

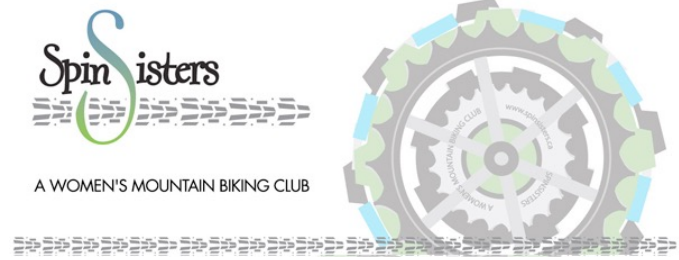
The Spin Sisters present...

# The Mountain Maiden XC

AlbertaCupMountain Bike Race

Saturday, June 3, 2017

Canmore Nordic Centre



2017 marks our seventh year running this race!

## BEAR SPRAY REQUIREMENT

Please note, as with last year, the Canmore Nordic Centre is requiring all event participants to carry bear spray while out on course! You will be asked to show your can of bear spray to a designated individual when entering the staging area and will not be permitted to start without it. If you are found to be on course without bear spray, you may be disqualified from the event. Youth under 17 years of age are NOT required to carry bear spray.

Please read the full note here:

<http://www.albertabicycle.ab.ca/bear-spray-requirement-for-canmore-nordic-centre-events?id=921>

## LOCATION

The race will be held at the Canmore Nordic Centre, located at 1988 Olympic Way, Canmore, AB. Follow signs from Canmore to Spray Lakes Rd (Hwy 742), then turn right onto Olympic Way into the centre.

## PRE-RIDE

The course will be available for pre-ride and inspection on Friday from 6pm, and Saturday morning until 9:00 am at the discretion of the commissaire.

## SIGN-ON

All racers must sign-on prior to racing. Licensed racers must have their ABA number plate and license with them at sign-on. If you forget your ABA number plate, a new one can be purchased at sign-on for a fee of \$10, so remember to bring your number plates! Sign-on will open on on race day from 8:00 am until 30 minutes prior to your start (see table on following page). ABA number plates will available at sign-on if you have not yet received yours.

## COURSE MAP

This year's race will feature the same course as last year, with a slight change to the finish/lap area (there will be a designated area for setting up Team tents along the course, next to the ABA trailer/sign-on area). The numbers indicate marshall points. The course is approximately 6 km. Here is a link to the Strava map of the course: <https://www.strava.com/activities/577388688>.





Please note, there will be a staging area near the start line. **All racers must be at the staging area 15 MINS prior to their designated start time. In order to enter the staging area, racers will need to show their bear spray to the volunteer.** Youth racers (under 17 years of age) DO NOT require bear spray.

The Feedzone will be just up the hill from the start line.

**Reminder!! Race registration closes at 11:59 pm on Thursday, June 1. NO RACE DAY REGISTRATION!!**

## The Nitty-Gritty

### Start #1

Start Time	Category	Laps	Cost Before May 25 12:00 AM	Cost After May 25 12:00 AM
9:30 AM	Novice Men	2	CA\$50	CA\$60
9:31 AM	Citizen Men 19-29, Citizen Men 30+	2	CA\$40	CA\$50
9:32 AM	Novice Youth Men	2	CA\$40	CA\$50
9:33 AM	Citizen Men U19	2	CA\$40	CA\$50
9:34 AM	Novice Women	2	CA\$50	CA\$60
9:35 AM	Citizen Women 19-29, Citizen Women 30+	2	CA\$40	CA\$50
9:36 AM	Novice Youth Women	2	CA\$40	CA\$50
9:37 AM	Citizen Women U19	2	CA\$40	CA\$50
11:15 AM	<b>PODIUM AWARDS FOR START #1</b>			

## Start #2

Start Time	Category	Laps	Cost Before May 25 12:00 AM	Cost After May 25 12:00 AM
11:00 AM	U17 Expert Male	3	CA\$40	CA\$50
11:01 AM	Sport Men	3	CA\$50	CA\$60
11:02 AM	U17 Expert Female	2	CA\$40	CA\$50
11:03 AM	Sport Women	2	CA\$50	CA\$60
11:04 AM	Sport Youth Men	2	CA\$40	CA\$50
11:05 AM	Sport Youth Women	2	CA\$40	CA\$50
1:15 PM	<b>PODIUM AWARDS FOR START #2</b>			

