



2017 Grand Beach Race Bible

**Race Format:** XC Race – Mass start with your entire category. Lap counts depend on what category you are in.

**Location**: The [Grand Beach trails](https://maps.google.ca/maps/ms?msid=217337543191972477988.000482cc2d8513a322e6c&msa=0&ll=50.546272,-96.581154&spn=0.043688,0.111494) are located in Grand Beach Provincial Park. To find the trails go to the Park’s East Gate, turn right at the Cross Country Ski Trails, 200 meters past the East Gate entrance. Stay to the left to get to the trail head.

**Times:**

* Registration Opens – 8:00-9:00
* Pre-ride: (All categories) – 9:00-10:00
* Event 1: U7/U9 (male and female) – 10:00
* Event 2: U11, U13 (male and female) – 10:30
* Cross Country Marathon – 11:00
* Event 3: Elite, Expert, Comp, Sport Senior, Sport Junior, U17, U15, Citizen (male and female) – 12:00
* Meal 1:30-3:30

Prizes 3:30

**Registration:**Walk up registration

On-site registration opens at 8:30am and ends 30 minutes before your event. You must hold a UCI/CCA racing license or a MCA citizen license. Please download the entry form and waiver, fill out and bring the completed form and waiver to the race.

* [18+ Waiver](http://mbcycling.ca/wp-content/uploads/2013/07/2015-Adult-18-Waiver-for-Events-non-members-21.pdf)
* [U18 Waiver](http://mbcycling.ca/wp-content/uploads/2013/07/2015-U18-Waiver-for-Events-non-members-2.pdf)

**Costs:**

* Pre-Registration: Sport , Comp, Elite, Expert, etc. $40
* U15,U17,U19- $40
* U13 and under are $15 for those holding a UCI/CCA/MCA license.
* On-Site Registrations- Add $10
* XCM (Cross Country Marathon $45 online)
* Regular fees apply to citizens holding a MCA citizen license.
* All non-MCA members must pay an additional $10 fee.

Cash and cheque payable to **2 Wheel Revolution**. Credit cards available online and on-site.

**Categories:**

* Elite, male and female
* Expert, male and female
* Comp, male and female
* Sport Senior (19+), male and female
* Sport Junior (U19), male and female
* Citizen, male and female
* U17, male and female
* U15, male and female
* U13, male and female
* U11, male and female
* U9, male and female
* U7, male and female
* Note: All kid racers must have a signed waiver! Please download, sign and bring!

**Race Time by Category**:

Race times will vary, but will be approximately 30 minutes for Citizen, 45 – 75 minutes for Sport/Comp and up to 90 minutes for Elite & Expert.

**Food:**

All racers U15 through Elite will receive a ticket for complimentary food including refreshments. Additional food tickets can be purchased for non-racers at a $10 fee at time of registration or on-site.

Child racers can purchase a food ticket for $5. Hot food will be available from 12-2:30pm.

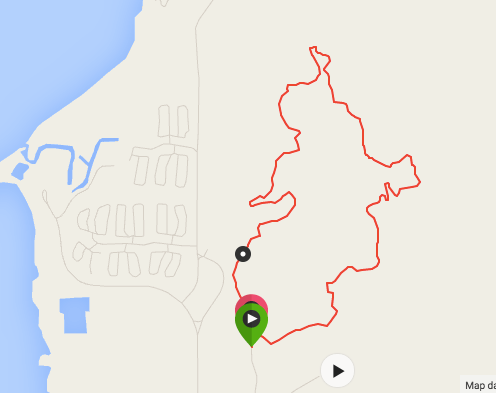
**Prizes**

Trophies will be awarded to the top 3 finishers in each category from U15 through to Elite. There will be a draw for additional merchandise. For Kids prizing, there will be cash for U11 & U13 and candy for U7 & U9.

**Race Course:**

The course will be 5km in length. The surface will be a combination of hard packed single & doubletrack with some technical challenges such as rocks and roots.

