



RACE GUIDE

Presented by: Provincial Team

Birds Hill Provincial Park, Manitoba Canada

Date: Sunday, July 07, 2024

Location: Birds Hill Park, Manitoba Race

Sign-In/Registration: East Beach Parking Lot

Registration opens at 8:30 AM and closes at 9:30 AM

Start at 10:00 AM. Please arrive early to allow time for road numbers pick-up (if have raced earlier this year bring and use same set of numbers)

Back-up registration site, if the East Beach gate is not open, is 400 meters towards the East Gate, south side of Festival Drive. Approximate coordinates 50.010786, -96.856493

Pre-registration at <https://zone4.ca/event/2024/YRzP6z/>

Pre-registration Fee: \$25.00, Pre-registration deadline is Saturday, July 06 11:59 PM.

Race day registration is \$45.00, cash only.

Race Categories: The race is open to men and women, Cat 1/2/3, Cat 4, Cat 5

All racers must hold a valid 2024 Manitoba Cycling Association Race license or UCI license (no day permits allowed for road races).

Schedule

9:45 AM instructions & assembly at sign in/registration location, 10:00 AM start. Riders will ride neutral to the Bird's Hill Park Loop (South/North Drive) where the categories will be started at intervals:

Cat 1/2/3: 10:00 AM
Cat 4: 10:07AM
Cat 5: 10:14 AM

Race course is the Birds Hill Park clockwise full loop. Finish line is at the top of "Pan-Am Hill". Race format: Road Race Distance: Cat 1/2/3 - 8 laps, Cat 4 - 6 laps, Cat 5 - 4 laps.

There will not be follow vehicles for each category. One follow vehicle will follow the last rider on the road. No personal/team/club follow vehicles are allowed on the race course. Please note **no** parking on grass is allowed in Birds Hill Park. Parking at East Beach parking. No parking on the road nor on the side of the road at the finish.

Prizing will take place in the finish line at the top of Pan AM hill following the completion of the Road Race.

Waiver **MUST** be filled out and signed for each racer (for pre-reg: online, same day reg at sign in/reg).

Riders are required to wear a hard-shell ANSI or SNELL approved helmet while racing, warming up, and cooling down including while riding in parking lots.

Courtesy and Safety: The courses are open, and the public can access the course at any point. Signs will indicate that bike race is in progress, but marshals do not have authority to prevent people and vehicles from entering the course. Keep your head up at all times. Be courteous to all vehicles and pedestrians.

Washrooms available in East Beach park, please refer to Birds Hill Park information for location.

You will need a Provincial Park Pass for your vehicle.

Race Organizer: Provincial Program cycling coach: Nick Bergen / cycling.coach@sportmanitoba.ca

If you would like to volunteer, please reach out to the race organizer. Thank you!