2017 Wednesday Night Races

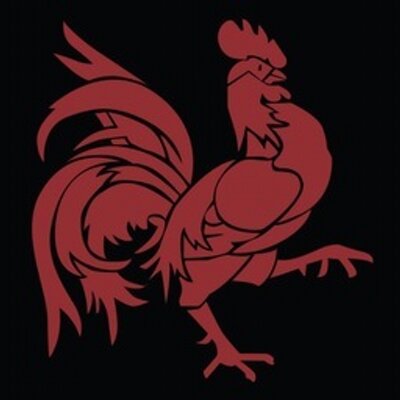
**Presented by the Mtn Bike Comittee**

**ALL RACES ARE OPEN TO ALL RACERS**

**(no license or membership required)**

**ONLINE OR ONSITE REGISTRATION**

**Race Hosts**

**Contact:**

**May 3rd Race contact Hal Cell 204 299 5872**

**May 17th Race contact Jackson Cell 204 510 9765**

**May 31st Race contact Hal Cell 204 299 5872**

**June 14th Race contact J.P Cell 204 799 4471**

**June 28th Race contact Shawn Cell**: 204-771-1925

**Location**: Bur Oak Trails, Birdshill Park (Parking Lot #7)

**Driving Directions:** [Google Maps point to point directions from Winnipeg](https://www.google.com/maps/dir/winnipeg+mb/50.01993,-96.89698/50.00562,-96.91913/@50.0146865,-96.9227362,12.46z/data=!4m12!4m11!1m5!1m1!1s0x52ea73fbf91a2b11:0x2b2a1afac6b9ca64!2m2!1d-97.1374937!2d49.8997541!1m1!4e1!1m1!4e1!3e0?hl=en)  
**Eligibility:** This race is open to all racers. No MCA/UCI license is required.

**Race Dates:** May 3rd , May 17th, May 31st , June 14th, June 28th

**Race Day Schedule:**

* Registration and sign in: 5:30 – 6:30 (kids must register and sign in by 6:00)
* Event #1 (Kids 13 and under): 6:30 p.m.
* Event #2 (Adults): ~ 7:00 p.m.

**Format**: Options of 1, 2 or 3 laps will be available.

For new racers, we encourage you to start with 1 or 2 laps based on your ability and fitness.

For current racing MCA members the following selection criteria will be in place: Elite/Experts – 3 laps, Sport/Comp – 2 laps, U15/U17 – 2 laps.

Each category will start in a mass start format with approx.1 min gaps between groups. **Groups will be loosely staged based on the Commissaires discretion**.

**Categories:**

* Adult course: 1, 2, or 3 lap options (subject to change but will be Short, Medium, and Long)
* Kids course: 1, 2, or 3 lap options(subject to change but will be Short, Medium, and Long)

**Race Fees:**

* Adult Course racers (MCA members) - $15 Pre Reg or Walk up (Race Day) $20
* Adult Course racers (non-members) - $22 Pre Reg or Walk up (Race Day) $30
* Kids Course racers - $5
* Sign up for all 5 Races (Members) $60, all 5 races (non members) $88

**Registration:** **Race day, walk up**. Registration opens at 5:30 pm and ends 1/2 hour before your event. **ALL RACES ARE OPEN TO ALL RACERS (no license or membership required but we have bought additional insurance to cover non-members, hence the additional charge for those people).**

**Awards:**

Random draw cash prizes will be made for both the kid course participants and the adult course participants. Must be in attendance to win. Kids 3 X $10 Adults 3 X $20  
 **Race Course:**   
The kid’s course will be between 3 and 4 km in length and adult course between 6 and 8 km in length. The length will be determined by the organizer and/or weather for that day. The surface will be a combination of hard packed trails, loose sand, and gravel. There are small obstacles and rocks to go around and over, including roots. The course is a combination of single and double track and is up and down in nature with a few flat sections.

**ADULT** course signs are black arrow on white background. **KIDS** course signs are black arrow on yellow background. **PLEASE NOTE**: that the adult course

**Weather and Weather Related Refund Policy:**

Participation in any ride is always at a parent’s/athlete’s discretion. We will make every effort to update the MCA Facebook page and the MCA’s website with a weather related cancellations. The best course of action is to contact the above race organizers by cell or text. Numbers are listed above.

**Lighting**

* We will follow Coaching Association of Canada (CAC) guidelines as they relate to lightning. CAC guidelines dictate that when lightning has been seen in the area, the ride or competition will suspended until 30 minutes has passed without a lightning strike observed.
* Ride or competition may resume if we see no other lightning flashes for 30 minutes.

**Entry Fees – Weather Cancellation**

* In the event that a meet is cancelled due to inclement weather, we will make every effort to refund paid fess to athlete who register day of and we will differed registration to next race if preregistered.

**General Race Rules:**

* Please consult the UCI and [CCA](http://www.canadian-cycling.com/cca/coaches_officials/documents/comp_guide09.pdf) rules to see all applicable rules and regulations.
* 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 devises 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.

**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:**   
Washrooms will be open and is an outhouse.