

# Manitoba Mountain Bike Provincials

## Falcon Ridge, Saturday August 2

Presented by MCA Mountain Bike Committee  
Online registration is available PRIOR TO **Friday August 1st at MIDNIGHT**  
**Payment online or race day registration ONLY!**

### Contacts:

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**Location:** Falcon Ridge Ski and Recreation Area, 200 Ridge Rd, Falcon Lake, MB. The ski area is roughly 1 ½ hours east of Winnipeg on Hwy 1. Turn into the town of Falcon lake, take the first right towards the golf course and keep following this road till it ends at the Falcon Ski area.

**Driving Directions:** [Google Maps point to point directions from Winnipeg](#)

**Eligibility:** The race is open to all riders with a valid UCI/CCA/MCA race license. MCA citizen license holders are **NOT** eligible to race in the provincial race. To purchase a UCI/CCA/MCA license visit [www.mbcycling.ca](http://www.mbcycling.ca).

Please note that categories are different for provincials than the Cup series. There is no Comp category in provincials; categories include Elite, Expert and Sport and are divided by age groups. With the exception of Master A and B riders who raced in the Elite category this season all riders must compete in the category listed on their race license. Riders who competed in the Comp category will compete in the Sport category. Comp riders who would like to compete in the Expert category can request to be moved into that category by [emailing](#) the MTB Coordinator before **Sunday, July 27th**. Decisions granting or denying the requests are made by the MTB Committee are based on the rider's demonstrated ability during the past season (standings, points earned, and finishing times); all committee decisions are final.

### Categories:

- 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+ Sport (40-49)
- Master B 40+ Expert (40-49)
- Master C 50+
- Junior Expert (17-18)
- Junior Sport (17-18)
- U17
- U15
- U13
- U11
- U9

\* The provincial championships adhere to the CCA divisions and categories. Racers must compete in the category listed on their 2014 license. Note: racers who competed in the Comp category will be competing in the Sport category for Provincials.

**Race Day Schedule:**

- 9:30 to 10:15 - Pre-Ride (U7, U9, U11, U13 only). All other riders risk disqualification for riding during this time.
- 10:30 **Event 1** - U7, U9, U11, and U13
- 11:30 to 12:45 - Pre-Ride (U15 through Elite)
- 13:00 **Event 2** - Elite, Expert, Comp, Sport, U17, U15 & Citizen

**Race Fees:**

- 17 and older Pre-Registered - \$25
- 17 and older Race Day - \$40
- U7, U9, U11 - \$5
- U13, U15, U17 - \$10

**Pre-Registration:** The pre-registration deadline is **Friday August 1<sup>st</sup> at MIDNIGHT.**

**Race Day Registration:** If you miss the pre-registration deadline you must register onsite. On-site registration will be open the following times:

U7-U13 - 9:30am and 10:15am

U15 – Elite 11:30am and 12:30pm.

**Check In:** All registered riders must "Check-in" at the registration table during the registration period for their class listed above.

**Awards:** Provincial medals will be given to the top 3 finishers in each category.

**Optimal Duration of Race by Category:**

- Elite Male: 1:45–2:00
- Expert Male, Elite Female: 1:30–1:45
- Comp Male, Expert Female, U17 Male: 1:15–1:30
- Sport Male, Comp Female, U17 Female: 1:00–1:15
- Sport Female, U15, Male and Female: 0:45–1:00

\*The above race durations are an estimate. The Commissaires (race officials) will determine the number of laps per category on race day. U15 and U 17 race categories will be a timed event (versus number of laps). At the appropriate time, the Commissaires (race officials) will close the lap lane and all riders will finish. Riders will be placed in order of greatest number of laps in the shortest amount of time.

- U13, Male and Female: 0:30–0:45
- U11, Male and Female: 0:20-0:30
- U9 / U7, Male and Female: 0:15-0:20

\*U7-U13 race categories will be a timed event (versus number of laps). At the appropriate time, the Commissaires (race officials) will close the lap lane and all riders will finish. Riders will be placed in order of greatest number of laps in the shortest amount of time.

**Race Course:**

The race surface is dirt with roots, logs, and rock. It is a mix of mostly singletrack and some ATV trail sections (doubletrack). There are varying levels of hill climbs, fast flowing descents, and technical rock sections.

**Race Map:**

Race maps will be up shortly.

**General Race Rules:**

- Pre-riding may only be done during the designated times for your category.
- Everyone riding on the course during scheduled Pre Ride/training times **MUST** have a current MCA general membership (or race license). Non members are not permitted to operate a bicycle on the course during scheduled event times.
- All racers must operate a bicycle with both front and rear working brakes.
- All racers must wear a safety approved helmet deemed appropriate for cycling **AT ALL TIMES** while riding (i.e. while training, racing, riding around the staging area etc.). No exceptions.
- Riders shall act and race with caution and respect for their fellow racers. They shall be held responsible for any accidents that they cause.
- Racers **MUST** present their license at the Registration/Check in table. Do not come to a race without your license. FYI, technically, the license is to remain on your person throughout the race.
- It is a racer's responsibility to know the race course and the number of required laps before the race starts. Marshals are not obligated to give out directions to confused riders.
- A racer must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing.
- If a rider exits the course for any reason, he/she must return to the course at exactly the same point from which they exited (i.e. do not cross over tape to reenter the course).
- Music players and electronic devices are **NOT** allowed by any racers during any events.
- Sleeveless jerseys are **NOT** allowed.
- You may only wear the jersey of a club or team to which you currently belong, i.e. do not wear a Pro team jerseys unless you are currently a member of that Pro team.
- 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.
- Handlebars must have end caps. Kickstands should be removed. Water bottle holders must be secured in appropriate locations on the bicycle frame or seat post.
- Race plates must be secured to the handlebar so that the number can be clearly read by the Commissaires at the Finish line. Do not alter the plate in any way. Ensure the plate is not obscured by brake cables or bent such that the numbers are difficult to read from a distance. Ensure the bottom of the plate is secured so that it cannot flip up.
- Before the race, know exactly where the finish line is situated. Your finish time is recorded on the finish line. Do not stop your race until you cross the finish line. Once finished, exit the area immediately.
- The finish line is for finishers. Never cross the finish line twice.
- If you leave the race for any reason you **MUST** alert one of the Commissaires as soon as you are able. It is not fun to look for a "lost" rider who has left the race course unannounced.
- Glass containers are not allowed on the course, including the feed zone.
- Please walk your bicycle in the parking areas & any other road ways adjacent to the race site.
- Please walk your bicycle in the registration, spectator and staging areas.
- Please consult the UCI and [CCA](#) rules to see all applicable rules and regulations.

**Parking:**

Parking is available on site. **Note:** Riding bikes in the parking area is prohibited.

**Courtesy and Safety:**

The course is open and the public can access the course at any point. Signs will indicate that a bike race is in progress. Be aware that volunteer marshals do not have authority to prevent people from entering the course. Keep your head up at all times. Be courteous to others. No riding in the parking lot.

**Washrooms:**

Facilities will be available on site in the Chalet.