



Updated: April 24, 2023

**Directions:** Coming from Winnipeg, take the #1 Highway east towards Falcon Lake. Turn right off the highway at Falcon Lake exit. Carry on straight through the first 4 way stop intersection and take the road that forks to the right of the Park District Office. Carry on past the golf course, past Lumber One building supplies, the road will bank to the left, you are now on South Shore Road. Carry on down South Shore road for approximately 15 minutes. At the fork, you can take either route, the right (southern) bypass is gravel but it's faster and there are no speed bumps. Carry on down to the very end of South Shore Road until you arrive at the Falcon Ridge Ski Slopes.

Google Maps Link:

<https://www.google.com/maps/place/Falcon+Ridge+Ski+Slopes+%26+Trail's+End+Caf%C3%A9/@49.7037703,-95.1903814,15z/data=!4m5!3m4!1s0x0:0xe3cd7688541abc56!8m2!3d49.7037703!4d-95.1903814>

## Accommodation:

Overnight accommodation options in the area including camping, hotels and cabin rentals. Please visit [this webpage](#) for more details and be sure to select the "South" filter at the top of the page under "Areas".

## Eligibility:

The race is open to all. Valid UCI/CCA/MCA race license or a Day Permit\* are required and must be shown to registration on race day. To purchase a UCI/CCA/MCA license visit the [MCA Website](#).

\*Day permits are available at a cost of \$20 per event for non-MCA licensed riders who wish to participate in an MCA-sanctioned event without purchasing a full license. Up to three Day Permits may be purchased per year. The cost of Day permits can be "rolled" into a full license at any time.

\*\*\*\*\*IMPORTANT\*\*\*\*\* Day permits DO NOT provide sport accident or liability insurance for the permit holder. Rather, they are in place to "Protect" the MCA, the Race Organizer and volunteers, and licensed riders. We strongly encourage all participants to consider the benefits of a full MCA racing license.

## Registration:

### Registration:

**PLEASE NOTE: Unlicensed persons may register and participate but they must purchase an additional "Day Permit" for \$20 when registering. It will come as an add-on option during registration.**

Click here to register:

<https://zone4.ca/register.asp?id=31969&lan=1&cartlevel=1>

**Registration closes: 11:59pm Thursday, May 18th, 2023**

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### **Race day registration:**

#### **There will be No Race Day Registration**

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**Check In:** All registered riders must "Check-in" at the registration table. On-site check-in opens at 9:30am and closes 1/2 hour before your event start time.

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## **Categories:**

### ***Kids Race\**** - Male and Female

- U7
- U9
- U11
- U13

### ***Main Event\*\**** - Male and Female

- U15
- U19
- Sport (under 35)
- Master Sport (35 and up)
- Comp (male only)
- Expert
- Elite

\*All events have gender neutral starts. Please self-seed at staging based on your perceived ability level for your event of choice. Allow faster riders to the front.

## **Pricing:**

Kids (Under 13)	\$15
Youth(13+)/Adults	\$30

## **Course Pre-ride:**

The full course is available for pre-ride all the time. Course preparation work will be underway on Friday the 15th. Riding is permitted but please do not expect a fully marked course.

*\*Kids races utilize a portion of the adult course. Pre-riders must be off the course by 11:00am. This is not a large pre-ride window... so prepare early for one lap pre-ride if you so choose.*

