



Information Package







Mountain Bike Race

Thursday, Sept 27th, 2018
















Cold Lake, AB

Registration Deadline : Monday September 24th at 4pm

Please register your students using the excel spreadsheets provided

-  **Registration at Sentinel Park @ 4 Wing Cold Lake (Signs will be posted on the right side of road leading to the venue): 11:00am to 11:30am**
-  **\$ 5 per participant.**
-  **High School Students are encouraged to participate.**
-  **All racers must wear their safety helmet during the race.**
-  Racers must bring a lunch for the day (water, snacks,...)
-  Racers that are waiting for their heat must stay near the starting area.

Categories will be called out so racers must be ready to go.

-  **Coaches can bring their mountain bike** and marshall the race.
-  **Parents may not participate in the race unless approved by organizing committee with the consultation of the school coach.**
-  **Schools are responsible for clean up of their area during and after the race.**
-  All racers must follow designated track, flags and arrows that indicate the way.
-  Hazards (pointy rocks, branches,...) will be painted in fluorescent paint as best as possible.
-  Race officials will be supervising the course.
-  If possible, bring tools for bike repairs and flats. Cancellation of race: the race will be cancelled if the weather is **constant rainfall**. If it's a few showers here and there, we'll have more fun in the mud!!! If cancelled, an alternate date may be communicated.
-  **LSAA will not be held responsible** for any injuries due to any accident or obstacle.
-  We suggest that you bring extra clothing for your trip back.
-  When waiting for your race, please stay clear of racers and be alert.
-  **If you want to pass a slower racer, please yell "TRACK!!!!" and proceed with caution.**
-  If you do not follow the established race course, you will be disqualified. Race officials will be present on race perimeter.
-  Racers,coaches and spectators may not interfere with the competitors. Fairplay and honesty are of utmost importance.
-  **If you see someone who is hurt, advise immediately a race official. Security is priority...**
-  **Come prepared with food and drinks.**

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Registration Instructions

Please email registrations to Paul Bourgoin :

pbourgoin@centreest.ca

- 1. Please make sure you use registration spreadsheets supplied in info package.**
- 2. Please register students under the correct category TAB (Tyro, Nov, etc...)**
- 3. Please type in full name of students**

 **Contact Marc Hamel with any questions or concerns.**
 **mhamel@centreest.ca 780 201 1249**