



**MANITOBA
CYCLING
ASSOCIATION**

THE LORD OF THE BIKES

CYCLING TRILOGY CHALLENGE

SUNDAY, OCTOBER 4TH

BIRDS HILL PARK

REGISTER BY THURSDAY, OCTOBER 1ST



MULTI-TERRAIN • OPEN TO ALL • SOLO OR TEAM OF 3





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The Lord of the Bikes – Cycling Trilogy Challenge **Event Details**

The MCA is excited to host a unique cycling challenge for 2020 on Sunday, October 4. “The Lord of the Bikes – Cycling Trilogy Challenge” is the opportunity to do 3 different cycling disciplines all in one event, either solo or as a team of 3.

This challenge will have a mix of components from various sports: cycling, triathlon, and adventure racing. Cycling will include 3 disciplines, and the ability to use all 3 bikes (not required, as you can also use 1 or 2 bikes too); we will have transition zones to swap bikes for the next section of the challenge (if you wish) just like Triathlon; and adventure racing where you won't get much detail about the overall challenge or the next section until you complete that current section you are on.

Date: Sun, October 4, 2020.

Time: Event starts between 1-2pm. We recommend you arrive 1.5hrs before to give yourself enough time to drop off your bikes at the transition zones and to get yourselves ready to make the 1-2pm start time. Further detail provided below under “Start time”, “Arrival time”, and course Staging.

Event Organizers: JP Peters: (204) 799-4471; mtb.mbcycling@gmail.com
Jayson Gillespie: (204) 333-5503; cycling.coach@sportmanitoba.ca

Location: Birds Hill Provincial Park. Park permit can be obtained [here](#)

Parking: You will be told as part of the pre-event instructions that will be sent out on the evening of Saturday, October 3. Do not forget you need a park pass!

Washrooms: Porta Potties will be available. Details will be released in the pre-event instructions.

Hand Sanitizer: every participant is encouraged to bring their own, however, we will have available at start, finish, and each transition zone.

Face Masks: participants and volunteers will be provided with a face mask when they arrive.



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Registration:

[Register Here](#)

- Online registration only
- **Challenge Entry Fee:** \$20 per person (includes GST)
- **Membership Fee:** As this is not a race, but a challenge, both a 2020 MCA membership (general or race license) or Triathlon Manitoba membership are acceptable.
- If you do not hold either memberships, you can purchase a one-day event permit (as part of the online registration process). Cost is \$20 (includes GST)
- **REGISTRATION CLOSES: THURSDAY, OCT 1 AT MIDNIGHT!!**

Categories:

Participants will have the option to compete in one of the following categories:

- Solo (Female or Male). Must be 15 years of age or older
- Teams of 3 (Female, Male or Mixed). Must have at least one participant (16+) on the team, otherwise we recommend participants are 12 years of age or older. Teams that wish to have riders less than 16 years of age, may request permission directly from the racer organizers.

Arrival Time: We recommend that you arrive at the Park 1-1.5hr before you plan to start. This will ensure that you have enough time to drop off your bikes at the transition zones and get yourself ready to be at the start line for 1-2pm. Do not forget, you may need to ride to the start line from where you are going to be parked.

Check-in: Participants/Volunteers/Spectators: At the parking area, please report to the [MCA information flag](#).

Participants: Solo Participants or one member of each team will be asked to check-in and pick-up their MCA mask, food ticket(s), and Instructions for the first section of the challenge.

Spectators: Due to Covid-19 all spectators must sign-in and provide contact details. There will be a separate area to sign-in for spectators.

FACE MASKS: Participants and volunteers will be provided with a Mask. Masks are recommended at all times but not necessary while riding your bike in the challenge.

SOCIAL DISTANCING: Although this is a fun and somewhat social event, your safety is our number one priority. Please help prevent the spread of COVID-19 by adhering to our COVID-19 protocols listed at the end of this document. Physical distancing and hand sanitization are expected by all. Please do your part.



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Start Time: Your challenge will start when you sign in with the start line checkpoint volunteer to record your time. Solo Riders or teams are free to start at any time between 1pm and 2pm. If multiple teams start at once, we will coordinate with teams to ensure physical distancing. If you are a team, you will register your “team name” during the online process and report in with your team name to the start line when you are ready.

