

2019 Manitoba Mountain Bike Cup #3

Sunday June 2nd

Presented by Alter Ego Cycling Club & Steinbach KOM

Online registration is available **PRIOR TO Thursday May 30th at MIDNIGHT**

Online or race day registration ONLY!

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Driving Directions: [Google Maps point to point directions from Winnipeg](#)

Eligibility: The race is open to all riders 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.

Categories:

- Elite, male and female
- Expert, male and female
- Comp, male and female
- Sr. Sport, male and female
- Jr. Sport, male and female
- Citizen (*not eligible for Cup points*)
- 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 to 9:45 - **Kids Pre-Ride** (U7, U9, U11, U13 only) - **All other riders risk disqualification for riding during this time.**
- 10:00 **KIDS EVENT** - U7, U9, U11, U13
 - o Start times will stagger based on course design. All kids' races will be complete by noon. Final start times will be posted at race site.
- 12:30 to 13:15 - **Pre-Ride** (U15 through Elite)
- 13:30 **ADULT EVENT** - Elite, Expert, Comp, Sport, Games Selection, U17, U15 & Citizen

Race Fees by Category:

Category	Pre-Registration	Race Day Registration
Citizen	\$25	\$40
U7	FREE	FREE
U9 – U13	\$10	\$10
U15 – U17	\$20	\$35
U19 – Adult Categories	\$35	\$50

Pre-Registration: The pre-registration deadline is **Thursday May 30th at MIDNIGHT.**

Race Day Registration: If you miss the pre-registration deadline you must register onsite. On-site registration opens at 8:30 AM and ends 1 hour before your event start.

Check In: All **registered** riders must "Check-in" at the registration table. Check in opens at 8:30 and closes 1/2 hour before your event start.

Food: All racers will receive a FREE lunch and drink after their race. Food will be available for purchase for spectators.

Awards: Cash prizes will be awarded based on the number of entries for U11 and older categories. U9 and U7 participants will all receive a finish prize.

Optimal Duration of Race by Category:

- Elite Male, Female: 1:30 – 1:45
- Expert Male, Female: 1:10-1:30
- Comp Male: 1:15-1:30
- Comp Female: 1:00-1:15
- Sport Male (Sr./Jr.): 1:00-1:15
- Sport Female (Sr./Jr.): 0:45-1:00
- U17 Male, Female: 0:45-1:15
- U15 Male and Female: 0:30-0:55
- Citizen – 1 lap

*The above race durations are an estimate. The Commissaires (race officials) will determine the number of laps per category on race day. U15 and U 17 race categories **may** be a timed event (versus number of laps). At the appropriate time, the Commissaires (race officials) will close the lap lane and all riders will finish. Riders will be placed in order of greatest number of laps in the shortest amount of time.

- U13, Male and Female: 0:30–0:45
- U11, Male and Female: 0:20-0:30
- U9, Male and Female: 0:15-0:30
- U7, Male and Female: 0:10-0:20

*U7-U13 race categories will be a timed event (versus number of laps). At the appropriate time, the Commissaires (race officials) will close the lap lane and all riders will finish. Riders will be placed in order of greatest number of laps in the shortest amount of time.

Race Course:

The race surface is dirt (loose or packed depending on soil moisture and dirtbike traffic) with roots, logs, rocks, and sand. It is a mix of mostly singletrack and some ATV trail sections (doubletrack). There are varying levels of hill climbs with fast flowing descents.

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 jerseys 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 on site. **Note:** Riding bikes in the parking area is prohibited.

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:

Portalet facilities will be available on site.