriate Registration Form and Waiver for every race or race series they enter.**
- When you register you will need to present your current race license.
- Remember helmet use is MANDATORY and you must wear (this means on your head and fastened) your helmet at all times at MCA races, even during warm up/cool down and even the parking lot).

#### **Sample Race Day Schedule of Events:**

- **9:30-10:45AM:** Registration (sign-on) and practice on the course. This is when you will have time to pre-ride the race course (only registered racers are allowed on the course) - helmets are MANDATORY at all times.
- **10:45:** Kids stage for the kids races
- **11:00:** Kids race starts
- **11:45AM:** Rider staging for all categories.
- **12:00PM:** Start of race for first wave of riders.
- **2:30 - 3:00PM:** Results & Awards ceremony.

#### **You will be provided...**

There will be washroom facilities on-site (often out houses). Cup races and Provincials also provide food for racers after the race (but not always for spectators). Most races provide prizes after the race for most categories. See Prizing for more details.

#### **What you need to bring...**

- Your race license
- Your MCA number plate – this will be given to you at your first race
- Tools, a pump, and spare inner tubes (if you don't have many tools don't hesitate to ask your fellow racer, they're often willing to lend you a hand)
- Water & nutrition for both the race and after
- Clean/dry clothes for after the race
- Bug-spray and sunscreen
- Extra cycling clothes if the weather changes,
- A lawn chair is a good idea so you have a place to sit as you wait for your race to start.
- A good attitude
- Food & drinks for your friends and family who are there to watch.

### **Need help - just ask**

New racers sometimes find the pre-race time a little intimidating with the pre-race nerves. If you are not sure about something, feel free to ask fellow racers. Most are very friendly and willing to help.

## **Racing Rules**

These are the general rules for racing in Manitoba. To see the full rules of racing please visit the UCI (<http://www.uci.ch/>) CCA (<http://www.canadian-cycling.com/>) for full explanations of all of the rules of racing.

1. All racers bikes must operate a bicycle with both front and rear working brakes.
2. All racers must wear a CSA approved helmet while riding on OR off-course (even the parking lot).
3. Riders shall act and race with caution and respect for their fellow racers. They shall be held responsible for any accidents that they cause.
4. Racers must have their license with them at all times during a race event.
5. It is a racer's responsibility to familiarizing yourself with the race course before the race (marshals will not be obligated to give out directions to confused riders).
6. A racer must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing.
7. If a rider exits the course for any reason, he/she must return to the course at the same point from which they exited.
8. Music players and electronic devises are NOT allowed by any racers during any events.
9. Sleeveless jerseys are NOT allowed.
10. You can only wear a jersey of a club or team you currently belong to, no pro team jerseys that you are not a member of; if you do not belong to a club wear any jersey that is not a pro jersey nor a club jersey where you are not a member of that club.
11. The current, defending Manitoba Cup winners should wear their Manitoba Cup jersey at cup races. Previous years jerseys should not be worn by previous winners.
12. Handlebars must have end caps.
13. Glass containers are not allowed on the course, including the feed zone.

## **Event & Spectator Rules**

Only registered racers are allowed on the course during the race. All spectators must remain on

the sides of the course during the race. And must not assist or interfere with racers in any way during the race. Please remember that the feed and technical zones are NOT intended for spectators and dogs should remain on a leash at ALL TIMES at race events.

## How long is my race?

Here is a list of average race times that the leader of the category can expect. The list shows minimum, optimum, and maximum times that a racer can expect; the difficulty of the course, conditions and trail configurations determine these times.

<b>Category</b>	<b>Minimum</b>	<b>Optimum</b>	<b>Maximum</b>
U17 Male	1:00	1:15	1:30
U17 Female	0:45	1:00	1:15
Under 15 Male	0:30	0:45	1:00
Under 15 Female	0:30	0:45	1:00
Under 13 Male	0:20	0:30	0:45
Under 11 Female	0:15	0:20	0:30
Under 9 Male/Female together	0:15	0:20	0:30
<b>Adult</b>	<b>Minimum</b>	<b>Maximum</b>	
Elite Men	1:45	2:00	
Elite Women	1:30	1:45	
Expert Men	1:30	1:45	
Expert Women	1:15	1:30	
Comp Men	1:15	1:30	
Comp Women	1:00	1:15	
Sport Men	1:00	1:15	
Sport Women	1:00	1:00	
Citizen Men	0:45	1:00	
Citizen Women	0:45	1:00	

## Posting of Results

Results are posted shortly after the last race is completed. At that time the commissaries will give racers 10 minutes to verify their standing – if there is a dispute regarding your standing you must take it up the commissaries at this time. After the 10 minutes have expired the results become official.

