

Host Club: [MCA Mountain Bike Committee](#)

Race Organizer: [Hal Loewen](#) (204.489.0931)

Date: August 29, 2010

Location: [Grand Beach XC Ski Trails](#). Turn right off of Highway 12 and proceed to the Park gate. After you go through the gate (there are no park fees for 2010) go 700 meters and turn right at the sign for the XC ski trails, follow the gravel road, staying to the left to get to the trail head and registration area.

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

Eligibility:

The race is open to all those with a valid UCI/CCA/MCA license. MCA citizen license holders do not qualify for the provincial championships, they are eligible to race in the Citizen race.

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 2010 license. **Note: racers who competed in the Comp category will be competing in the Sport category for Provincials.**

Pre-registration:

Pre-registration can be completed [online](#) or in-person by downloading the [entry and waiver](#) forms, filling them out and dropping them off at the MCA office between August 23 to the 27 during normal office hours. In-person registration must be included payment of race fees; cash or cheque (make cheques out to the Manitoba Cycling Association) only.

Race Day Registration:

Registration opens at 9:00 and ends 1 hour before your event start.

Sign-In:

Sign-in opens at 9:00 and closes 1/2 hour before your event start.

Cost:

- \$25 for pre-registration for those holding a UCI/CCA/MCA license
- \$40 the day of the race for those holding a UCI/CCA/MCA license
- Free for those holding a MCA citizen license

Race Start Times:

- Event #1: U9, U11, U13 – 11:00 p.m.
- Event #2: Senior Elite, Senior Expert, Junior Expert, Master A Expert, and Master B Expert – 12:00 p.m.
- Event #3: Senior Sport, Junior Sport, Master A Sport, Master B Sport, Master C – follows the 2nd event, (12:01 p.m.).
- Event #4: U15, U17, Citizen – follows the 3rd event, (12:02 p.m.).

Length of Race by Category*:

- Senior Elite Male 105-120 minutes (4 laps)
- Elite Female, Senior Expert Male, Junior Expert Male , Master A Expert Male, and Master B Expert Male: 90 – 105 minutes (3 laps)
- Master Expert A Female, Master B Expert Female, Senior Sport Male, Junior Sport Male, Master A Sport Male, Master B Sport Male, Master C Male 60 – 75 minutes (2 laps)
- Senior Sport Female, Junior Sport Female, Master A Sport Female, Master B Sport Female , Master C Female, U15, U17, Citizen: 45 – 60 minutes (1 lap)
- U13 male and female: 40 minutes (modified kid's course)
- U11 male and female: 25 minutes (modified kid's course)
- U9 male and female: 15 minutes (modified kids course)

* The number of laps listed above is an estimate, the race commissaires will determine the number of laps needed the day of the race.

Race Course:

IMPORTANT – The course has changed since this post went up last week.

The adult course is approximately 9 km in length. There are 4 new trails added to the course (see map). The race direction is runs clockwise (opposite direction of the Grand Beach Cup race earlier in May). The kids course is approximately 2.75 km in length. The race surface is a combination of hard packed trails, rocks, roots, loose sand, and gravel. There are large and small rock to go around and over, including roots. There is a combination of single and double track and is up and down in nature with few flat sections; there are 210 meters of elevation gain over the length of the course.

Race Rules:

- 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.
- 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.
- Glass containers are not allowed on the course, including the feed zone.

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 are outhouses

Race Map:

[GPX file](#) (.zip format) of the Kid's Course

[GPX file](#) (.zip format) of the Adult's Course

