



# **MEC Century Ride**

*Early Bird*

## **Participant Guide**

# MEC Century Ride Participant Guide

MEC Winnipeg Century Ride makes its debut, 9am-4pm on September 14th, 2014. Seasoned road riders and new road cycling enthusiast alike are welcome to their challenge of choice: 35k, 70k & 100k.

## Essential Info:

- **Check in** 8:00am-8:30am at 15 Jones Drive, Sept 14, 2014.
- **Safety Meeting** 8:45am at 15 Jones Drive.
- **Start times:** 9am *100k*, 9:05 *70k*, 9:10 *35k*.
- **Pace:** The Century Ride is fun ride, not a race. Cyclists may ride at their own pace, so long as they meet the minimum speed requirements to clear the course on time. 100K cyclists must ride at an average pace of 20 km/hour to clear the course. 70K cyclists must ride at least 15 km/hour. 35K cyclists must ride at least 10 km/hour.

Starting at St. Francois Xavier's iconic white steed, (15 Jones Drive, St. Francois Xavier) enjoy a scenic ride along the Assiniboine river up Highway 26, a refreshing pit stop at Belcourt Community Centre before returning to the White Horse for a celebratory BBQ with friends.

- **The rider is responsible for their own safety during the ride.** The Century Ride takes place on an open road, local traffic will be present. Please ensure you have working lights at the front and rear of your bicycle. We recommend wearing high visibility clothing and a helmet. Ride marshals are located at all major intersections, and Ride in Progress signs are posted along route. The entire course is paved, some areas with shoulder, others without. Aid stations are located at 15k, 35k, 50k and finish/start line. A mobile first aid unit and tail car will be following the ride in case of medical emergency. *No U-Turns during race!* All riders must slow to a stop, pull over on their current side of the road before turning around.
- **Riders are responsible for keeping their bike in working order and should come equipped to fix minor issues like flat tires.** Bring a spare tube, basic tools, etc. Some mechanical assistance may be available for more serious issues, but it will not necessarily be timely, and an extended wait may result in exceeding the time allotment. You do not require a road bike for this ride, all styles of bicycles are welcome, so long as you are able to maintain the minimum pace to complete 100 km by 4pm.
- **Riders will carry enough water & calories to independently make it through the ride.** We will have aid stations with water & snacks along the route to supplement your supply, but for safety purposes, please carry your own as well. We suggest having at least 1700 calories and 2 liters of water with you at the start of the ride.
- **Riders must contact the ride director in the event they encounter any unsafe conditions on the route.** Please carry a cellular phone or other communication device at all times.
- **Riders receive two celebratory smokies from [Yewches](#), soda/juice and snacks at the MEC Century Ride BBQ.** Additional smokies for friends, family or the extra hungry riders may be enjoyed by purchasing them for \$5 each on site. *Invite them all!*

*Ride details may be subject to change.*

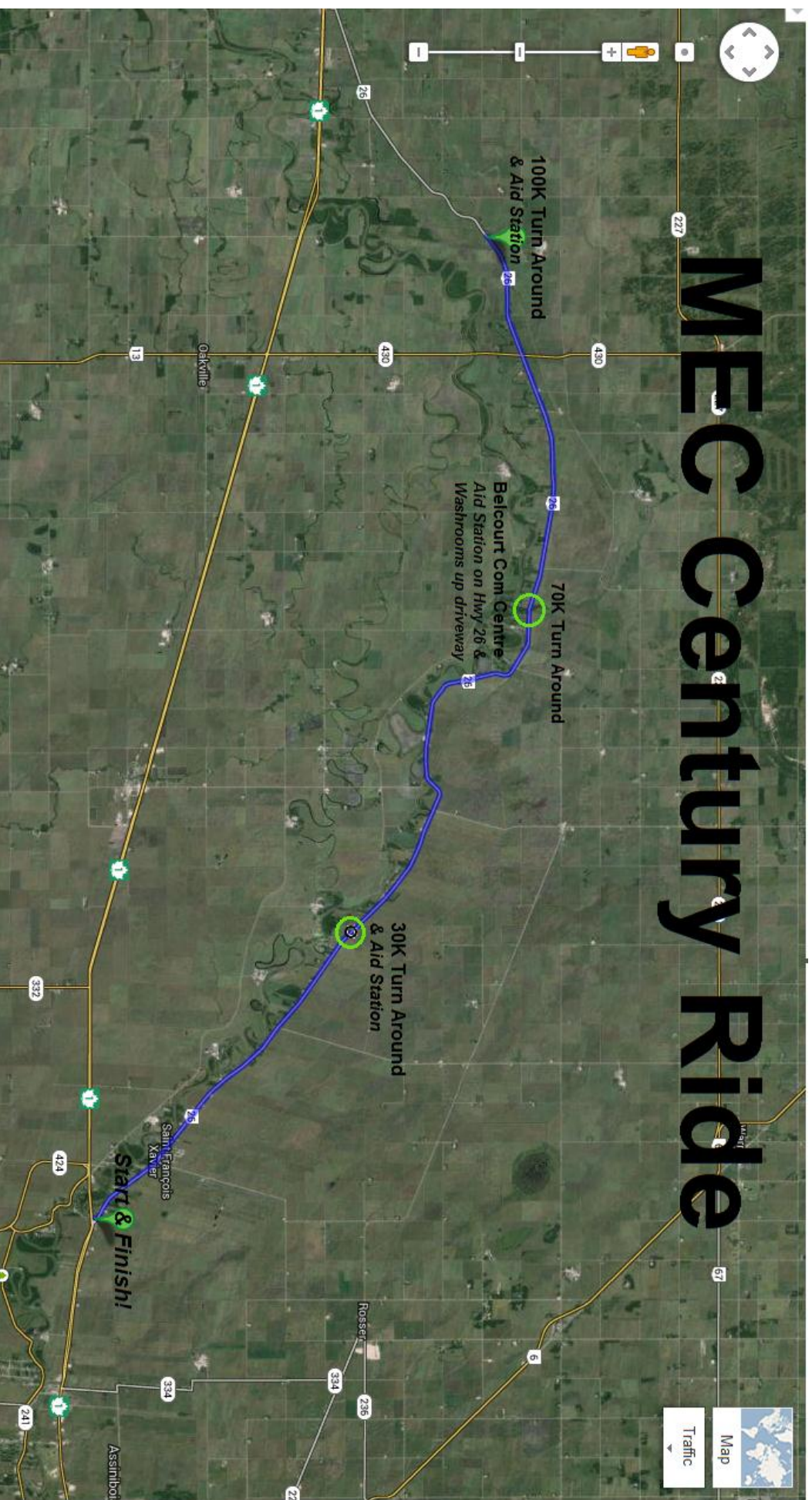
If you have any questions or concerns, please do not hesitate to ask [Alisa Mayberry](#), our Outreach & Learning Coordinator, via email.

