MCA Social Distancing 50:50 Challenge
June 1 – 16, 2020

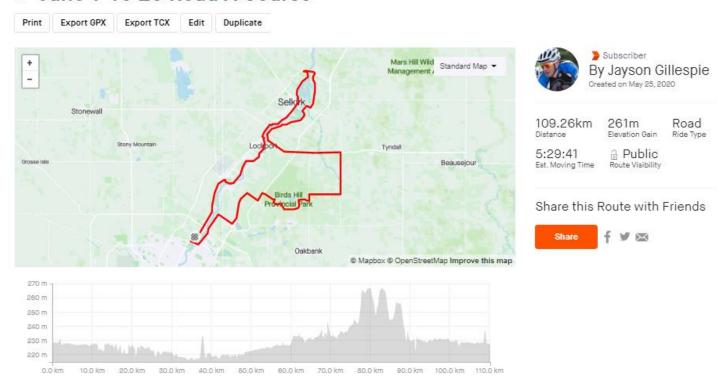|	
Purpose:	During this time of social distancing, we have seen our ability to race with one another outside become unavailable as an option. We are all itching to race, but currently we are unable to have any races in Manitoba. To help satisfy our racing itch, we decided to come up with some different types of races. The Social Distancing Challenges are solo races over different courses (road, urban cyclocross and MTB), where we can race each other for the fastest times on each course. Every two weeks we will setup 3 different types of courses for you to complete. The goal is to complete a course in the fastest time that you can. Funding raised from these challenges will be used to support maintenance work at Bison Butte and other MTB venues used as part of these challenges. Bison Butte has taken some heavy damage this spring from being ridden on too early, that it now requires some work to repair. Other venues in Manitoba are also being continually maintained and improved, and we want to support them as well. Thus, there is a need to raise funds to help offset these costs to maintain the venues that we all love to ride.
How it Works	Each course (road, Cross, MTB; A & B categories) will have a GPX file created that will allow you to download into your bike computer or write out the directions on where to go. For MTB, flagging tape and signage will also be setup on the course to point you in the correct direction where needed. You will have 2 weeks to complete the course. You can ride it as many times as you wish, so you can look on strava at the segment to see who the current leader is and try to beat their time. To be included in the results, you will need to upload your ride into strava and allow it to be seen publicly. For each challenge (Road – A, Road – B, Cross – A, Cross – B, MTB – A, MTB – B), there will be a strava segment for that entire particular course. This will allow us to track only the people who have completed the entire course during the two-week period. For each challenge, the profit (money left after expenses are paid) will be split 50:50 between prizing and a donation to the venue used in the challenge. Prizing will be divided equally four ways to the winners of each category of each race type (road, urban cross, MTB) and gender.
Who Can Enter	MCA Members: This race is open to anyone with an MCA membership (race or general) Non-MCA Members: You will also be able to participate but will be charged an extra $5 fee. The goal is to have you become an MCA member.
Categories:	We will have two race categories (A & B). Each category will have a female and male division as well. You are free to select what category you wish to compete in. However, we will look at winners from the B category after each race, and if your winning time puts you in the top 50% of the A category, you will be automatically forced to move up to A (aka no sandbagging, this is for fun).
Cost:	MCA Members: $10; Non-members: $15

Registration	Registration will be through CCN bikes, where participants need register for the challenge taking place during the two-week period. Participants may register for one or both races anytime from 3-days before the two-week period starts, and up to 1 day before the last day of the 2 week race period https://ccnbikes.com/#!/events/10211-social-distancing-5050-challenge-road
Results	For each race (i.e., Road A & B; Cross A & B; MTB A &B), we will create a strava segment of each course. We will also create a club that only participants of the challenges will be allowed to join. The club will allow us to track everyone's progress. Upon race registration, each participant will receive an email providing a link to the Challenge Route details, what Strava club to join. Participants will need approval to join the club, which we will verify with CCN that you have paid your race registration to join. Once you have been accepted to the club, you will then be able to see the leaderboard standings against other people in your category
Equipment Needed	To Participate, riders must have the following equipment: 1) GPS Computer. You must be able to record and upload your ride using a device that can be uploaded into Strava 2) Strava Paid Membership. You must have a paid subscription to Strava (as of May 18, 2020) to be included in the Leaderboards. Strava made changes to their subscriptions that you now need a paid subscription. A free account is not sufficient. You can get a 60-day free trial to the paid subscription. Join at http://www.strava.com 3) Bike suited to the course. There is no restriction to what bike you ride for a course, as long as it is non-motorized (no e-bikes or gas powered)
Prizing	For each challenge type (Road, Cross and MTB), we will have two ability categories (A & B) and two gender categories within each ability category (Female, Male). Prizing will be 50% of the profits from entries received for that challenge (road, cross or MTB), and will be split equally four ways between the ability categories and genders (A-Female, A-Male, B-Female, B-Male) Winners will be announced on the MCA social media accounts (Instagram, Facebook) and the MCA website. Winners will be given a credit to a bike store of their choosing. We want to support our local bike shops during these times as well.
Rules	All participants must: - follow the rules of the road according to the Manitoba Highways & Traffic Act. - Follow the social distancing guidelines as laid out by the Manitoba Provincial government and Canadian federal government. For example, not riding closer than 6 ft with someone - operate a bicycle with both front and rear working brakes. - must wear a safety approved helmet deemed appropriate for cycling AT ALL TIMES while riding June - This is a solo race. You are expected to complete the challenges by yourself.
Putting File on your Computer	Garmin: https://support.garmin.com/en-CA/?faq=ACgfZF717vAeVfhHgPrFv6 Wahoo: https://www.youtube.com/watch?v=K47ZmgL6liQ

