



## MCA Social Distancing 50:50 Challenge

June 17 – 30, 2020

<b>Purpose:</b>	<p>During this time of social distancing, we have seen our ability to race with one another outside become unavailable as an option. We are all itching to race, but currently we are unable to have any races in Manitoba. To help satisfy our racing itch, we decided to come up with some different types of races. The Social Distancing Challenges are solo races over different courses (road, urban cyclocross and MTB), where we can race each other for the fastest times on each course. Every two weeks we will setup 3 different types of courses for you to complete. The goal is to complete a course in the fastest time that you can.</p> <p>Funding raised from these challenges will be used to support maintenance work at Bison Butte and other MTB venues used as part of these challenges. Bison Butte has taken some heavy damage this spring from being ridden on too early, that it now requires some work to repair. Other venues in Manitoba are also being continually maintained and improved, and we want to support them as well. Thus, there is a need to raise funds to help offset these costs to maintain the venues that we all love to ride.</p>
<b>How it Works</b>	<p>Each course (road, Cross, MTB; A &amp; B categories) will have a GPX file created that will allow you to download into your bike computer or write out the directions on where to go. For MTB, flagging tape and signage will also be setup on the course to point you in the correct direction where needed.</p> <p>You will have 2 weeks to complete the course. You can ride it as many times as you wish, so you can look on strava at the segment to see who the current leader is and try to beat their time. To be included in the results, you will need to upload your ride into strava and allow it to be seen publicly. For each challenge (Road – A, Road – B, Cross – A, Cross – B, MTB – A, MTB – B), there will be a strava segment for that entire particular course. This will allow us to track only the people who have completed the entire course during the two-week period.</p> <p>For each challenge, the profit (money left after expenses are paid) will be split 50:50 between prizing and a donation to the venue used in the challenge. Prizing will be divided equally four ways to the winners of each category of each race type (road, urban cross, MTB) and gender.</p>
<b>Who Can Enter</b>	<p>MCA Members: This race is open to anyone with an MCA membership (race or general)</p> <p>Non-MCA Members: You will also be able to participate but will be charged an extra \$5 fee. The goal is to have you become an MCA member.</p>
<b>Categories:</b>	<p>We will have two race categories (A &amp; B). Each category will have a female and male division as well. You are free to select what category you wish to compete in. However, we will look at winners from the B category after each race, and if your winning time puts you in the top 50% of the A category, you will be automatically forced to move up to A (aka no sandbagging, this is for fun).</p>
<b>Cost:</b>	<p>MCA Members: \$10; Non-members: \$15</p>

<b>Registration</b>	<p>Registration will be through CCN bikes, where participants need register for the challenge taking place during the two-week period. Participants may register for one, two or all three challenges anytime from 3-days before the two-week period starts, and up to 1 day before the last day of the 2 week race period</p> <p><a href="https://ccnbikes.com/#!/events/10211-social-distancing-5050-challenge-road">https://ccnbikes.com/#!/events/10211-social-distancing-5050-challenge-road</a></p>
<b>Results</b>	<p>For each race (i.e., Road A &amp; B; Cross A &amp; B; MTB A &amp;B), we will create a strava segment of each course. Course segments and routes are found below.</p> <p>When looking at the leaderboard for each segment, only results happening within the June 17-30'20 time frame will be considered.</p> <p><b>UPDATE: If you have a previous result for the segment that you are competing in, we ask that you please make that ride private for the duration of the challenge as this will eliminate your result from the leaderboard. This will keep the leaderboard to the time period of the challenge, but will also allow to you to re-ride the route and have your new ride show up on the leaderboard, which would not happen if you rode the route at a slower time. By hiding a previous ride, you be part of the leaderboard for the time frame of the challenge and thus eligible for the winning the challenge.</b></p> <p>When you register, please join the club “MCA: June 17-30’20 Solo Challenge”, which will allow you to see only people that are registered for the challenge, regardless of discipline or ability race.</p>
<b>Equipment Needed</b>	<p>To Participate, riders must have the following equipment:</p> <ol style="list-style-type: none"> <li>1) GPS Computer. You must be able to record and upload your ride using a device that can be uploaded into Strava</li> <li>2) Strava Free Membership. You are able to use a free strava membership. As a free member you will still be able to view a segment’s top ten but viewing full leaderboards or checking your position on a segment will only be available to subscribers. This means that free members’ efforts (both historic and future) will still be included on the leaderboards, but you won’t be able to view exactly where you lie in the rankings unless it’s in the top ten. KOMs/QOMs will be awarded regardless of your subscription status.</li> <li>3) Bike suited to the course. There is no restriction to what bike you ride for a course, as long as it is non-motorized (no e-bikes or gas powered)</li> </ol>
<b>Prizing</b>	<p>For each challenge type (Road, Cross and MTB), we will have two ability categories (A &amp; B) and two gender categories within each ability category (Female, Male). Prizing will be 50% of the profits from entries received for that challenge (road, cross or MTB), and will be split equally four ways between the ability categories and genders (A-Female, A-Male, B-Female, B-Male)</p> <p>Winners will be announced on the MCA social media accounts (Instagram, Facebook) and the MCA website. Winners will be given a credit to a bike store of their choosing. We want to support our local bike shops during these times as well.</p>
<b>Rules</b>	<p>All participants must:</p> <ul style="list-style-type: none"> <li>- follow the rules of the road according to the <a href="#">Manitoba Highways &amp; Traffic Act</a>.</li> <li>- Follow the social distancing guidelines as laid out by the <a href="#">Manitoba Provincial government</a> and <a href="#">Canadian federal government</a>. For example, not riding closer than 6 ft with someone</li> <li>- operate a bicycle with both front and rear working brakes.</li> <li>- must wear a safety approved helmet deemed appropriate for cycling AT ALL TIMES while riding June</li> <li>- This is a solo race. You are expected to complete the challenges by yourself.</li> </ul>