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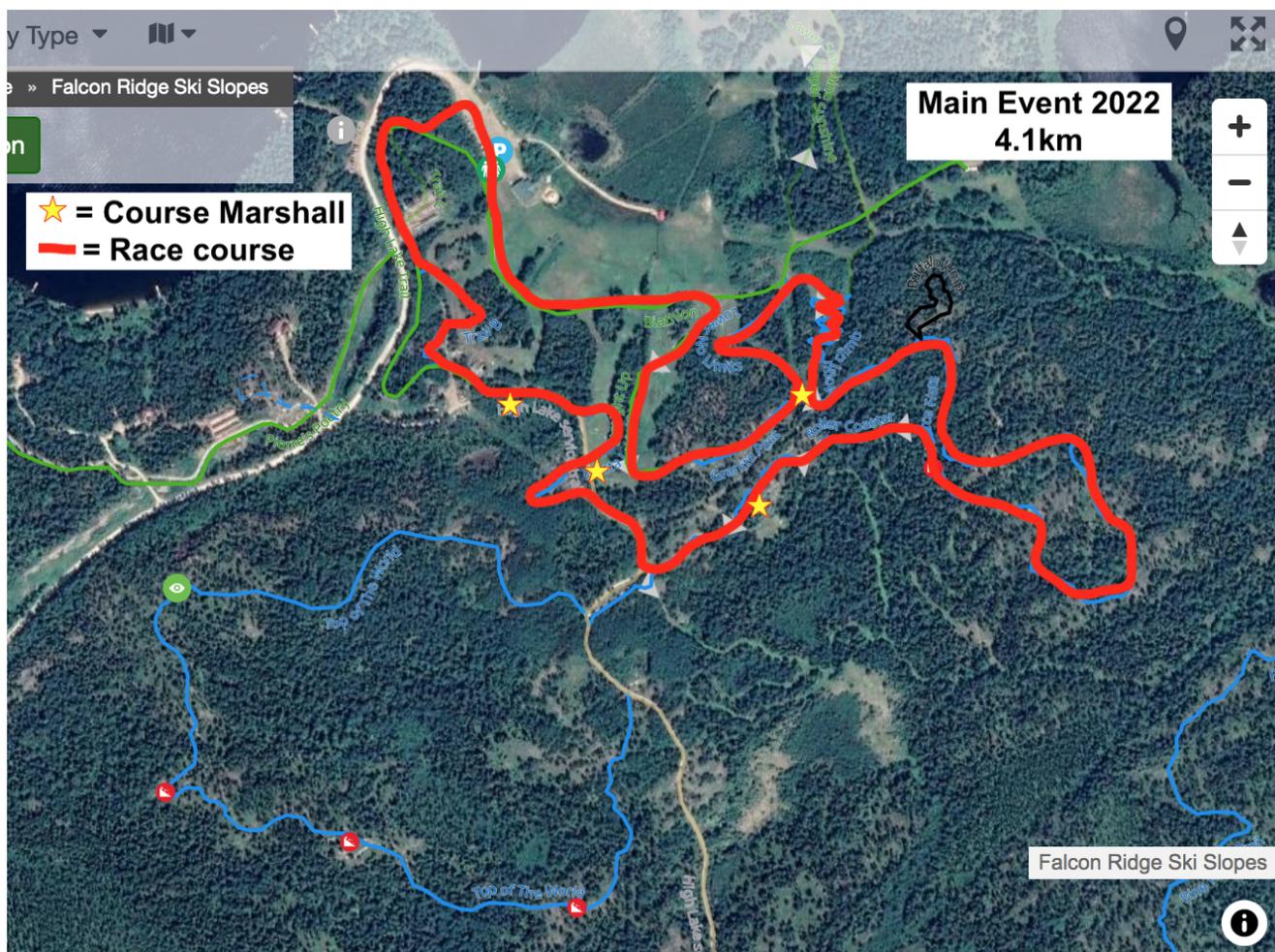
## Courses:



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## Podium & Prizing:

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|-------------|---|
| Kids Races  | There will not be a podium for kids races. Kids race participants will receive candy or similar food items. |
| Main Events | There will be cash prizes for the top athletes and draw prizes for all participants.                        |

## Course Description:

Falcon Ridge is well known for its technicality. The track surface may consist of a variety of terrains including singletrack, doubletrack, dirt, loose dirt, gravel, sand, hard pack, stone, mud, and/or grass. The course will offer technical features that may include rocks, roots, logs, and human-made special features. Difficult technical features may offer several line choices, “A” denoting the more difficult option, and “B” denoting the alternate or moderate option, and potentially an option “C” which would denote the easiest option.

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## Race-day Schedule:

(Staging for each race will begin at least 15 minutes in advance, please listen for the commissaires to announce staging and prepare early)

### **FALCON CUP RACE DAY SCHEDULE**

- 9:30 - Kids events pre-ride (U7, U9, U11, U13) on Kids Course and registration opens
- 11:00 - event #1 (U7 & U9)
- 12:00 - event #2 (U11 & U13)
- 12:45-1:00 - event #1 & #2 Kids Races Podium Ceremony
- 1:00 – 1:45 - Adult course pre-ride
- 1:15 - Registration Closes
- 1:45 - Staging for Adult Race
- 2:00 - event #3 (Expert, Comp, Sport, Sport Master, U15, Youth Sport) on Adult Course(s)
- 4:00 - event #3 Adult races Podium Ceremony

## Food:

Please note that food and beverage are not included in the base registration fee. The licensed Trail's End Cafe will be operating on race day for both racers and the public and will have an amazing selection of fine food, drinks, and snacks for you to purchase on site. **CASH ONLY**, please bring cash! Enjoy a celebratory beer on the patio after your race!

## Parking:

There will be parking on-site at the Falcon Ridge Ski Slopes parking lot. Please drive slowly and watch for children and cyclists.

## 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.

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- You may only wear the jersey of a club or team to which you currently belong, i.e. do not wear a Pro team jersey unless you are currently a member of that Pro team.
- Previous years cup 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.



**TO REGISTER FOR THE FALCON CUP CLICK [HERE](#)**