



MECX WINNIPEG CYCLOCROSS

Saint Adolphe River Park
October 7, 2017



<http://events.mec.ca/node/163956>

MECx Winnipeg Race Bible
October 7, 2017
Saint Adolphe River Park
St. Adolphe Road, Saint Adolphe, Manitoba

Race Formats

- CX Race, mass start with your category. Time and laps depend on what category

Race Calendar

Time	Details
10am	Registration Open
10am	Waffles Making and Refreshments Open
10am	Course Opens
10:30am	Open Race Registration closes
11:00am	Open Race Starts
11:30am	C/Citizen Race Registration closes
11:45am	Awards Ceremony for Open Race
12pm	C/Citizen Race Starts
1pm	Kids (8 and under) Race Starts
1pm	PM Kids (9-11) Race Registration closes
1:30pm	PM Kids (9-11) Race Starts
2pm	Awards Ceremony for C/Citizen Race
2pm	B Race Registration closes
2pm	Course Opens
2:30pm	B Race Starts
3pm	A Race Registration closes
3:30pm	A Race Starts
4:30pm	Award Ceremony for B Race and A Race

Race Day Registration

- Race Day Registration opens at 10am at Race Site and closes 30 minutes prior to your races.
- You must hold a UCI/CCA racing license or a MCA citizen license to race in the C, B, or A races.
- Registration and waiver forms are available at Race Site.

Prices

	Licensed	Licensed Citizens	Open	Kids (11 and under)
Pre Registration	\$32.50	\$37.50	\$45	FREE
Race Day Registration	\$42.50	\$47.50	\$55	FREE

Race Course

The course will be between 2.5 to 3km in length. The length will be determined by the weather for that day. The surface will be a combination of grass, hard packed trails, fast down section, steep run up section, and gravel. The course is a combination of rolling and flat sections.

Race Regulations

- All racers bikes must operate a bicycle with both front and rear working brakes.
- All racers must wear a CSA approved helmet while riding on or off-course (even in the parking lot).
- Riders shall act and race with caution and respect their fellow racers. They shall be held responsible for any accidents that they cause.
- Racers must have their license with them at all times during a race.

- A racer must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing
 - UCI/CCAMCA license (except Open or Kids races)
 - A and B events (CX1/2 Men, CX3 Men, and CX1/2/3 Women) must have a cyclocross style bike (tires max 33mm wide, road style handlebars, max width of bars 50cm).
 - Riders in the C (CX4 men, CX4 women, and citizen racers), Open, and Kids races will still be allowed to use mountain bikes that conform to UCI MTB standards.
 - The organizer and/or officials retain the full right to refuse any racer from racing.
- *** **Please consult the UCI and CAA rules to see all rules and regulations.**

Courtesy and Safety

- The course is open and the public can access the course at any point. Signs will indicate that bike race is in progress, but be aware that marshals do not have authority to prevent people from entering the course. Please be aware of your surroundings at all times and be courteous to others.

Food

- Free waffles and coffee.

Washrooms

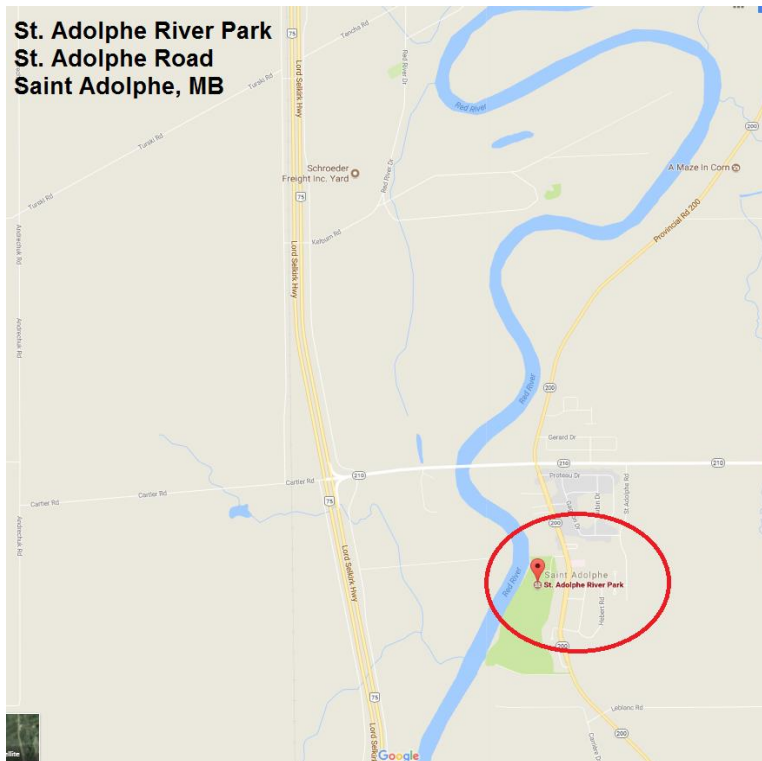
- There will be four porta porties that will be on Race Site.

