

VELOCROSS

2025 Race Guide

When is it?

Sunday, September 28, 2025

Where is it?

LaBarriere Park; 4403 Waverley St, La Salle, Manitoba

Presented by: Velodonnas Cycling Club



1. Registration

- **Online Registration Link:** <https://zone4.ca/register.asp?id=39551>
- **Online Registration closes Friday, September 26, 2025 @ midnight.**
- **Race Day (walk up) Registration:**

There is limited opportunity for walk-up or in person registration. You must arrive at least **one (1) hour** before your race start and a **\$15 surcharge will be levied on top of the listed fees.** (This does not apply to the Kid's race, though advance registration is strongly encouraged to help the commissaries and reduce stress for the kids).

****A paper waiver must be signed on site before the start of the race****

2. Who can race?

- UCI or Manitoba licensed racers can race in categorized races.
- If you do not have a 2025 race license, you may purchase the one-day permit or you can upgrade to a Manitoba Race License. If you upgrade before registering for the event and choose to purchase a MB Race License, you will only be charged the difference plus the processing fee.
- **KIDS!!** There will be a 2 kid's races – (Kids will need a MCA license or a 1-DAY permit to race)
 - U13 (Age 12 & under) kids with a bit more experience (e.g. Kids of Mud kids)
 - U11 (Age 10 & under) kids with less racing experience.

- **One-day Permit:**

- If someone wants to try a race, the one-day permit is required to participate.
- **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.

3. How much is it to race?

MCA Licensed Racers:

- Adults **\$45** (Age 17 and over)
- U17 **\$35** (Age 16 and under) racing in the adult races
- Kids **FREE** (Under 13 years of age)

NON-Licensed Racers*:

- Adults **\$45** plus \$35.00 Day-Permit
- U17 **\$35** plus \$10.00 Day Permit
- Kids **FREE** plus \$5.00 Day Permit

If timing chips are not returned at the end of the race, the racer will be charged \$75 timing chip replacement fee.

4. Race Organizer:

- a. **Contact:** Donna Rose
- b. **Phone/Text:** (204) 799-4182
- c. **Email:** donnarose28@hotmail.com

5. SCHEDULE

Time	Event	Notes
9:00 AM	Registration Opens	<ul style="list-style-type: none"> All racers MUST sign in before their race or they will be considered a "Did Not Start". Sign in closes 30 minutes prior to your event, Please arrive in plenty of time to sign in for your event, especially if you need a new number!!
9:00 AM – 10:00 AM	Course opens for pre-riding for kids	
10:00 AM	Kids Event: <ul style="list-style-type: none"> U11 kids and younger, U13 kids with less racing experience 	Duration: 15 – 20 Minutes
course change over		
11:00 AM	Course opens for pre-riding.	
12:00 PM	B Event	Duration: 40 Minutes
1:00 PM	Prizing for B Event	
1:15 PM	A Event	Duration: 60 Minutes
2:30 PM	Prizing for A Event	
2:45 PM	C Event	Duration: 30 Minutes
3:30 PM	Prizing for C Event	

6. TECHNICAL INFORMATION

Regular Cyclocross rules will be enforced. For example, all racers in the 'A' and 'B' events (Cat 1/2/3 racers) require a Cyclocross style bike. This includes, but is not limited to:

- Maximum width of tires = 33 mm
- Road style handlebars (NO straight bars)
- Maximum width of handlebars = 50 cm
- C racers will be allowed to race on a mountain bike if you don't have a cross bike.
- A safe bicycle in good working order is required. The Commissaries can exclude bikes that are deemed unsafe. A proper cycling helmet must be worn at all times...NO EXCEPTIONS (i.e. while training, racing, riding around the staging area, etc.)
- Pre-riding may only be done during the designated times.
- Everyone riding on the course during scheduled Pre Ride/training times MUST have a current MCA/UCI Race license (UCI License) or day permit. Non members or those without a day permit 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.
- Riders shall act and race with caution and respect for their fellow racers. They shall be held responsible for any accidents that they cause.
- It is a racer's responsibility to know the race course and the number of required laps before the race starts. Marshalls 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 re-enter the course).
- Sleeveless jerseys are NOT allowed.
- 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.

- 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.

7. ASSEMBLY AND SEEDING

Riders will assemble 10 minutes before the scheduled race start and will be seeded according to race officials.

This is important; this is a public park so there is no liquor license. As such, please don't consume and/or supply alcohol to any racers.

8. PRIZING

For the top 5 of each race (female and males will be prized separately) prizes will be handed out after each of the races. There will also be candy for the kids which will also be handed out after their race.

9. **WATER** – water will not be supplied to racers. Please come prepared.

10. **FOOD** – there will be no food provided. Please come prepared.

11. RACE CANCELTION / REFUND POLICY

If the race is cancelled for any reason, refunds may be considered on a case-by-case basis, less an administrative fee. The Velodonna's have incurred costs to host this event regardless if the race proceeds or not.