



---

**Race Name:** Birch Mtn, Cup Race

---

**Race Date:** Sunday June 10

---

**Host:** Portage Junk Yard Dogs

---

**Contact:** Trevor Shackelton    Email: tlshack@mymts.net

---

**Location:** Birch Mtn Ski Roseisle , Mb.  
Pin

<https://www.google.ca/maps/dir/Winnipeg,+MB/Birch+Ski+Area/@49.6828508,-98.0397925,85661m/data=!3m2!1e3!4b1!4m13!4m12!1m5!1m1!1s0x52ea73fbf91a2b11:0x2b2a1afac6b9ca64!2m2!1d-97.1383744!2d49.895136!1m5!1m1!1s0x52c263766d501ca3:0x26e589a56ac57b8a!2m2!1d-98.382621!2d49.4703515>

---

**Directions:**    drive 1 mile west of Roseisle, mb. Turn south for 2 miles, turn right follow the road for about a mile follow the signs for parking and registration.

---

**Eligibility:** The race is open to all those with a valid UCI/CCA/MCA race license and Citizen Licence. To purchase a UCI/CCA/MCA license visit [www.mbcycling.ca](http://www.mbcycling.ca).

---

**Registration:**

**Pre-registration**

Link [www.ccn.ca](http://www.ccn.ca)

**Pre reg closes:** 11:45pm Thursday before race etc...

**Race day registration**

**Race day registration closes:** 30 Minutes before your event.

**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 starts.

**Categories:**

<ul style="list-style-type: none"> <li>▪ Elite, male and female</li> <li>▪ Expert, male and female</li> <li>▪ Comp, male and female</li> <li>▪ Sport, JR male and female</li> <li>▪ Sport SR male and Female</li> <li>▪ Citizen</li> </ul>	<ul style="list-style-type: none"> <li>▪ U17 male and female</li> <li>▪ U15 male and female</li> <li>▪ U13 male and female</li> <li>▪ U11 male and female</li> <li>▪ U9 male and female</li> <li>▪ U7 male and female</li> </ul>
--	--

**Schedule:**

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

---

**Pricing:**

AGE	Pre Reg	Race Day Reg
U7	Free	Free
U9 / U11 / U13	\$10	\$10
U15 / U17	\$20	\$35
U19 / U23 / and older	\$35	\$45

---

**Prizes:**

U7 – U9      Lollypops and Chocolate Bars  
U11 – U13    xxxxx  
U15 –U17    xxxxxx  
Sport – Elite Male and Female (Equal prizing) xxxxx

---

**Optimal Duration:**

- Elite M/F:      1:30–2:00
- Expert M/F,    1:15–1:45
- Comp M/F,     1:15–1:30
- U17 M/F:       1:15–1:30
- Sport M/F:     1:00–1:15
- U15, M/F:      0:30–1:00
- U13, M/F:      0:30–0:55
- U11, M/F:      0:20-0:30
- U9/U7, M/F:   0:15-0:20

\*The above race durations are an estimate and derived from Cycling Canada Companion Guide. The Commissaires (race officials) will determine the number of laps per category on race day.

---

**Course Description:** Course will be marked and ready to ride the day before and for the defined training periods. . Course typically consists of dirt paths, sand and gravel sections, muddy, rooty, and rocky areas, and contains natural hazards such as trees, rocks, undulating terrain, roots, loose and inconsistent surface conditions. Keep in mind that the weather and recent precipitation may greatly affect any and all of these conditions.

**Course map**

---

**Parking:** Parking is available at the site, Follow the signs.

---

**Washrooms:** Washrooms are outhouses

---

**Food:** Burger, Drink, and Cookies

---

**Cancellation and Rain Delays:** the course is quite robust and we will run as long as it

is safe, please consult [www.mbcycling.ca](http://www.mbcycling.ca) for updated info, Twitter: MB cycling for up-to-date notices, and a variety of Facebook groups for last minute cancellation info

## 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/UCI Race licence (UCI or Citizen Licence). 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. Marshalls 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 re-enter 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 "Century 21 Interdisciplinary Challenge" winner should wear the Century 21 Bachman & associates Jersey, to all cup Races or the season they receive their jersey. The Century 21 jersey trumps the cup Jersey
- 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.