



LSAA

LAKELAND SCHOOLS ATHLETIC ASSOCIATION

Information Package

Mountain Bike Race

Thursday, Sept 23rd, 2021

Cold Lake, AB

Registration Deadline : Monday September 20th at 4:00pm

- **Venue: Cold Lake Bike Park located near the Cold Lake Museum behind the Staples/Ecole Voyageur (Signs will be posted on the right side of road leading to the venue. Address 3699 69 Ave, Cold Lake, AB**

- **Arrival and registration at 10:00am, mandatory course walk/ride through at 10:30am, races begin at 11:00am.**
- **Buses can drop off students up at the museum team waiting area. Once the races start, the road up to the museum will be closed until all of the races are completed. Parent/visitor parking will be along the road between Ecole Voyageur and the start line.**
- **\$ 5 per participant.**
- **The course is a 4 kilometer loop with challenging terrain.**
- **High School Students are encouraged to participate.**
- **All racers must wear their safety helmet during the race.**
- Electric assist bikes are not permitted.
- **Athletic Directors/Coaches are responsible for inspecting student bikes before the race (i.e. brakes, gears, tires,...)**
- Racers must bring a lunch for the day (water, snacks,...)
- Racers that are waiting for their heat must stay in the museum picnic area. There are static airplane displays in the museum area that are **off limits**. There will be a security guard that will be patrolling this area.
- Categories will be called out so racers must be ready to go. Students will be led by a race official down the hill to the start line and back up after the race.
- When waiting for their race, students must stay in the designated picnic area and be alert.
- **Coaches can bring their mountain bikes** and help marshall the race (Coaches also must wear helmets on the course).
- **Parents may not participate in the race unless approved by the organizing committee with the consultation of the school coach.**
- **Schools are responsible for the clean up of their areas during and after the race. Garbage cans will be supplied by the museum.**
- All racers must follow designated track, flags and arrows that indicate the way. If students are not following the established race course, they will be disqualified.
- Race officials will be supervising the course and will be sweeping the course between races.
- If possible, bring tools for bike repairs and flats. Ed from Mach 1 will be set up at the race to help with inspections and tuning, but not full repairs.
- Cancellation of race: The race will be cancelled if the weather is **constant rainfall**. If it's a few showers here and there, we will push through. If cancelled, an alternate date may be communicated.
- We suggest that students bring extra clothing for your trip back if the conditions are poor.

- LSAA **will not be held responsible** for any injuries due to any accident or obstacle.
- **If a racer wants to pass a slower racer, please yell “PASS on the right/left!” and proceed with caution.**
- Race officials and/or volunteers will be present at specific areas on the course.
- 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 a race official immediately. Safety is the priority...**
- **Come prepared with food and drinks.**



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Registration Instructions

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

Contact Donovan Pinsky with any questions or concerns. donovan.pinsky@nlsd.ab.ca 780 201 3994