## Start #3

Start Time	Category	Laps	Cost Before May 25 12:00 AM	Cost After May 25 12:00 AM
1:00 PM	Elite Men	5	CA\$50	CA\$60
1:01 PM	Expert Men	4	CA\$50	CA\$60
1:02 PM	Elite Women	4	CA\$50	CA\$60
1:03 PM	Expert Women	3	CA\$50	CA\$60
3:45 PM	<b>PODIUM AWARDS FOR START #3</b>			

### TIMING

The ABA will be implementing a timing system for all XC races this year, which is an exciting change! Racers will have access to lap times and results in a timely manner.

### T-SHIRTS

This year's Mountain Maiden will be providing the first 150 racers who register on race day with an event t-shirt!



## REGISTRATION AND FEES

The race will cost \$50 for adult racers, \$40 for citizen classes and \$40 for youth. All race fees increase by \$10 after May 25, so register early to save! Register with Zone4 registration, [www.zone4.ca](http://www.zone4.ca) or <http://www.albertabicycle.ab.ca/events>.

All participants must have a current ABA/UCI license, or purchase a Single Event License to race this event. Single Event Licenses are available to purchase at a price of \$10. Single Event Licenses should be purchased via zone4 – riders must sign the Single Event waiver on race-day. Those who plan to purchase a Single Event License are reminded that ABA Policy states that a rider may purchase a maximum of 2 Single Event Licenses (across all disciplines) per calendar year. **Please note:** a single event license allows a rider to compete **only in the Citizen Category**.

**A \$10 late fee will apply after Thursday, May 25, 2017.**

Each entry fee will include a \$5 donation to build and maintain trails at the Canmore Nordic Centre. Money donated from last year's race will be going towards green and blue trail improvements at the Nordic Centre. Registration will close at **11:59 pm on Thursday, June 1, 2017. THERE WILL BE NO RACE DAY REGISTRATION.** Race fees are non-refundable.

## ABA RACE CATEGORIES

\*Please refer to the ABA website at <http://www.albertabicycle.ab.ca/mtb-xc> for more info about categories.

**When determining which category to register in, ask yourself this question: Do I have an ABA license? If the answer is "No", then you MUST register in a CITIZEN category. If the answer is "Yes", then you MUST register in one of the following: Novice, Sport, Expert or Elite.**

## Other Important Info

### RACER BEHAVIOUR

All racers are expected to treat all race volunteers, spectators and participants with courtesy and respect. Rude, aggressive behaviour and swearing will NOT be tolerated. Racers engaging in such behaviour will be banned from participating in the event in future years, at the discretion of the Race Director.

### FOOD AND WATER

Post-race food and beverages will be provided to all racers at the table beside sign-on. We do ask however that you bring all of your own race nutrition.



## **MECHANICAL / FEED ZONE ....**

There will be a designated zone for feeds and mechanicals. Racers are responsible for their own mechanical work and feed zone assistance.

## **BIKES AND EQUIPMENT**

All your equipment needs to be in good, safe working condition and you must wear an approved bike helmet at all times.

## **PRIZES AND AWARDS**

Cash for the top 3 in Elite M/F, and some AMAZING sponsor prizes for the top 3 in Expert, Sport, Novice, Citizen, and the Youth races. Some draw prizes will also be awarded to racers.

## **EMS**

There will be an EMS person available all day, on-site. It will be beside the sign-on table. Please refer to the course map for the location of the EMS station.

## **Anti-Doping**

The ABA complies with and fully supports the UCI antidoping regulations, the clauses of the World Antidoping Code and its international Standards to which the UCI antidoping regulations refer and to the antidoping regulations of other competent bodies as per the regulations of the UCI.

**QUESTIONS? .... Contact [mountainmaiden@spinsisters.ca](mailto:mountainmaiden@spinsisters.ca)**

You can also follow our Facebook page for race information, updates or changes:

[https://www.facebook.com/  
TheMountainMaidenXC](https://www.facebook.com/TheMountainMaidenXC)

## PARTNERS AND SPONSORS ....

**Calgary Cycle and Ridley's Cycle...** our bike shop partners and suppliers of terrific prizes for the race

**Planet Foods ...** bringing healthy and nutritious food to the mainstream consumer.

**Community Natural Foods** for providing post-race food.