**Race Map**



**Race Regulations:**

* All racers bikes must operate a bicycle with both front and rear working brakes.
* All racers must wear a CSA approved helmet while riding on OR off-course (even the parking lot).
* 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 have their license with them at all times during a race event.
* 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).
* 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 the same point from which they exited.
* Music players and electronic devises are NOT allowed by any racers during any events.
* Sleeveless jerseys are NOT allowed.
* 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.
* Handlebars must have end caps.
* Glass containers are not allowed on the course, including the feed zone.
* The organizer and/or officials retains the full right to refuse any racer from racing.
* Please consult the UCI and CCA rules to see all applicable rules and regulations

**Parking**:

Parking is available at the site.

**Courtesy and Safety:**

The course is open and the public can access the course at any point. Signs will indicate that bike race is in progress, but be aware that marshals do not have authority to prevent people from entering the course. Keep your head up at all times. Be courteous to others.

**Washrooms:**

Washrooms (outhouse) will be open.

**CANADIAN CYCLING ASSOCIATION**

**INFORMED CONSENT, INDEMNITY and ASSUMPTION of RISK AGREEMENT**

***(FOR THOSE UNDER THE AGE OF MAJORITY i.e. under 18 in Alberta, Manitoba, Ontario, P.E.I., Quebec, Saskatchewan and under 19 in other Provinces and Territories)***

**WARNING!**

**By signing this document you will waive certain legal rights, including the right to sue in circumstances outlined in this Agreement . Please read carefully.**

Participant’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of cycling and/or the events, programs, races and activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association (operating as Cycling Canada) **and** the Manitoba Cycling Association *and the* ***2 WHEEL REVOLUTION CLUB*** regarding the **GRAND BEACH CUP**, the undersigned, being the Participant **and** the Parent/Guardian of the Participant (each a “Party” and collectively the “Parties”) acknowledge and agree to the following terms:

1. The Canadian Cycling Association (operating as Cycling Canada) **and** the Manitoba Cycling Association *and the* ***2 WHEEL REVOLUTION*** regarding the **GRAND BEACH CUP**, and their respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the “Organization”) is not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Party during, or as a result of, the sport of cycling, and any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the sport of cycling, and the programs, activities and events of the Organization.

1. The Participant is participating voluntarily in the sport of cycling and the activities, events and programs of the Organization. In consideration of participation in the sport of cycling and the programs, activities and events of the Organization, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the sport of cycling and the programs, activities and events of the Organization and that the Parties may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from: a) The sport of cycling including: Road, Track, Mountain Bike, BMX and Cyclocross; b) Executing strenuous and demanding physical techniques in cycling and/or exerting and stretching various muscle groups; c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts; d) Mounting, dismounting or falling off a bicycle; e)Falling, tumbling or hitting any ground, surface, concrete, road, track or other surfaces; f) Physical contact with other participants (including those engaged in the programs, activities and events support); g) Failure to properly use any equipment, the mechanical failure of any piece of equipment or inadequate safety equipment, improper maintenance or adjustment of equipment; h) Contact, collisions or being struck by other participants, pedestrians, fixed objects, spectators, equipment or vehicles; i) Road conditions, terrains and vehicular traffic while cycling; j) Failure to stay within the designated course area; k) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia; l) Spinal cord injuries which may render the Participant permanently paralyzed; and/or m) Travel to and from events.

1. Furthermore, the Parties are aware: A) That injuries sustained can be severe; B) That the Participant may experience anxiety while challenging himself or herself during the sport of cycling and the activities, events and programs; C) That the Participant’s risk of injury is reduced if he or she follow all rules established for participation; and D) That the Participant’s risk of injury increases as he or she becomes fatigued.

1. In consideration of the Organization allowing the Participant to participate, the Parties agree:
   1. That the Participant’s physical condition has been verified by a medical doctor to participatein the sport of cycling and the activities, events and programs of the Organization;
   2. That the Parties have assessed the Participant’s ability to participate appropriately and safely in the sport of cycling and the activities, events and programs of the Organization;
   3. That the rules of participation must be followed and that the sole responsibility for the Participant’s safety remains with the

Parties, including physical and emotional preparation and fitness;

* 1. To remove the Participant if they sense or observe any unusual hazard or unsafe condition; or if Participant feels unable or unfit to safely continue;
  2. To ASSUME all risks arising out of, associated with or related to my participation;
  3. To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
  4. To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages

(including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the “Claims”) which I may have or may in the future, that might arise out of, result from, or relate to my participation in the sport of cycling, my presence at any venue, the events, activities or programs of the Organization, and/or my traveling to or from the events, activities or programs of the Organization, and/or from any breach of contract.

