



LSAA

LAKELAND SCHOOLS ATHLETIC ASSOCIATION

Information Package







Mountain Bike Race

Thursday, Sept 26th, 2019
















Cold Lake, AB

Registration Deadline : Monday September 23rd at 12pm

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 follow instructions posted on the LSAA website using TrakieReg to register your students.

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