Course Staging: There will be no staging for this event. You are free to start anytime on your own between 1pm and 2pm at the start line. **Please practice physical distancing from other team, volunteers, and spectators at all time.** Once you check in, you will be given instructions for the first discipline of the challenge. When you reach a new section of the course, at transition zones, you are free to start the new section whenever you are ready. Remember the clock is still ticking until you reach the finish line.

Race Numbers: Not needed for this challenge.

Passing other Riders: If a participant is catching another participant (solo or team), you must always maintain a distance of 2 meters from one another. Please make sure to inform the other participant(s) that you are passing them.

Bikes

- You are not required to use multiple bikes as the entire course can be completed on one bike
- If you are only using one bike, you need a bike that can be used on trails, gravel, and road. Road bikes will not be able to complete the entire course, so you will need at least a cross, MTB, or fat bike
- you may use any bike as long as it is equipped with front and rear brakes.
- you will have a significant advantage using multiple bikes for this challenge, but this is optional and changing bikes at transition zones may slow you down
- Ideal bikes for this challenge will be a road bike, MTB, and cross bike.



Event Format

- There are 3 discipline sections to the challenge – road, mountain bike and cyclocross. Everyone must complete all 3 sections to complete the challenge. Sections may be broken into multiple parts with one or more different sections between them.
- You will not be given the course details or map until you arrive at the parking lot, and when you are starting a new section of the course (adventure racing format). You do not need a compass, as there will be no orienteering required for this event.
- On Saturday evening, we will send out an email to all participants with details of where you will park and where your bikes are to be dropped off. You will be given instructions on the best bike to start with, start location and other pertinent information to get you started for the challenge. All you will know before then, is that you are doing the challenge at Birds Hill Park.
- For each section of the course, you will be given paper instructions when you complete the previous section. If you are unclear what to do, you can ask the volunteer or other teams questions.
- Each solo rider and team must check-in and check-out of each section before moving on the next section of the course. There will be a volunteer at the checkpoint that you must see to have your time recorded for each section, as well as get your instructions for the next section.
- One only person from each team needs to check-in or check-out with the checkpoint volunteer, however you must arrive and depart as a team.
- If participating as a team, you must stay together as a team (no more than 50m apart), report into transition zones together, and cross the finish line together. Working with other teams is not permitted.
- During each section of the course, somewhere on the course, there will be a sign that will have a word attached to it. **PAY ATTENTION!!** This will not require you to get off your bike, or to stop riding. You just need to remember the word, as you must give this word to the volunteer at the section checkout to verify that you completed the entire section of the course.
- At the end of each section at checkout, you will be given paper instructions for the next section of the course
- You will complete section after section until you have completed the entire course and gotten to the finish line.



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Finish: Once you have completed the final section, you will be given instructions where the finish line for the course is located. After you have reached the finish line and checked-in, you can return to the parking area (if you aren't already there 😊) Please practise social distancing at the finish line by keeping at least 6ft part from other teams, participants, volunteers, and spectators

Bike Pick up (after the event)

- we will have volunteers at the bike transition zones between 11am and 4pm.
- Please pick up your bikes immediately after the event, so that volunteers are not waiting around for you to socialize. You can return to parking area after you pick up your bikes.

Results / Prizing: This is not a race, but we will keep track of everyone's time for interest only. Results will be posted online once all teams have completed the course. Prizing will be random draw prizes, not be based on results

Food

- Every participant will be provided with a meal at the end of the challenge.
- Food will only be available for participants and volunteers of the event
- Each participant will be given a meal ticket when they get their start instructions
- If you have food allergies or special food needs, please be prepared to bring your own food. Further information on what will be provided will be communicated soon so you can plan accordingly.

What you need to Bring to Participate

- Bikes you plan to use for the event (1 -3 bikes)
- Shoes for those bikes
- Helmet
- Clothing you plan to wear.
- Food & water for the ride
- Zip lock bag to carry your instructions
- Supplies to be able to deal with your own mechanicals

What will be provided to you by the Organizers

- Event instructions & Maps before and during the event
- Transition zone space to safely leave your bikes for the event
- Post-event meal
- Random draw prizes for participants



COVID-19 Protocols

PLEASE SEE THE MCA'S FULL RETURN TO RACING PROTOCOL DOCUMENT ON THE MCA WEBSITE.

