

Manitoba Cup #5 Birch, Sunday, June 22, 2014

Host Clubs: Woodcock Cycle Works & Portage Junk Yard Dogs

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Location: [Birch Ski Area](#), Birch Ski Area is approximately 27K west of Carman. Head west of Winnipeg on Hwy 2 and follow the link below. There'll be a downhill ski sign just before you need to left (south). There's a large blue sign ("Birch Ski Area") at that corner. Drive south on this gravel road ~3K, turn right at the intersection with the white shed. Stay to the left once on this road; summer parking is at the end of this road at the bottom of the valley. There will be signs.

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

Eligibility: The race is open to all those with a valid UCI/CCA/MCA race license. MCA citizen license holders are eligible to race in the Citizen category only. To purchase a UCI/CCA/MCA license visit www.mbcycling.ca.

Pre-Registration: Register online at <https://ccnbikes.com/birch-mountain-xc-classic-2> or drop off / fax entry form and signed waiver with full payment to:

Woodcock Cycle Works

433 St. Mary's Road
Winnipeg, MB R2M 3K7
Fax: (204) 257-6306

Pre-Registration closes Friday, June 20 at 8:00PM (online registration closes at 11:59PM)

Race Day Registration: If you miss the pre-registration deadline you must register onsite. Race day registration opens at 8:30am and ends 1 hour before your event start. Please print out and bring the entry form and waiver with you to the race.

Check In: All registered riders must "Check-in" at the registration table. Check in opens at 8:30am and closes 1/2 hour before your event start.

Categories:

- Elite, male and female
- Expert, male and female
- Comp, male and female
- Sport, male and female
- Citizen (*not eligible for Cup points*)
- U17 male and female
- U15 male and female
- U13 male and female
- U11 male and female
- U9 male and female
- U7 male and female

Race Day Schedule:

- 8:30 to 9:45 - Kids Pre-Ride (U7, U9, U11, U13 only). All other riders risk disqualification for riding during this time.

- 10:00 Event 1 - U13 & U11
- 10:45 Event 2 - U9 & U7
- 10:30 to 11:45 - Pre-Ride (U15 through Elite)
- 12:00 Event 3 - Elite, Expert, Comp, Sport, U17, U15 & Citizen

Race Fees:

- 17 and older Pre-Registered - \$25
- 17 and older Pre-Registered + Birch Pass - \$55 (\$10 savings)
- 17 and older Race Day - \$40
- U13, U15, U17 - \$10
- U7, U9, U11 - \$5
- Citizen - \$10

Awards: For categories U7 through U13 there will be medals for first, second and third place. For categories U15 through Elite Woodcock Cycle Works will be providing prizing.

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
 - 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
- *The above race durations are an estimate. The Commissaires (race officials) will determine the number of laps per category on race day.

Race Course: The race surface is a combination of hard packed trails and grass. There are small rocks and roots to go around and over. There is a combination of single and double track on an up and down course.

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 at the site.

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 are outhouses