



2018 Grand Beach Race Bible

Race Date: May 20, 2018

Race Format: XCO (Manitoba Cup Format)– Mass start with your entire category. Lap counts depend on what category you are in.

XCM (Marathon Format) - Open Insurance, no MCA license required; 2 categories: Men and Women, any bike (fatbike, mtb, or any bike excluding e-bikes)

Open Race – 10k, 20k, No license required

Location: The [Grand Beach trails](#) are located in Grand Beach Provincial Park. To find the trails go to the Park's East Gate, turn right at the Cross Country Ski Trails, 200 meters past the East Gate entrance. Stay to the left to get to the trail head.

Times:

SATURDAY

- All categories pre-ride after 3pm

SUNDAY

- Registration Opens – 8:30
- Kids Pre-ride: (U7, U9, U11, U13) – 8:30-9:00
- Event 1: U7/U9 (male and female) – 9:30
- Event 2: U11, U13 (male and female) – 10:00
 - Awards will be presented as kids finish for kids races
- Event 3: Open Races (10k, 20k, 60k) (male and female) -- 11:00
- Event 4: Elite, Expert, Comp, Sport Senior, Sport Junior, U17, U15, Citizen (male and female) – 1:30
- Lunch 12:30-3:30
- Prizes 4:00
 - *There will be marshalled crossings where adults course intersects with kids course

Registration: Walk up registration & Online Registration

On-site registration opens at 8:30am and closes 30 minutes before your event. You must hold a UCI/CCA racing license or an MCA citizen license for cup races, no licence is required for open races.

- On-Site Registration: U15 and up, add \$10, U13 and under add \$5 for those holding a UCI/CCA/MCA license
- Regular fees apply to citizens holding a MCA citizen license.

Cash and cheque payable to **2 Wheel Revolution**. Credit cards available online and on-site.

Categories:

- Elite, male and female - Race at 1:30, Optimal Duration 1hr30m
- Expert, male and female - Race at 1:30, Optimal Duration 1hr15m
- Comp, male and female - Race at 1:30, Optimal Duration 1hr15m
- Sport Senior (19+), male and female - Race at 1:30, Duration 1hr
- Sport Junior (U19), male and female - Race at 1:30, Duration 1hr
- Citizen, male and female - Race at 1:30, Optimal Duration 30m
- U17, male and female - Race at 1:30, Optimal Duration 1hr15m
- U15, male and female - Race at 1:30, Optimal Duration 45m
- U13, male and female - Race at 10:00, Optimal Duration 45m
- U11, male and female - Race at 10:00, Optimal Duration 20m
- U9, male and female - Race at 9:30, Optimal Duration 20m
- U7, male and female - Race at 9:30, Optimal Duration 20m
- Note: All kid racers must have a signed waiver! Please download, sign and bring!

Race Time by Category:

Race times will vary, but will be approximately 30 minutes for Citizen, 45 – 75 minutes for Sport/Comp and up to 90 minutes for Elite & Expert.

Food:

All racers U15 through Elite will receive a ticket for complimentary food including refreshments. Additional food tickets can be purchased for non-racers at a \$10 fee at time of registration or on-site. Child racers can purchase a food ticket for \$5. Hot food will be available from 12:30-3:30pm.

