



Race Name:Granite Groove Out.

Date: Aug 18, 2019

Host: Birch Mountain Bike Club.

Location: Lee River Underground research laboratory

<https://www.google.ca/maps/dir//50.2529991,-95.8663778/@50.2492742,-95.8620342,15.04z>

Directions: From Lac du Bonnet, follow highway 11 taking the turn off at highway 313 towards Lee River. Follow the road until you just pass over the Lee River bridge, then turn right onto Belluk Road. Follow until you see a left hand turn off (which will be marked by race signs.)

Eligibility: This race is open to everyone 13 and older as of December 31st 2019. **MCA membership not required!**

Registration

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Pre-registration NO!

We are keeping it old school and we are saving you the online registration fee. We will not be doing pre registration. Show up with cash on race day, sign a waiver and you can race, with or without a licence.

Race day registration Race day registration opens at 10:00 AM.
Waivers will be available on site.

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 10:00 AM and closes 1/2 hour before your event starts.

Categories:

1 lap- Funzzie Onzzie

2 Lap Tolerable 2

4 Lap Ferocious 4

6 Lap Sadistic 6

Schedule: 10:00 - 10:50 Pre ride Everyone 11:00 Sadistic 6 race
start 6 lap racers

12:00 Ferocious 4 race start 4 lap racers

13:00 Tolerable 2 race starts 2 lap racers

13:15 On

15:00 podium presentation All racers

15:30 Clean up Everyone willing

16:30 everyone goes free remaining people

Pricing: \$35 for mca Race w members or \$40 for non mca members.

Prizes: Cash prizes for first place only. Racers and volunteers will be eligible for draw prizes courtesy of Olympia Cycle and Ski,, Portage Ave

Optimal

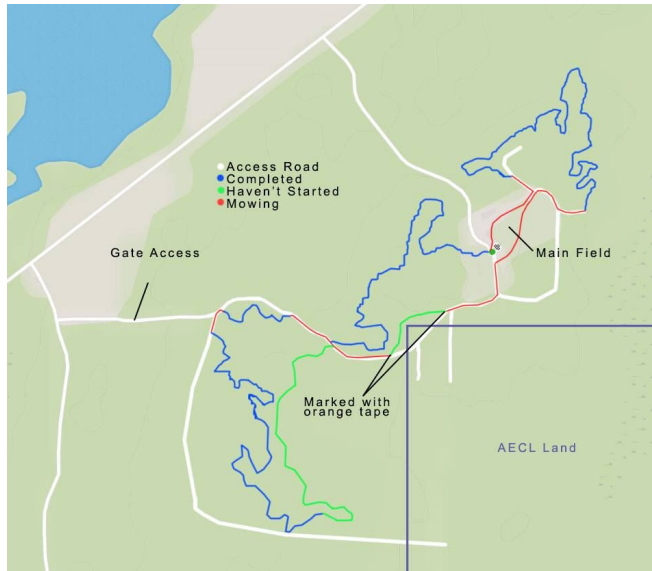
Duration:

- Tolerable 2 1:15- 1:40
- Ferocious 4 2:20 - 2:50
- Sadistic 6 4:00 - 4:30 *The above race durations are an estimate. The Commissaires

(race officials) will determine the

number of laps per category on race day.

The Course description:The course emphasises the beautiful Canadian shield with interlinking outcrops of granite and pine that flow like Manitoba Moab. Course will be marked and ready to ride the day before and for the defined training periods.



Course map

Parking: Parking is available at the site, along the access road into the site. Access road is off Belluk Road.

Washrooms: outhouse available.

Food: Hotdogs and Drinks will be included with the cost of registration.

Note: This race site is 20 minutes away from the nearest store, so bring supplies for your event.



Three quarter sleeve cotton shirts will be available for purchase at the event, limited supplies. Cost will be \$25 cash.

Cancelation and Rain Delays: This course is mainly Canadian Shield we will be watching the weather and will inform everyone near race day of the status of the course. As we are not doing pre registration please watch the MCA website or the Granite Groove Out Facebook event page for race updates.

General Race Rules :

- Pre-riding may only be done during the designated times for your category. .
- 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.
- 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).
- 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
- 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.