



2016 TECHNICAL GUIDE

Canada Summer Games Test Event
&
Manitoba MTB Provincial Championships

FortWhyte Alive Winnipeg, MB
XCO | August 27, 2016

Presented in partnership by:
Canada Summer Games - MTB Organizing Committee
&
The Manitoba MTB Committee



Hosted in partnership between FortWhyte Alive, Cycling Canada Cylisme (CCC), and the Manitoba Cycling (MCA). The Canada Games Test Event and 2016 Manitoba Provincial Championship is sanctioned by the MCA and CCC.

The Canada Games test event is designed to provide opportunities for riders and coaches to train and race on the Canada Games course.

The Provincial Championships will determine the 2016 top three (3) Manitoba riders in each category.

“Bison Butte” is a new Canada Games legacy course located at FortWhyte Alive. FortWhyte Alive is an environmental, education and recreation park located within Winnipeg’s city limits. The mountain bike course consists of rock climbs, and fast flowing single and double track.

Organizer

Organizer:	Manitoba Cycling Association Inc.
Address:	145 Pacific Ave Winnipeg, MB
Name:	Wayne Bishop
Telephone:	204.470.7003
Email:	Mountainbikechair@2017canadagames.ca
Website:	Mbcycling.ca

Event Rules

[UCI/CCC rules of competition](#) will be enforced for all race categories.

Valid UCI licenses are required. Holders of UCI international licenses that do not have a photograph will be required to present an approved and valid government photo ID in addition to their UCI license.

Manitoba Citizen license holders will be allowed to participate in the Provincial Championships (see “Licensing” below for further details).

Registration/Fees

See the below information regarding event registration and fees.

Online Registration	Link: www.ccnbikes.com (COMING SOON!)
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Pre-Registration (Online):

Online Registration will close on [Wednesday, August 24, 2016 @ 23h55pm](#) Central Standard Time (CST).

All Elite/U23, & Junior Expert participants must pre-register Online.

Note: online registrations are subject to a transaction fee.

Registration (On-site):

There will be NO on-site or late registration available for Elite/U23, and Junior Expert participants.

For all other ability categories, on-site/in-person registration will be available from 18h00 – 20h00 CST on Friday, August 26, 2016 only at [CMU](#). Cash Only.

There will be NO Saturday on-site registration.

A late fee of \$10, in addition to the regular registration, fee will apply.

Race Check-in:

All riders must check-in and pick up their race plates from Commissaires at least 30 mins before their event. Elite/U23/Junior Expert participants will also need to pick-up their timing chip.

Check-in Friday: August 26th (18h00 - 20h00 CST):

Canadian Mennonite University ([CMU](#))

[Poettker Hall](#)

600 Shaftesbury Blvd. (South side of Grant Ave.)

Check-in Saturday: August 27 (07h00 - 11h00 CST):

Race Course site (exact location will be advised ASAP)

Fees:

Category	Registration Fee <i>Online (Coming Soon) until August 24, 2016</i>	On-site Registration Fee (Friday evening ONLY 6-8pm)
Youth (U13 & under)	\$10	\$10
U15/U17	\$25	\$35
Citizen	\$25	\$35
Sport/Comp	\$35	\$45
Junior	\$40	\$45
Expert	\$40	\$45
U23	\$40	N/A
Elite	\$40	N/A

Licensing

All riders must have a valid 2016 race licence.

For the Provincial Championships a UCI/CCC license or Manitoba Citizen Permit for provincial categories is permitted, however Citizen License holders are not eligible to medal. Citizen license holders may only participate in the entry level categories regardless of age or ability.

Participants attending from out-of-province will be allowed to compete at the Provincial Championships but will not be eligible to podium.

Prizing –Award Ceremonies

Out-of-province U23/Elite & Junior Expert racers will be awarded cash.
All Provincial Championship podium athletes will be awarded medals.

There will be Two (2) Podium Presentations on Saturday, August 27/16:

1) The first podium presentation will take place following the U23/Elite, Junior Expert, & U15, U13, U11 race.

- Elite/U23 men
- Elite/U23 women
- Junior Expert men
- Junior Expert Women
- Youth Categories (U15, U13, U11)

The top 3 overall riders and top 3 Manitoba riders will be announced.

2) The second podium presentation will take place in the afternoon following all Provincial race categories.

Only UCI License holders are eligible for prizing.

*Please note that Mountain Bike Provincial Medals follow ability based guidelines as outlined in the [Manitoba Mountain Bike Manual](#).

Race Categories

See the full category listing below. All categories refer to the rider's age as of December 31, 2016.

