



RIDE GUIDE

August 15, 2026



General information

The Glacial Grind - Gravel Ride

Date: August 15, 2026

Time: **Check-in:** 8:45 - 9:45 AM **Start Time** - 10:00 AM

Event Contacts

Name	Email	Phone	Position
Derek Eidse	djeidse@gmail.com	204-797-1096	Organizer
Red River Ski Patrol (Jason Elliott)	JasonR.Elliott@unb.ca	(778) 990-2536	First Aid

Registration: <https://www.bikereg.com/drr-glacial-grind>

Registration opens on June 11

Closes at 11:59 PM, Thursday, August 13th on **BikeReg**.

No Walk-Up Registration

Transgender and Non-binary Athletes participating can register in the category of their Gender identity or of their choosing.

A waiver **MUST** be filled out and signed for each racer.

Costs: Adults - \$40 if you have an MCA General or Race License

U18 - \$30 if you have an MCA General or Race License,

+ \$35 MCA Adult Day Permit if you don't have an MCA license- see www.mbcycling.ca

or \$10 Youth Day Permit if you don't have an MCA license

* Note: Only MCA members have Sport Accident Insurance coverage

** All out of province racers must have a valid UCI race license.

Refund Policy

- Refunds will be considered on a case by case basis
- All refunds are subject to a non-refundable processing fee charged by the registration platform.
- Obtaining a refund by initiating a chargeback on your credit card may result in you be banned from future events

Ages: Solo:18+

100 km:16+ only

*Ages 10-18 must have a guardian, parent, or coach riding in the event.