Results will be posted on the MCA website within 24 hours of the end of the race, often earlier.

Results may also be posted on the organizer's website.

## Prizing

Race organizers will often supply prizes for the top performers in each category. Prizes can vary from cash to bike related prizes to gift certificates. The depth and type of prizing is dependent on the number of racers in a category and level of category being prized. If there are a large number of racers in a category the prizing can sometimes go 5 deep, if there are only a few racers it may only go one or two deep – it is dependent on the organizer. Because Citizen racers do not typically pay an entry fee for entering a race they may not receive prizes for their events – again this up to the organizer.

## Racing Categories

### Kids and Juniors

These are the categories that are used in Manitoba Cup races and events except for the Provincial championships (see the Provincial Race Categories document for more information regarding this). The following categories are used to group racers (the racer's age as of December 31 of that year):

- U17 male and female – ages 16 and 17
- U15 male and female – ages 14 and 15
- U13 male and female – ages 12 and 13
- U11 male and female – ages 10 and 11
- U9 male and female – ages 9 and under

### Adults Categories

There are male and female categories for each of these categories.

**Citizen** – Citizen is intended as an entry level category, to allow new racers to develop the skills and fitness to compete at a higher level. Once a rider is capable of competing at the Sport (or higher level), they will be contacted to move up to upgrade to appropriate category. This evaluation is based on average lap times. **All first time racers should do at least one race in Citizen.**

**Sport** - Good fitness and bike handling skills.

**Comp** – High levels of fitness and bike handling skills.

**Expert** - VERY advanced fitness and handling skills.

**Elite/Espoir** - the top level of athletes that compete at a national level.

## **Categories for Provincial Championships**

The Provincial Championship XC race uses the standard CCA set of Categories for adults shown below. All Novice & Comp racers will race in their age appropriate Sport Category. All kids, youth and Junior categories are the same as the Cup Series.

### **Adult Categories**

#### **Male**

U 23 Espoir (19-23)

Senior Elite (19-29)

Senior Sport (19-29)

Senior Expert (19-29)

Master A 30+ Sport (30-39)

Master A 30+ Expert (30-39)

Master B 40+ (40-49)

Master B 40+ Expert (40-49)

Master C 50+ (50+)

#### **Female**

U 23 Espoir (19-23)

Senior Elite (19-29)

Senior Sport (19-29)

Senior Expert (19-29)

Master A 30+ Sport (30-39)

Master A 30+ Expert (30-39)

Master B 40+ (40-49)

Master B 40+ Expert (40-49)

Master C 50+ (50+)

### **U17 and Under**

Junior Expert (17-18) male and female

Junior Sport (17-18) male and female

U17 Expert male and female  
U17 Sport male and female  
U 15 male and female  
U13 male and female

## Category Advancement Criteria

The Adult category system is monitored by using a Points and Lap Time Criteria. We try to ensure that racers are racing at a level where they belong, while given time to develop fitness and bike handling skills. The Lap Time Criteria has been developed to ensure racers will be competitive at the next higher category; riders that earn enough points to move up to the next category will not be moved up if their lap times show that they will not be competitive in that next level; they only move up, if they also meet the Lap Time Criteria.

**Please refer to the Manitoba Cup Points document for full details.**

### How to change categories

The intention of the category system is to create better competition for ALL racers. Racers who feel they can no longer compete at their current level are **encouraged** to make a formal written request to move down a category if their Average Lap Times are suitable for the lower category, not being within the top 25% of the lower category. **They must do at least two races in their current category before they can move down.**

**To request to change categories (either to move up or to move down), please email your request to the current MTB Coordinator to be reviewed by the MTB Committee or call the Executive Director at the MCA office.**

Please include your previously 3 race results and a brief explanation of why you wish to change categories. Your request will be reviewed and if approved, the MCA office will issue you a new MCA license if necessary.

**Note:** with only 5 cup races in a season, it can be difficult to attain the points within one season. This is why the Category Advancement points would carry forward from year to year. This then ensures that racers who only do 1 or 2 races per season, will be moved up sooner or later as well.

The system is designed so there will be very little movement between categories.

You **cannot** change categories at a race. You must make a formal written request and it must be reviewed with the MTB committee.