



Race Guide

Event Date: Sunday, July 6th 2025
Presented by: Boundary Trails Nordic and Country Cycle

Schinkenvad MTB Race

Registration:

- Online registration is available [at Zone4](#).
- Payment Options: Online registration only (Closes July 4th @ midnight)

Race Contacts:

- Cheryl Koop
Email: cherylkoop@gmail.com
Phone: (204) 324-0144

Race Details:

- Location: Gord Hamm's Trails in Thornhill, MB
- Driving Directions: <https://maps.app.goo.gl/bPoh6c9JeBm5PPvB9>
Parking will be across the street at the Shannondale ski trails.

Eligibility:

- MCA licenses are NOT required – all racers are welcome!
- Day permits are available.
 - U13: \$5.00
 - U17: \$10.00
 - 18+: \$35.00

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 Provincial Race License.”

Racers may purchase up to three (3) day permits per year. After three (3) single event permits, participants must upgrade to a full MCA Race License.



Categories: (Laps)

- U7 M/F - 10 - 20 mins
- U9, U11 M/F - 15 - 30 mins
- U13 M/F - 20 - 45 mins
- U15 M/F - 30 - 55 mins
- U17/19 M/F - 40 - 65 mins
- Sport M/F - 50 - 70 mins
- Comp Men/Expert Women** - 60 - 80 mins
- Expert/Elite Men** - 75 - 90 mins

**2025 Canada Summer Games Selection Categories

Kids Race (U7-U13)

- Age Categories:
 - U7 (6 in 2025)
 - U9 (8 in 2025)
 - U11 (10 in 2025)
 - U13 (12 in 2025)
- Course: Short kids' course (lap count based on age).
- Race Duration: 20-30 minutes max.
- Minimum Age: No kids under the age of 5.

IMPORTANT:

Parental Requirement: A parent or guardian must be present with their child at registration to sign them in and must remain on-site for the duration of the race. (And don't forget to cheer for all the racers!)



Race Day Schedule:

Time Event

8:30 am Registration Opens (Participants must sign in at least 30 min before your race) 8:30 -

10:30 am Pre-Ride

10:45am Course closed

11:00am Event #1 Staging (U7,U9)

11:15am Event #1 Start - (U7, U9)

12:00 pm Event #2 Staging (U11/U13)

12:15pm Event #2 Start - (U11/U13)

1:00pm Kids Awards

1:30pm Staging for Adult Race

1:45pm Event #3 (Expert/Comp/Sport/U15/U17) Start

4:00pm	Awards
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Race Fees:

Category Pre-Registered only

Adult Races \$40.00

U17/U19 \$30.00

U13/U15 \$25.00

Kids Race (U7 – U11)	FREE
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▪ Parents must register their kids and be present while they race.

▪ Pre-registration Deadline: July 4th @ MIDNIGHT



- Prizes will be given to the top 3 finishers in each adult category once all races have finished.

Additional Race Information:

- Medic: To be located at the start/finish line.
- Food: Burgers and a drink will be available for all racers. \$7 will cover a burger, a drink, and a side for non-racers.
- 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 racers must operate a bicycle in good working order, with both front and rear working brakes. No bar extensions are allowed.
- 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 cannot help or assist racers with mechanicals.