Category	Optimal Winning Time	Registration Fee	On-site Registration Fee
CATEGORIES			
Elite, U23 Men	1h30	\$40	N/A
Elite, U23 Women	1h30	\$40	N/A
Junior Expert Men	1h30	\$40	N/A
Junior Expert Women	1h30	\$40	N/A
Expert Men	1h20	\$40	\$45
Expert Women	1h20	\$40	\$45
Comp Men	1h00	\$35	\$45
Comp Women	1h00	\$35	\$45
U17 (15-16) Men	0h45	\$25	\$35
U17 (15-16) Women	0h45	\$25	\$35
U15 (13-14) Men	0h30	\$25	\$35
U15 (13-14) Women	0h30	\$25	\$35
Senior Sport Men	1h00	\$35	\$45
Senior Sport Women	1h00	\$35	\$45
Junior Sport Men	1h00	\$35	\$45
Junior Sport Women	1h00	\$35	\$45
MB Citizen (Men & Women)	0h45	\$25	\$35
Youth: U13 (11-12) Men	0h25	\$10	\$10
Youth: U13 (11-12) Women	0h25	\$10	\$10
Youth: U11 M/W (9-10)	0h15	\$10	\$10
Youth: U9 M/W (7-8)	0h15	\$10	\$10
Youth: U7 M/W (5-6)	0h10	\$10	\$10

Note: In Youth categories, the boys & girls will race together

Official Training Periods

The course will be open to racers during designated official Training times.

Date	XCO
Thursday, Aug 25	13h00–19h00
Friday, Aug 26	11h00-16h00
Saturday, Aug 27	07h00-08h00** tentative

NOTE:

Any course pre-riding outside of the above times will be without medical staff on-site. Final course marking will be finalized before the Official training on Friday.

Saturday training between race starts will be available at the discretion of the Chief Commissaire.

Complete Weekend Schedule

Daily Event Schedule

Wednesday August 24 th	
09h00 – 17h00	Course marked for pre-riding (non supervised)
Thursday August 25 th	
09h00 – 12h00	Course inspection by Cycling Canada Technical Delegate and Chief Commissaire
13h00 – 19h00	Course Open for Official Training
Friday August 26 th	
11h00 – 16h00	Course Open for official training
17h00	Team Managers/Rider Meeting: Poettker Hall/ CMU Campus (For U23/Elite/Junior Expert Participants)
18h00-20h00	<p>U23/Elite/Junior Expert: Race check-in, race plate/Timing Chip/team tent access pass pick-up @ Poettker Hall/ CMU Campus.</p> <p>All Other race categories: Onsite registration & Race Plate pick-up @ Poettker Hall/ CMU Campus</p> <p>Location: Canadian Mennonite University (CMU). South Side of Grant Blvd.</p> <p><i>Reminder: U23/Elite/Junior Expert racers must pre-register online in advance. All other categories can either pre-register online or register at CMU Friday night. There will be no Saturday registration.</i></p>
Saturday, August 27	
07h00 – 011h00	Registration Office will open at the race course for <u>Race check-in and plate pick-up only</u> . Riders must check-in and pick up their plate at least 30 mins before race start. Exact location of registration office will be updated asap.
07h00 – 08h00	Course Opens for Official Practice (training between race starts at discretion of Chief Commissaire)
08h30	Racing Begins

Race Schedule

Category	Start Time	# of Laps	Total Distance
First Start – 08h30			
U9 M/W (7-8)	08h30		
U7 M/W (5-6)	08h32		
Second start - 9:15am			
U15 (13-14) Men	09h15		
U15 (13-14) Women	09h17		
U13 (11-12) Men	09h20		
U13 (11-12) Women	09h22		
U11 M/W (9-10)	09h24		
Third start - 11:30am			
Elite/U23/Junior Expert Men	11h30		
Elite/U23/Junior Expert Women	11h32		
Fourth start – 1:45pm			
Expert Men	13h45		
Expert Women	13h45		
Comp Men	13h47		
Senior Sport Men	13h49		
Junior Sport Men	13h51		
Junior Sport Women	13h51		
Comp Women	13h53		
Senior Sport Women	13h53		
U17 (15-16) Men	13h55		
U17 (15-16) Women	13h55		
MB Citizen (Men & Women)	14h00		

Start Area/Rider Call-ups:

The start line for the cross-country race is located to the west of the “Bison Butte” hill, near the designated Provincial tent area.. All categories will be staged approximately fifteen minutes prior to start time. Staging will be decided by the head commissaire.

Rider Call-up

Junior (UCI)

1. All riders on the current UCI ranking
2. Top 8 of the 2016 Canada Cup ranking
3. Random order by plate numbers distributed

U23/Elite W/F & U23/Elite M/H

1. All riders on the current UCI ranking
2. Top 8 of the 2016 Canada Cup ranking
3. Random order by plate numbers distributed

Elite Athlete/Team Managers Meeting:

When: Friday August 26th@ 17h00

Where: Canadian Mennonite University (CMU)

[Poettker Hall](#)

600 Shaftesbury Blvd. (South side of Grant Ave.)

Who should attend: Elite, U23, Junior Expert athletes, coaches, and managers, event officials, organizers

Event Officials

Role	Nom/Name	Prov
Lead Organizer	Wayne Bishop/ MCA committee	MB
Technical Delegate	Mathieu Boucher	QC
Chief Commissaire	Geordie Ma	CC
Asst. Chief Commissaire	Monika Robertson	MB
Secretary	Kim Mitchell	MB
Judge	Shawn Zayac	MB
Equipment Rep	Jason Howden	MB
Timing Official	Chris Neufeld	MB
MB Provincial Organizer	Jackson Locken	MB

Venue Information



FortWhyte Alive is an environmental, education and recreation center in Winnipeg, Manitoba. The large park and recreation facility is located in southwest Winnipeg along the migratory path of Canada geese.