Road - A Course (June 1-16'20)

Strava Segment: https://www.strava.com/segments/24184405

Route: https://www.strava.com/routes/27829302

Road - B Course (June 1-16'20)

Strava Segment: https://www.strava.com/segments/24123339

Route: https://www.strava.com/routes/27624633

Urban Cross - A Course (June 1-16'20)

Strava Segment: https://www.strava.com/segments/24290544
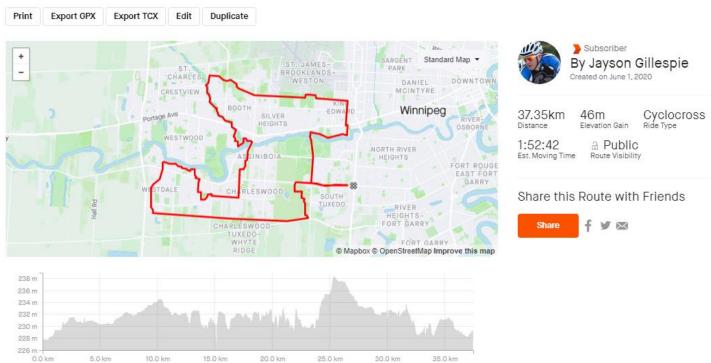
Route: https://www.strava.com/routes/28145595

Urban Cross - B Course (June 1-16'20)

Strava Segment: https://www.strava.com/segments/24291486

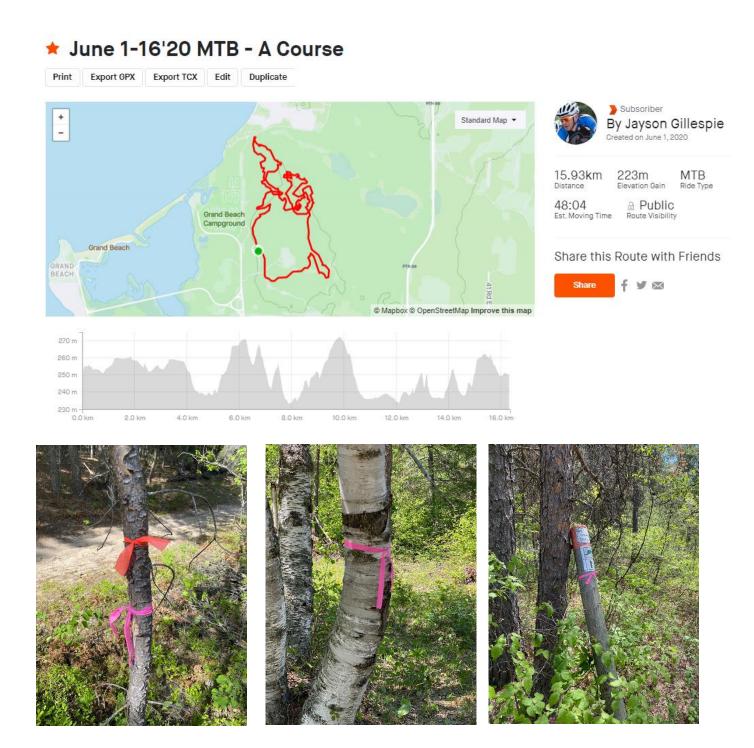Route: https://www.strava.com/routes/28143282

MTB - A Course (June 1-16'20) [Course designed by Wayne Bishop]

Strava Segment: https://www.strava.com/segments/24292635

Route: https://www.strava.com/routes/28146788

> **** Course will be marked with **PINK** Flagging Tape. Course is setup to follow your GPS computer with flagging at junctions to help provide some direction. Some Junctions have multiple trails, so it is encouraged you pre-ride the loop first to learn the directions

MTB - B Course (June 1-16'20) [Course designed by Drew Romanovych]

Strava Segment: https://www.strava.com/segments/24292764

Route: https://www.strava.com/routes/28147190

> **** Course will be marked with **ORANGE** Flagging Tape. Course is setup to follow your GPS computer with flagging at junctions to help provide some direction. Some Junctions have multiple trails, so it is encouraged you pre-ride the loop first to learn the directions