

**Back 40 MTB Race**  
**On June 11th , 2023**  
**Presented by Country Cycle**

Online registration is available at CCN

Payment online or race day registration only. (Exact cash on race day please)

**Contacts:** Peter Loewen

**Email:** peter@countrycycle.ca

**Phone:** (204) 823-1720

**Location:** Lake Minnewasta Recreation Area (Colert Beach), in Morden, Manitoba.

**Driving Directions:** Head west on Highway 3 through Morden, turn south at the Super 8 Motel onto Colert Road and enter through the Camp Ground Gate. Please tell them you are there for the Back 40 Race or to pre-ride the trails. Once through the gate, keep heading straight (right) go past the campground and beach area until you get to the dead end, turn right on Leslie Drive (probably no sign for Leslie Drive). The start of the trails is along the lake, about 100 meters from the corner.

**Eligibility:** MCA licenses are NOT NEEDED, all racers are welcome, there is day insurance in place for all NON MCA racers.

**Categories:**

80 KM MARATHON (5 LAPS)

Adult (18 and over) male and female categories

Must be an experienced MTB racer. No first time racers please.

32 KM XC – (2 LAPS)

Intended for experienced racers

Two Age Categories: 13-29 years, 30 and older, male and female categories

16 KM XC – (1 LAP)

Intended for those want to just have fun or new racers

Two Age Categories: 13-29 years, 30 and older, male and female categories

Youth Racers from U13 – U17 can choose between the 1, 2 or 3 lap XC options and will be put in the adult race.

We encourage new racers to choose the 1 lap option. Youth racers must have a parent or guardian at the race to sign them in and also be present on site during the race please.

U7, U9, U11, U13 (5-12 YEARS OLD IN 2018)

Short kids course, lap counts depend on age Category. 20-30 minutes maximum race times. No kids under the age of 5 please.

**Race Day Schedule:**

- Registration Opens - 8:00am You must sign in/register at least 30min before your race.
- Kids Pre-ride (U7, U9, U11, U13): - 8:30-9:00am
- Adult Pre-ride: - 8:00-9:00am
- 80km Marathon (5 lap) Start: - 9:30am
- Kids Race: (U7, U9, U11, U13): - 9:35am
- 32km (2 lap) Starts 12:00pm
- 16km (1 lap) Starts: - 12:30pm

**Race Fees:**

Pre-Registered 80km - \$40

Race Day 80km - \$50

Pre-Registered 32km/16km U13-Adult - \$40

Race Day 32km/16km U13-Adult - \$50

U7-U13 (Kids Race) - \$FREE

Race Day Walk Up only Registration for kids.

Parents must register their kids & be present while kids are racing.

**Pre-Registration:** The pre-registration deadline is **June 10th @ NOON**

**Race Day Registration:** If you miss the pre-registration deadline you must register onsite.

On-site registration will be open at 8:00am and will close 30min before your race start time:

Kids Race: 8:00-9:05am (Start time 9:35am)

80km: 8:00-9:00am (Start time 9:30am)

32km 8:00-11:30am (Start time 12:00pm)

16km 8:00-12:00pm (Start time 12:30pm)

**Check In:** All registered riders (including pre-Reg) must "Check-in" at the registration table during the registration period for their class listed above.

**Awards:** Prizes will be given to the top 5 finishers in each adult category once all races have finished, **There will be draw prizes for all who pre-register!**

**Race Course:** These are some of the most fun and flowing single track trails in Manitoba. You are either going up or down on the single track sections. There are two sections of gravel road for a few miles in total each lap, otherwise it is pretty much a roller coaster of some of the best single track in Manitoba. There are over a dozen short to medium length bridges on the course. The surface is hard packed dirt.

**Medic:** To be located at the start/finish line.

**Food:** Burgers and a drink will be available for all racers. \$5 will cover burger and drink for non-racers

**Parking:** Follow driving directions, park grass where you can find a spot. **Washrooms:** Portable bathrooms will be available on race day.

### **General Race Rules:**

- All racers must wear a CSA approved helmet while riding on OR off-course (even the parking lot), before, during and after the race.
- It is the racer's responsibility to know where to "lap" and where to "finish", if you do not know ask the officials during Staging on the starting line BEFORE your race. It is not the commissaires' responsibility to tell you where to lap or finish during the race, but we will try to help.
- All racers who do not finish MUST report to the officials at the Finishing Line to let them know they are not finishing.
- All racer's must operate a bicycle in good working order, with both front and rear working brakes.
- Racers will NOT be permitted to pre-ride or ride on the course once the 80 km Marathon race has started at 9:30am on July 7th. If you wish to pre-ride, the course will be marked by 3pm the day before the race or before 9:00 am on July 7th.
- Racers shall act and race with caution and respect for their fellow racers. They may be held responsible for any accidents that they cause.
- A racer must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing or blocking in any way (so basically, let faster riders pass you, do NOT obstruct or block them in any way, hold your line). "Blocking" Won't win you this race.
- If a rider exits the course for any reason, he/she must return to the course at the same point from which they exited (you must stay on the course, no short cuts on unmarked corners either). STAY ON THE TRAIL.
- Music players and electronic devices are NOT allowed by any racers during any events.
- Handlebars must have end caps.
- Glass containers are not allowed on the course, including the feed zone.
- Spectators should not be on the actual trail of the course if possible. They are welcome to spectate from the sides of the course, but must be careful not to impede any racers.
- Spectators can not help or assist racers with mechanicals.