Highlights of FortWhyte's 640 acres of prairie, lakes, forest and wetlands include a 70-acre bison Prairie and related heritage exhibits; ^[1] more than 9 km of interpretive nature trails; a family treehouse, floating boardwalks, and songbirds, deer and waterfowl in their natural habitat. Year-round fishing is available or visitors can enjoy more contemplative pursuits such as canoeing, hiking or bird-watching. ^[2] Winter offers unique opportunities to enjoy ice fishing, snowshoeing, skating or tobogganing. FortWhyte's lakes, forest and marsh are well travelled, with over 100,000 visitors benefiting from our many programs and exhibits annually.

The award-winning 6,700 sq. ft. Alloway Reception Centre offers a broad range of visitor services including The Nature Shop and the outstanding ^{[3][4]} Buffalo Stone Café. ^[5] The striking 10,000 sq. ft. Interpretive Centre features fascinating exhibits including the Aquarium of the Prairies (Manitoba's largest indoor aquarium), the Prairie Partners Room, the Touch Museum, the Climate Change Greenhouse and Prairie Soils dioramas among other exhibits relating to the environment and sustainable development. The secluded Siobhan Richardson

Field Station and its three overnight cabins offer an ideal setting for longer term studies, camp programs and workshop.

<https://www.fortwhyte.org/>

Course “Bison Butte”



Accommodation



Accommodations: Canadian Mennonite University – “CMU”

- Address: 600 Shaftesbury Blvd, Winnipeg.
- 15-minute drive from the Winnipeg James Armstrong Richardson International Airport.
- 8 minute cycle to the “Bison Butte CSG Mountain Bike course at FortWhyte Alive” ([MAP](#))

- Dorm style rooms (single & double occupancy), Free Parking, laundry facilities, smoke-free environment, free Wi-Fi, lounge space, food services available, cafeteria within walking distance, grocery nearby, Bike Wash
- This will be the location of the Friday Managers meeting and Race check-in.
 - Accommodations, Rates, and Food Services:
http://www.cmu.ca/docs/facilities/CMU_2015-16_Accommodations_and_Food_Services_Rates.pdf

To book accommodations, transportation to/from the airport, and/or food services, please contact:

Praisia Reyes
Assistant, Sport & Venues | *Adjointe, sportif et sites*

T|E: preyes@2017canadagames.ca
 Box 2160 240 Graham Avenue Winnipeg, MB R3C 3R5
canadagames.ca/2017 | jeuxducanada.ca/2017

Club /Shop Information

Space, near the top of “Bison Butte”, will be provided free of charge to each MCA registered club or affiliated shop. Clubs/shops must reserve space in advance with the MCA prior to the event.

Please contact Twila Cruickshank [email: cyclingmb@gmail.com](mailto:cyclingmb@gmail.com) or 204-925-5686 to reserve your space as early as possible to ensure availability. A Map and further instructions in regards to hill access and parking will be provided ASAP.

Provincial teams will have access to an open team staging area, located across from the Start/Finish area. Access off McCreary Road. Team Passes and directors will be provided for access to this area at the team managers meeting on Friday, Aug 26. For out of town guests that are flying in, tent rentals will be arranged.

Anti-doping



Cycling Canada's RaceClean program aims to address and recognize the importance of fair play, clean sport, and the obligation racers have to compete within the rules. It is our hope that all Canadian athletes respect the rules which include not using prohibited substances or practices. For more information on Cycling Canada's Race Clean program, including athlete/coach resources, click [here](#).

As this event is fully sanctioned through Cycling Canada and the UCI, all participants in possession of a UCI license are subject to doping control under the UCI's rules and guidelines. It is the riders' and team managers' responsibility to understand these rules. The doping control station at the venue will be clearly marked. Athletes who are selected for testing will be met at the finish line by a chaperone. All athletes who DNF must report to the finish line.

Event Partners



FortWhyte Alive is the host venue for the 2017 Canada Summer Games Mountain Bike Event.



The Manitoba Cycling Association (MCA) is the not for profit, volunteer based Provincial Sports Organization responsible for the promotion and development of cycling in Manitoba since 1980. MCA's mission is to advance athletes along the performance pathway and develop partnerships to promote the growth of cycling in Manitoba.



Cycling Canada Cyclisme is the National Sport Organization which proudly represents the sport of Cycling in Canada.