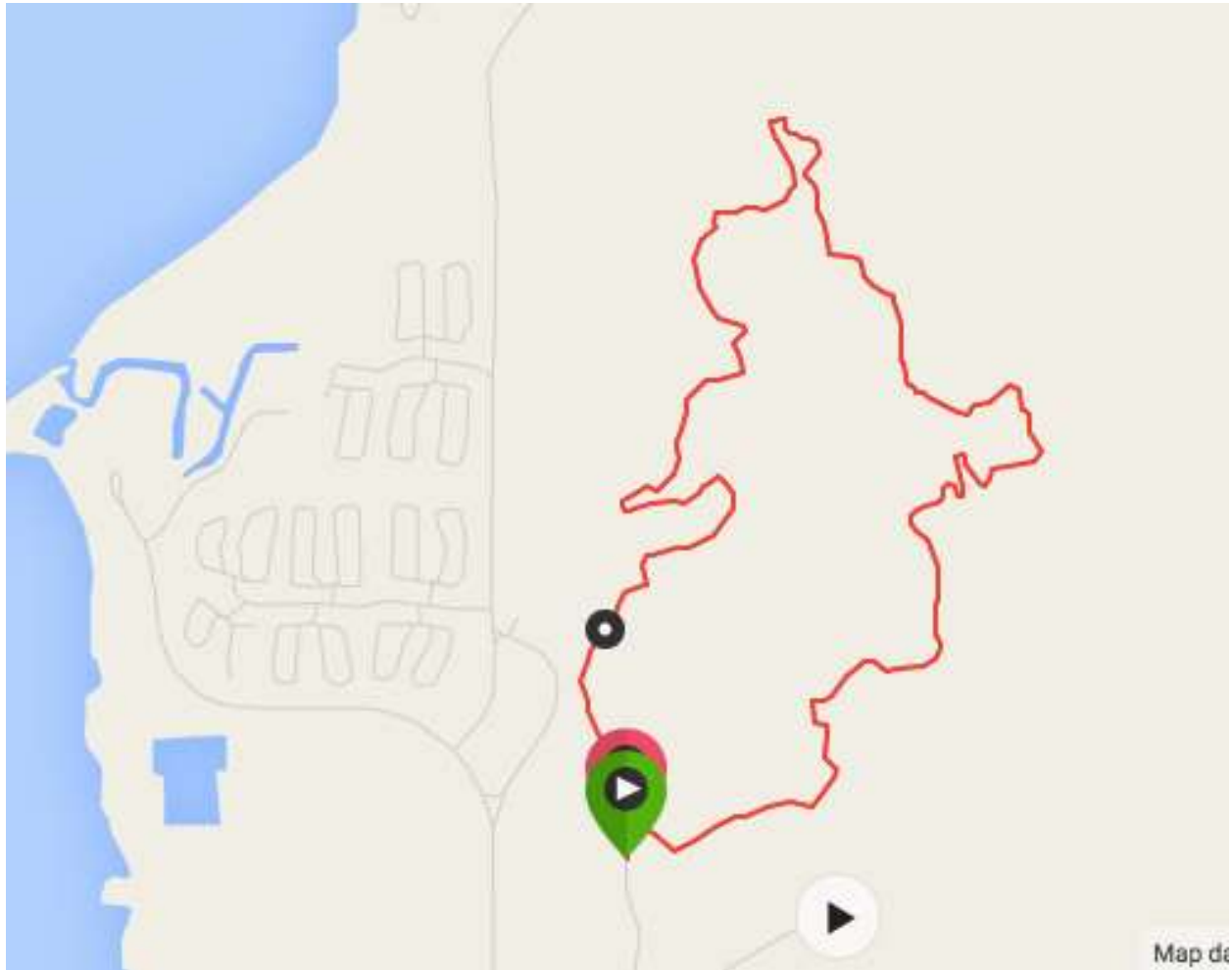
Prizes

Gift Certificates will be awarded to the top 3 finishers in each category from U15 through to Elite. There will be a draw for additional merchandise. For Kids prizing, there will be cash for U11 & U13 and candy for U7 & U9.

Race Course:

The course will be 7km in length for cup, and 10km for open races. The surface will be a combination of hard packed single & doubletrack with some technical challenges such as rocks and roots.

Race Map



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 the parking lot).
- 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 have their license with them at all times during a race event.
- It is a racer's responsibility to familiarizing yourself with the race course before the race (marshals will not be 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 the same point from which they exited.
- Music players and electronic devices are NOT allowed by any racers during any events.
- Sleeveless jerseys are NOT allowed.
- You can only wear a jersey of a club or team you currently belong to, no pro team jerseys that you are not a member of; if you do not belong to a club wear any jersey that is not a pro jersey nor a club jersey where you are not a member of that club.
- Handlebars must have end caps.
- Glass containers are not allowed on the course, including the feed zone.
- The organizer and/or officials retains the full right to refuse any racer from racing.
- Please consult the UCI and CCA rules to see all applicable rules and regulations

Parking:

Parking is available at the site.

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. Keep your head up at all times. Be courteous to others.

Washrooms:

Washrooms (outhouse) will be open.