

Manitoba Cycling Association Mountain  
Bike Committee presents:

Mountain Bike Provincials

August 23<sup>rd</sup> 2015

Birch Ski Area

Birch Ski Area, Birch Ski Area is approximately 27K west of Carman. Head west of Winnipeg on Hwy 3 and follow the link below. There'll be a downhill ski sign just before you need to turn 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.

Birch Ski Area

40120 Rural Road 32 North, Roseile, MB R0G 1V0

The Provincial Championships are open to all those with a valid UCI/CCA race license. If you are currently a citizen license holder you can upgrade your license online prior to the event. To purchase or upgrade your UCI/CCA license please visit <http://mbcycling.ca/join-the-mca/>

# REGISTRATION COSTS

Register online at [Cycle Component Network](#)

Pre-Registration closes Friday, August 21st at 11:59pm

If you miss the pre-registration deadline you must register onsite. Race day registration opens at 9:00AM and ends 1 hour before your event start. Please print out and bring the [Entry Form](#) and Waiver ([Adult Waiver](#) or [Under 18 Waiver](#)) with you to the race.

- 17 and older Pre-Registered - \$25
- 17 and older Race Day - \$40
- U7 - U17 - \$10
- U7 - U17 Race Day - \$15
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# CATEGORIES

- Elite, male and female
- Expert, male and female
- Comp, male and female
- Sport, male and female
- U17 male and female
- U15 male and female
- U13 male and female
- U11 male and female
- U9 male and female
- U7 male and female

# SIGN IN AND START TIMES

- 9:00 to 10:15 - Kids Sign in and Pre-Ride (U7, U9)
- 9:00 to 11:15 – U11-Elite Sign in and Pre-Ride
- 10:30 Event 1 - U9 & U7
- 11:30 Prizes U9 & U7
- 11:30 Event 2 - U11-Elite
- 2:00 Prizes U11 - All adult race categories

# 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.

U11-13 will be on modified course.

# 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. A UCI/CCA race license is required to compete in the Provincial Championships. 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.

## 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.