1. I (Parent/Guardian) hereby indemnify and hold harmless the Organization from any and all damages or losses of any kind as a result of any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the Organization that may be made or initiated by, or on behalf of the Participant, arising out of or connected with the Participant's preparation for or participation in, or both, or travel to or from any of the activities, events and programs of the Organization.

1. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this agreement is to be binding upon themselves, their heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

**[By signing below you agree to be bound this Agreement.]**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Participant (Please Print) Date Date of Birth

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Parent/Guardian (Please Print) Date

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4401641.2

**CANADIAN CYCLING ASSOCIATION**

**WAIVER, RELEASE and ASSUMPTION of RISK AGREEMENT**

***(FOR ADULTS OVER THE AGE OF MAJORITY i.e. over 18 in Alberta, Manitoba, Ontario, P.E.I., Quebec, Saskatchewan and over 19 in other Provinces and Territories)***

**WARNING!**

**By signing this document you will waive certain legal rights, including the right to sue in circumstances outlined in this Agreement . Please read carefully.**

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of cycling and/or the events, programs, races and activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association (operating as Cycling Canada) and the Manitoba Cycling Association *and the* ***2 WHEEL REVOLUTION*** *Club* regarding the **GRAND BEACH CUP**, the undersigned being the Participant acknowledges and agrees to the following terms:

1. The Canadian Cycling Association (operating as Cycling Canada) **and** the Manitoba Cycling Association *and the*  ***2 WHEEL REVOLUTION*** *Club* regarding the **GRAND BEACH CUP**, and their respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the “Organization”) is not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the sport of cycling and any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the sport of cycling, and the programs, activities and events of the Organization, or caused in any manner by the Organization, including without limiting the foregoing, by the negligence of the Organization.

1. I am participating voluntarily in the sport of cycling and the activities, events and programs of the Organization. In consideration of my participation in the sport of cycling and the programs, activities and events of the Organization, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the sport of cycling and the programs, activities and events of the Organization and that I may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
   1. The sport of cycling including: Road, Track, Mountain Bike, BMX and Cyclocross;
   2. Executing strenuous and demanding physical techniques in cycling and/or exerting and stretching various muscle groups;
   3. Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts; d) Mounting, dismounting or falling off a bicycle;
   4. Falling, tumbling or hitting any ground, surface, concrete, road, track or other surfaces;
   5. Physical contact with other participants (including those engaged in the programs, activities and events support);
   6. Failure to properly use any equipment, the mechanical failure of any piece of equipment or inadequate safety equipment, improper maintenance or adjustment of equipment;
   7. Contact, collisions or being struck by other participants, pedestrians, fixed objects, spectators, equipment or vehicles; i) Road conditions, terrains and vehicular traffic while cycling;
   8. Failure to stay within the designated course area;
   9. Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
   10. Spinal cord injuries which may render me permanently paralyzed; and/or
   11. Travel to and from events.

1. Furthermore, I am aware:
   1. That injuries sustained can be severe;
   2. That I may experience anxiety while challenging myself during the sport of cycling and the activities, events and programs;
   3. That my risk of injury is reduced if I follow all rules established for participation; and
   4. That my risk of injury increases as I become fatigued.

1. In consideration of the Organization allowing me to participate, I agree:
   1. That my physical condition has been verified by a medical doctor to participant in the sport of cycling and in the activities, events and programs of the Organization;
   2. That the rules of participation must be followed and that the sole responsibility for my safety remains with me, including physical and emotional preparation and fitness;
   3. To discontinue participation if I sense or observe any unusual hazard or unsafe condition; or feel unable or unfit to safely continue;
   4. To ASSUME all risks arising out of, associated with or related to my participation;
   5. To WAIVE any and all claims that I may have now or in the future against the Organization;
   6. To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the

Organization; and

* 1. To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages

(including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the “Claims”) which I may have or may in the future, that might arise out of, result from, or relate to my participation in the sport of cycling, my presence at any venue, the events, activities or programs of the Organization, and/or my traveling to or from the events, activities or programs of the Organization, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any duty of care of the Organization.

1. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

**[By signing below, you agree to be bound this Agreement.]**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of Participant (Please Print) Date Date of Birth

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4401639.2