

Mooswa Meat Grinder - Race Bible
July 13, 2024

Race Website:

- <https://MooswaMeatGrinder.wixsite.com/2024>

Race Organizer:

- Robert Helms - MooswaMeatGrinder@gmail.com

Registration:

- Online registration is encouraged, recommended and available online (see race website for details).
 - closes Thursday July 11th at 11:59pm
- If you do not have an MCA Race License there is a \$20 Day Permit Fee that is paid online when you register.
- Choose which distance (40, 80, 160 kms) you want to race in.
- Walk-up registrations will be accepted, but cost will be \$60, which covers registration fee and MCA Day Permit.

Cost:

- For MCA licensed riders: All distances: \$35 registration.
- Non-licensed riders must purchase a Day Permit (\$20) in addition to the \$35 registration fee.
- ***Walk-up Registrations (day of event): \$60 (cash or EFT)***

Parking:

- Parking is available on site at:
 - Erickson Recreation Centre, 29 Queen Elizabeth Ave., Erickson MB R0J 0P0.
- Erickson is located on PTH 10, 90 kms north of Brandon, 20 kms south of RMNP.

Race Formats:

- Mass starts with Neutral Roll-Outs through Erickson.

Times:

160 km Race

- 7:00 Registration/Sign-In Opens
- 7:15 Call-Ups
- 7:30 Start
- Neutral Roll-Out will be used to get all racers across PTH 10.

80 km Race

- 10:15 Call-Ups
- 10:30 Start
- Neutral Roll-Out will be used to get all racers across PTH 10.

40 km Ride

- 11:30 Registration/Sign-In Closes
- 11:45 Call-Ups
- 12:00 Start
- Neutral Roll-Out will be used to get all riders through Erickson to the gravel start.

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Categories:

- 40/80/160 km Male
- 40/80/160 km Female

Awards:

- Prizes will be given to the top 3 finishers in each category once all races have finished.
- Prizing starts once registration exceeds 60 entries.
- Prizing amounts will be based upon total number of registrations - more registrations - more prizes!

Race Regulations:

- All racers bikes must operate a bicycle with both front and rear working brakes.
- All racers must wear a CSA approved helmet while riding on-course and off-course.
- Riders shall act and race with caution and respect for their fellow racers. They shall 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.
- The organizer and/or officials retains the full right to refuse any rider from racing.

Navigation:

- A GPS device (Garmin, Wahoo, etc.) is highly recommended.
- Course will be marked with Turn Arrows.
- Paper Maps or Turn-By-Turn Directions (strip maps) will not be provided.
- GPX files are available on the race website:
 - <https://mooswameatgrinder.wixsite.com/2024>

Water & Supplies:

- Aid Stations will be setup on both the 160 km and 80 km courses
- No caching of water or supplies on the course is permitted.
- No outside assistance other than at the identified Aid Stations.

Courtesy and Safety:

- This is not a closed course - the course is open and the public can access the course at any point.
- Keep your head up at all times.
- Be courteous to others.
- You are responsible for you!

Washrooms:

- Washrooms will be available at the Erickson Campground, next to the Recreation Centre.

Wildlife:

- This is Bear Country.
- Do not be surprised if you encounter Black Bears.
- Despite what you think, they are more afraid of you than you are of them.
- Also expect to see Turkey Buzzards, Foxes, Hawks and Eagles.