** please consider 60km distance if you've never cycled 100km on hilly gravel roads.

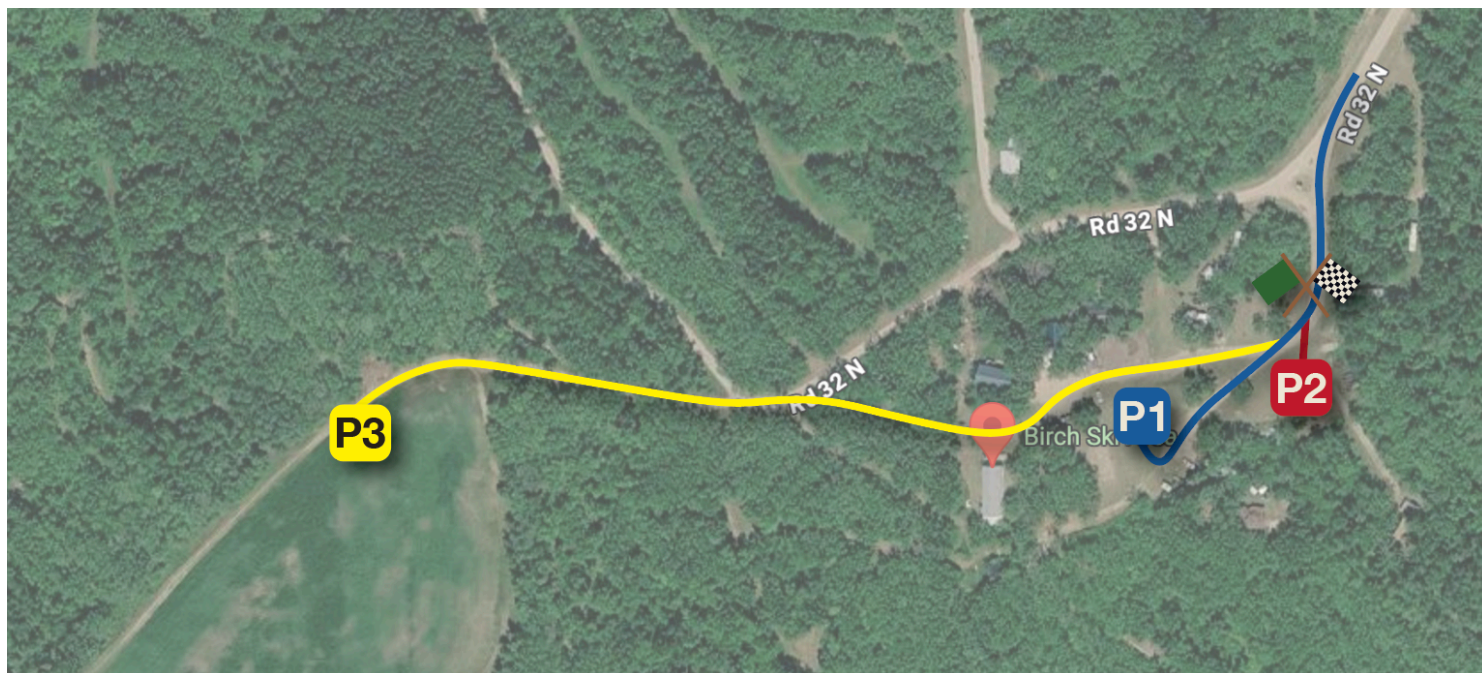
Schedule of Events

Distance	Start Time	Expected Finish Time
100 km	10:00 AM	1:30 - 4:30
60 km	10:00 AM	Noon - 2PM

Location: The event will start and finish at Birch Ski Area on Rd 32N. <https://maps.app.goo.gl/WnSRy6XEMEmUUXet5>

Directions - Drive approximately 27km west of Carman, MB. From the corner of PR240 & PR245 continue 1 mile west along PR245 and turn left (southbound) onto Road 40W. Then continue straight for another 2 miles until you come to an intersection that has a white shed and turn right (westbound) onto Road 32N. Continue straight up the two hills, and after curving to the left, you'll arrive at Birch Ski Area.

Parking



Overflow Parking will be in the field at P3.

Course Description

- The course follows gravel roads, quad track, old rail beds, the Great Trail, and dirt roads. The course will be marked with sign arrows, spray paint arrows on the road surface, and a .GPX file will be available on the Dark Red Racing FB Page at least one week prior to the event. A small paper map will also be available on the FB Page (to print at home), as well as at the Check-In on the morning of. The full 100km route will have seven to ten King/Queen of the Mountains Segments. Approximate start and finish points will be signed for these as well. The 60km ride will have approximately 500m of elevation. The 100km ride will have approximately 1000m of elevation. Course maps will have an elevation profile.
- Support: There will be TWO opportunities to refill water bottles - at approximately 33km and 60km (as the course loops back through Ski Birch Parking Lot).
- **Each rider will be responsible for their navigation.** There will be no Course Marshals.
- There will be an **alternate route** prepped, in case of heavy rain. Check the Facebook Page for details and updates.

Rider Confirmation and Sign In

VERY IMPORTANT! Every participant must SIGN IN at the Registration Desk and SIGN OUT at the Start/Finish area. This is to make sure all riders have returned from the ride.

Awards

The QOM and KOM winners will receive championship belts that they can keep for the year and leather metals/coasters to keep for good. These will be determined by cumulative time for the K/Qom segments

(so it will only be chosen from participants completing the full 100km route). **Strava will be used to calculate these results, so if this competitive challenge appeals to you, you will need to sign up for The Glacial Grind Strava Club:** <https://www.strava.com/clubs/glacialgrind2026>. Segment times take a bit of time to tabulate, but are often confirmed within 1 hour of the faster 100km finishes.

This is not a race. The overall elapsed time is not recorded or used to produce results. The main goal is to explore and enjoy the wonderful roads and paths that run up and down what used to be the western shore of a major glacial lake.

How to Ride the Glacial Grind

- 1) Go Hard From the Gun - not your best option - you're going to be tired for the climbs, which are really the only parts that count. Think of it as an interval workout, with short, hard efforts, and long recovery.
- 2) Ride with your team or your friends - probably your best bet - (Be Social - Hammer - Regroup) x # of segments.
- 3) If you've come on your own - latch on to the group that looks to match your riding level.