All cyclists and guardians are expected to adhere to the Provincial Health Officer's (PHO) orders and guidelines with respect to COVID-19. Please be aware that Provincial procedures could change at any time. We have a legal obligation to meet the rules and regulations set out by the Provincial Health Authorities. Please take extra precautions to keep safe and prevent the spread of COVID-19.

GENERAL GUIDELINES - TO BE RESPECTED AT ALL TIMES

- If you have any symptoms of COVID-19 (fever, cough, sore throat, runny nose, headache, or shortness of breath), you should NOT participate. If these symptoms begin during an organized cycling activity, you must leave immediately and contact local public health office for recommendations. You must also inform your club and/or personal coach.
- In addition, the following individuals should not participate in organized cycling activities:
 - Any person who receives a diagnosis of COVID-19. Individuals must comply with the current mandated self-isolation policy as per the Manitoba department of Health, Seniors & Active Living (<https://www.gov.mb.ca/covid19/index.html>)
 - Any person who has been told to self-isolate.
 - Any person who lives in a home with or has been in close contact with someone with symptoms of COVID-19.
 - Any person who has arrived in Manitoba from outside of Canada within the last 14 days as they are mandated to self-isolate and monitor for symptoms for 14 days upon their arrival.
- All participants must always practice recommended social/physical distancing by keeping two meters (six feet) away from one another.
- Washing your hands frequently following the recommended guidelines of a minimum of 20 seconds (it is the single most effective way of reducing the spread of viruses)
- Do not touch your face, eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough (NOT YOUR HANDS).



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- Practice enhanced hygiene, including regular cleaning of equipment.
- Use an alcohol-based hand sanitizer containing 60% alcohol if soap and water are not available
- Be self-sufficient on the bike – leave prepared for nutrition, hydration, and mechanicals.
- Do not share equipment, food, drinks, utensils, water bottles, etc.
- Do not shake hands, embrace or high-five to celebrate.
- Do not loiter before or after organized activities.
- Avoid contact with sick people, including avoiding close contact with people suffering from acute respiratory infections
- Current Group size – limited to Manitoba Health Authority recommendations of 100 persons outdoor and 50 persons indoors.



Frequently Asked Questions (FAQs)

1. What if I miss the registration deadline?
 - Registration closes at midnight on Thursday, October 1. Do not miss the deadline as we need time to get everything ready. You will not be allowed to register after the deadline
2. Are there any restrictions on team kits, clothing, costumes?
 - You are free to wear whatever you want for this event
 - We do ask that your clothing is socially acceptable and safe to ride in
3. Can I buy my park pass at the entry booth?
 - No, you must buy it online through the [Manitoba Government website](#)
4. Can I access the park from both the east and west entrance? **Yes**
5. Will the map be paper or sent to our phones?
 - The maps provided will be paper only. Bring a large zip lock bag if it rains to put your map in.
6. Do I need a compass? **No.** You will just follow a route that has already been laid out for you
7. Do I need to be an experienced rider? **No, this is a fun event that is open to all abilities**
8. Can one person register the team (and provide team name) or does each individual need to register? If each individual is registering, do they provide their team name?
 - Each individual person must register to meet Covid-19 screening requirements
 - You can either create or join a team that has already been created
 - If you are riding solo, then just register as a solo rider
9. What if I have a mechanical?
 - Bring everything you need to be self-sufficient and make your own repairs
10. I have a food allergy or special meal need?
 - Please contact the race organizer
11. What happens if I do not have the correct code name at the transition point?
 - Pay attention as this is a critical part of the event to ensure that everyone does the entire course.
 - If you miss it, then you will need to go back and find the sign with the correct work



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12. What if I get lost? (i.e.: do not know Oak Ridge or the way around the park?)

- You will be given maps that clearly show you where to go for each section of the course
- When riding specific sections or trails, everything will have direction arrows to mark any turns

13. Are there any restrictions on team names?

- Yes, name must be socially acceptable. Aka - you must be able to say it to your Grandma and not have her gasp in shock

14. I do not know if I have a license. Who do I contact?

- Log into your CCN account and verify
- You can also email Laura Finlay to verify at cyclingmb@gmail.com.

15. Where do we check-in when we arrive to get our next set of instructions?

- You will be given these details with the information sent out on the evening of Sat, Oct 3