



# 2019 Manitoba Mountain Bike Cup #4 Sunday June 23<sup>rd</sup>

**Presented by Bikes and Beyond and the South Whiteshell Trail Association**

Online registration is open until **11:59PM Thursday June 20<sup>th</sup>**

Race day registration is **Cash only**.

## Contact:

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## Driving Directions:

Falcon Ridge Ski Area, Falcon Lake, MB.

Google Maps Link → <https://goo.gl/maps/4PeDGvqPWTo6Ha167>

**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](http://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*)
- U7, U9, U11, U13, U15, U17 male and female

## Race Day Schedule:

9:15-9:45	Kids Pre Ride (U7, U9, U11, U13 ONLY)
9:45	Kids Staging (Staggered)
<b>10:00</b>	<b>Kids Event – U7 thru U13</b>
12:30-1:30	U15-Elite Pre Ride
1:30	U15-Elite Staging
<b>1:40</b>	<b>U15-Elite Event</b>
3:45	Prizing and Food

## Race Fees:

Category	Pre-Registered	Race Day
Citizen	\$25	\$30
U7	Free	Free
U9-U13	\$10	\$15
U15, U17, Jr. Sport	\$20	\$25
Sr. Sport-Elite	\$35	\$40

**Food:** All **U15-Elite** registered racers will receive a FREE lunch, drink and snacks after the race. Spectators and family can purchase food if desired. Lunch is not included with registration for U7 through U13 racers.

**Race Day Registration:** Registration opens at 9:00AM and ends 1 hour before event start. Please try to Pre-Register as it gives us a better estimate for food and participants. There is an additional \$5 for race day registration in ALL categories

**Check In:** Check in is required by ALL registered racers. Must be completed ½ hour before event start or earlier.

**Awards:** Prizing will be distributed for all categories from U15-Elite. U7-U13 will receive a finish prize.

**Race Duration:** Falcon Ridge trails are considerably more technical than many of the other MB Cup courses, as such, laps and lap length will be shorter than normal to match optimal times of races:

Elite – 1:30-1:45, Expert 1:10-1:30, Comp 1:00-1:20, Sport 0:45-1:10, U17 0:45-1:10, U15 0:30-0:50

\*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:** Race course will be marked and designed by South Whiteshell Trail Association volunteers, it is a mix of rock, wooden bridge, dirt singletrack and grass. There is moderate climbing, descending.

#### **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.

**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.

A medic will be on site.

**Washrooms:**

Facilities will be available on site in the ski chalet.

**Cancellation and Rain Delays:** The course can be used as long as there is no significant amount of rain, please consult [mbcycling.ca](http://mbcycling.ca) for updated info, Twitter: MB cycling for up- to-date notices, and a variety of Facebook groups for last minute calculation info

**Entry Fees – Weather Cancellation:**

In the event that a race is cancelled due to inclement weather, we will make every effort to refund paid fees to athletes who register the day of and, we will defer registration to the next race if preregistered.