Sustainability

- **Waste Management:** There will be garbage bins at the event site and Recycle Everywhere will be bringing recycling bins that we will be place at the event site and on race course at our water refill stations. A compost bin will be beside our refreshment tent for you to drop your banana peels.

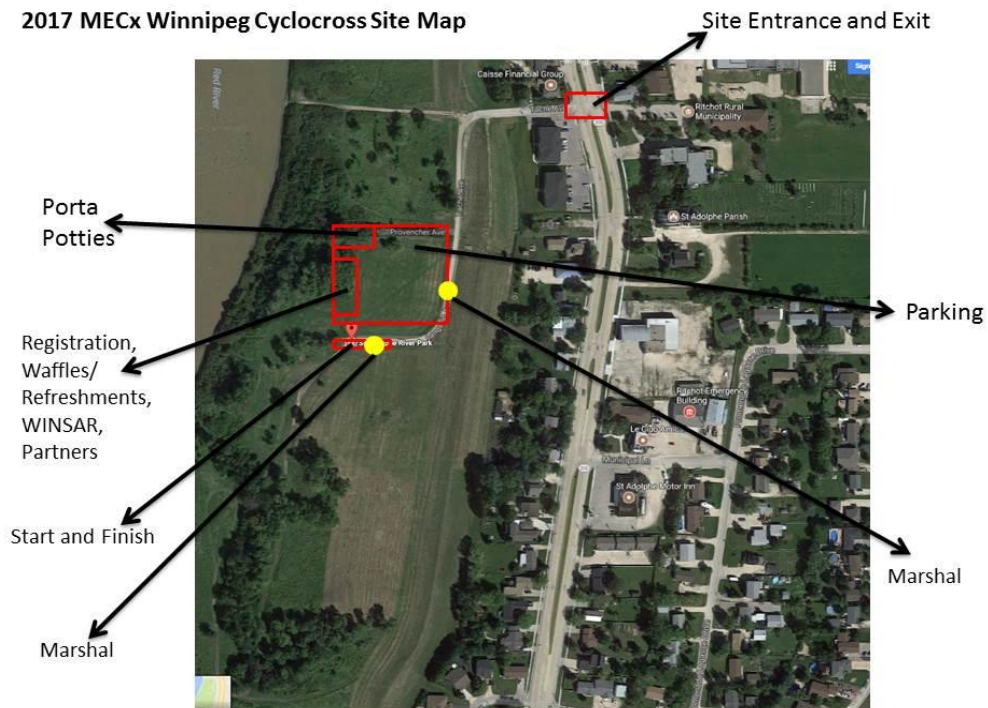
Directions to Saint Adolphe River Park

- There is parking onsite, but as always, MEC encourages participants to carpool to the site. Parking marshals at the entrance. Please listen to their directions.



Race Site

2017 MECx Winnipeg Cyclocross Site Map



MEC Winnipeg would like to take a moment to thank our partners and event team whose contributions have made this race possible.



Should you have any questions or concerns, please do not hesitate to contact our MECx Winnipeg Race Director Steve at steve.scoles@mec.ca or our MEC Winnipeg Outreach and Learning Coordinator Winston at winston.to@mec.ca.

Share the **#GoodTimesOutside** you've had at our **#MECCylcocrross** Race!
Want to see what MEC participants are doing across the country?
#GoodTimesOutside
#OnSeRejointDehors
#MECRace