



**Manitoba Provincial Championship race,
Sunday, August 20, 2017,**

Host: The Manitoba Mountain Bike Committee

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Location: "Bison Butte" 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.

Driving Directions: Enter at the access road is between 1629 and 1662 McCreary Road, Winnipeg, Mb. Follow the road in an easterly direction for 800 meters and angle park along the road.

Pin <https://www.google.ca/maps/place/49%C2%B049'46.9%22N+97%C2%B013'58.5%22W/@49.829684,-97.2336379,192m/data=!3m2!1e3!4b1!4m5!3m4!1s0x0:0x0!8m2!3d49.829684!4d-97.232907>

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/#/>

Closes Friday night, August 18 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.

Waivers

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, JR male and female
- Sport SR male and Female
- Citizen (*not eligible for provincial medals*)
- 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:

8:30-9:45	Pre ride	U7, U9, U11, U13
10:00	Race 1	U7 & U9
11:00	Race 2	U11 & U13
12:00	Podium Presentation	U11- U13
11:45 – 12:45	Race 3 Pre-ride	U15 through to Elite
1:00	Race 3 start	U15 through to Elite
3:15	Podium Presentation	U15 through to Elite

Race Fees: Pre-Registered

Citizen - \$38	Pre Registered	Race Day Registration
U15 and Older	\$35	\$45
U7 to U13	\$10	\$20
Citizen	\$35	\$45

Family Pricing: will be attempted again: register 2 adults, the U13 and younger are free or 1 Adult and two U13 or younger and the 3rd U13 or younger is free, if it doesn't work, send me an Email and I will refund at the Reg desk.

Awards: For categories U7 through U13

U7 to U9	Monster Chocolate Bar & an award Ribbon
U11 through to Elite	Provincial Medal: Gold/Silver/Bronze

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 jersey 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, along the access road into the site. Access road is off McCreary road.

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 / porta potties

Food: There will be food provided for racers, Hamburgers, Freezies, and Drink

Announcing: Will be done by the awesome Steve Scoles

Cancelation and rain Delay: the course is quite robust and we will run as long as it is safe, we do not have a rain date booked and we will likely cancel and refund as we are pushing onto Cross season.

Aerial view of the course:



**CANADIAN CYCLING ASSOCIATION
WAIVER, RELEASE and ASSUMPTION of RISK AGREEMENT**

*(FOR ADULTS OVER THE AGE OF MAJORITY i.e. over 18 in Alberta, Manitoba,
Ontario, P.E.I., Quebec, Saskatchewan and over 19 in other Provinces and Territories)*

WARNING!

By signing this document you will waive certain legal rights, including the right to sue in circumstances outlined in this Agreement . Please read carefully.

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of cycling and/or the events, programs, races and activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association (operating as Cycling Canada) and the Manitoba Cycling Association *and the **ENTER CLUB NAME HERE** Club* regarding the **Manitoba Provincial Mtn Bike Championships** , the undersigned being the Participant acknowledges and agrees to the following terms:
2. The Canadian Cycling Association (operating as Cycling Canada) **and** the Manitoba Cycling Association *and the **mountain bike committee** Club* regarding the **Manitoba Provincial Mtn Bike Championships**, and their respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the “Organization”) is not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the sport of cycling and any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the sport of cycling, and the programs, activities and events of the Organization, or caused in any manner by the Organization, including without limiting the foregoing, by the negligence of the Organization.
3. I am participating voluntarily in the sport of cycling and the activities, events and programs of the Organization. In consideration of my participation in the sport of cycling and the programs, activities and events of the Organization, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the sport of cycling and the programs, activities and events of the Organization and that I may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:
 - a) The sport of cycling including: Road, Track, Mountain Bike, BMX and Cyclocross;
 - b) Executing strenuous and demanding physical techniques in cycling and/or exerting and stretching various muscle groups;
 - c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts;
 - d) Mounting, dismounting or falling off a bicycle;
 - e) Falling, tumbling or hitting any ground, surface, concrete, road, track or other surfaces;
 - f) Physical contact with other participants (including those engaged in the programs, activities and events support);
 - g) Failure to properly use any equipment, the mechanical failure of any piece of equipment or inadequate safety equipment, improper maintenance or adjustment of equipment;
 - h) Contact, collisions or being struck by other participants, pedestrians, fixed objects, spectators, equipment or vehicles;
 - i) Road conditions, terrains and vehicular traffic while cycling;
 - j) Failure to stay within the designated course area;
 - k) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
 - l) Spinal cord injuries which may render me permanently paralyzed; and/or
 - m) Travel to and from events.
4. Furthermore, I am aware:
 - a) That injuries sustained can be severe;
 - b) That I may experience anxiety while challenging myself during the sport of cycling and the activities, events and programs;
 - c) That my risk of injury is reduced if I follow all rules established for participation; and
 - d) That my risk of injury increases as I become fatigued.
5. In consideration of the Organization allowing me to participate, I agree:
 - a) That my physical condition has been verified by a medical doctor to participant in the sport of cycling and in the activities, events and programs of the Organization;
 - b) That the rules of participation must be followed and that the sole responsibility for my safety remains with me, including physical and emotional preparation and fitness;
 - c) To discontinue participation if I sense or observe any unusual hazard or unsafe condition; or feel unable or unfit to safely continue;
 - d) To ASSUME all risks arising out of, associated with or related to my participation;
 - e) To WAIVE any and all claims that I may have now or in the future against the Organization;
 - f) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
 - g) To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the “Claims”) which I may have or may in the future, that might arise out of, result from, or relate to my participation in the sport of cycling, my presence at any venue, the events, activities or programs of the Organization, and/or my traveling to or from the events, activities or programs of the Organization, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any duty of care of the Organization.
6. I acknowledge that I have read this agreement and understand it, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

[By signing below, you agree to be bound this Agreement.]