For live updates, event news and more, follow us on Twitter [@mec\\_winnipeg](#).

*Registration is non-transferable, non-refundable.*

Event Page: <http://events.mec.ca/event/18431/mec-winnipeg-century-ride>

# MECC Century Ride

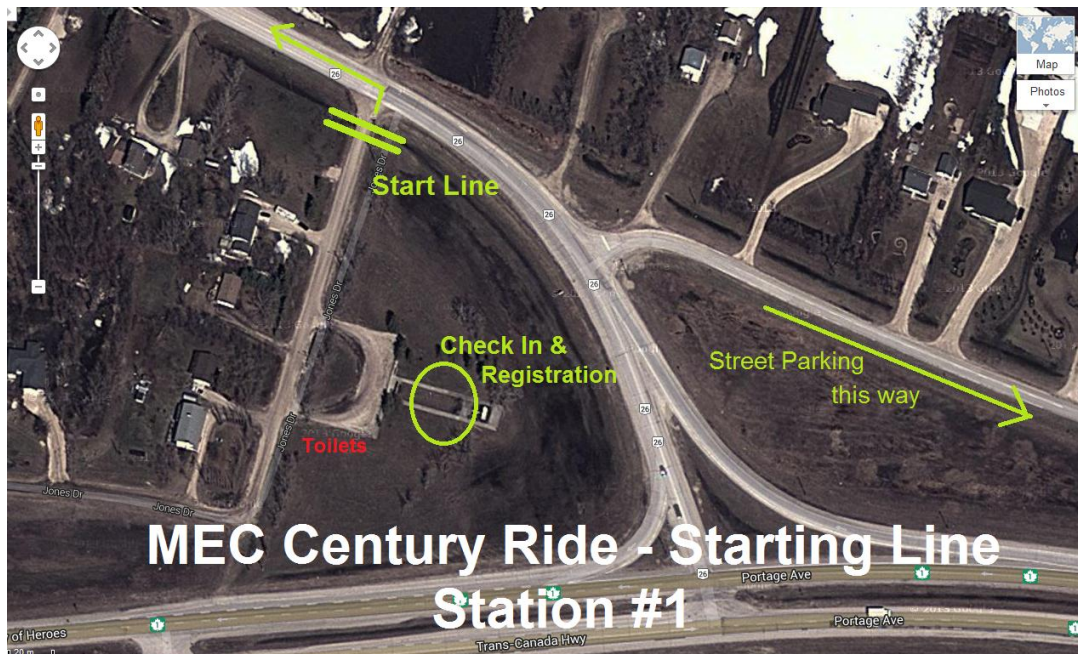


## Emergencies

- **Emergency Response** – In the event of an emergency on the course, marshals at your nearest station will flag you down with a red flag and whistles. If you see a marshal waving a flag, stop and follow their directions.
- **Emergency On Course** – If you encounter a critical medical emergency on course, call 911 immediately. If you encounter a non-critical medical emergency, please call our first aid staff CFAT at 204-955-2328.
- **Unsafe Conditions** – Should you encounter any unsafe conditions on the course, please notify your Ride Director, Alisa Mayberry at 204-880-8934.

## Parking

- **Street parking** is available as indicated on the map below.
- Please park facing westbound on this country road, to ensure visibility of riders returning to vehicles following ride, and ease of traffic exiting the event.



**A more detailed guide will be sent out to all participants at a later date, closer to the event.**

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