

King’s Cross 2026

RACE GUIDE

Date: Sunday, October 25, 2026

Location: King's Park, 198 King's Drive - Winnipeg

Presented by: Woodcock Cycle Works

Amenities

- ✅ Parking available on site
- 🚻 Washrooms available on site
- 💧 Water will not be provided. Please bring your own.
- 🍎 Food will not be available. Please bring any snacks, meals, or nutrition you require.

Spectators

Spectators are welcome.

Please:

- Respect course boundaries.
- Follow marshal instructions at all times.

📝 **Registration & Check-In**

Online Registration

- Register through Zone4 at https://zone4.ca/register.asp?id=42551
- Online registration closes **Friday, October 23, 2026 at 11:59 p.m.**

Registration Fees

Category	MCA Licensed	Non-Licensed
U13 Kids	Free	Free + $5 Day Permit
U17	$35	$35 + $10 Day Permit
Adults	$45	$45 + $35 Day Permit

Day Permits

- Available for eligible categories.
- Maximum of **3 day permits per year**.
- After three permits, riders must purchase an MCA Race Licence.
- Day permits do **not** provide sport accident or liability insurance.

Check-In

Opens: 9:00 a.m.
Closes: 30 minutes before your race start.

Bring:

- MCA/UCI licence (if applicable)
- Photo ID (if required)

🏁 Race Day Schedule

SCHEDULE

Time	Activity
9:00 AM	**Registration** Opens
9:30 – 10:00 AM	**Pre-Ride** (kids)
10:00 AM	**Kids Event -**U11 kids and U13 kids with less racing experience
11:00 - 11:40 AM	**Pre-Ride**
11:40 PM	**B Event** – 40 minutes
12:30 - 1:00 PM	**Pre-Ride** and B Prizing
1:00 PM	**A Event** – 60 minutes
2:10 – 2:40 PM	**Pre-Ride** and A Prizing
2:40 PM	**C Event** – 30 minutes
3:30 PM	C Prizing

Times may change at the discretion of the organizer and commissaires.

🚵 Race Day Procedures

Number Pickup

- Bring your assigned race numbers from this year (or last).
- Replacement numbers are available at sign-in.

Number Placement

- Large number: center of jersey pockets on lower back.
- Small numbers: one on each sleeve.
- Timing chip: attach to fork blade as directed on race day.
- Lost timing chips will incur a $100 replacement fee.

Staging & Call-Ups

- Report to staging **10 minutes before your race**.
- Riders will be seeded according to the 2026 seeding list and previous race results.
- New racers or riders entering a new category will start at the back.

⚙️ Technical Requirements

Regular Cyclocross rules will be enforced. For example, all racers in the 'A' and 'B' events (Cat 1/2/3) require a Cyclocross style bike. This means:

  - Maximum width of tires = 33 mm measured
  - Road style handlebars (NO straight bars)
  - Maximum width of handlebars = 50 cm

Racers in the C Race 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, in the parking lot, etc.)

Everyone riding on the course during scheduled Pre Ride/training times MUST have a current MCA/UCI Race license (UCI or Citizen 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.

It is a racer's responsibility to know the race course before the race starts. Marshalls are not obligated to give out directions to confused riders.

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.

Licensing

All riders on course during races or scheduled pre-ride periods must hold:

- An MCA/UCI licence; or
- A valid day permit.

⚠️ Race Rules & Safety

Rider Conduct

- Ride safely and respectfully.
- Follow instructions from officials and marshals.
- Allow faster riders to pass.
- Riders are responsible for accidents they cause.
- The organizer may refuse entry or remove participants for safety or conduct reasons.

Course Rules

- Remain on the marked course.
- If you leave the course, re-enter at the same location.
- Do not ride backward on the course.
- Know the course and lap count before racing.

Pit Area

- Use designated pit access only.
- Dismount before entering.
- Remount only after exiting.

Venue Rules

- No alcohol permitted.
- No glass containers allowed.
- Walk bikes in parking, registration, staging, and spectator areas.

Withdrawals

If you leave the race, notify a Commissaire immediately.

Hospital Location

- Victoria General Hospital 2340 Pembina Hwy Winnipeg MB 204-269-3570

🏆 Results, Awards & Prizing

Results

- Results will be posted following each event.
- Official results will be available through MCA and Zone4.

Awards

Awards will be presented following each race category.

Prizing

- A Race Men: Top 3
- B Race Men: Top 3
- B Race Women: Top 3
- C Race Men: Top 3
- C Race Women: Top 3
- C Race U17 Male: Top 3
- C Race U17 Female: Top 3

U13 participants will receive candy following their race.

Protests

All protests must be submitted in accordance with MCA and UCI regulations.

📋 Additional Information

Cancellation & Refunds

If the event is cancelled, refunds may be considered on a case-by-case basis, less an administrative fee.

Insurance

The MCA carries Sport Liability Insurance, and licensed participants are covered by sport accident insurance.

Onboard Cameras

- Cameras may only be mounted to the bicycle.
- Helmet-mounted cameras are prohibited.
- Devices must be securely attached and approved by officials.
- Written permission is required before posting footage of a crash involving other participants.
- Riders assume responsibility for any damage, injury, or equipment loss relating to onboard technology.

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 or vehicles 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.

NEVER cross the center line of the road. Event participants who are seen crossing the center line will be subject to removal from the event and disqualification.

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 shoulder/boulevard. 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 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 bikehandling 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.

No outside support vehicles allowed along the course. Support vehicles and spectators are permitted only in designated areas. It is unsafe for spectators to stop at any other location along the route.

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

Onboard Technology

The following are MB Cycling regulations for onboard technology for all MB Cycling events which are managed by MB Cycling Commissaires. These regulations do not apply to any events which do not require Commissaires, but if they are sanctioned under the MB Cycling Insurance Policy.

1. All onboard technology device which is 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.

1. No onboard technology is allowed to be affixed to the helmet.

2. 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.

3. 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.

4. 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.

5. 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.