Event and Course Safety

- In the gravel grinder spirit, you are responsible for you. With the exception of the support stations mentioned above, you are expected to have what you need to deal with any issues (mechanical, mental, physical, other) that may arise on the road.
- There will be a follow vehicle(s) that will drive the course to make sure nobody is left out there.
- The race director will also be roaming the course. Signal with a "Thumbs-up" to indicate that all is well, or a full open-hand "stop" if you need support.
- Carrying extra water, tubes, chain tool, cell phone, etc. is recommended, as is riding with a friend(s) that won't leave you in a bind.
- First Aid will be provided by Red River Ski Patrol, who will be located at the Start/Finish Area.
- For your safety, if you withdraw from the event for any reason, you must inform the officials at the Start/Finish Area that you will no longer be racing. Riders not reporting to the commissaire may be subject to a fine.
- The race course is open to the public.
- Ride within the designated route. Ensure you ride safely and in control. Cyclists deemed to be riding unsafely, discourteously, or recklessly will be removed.
- Maintain control and speed of your bike, even when going downhill.
- Be aware of others around you and communicate well in advance while cycling. Use gestures combined with verbal commands. Ride with your head up and look down the road rather than directly at the person in front of you. Verbally say, "passing on your left" when passing another person.
- Know your limits. Crashes can occur when inexperienced riders lack the bike-handling skills necessary to make quick decisions in a pack.
- Never overlap your wheels with another cyclist.
- Be courteous to all vehicles and pedestrians.
- Do not use headphones, personal stereos, or cell phones while riding.
- Emergency vehicles ALWAYS have the right of way. Riders must give way to emergency vehicles by pulling over, stopping, and dismounting.
- Manitoba Cycling does not permit any alcohol consumption at the event. Please refrain from bringing and consuming any alcohol during the event and throughout the event grounds including the race course.

Hospital Location

In case of emergency, call 911. The nearest hospital is Carman Memorial Hospital (350 4 St SW, Carman). It is 33km from Birch Ski Area.

Non-emergency situations during the event - call the Race Director or Red River Ski Patrol at the above phone #s.

Equipment

- Most of the course is gravel roads, so tires at least 33mm wide are recommended (gravel, cyclocross, or mountain bike tires are ideal). Anything narrower will be miserable.
- All riders must wear certified helmets at all times during the event - including warm up and cool down.
- Riders are required to wear a hard-shell ANSI or SNELL approved helmet while racing, warming up, and cooling down.
- Riders must wear close-toed shoes and use a bike with front and rear brakes.
- Riders must be able to carry their own nutrition and water bottles with them on their bikes.

Onboard Technology

1. All onboard technology devices which are fitted on a bicycle must:
 - a. Be installed on a system designed specifically for bicycles and not affect the certification of any item on the bicycle.
 - b. Not cause a risk for the safety of any rider, and therefore, be affixed in a manner that ensures it is not susceptible of inadvertently dismounting or is non-removable.
 - c. The camera footage is not immediately available to the rider.
2. No onboard technology is allowed to be affixed to the helmet.
3. If a Commissaire feels that the technology is not properly affixed or safely secured, they may, at their discretion, ask the rider to either remove the technology or ask them to readjust to ensure that the device is safely affixed.
4. If there is a crash during an event, permission must be secured in writing from the individuals involved before posting any footage from the incident.
5. It is strongly recommended that anyone who is using footage for individual promotion or private use, secure written consent in advance from any individual appearing on the footage.
6. Note:
 - a. MB Cycling Insurance does not cover loss or damages which may occur to onboard technology during the event.
 - b. All individuals using onboard technology are responsible and liable for any damages and injuries which may occur if the technology interferes with the integrity and safety of the event.

Accommodations:

Camping Options on Site @ Ski Birch - RV Spots with Electrical, Tenting spots

- Contact Keith Family via email: ryank.m.keith@gmail.com

RV & Tent Camping at Stephenfield Provincial Park

Hotels in Carman (20 minutes from Ski Birch)

Blue Crescent Hotel - <https://www.bluecrescent.ca/carman-mb>

Oxbow Inn - <https://www.oxbowinn.ca/>

Other information:

- A bathroom is available at the start/finish - in the Ski Birch Chalet (use West Side Entrance)
- Post-Event Festivities at the Start/Finish will include Burgers (Meat & Veg), Coleslaw, Watermelon and Roll Kuchen for all participants.
- Bringing a lawn-chair would be a good idea.
- If you are bringing non-riding family along, bring some extra burgers (refrigeration and BBQ space will be available).