Name of Participant (Please Print)

Date

Date of Birth

Signature: _____

CANADIAN CYCLING ASSOCIATION
INFORMED CONSENT, INDEMNITY and ASSUMPTION of RISK AGREEMENT
*(FOR THOSE UNDER THE AGE OF MAJORITY i.e. under 18 in Alberta, Manitoba,
Ontario, P.E.I., Quebec, Saskatchewan and under 19 in other Provinces and Territories)*

WARNING!

By signing this document you will waive certain legal rights, including the right to sue in circumstances outlined in this Agreement . Please read carefully.

Participant's Name: _____ Date: _____

1. This is a binding legal agreement; therefore clarify any questions or concerns **before** signing. As a Participant in the sport of cycling and/or the events, programs, races and activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association (operating as Cycling Canada) **and** the Manitoba Cycling Association *and the mtb bike committee* regarding the MTB 2017 Provincial Championships, the undersigned, being the Participant **and** the Parent/Guardian of the Participant (each a "Party" and collectively the "Parties") acknowledge and agree to the following terms:

2. The Canadian Cycling Association (operating as Cycling Canada) **and** the Manitoba Cycling Association *and the mtb bike committees* regarding the 2017 Provincial Championships, and their respective directors, officers, committee members, members, employees, volunteers, participants, agents and representatives (collectively the "Organization") is not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Party during, or as a result of, the sport of cycling, and any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the sport of cycling, and the programs, activities and events of the Organization.

3. The Participant is participating voluntarily in the sport of cycling and the activities, events and programs of the Organization. In consideration of participation in the sport of cycling and the programs, activities and events of the Organization, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the sport of cycling and the programs, activities and events of the Organization and that the Parties may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from: a) The sport of cycling including: Road, Track, Mountain Bike, BMX and Cyclocross; b) Executing strenuous and demanding physical techniques in cycling and/or exerting and stretching various muscle groups; c) Vigorous physical exertion, rapid movements, quick turns and stops, and strenuous cardiovascular workouts; d) Mounting, dismounting or falling off a bicycle; e) Falling, tumbling or hitting any ground, surface, concrete, road, track or other surfaces; f) Physical contact with other participants (including those engaged in the programs, activities and events support); g) Failure to properly use any equipment, the mechanical failure of any piece of equipment or inadequate safety equipment, improper maintenance or adjustment of equipment; h) Contact, collisions or being struck by other participants, pedestrians, fixed objects, spectators, equipment or vehicles; i) Road conditions, terrains and vehicular traffic while cycling; j) Failure to stay within the designated course area; k) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia; l) Spinal cord injuries which may render the Participant permanently paralyzed; and/or m) Travel to and from events.

4. Furthermore, the Parties are aware: A) That injuries sustained can be severe; B) That the Participant may experience anxiety while challenging himself or herself during the sport of cycling and the activities, events and programs; C) That the Participant's risk of injury is reduced if he or she follow all rules established for participation; and D) That the Participant's risk of injury increases as he or she becomes fatigued.

5. In consideration of the Organization allowing the Participant to participate, the Parties agree:

- a) That the Participant's physical condition has been verified by a medical doctor to participate in the sport of cycling and the activities, events and programs of the Organization;
- b) That the Parties have assessed the Participant's ability to participate appropriately and safely in the sport of cycling and the activities, events and programs of the Organization;
- c) That the rules of participation must be followed and that the sole responsibility for the Participant's safety remains with the Parties, including physical and emotional preparation and fitness;
- d) To remove the Participant if they sense or observe any unusual hazard or unsafe condition; or if Participant feels unable or unfit to safely continue;
- e) To ASSUME all risks arising out of, associated with or related to my participation;
- f) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the activities, events and programs of the Organization; and
- g) To FOREVER RELEASE the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I may have or may in the future, that might arise out of, result from, or relate to my participation in the sport of cycling, my presence at any venue, the events, activities or programs of the Organization, and/or my traveling to or from the events, activities or programs of the Organization, and/or from any breach of contract.

6. I (Parent/Guardian) hereby indemnify and hold harmless the Organization from any and all damages or losses of any kind as a result of any and all claims, demands, causes of action of any kind whatsoever including those involving negligence on the part of the Organization that may be made or initiated by, or on behalf of the Participant, arising out of or connected with the Participant's preparation for or participation in, or both, or travel to or from any of the activities, events and programs of the Organization.

7. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this agreement is to be binding upon themselves, their heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

[By signing below you agree to be bound this Agreement.]

Name of Participant (Please Print) Date Date of Birth

Name of Parent/Guardian (Please Print) Date

Signature: _____