	<p>UPDATE: In the spirit for fair play, we ask that you ask don't make your ride private so that all rides are visible to everyone constantly. Making your ride private (aka hidden) until the end of the challenge takes away from the spirit of the fun competition. MCA reserves the right to disqualify rides that are not present on the leaderboard within a day or two of their completion. Show everyone how you did, give them the challenge to beat you. We are doing this for fun</p>
<b>Putting File on your Computer</b>	<p>Garmin: <a href="https://support.garmin.com/en-CA/?faq=ACgfZF717vAeVfhHgPrFv6">https://support.garmin.com/en-CA/?faq=ACgfZF717vAeVfhHgPrFv6</a> Wahoo: <a href="https://www.youtube.com/watch?v=K47ZmgL6liQ">https://www.youtube.com/watch?v=K47ZmgL6liQ</a></p>

# Road - A Course (June 17-30'20)

Strava Segment: <https://www.strava.com/segments/24504556>

Route: <https://www.strava.com/routes/28907801>

## ☆ June 17-30'20 Road A Course

Print Export GPX Export TCX Edit Duplicate

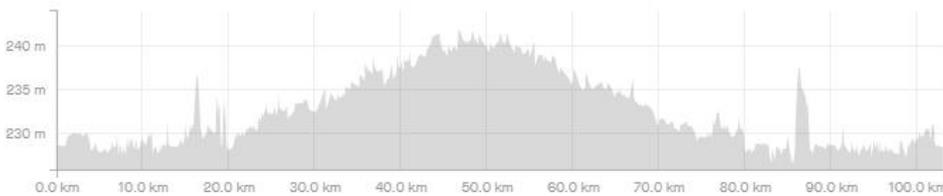


Subscriber  
**By Jayson Gillespie**  
Created on June 16, 2020

100.59km Distance    102m Elevation Gain    Road Ride Type  
4:48:39 Est. Moving Time    Public Route Visibility

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# Road - B Course (June 17-30'20)

Strava Segment: <https://www.strava.com/segments/24505527>

Route: <https://www.strava.com/routes/289010542>

## ☆ June 17-30'20 Road - B Course

Print Export GPX Export TCX Edit Duplicate



Subscriber  
By Jayson Gillespie  
Created on June 16, 2020

68.00km Distance 84m Elevation Gain Road Ride Type

3:15:09 Est. Moving Time Public Route Visibility

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# Urban Cross - A Course (June 17-30'20)

Strava Segment: <https://www.strava.com/segments/24504703>

Route: <https://www.strava.com/routes/28909555>

## ☆ June 17-30'20 Cross - A Course

Print Export GPX Export TCX Edit Duplicate



Subscriber  
**By Jayson Gillespie**  
Created on June 16, 2020

100.05km Distance 96m Elevation Gain Cyclocross Ride Type  
4:47:07 Est. Moving Time Public Route Visibility

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# Urban Cross - B Course (June 17-31'20)

Strava Segment: <https://www.strava.com/segments/24505177>

Route: <https://www.strava.com/routes/28910302>

## ☆ June 17-30'20 Cross - B Course

[Print](#) [Export GPX](#) [Export TCX](#) [Edit](#) [Duplicate](#)



Subscriber  
**By Jayson Gillespie**  
Created on June 16, 2020

43.30km Distance    55m Elevation Gain    Cyclocross Ride Type

2:04:16 Est. Moving Time    Public Route Visibility

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# MTB - A & B Course (June 17-30'20)

Strava Segment: <https://www.strava.com/segments/16260856>

Route: <https://www.strava.com/routes/2708057277937120434>

## ☆ June 17-30'20 MTB A & B Course: Five of Diamonds (Falcon Lake)

Print Export GPX Export TCX Edit Duplicate



Subscriber  
By Jayson Gillespie  
Created on June 16, 2020

6.35km Distance 133m Elevation Gain MTB Ride Type

18:13 Est. Moving Time Public Route Visibility

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Course is marked with the following Signage

