



**General Information**

Fire and Flow

Date: July 12, 2026

Time: 8:00 am

Location: Brandon Hills, Brandon, Mb

Event Contacts			
Name	Email	Phone	Position
Ryan Lamont	<a href="mailto:seekadventuremb@outlook.com">seekadventuremb@outlook.com</a>	204-573-9589	Organizer
			First Aid

**Registration and Pricing**

Opens: June 3, 2026

Closes: July 5, 2026

\*No onsite registration permitted

Event	Age	Pricing
8.5km (1 Party Lap: non-timed) GUIDED	U13 and Up	\$35
8.5km (1 Lap: Timed)	U13, U15 and U17	\$45
	Adult	\$55
17km (2 Lap: Timed)	U13, U15 and U17	\$45
	Adult	\$60
17km (2 Lap: Timed) <b>E-bike, Max 250W, Assist Max Speed 32km/hr, Class 1 pedal-assist ONLY</b>	19+	\$60
34km (4 Lap: Timed)	U15 and U17	\$45
	Adult	\$60
Adventure Kids (1.5km loops - Number of loops confirmed by commissaire on race day)	U7, U9, U11, and U13	\$25

\*MCA day permits included in rates. Discount at checkout for MCA license holders

t

**Refunds**

Refunds will not be offered for this event unless the Race Organizer cancels the event.

### **License**

All in-province racers must have a valid race license. All out-of-province racers must have a valid UCI race license and must race in the category listed on their license.

For those without a race license, single-event day permits are **included** in all non-license carrying registrants. A waiver must be signed at the event during check-in.

### **Schedule**

8:00 am	Check-ins
8:00 - 9:00 am	Pre-ride for All events
9:30 am	Kids Race starts (U7, U9, U11, and U13)
10:15 am	1 Lap Race (Timed)
10:20 am	1 Lap Guided Party Pace (Non-Timed)
10:30 am	Warm-up course opens (Non-race loop)
11:00 am	1 Lap Awards
11:20 am	2 Lap E-bike
12:00 pm	Check-in Closes
12:00 pm	Pizza arrives
12:30 pm	Warm-up course closes (Non-race loop)
12:45 pm	2 Lap Race
1:00 pm	4 Lap Race
1:05 pm	2 Lap E-bike Awards
2:15 pm	2 Lap Awards
4:00 pm	4 Lap Awards
4:30 pm	Event closes and clean-up

Note: All participants must be checked in half an hour before their event or BEFORE the check-in tent closes at 12:00.

### **Race Course**

1, 2, and 4 Lap Course- <https://www.trailforks.com/route/2026-fire--flow-mtb-race/>

### **Awards**

There will be awards for top 3 male and female athletes in each event.

### **Bonus**

- Water, electrolyte drink and salted chips will be available in the nutrition tent.
- Every participant receives an event **T-SHIRT**
- Pizza, pop, and non-alcoholic beer for all participants. Spectators and those wanting extra can purchase 2 pieces of pizza and a drink for \$6.00 or just a canned beverage for \$2,
- Music, noise makers, and the best volunteers!

### **Number Placement**

All riders must secure their number plate to the front of the bike with the top at the handlebars. Plates should be flat and in front of cables if possible. Secure all four corners of the plate. Ensure you remove the plate before driving home with the bike on a rack, as the plate will tear off.

### **Event and Course Safety**

A first aid provider will be on site at the event start/ finish area.

For your safety, if you withdraw from the event for any reason, you must inform the nearest commissaire that you will no longer be racing. Riders not reporting to the commissaire may be subject to a fine.

### **Spectator Safety**

Spectators should always remain off the racecourse and remain behind any Fencing/ race tape around the course.

No spectator should be accessing the racecourse any point throughout the event.

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 racecourse.

### **Hospital Location**

Brandon General Hospital is located at 150 McTavish Avenue, East, Brandon, Mb.

### **General Race Rules:**

All event participants must hold a current MCA UCI/CCA racing license; a Manitoba Cycling Provincial race license, or a Manitoba Cycling single-event day permit. Please note that the single-event day permit does not include Sport Accident Insurance.

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.

Sleeveless shirts/jerseys are not permitted.

Riders must be able to carry their own nutrition and water bottles with them on their bikes.

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

### **Courtesy and Safety**

The racecourse is open to the public.

Signs will indicate that a bike race is in progress, marshals do not have the authority to prevent people from entering the course.

Ride within the designated route. Ensure you ride safely, in control. Cyclists deemed to be riding unsafely, discourteously, or recklessly will be removed.

If you choose to stop while on course, signal to the riders behind and pull over safely as far as possible onto the right side of the course. Our support team (ride marshals, medical staff) may ask if you need assistance. Signal with a "Thumbs-up" to indicate that you are okay.

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 your head up and look down the course rather than directly at the person in front of you. Verbally say, "passing on your left" when passing another person.

You can not prevent a rider from passing you. Please move to the side of the course and allow them to pass. Not doing so can result in you being disqualified.

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 pedestrians.

Do not use headphones, personal stereos, or cell phones while riding.

Spectators can not provide race support and will result in the racer being disqualified. Mechanical and feed support is only available in the designated areas.

Emergency vehicles ALWAYS have the right of way. Riders must give way to emergency vehicles by pulling over, stopping, and dismounting.

Always display your RACE number. All registered cyclists must wear their RACE number according to race instructions. Riders who fail to do so will not receive an official finish time