

The Spin Sisters present...

The Iron Maiden XC

Alberta Cup Mountain Bike Race
& Maiden Mini kids race

Saturday, June 7, 2014

Canmore Nordic Centre



THE RACE

Following on the heels of the 2013 Iron Maiden, we are gearing up for 2014. Last year was our most successful yet with over 300 racers, a beautiful sunny day and perfect course conditions. This year you can expect more of the same great single track, along with the usual delicious food and tons of PRIZES from our very generous sponsors! The course will be the same as last year because we just can't get enough of it. For those of you who are new to this event, it offers a perfect mix of tough climbs, fun fast descents and technical delights. Some of it will be part of Sunday's [Organ Grinder](#) Endurance race, which you might as well register for too and spend the weekend in beautiful Canmore!

RMCC presents the Maiden Mini Kid's Race

Once again, the folks from Rundle Mountain will be putting on a kid's race where your little future Olympians will have their chance to duke it out on great singletrack. The Mini Maiden will be open to U7, U9, U11 & U13 rippers. Is your offspring destined for greatness? It all starts here! **\$10 for the kiddies and we beg that you sign up early on www.zone4.ca.**

LOCATION

The race will be held at the Biathlon Area of 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. The biathlon area is the furthest part of the Centre from the highway.

PARKING

Iron Maiden participants and volunteers should park in the biathlon and the Bill Warren parking lots.



ALBERTA SUMMER GAMES ZONES 1&3 TEAM QUALIFICATION

For 2014, due to the cancellation of the Summer Solstice XC race, the Iron Maiden will play host to the Alberta Summer Games Zone 1 & Zone 3 Team Qualifier race. Each Zone final roster will consist of up to 5 riders, male & female in the below stated categories.

Riders wishing to qualify for their respective team will be required to register in the regular Alberta Cup category corresponding to their age as of December 31st, 2014:

AB Summer Games Category	Riders must register in:	Pre-register
12 to 14 Female	Sport Youth Female	All those interested in competing for the Zone 1 or Zone 3 team must also complete AB Games online pre-registration. Pre-register here
12 to 14 Male	Sport Youth Male	
15 to 17 Female	Sport Female	
15 to 17 Male	Sport Male	

For more information on the Alberta Summer Games and cycling-specific athlete eligibility, check the [ABA Alberta Summer Games webpage](#). If you have any specific questions about your son or daughter qualifying for the Zone 1 or 3 team, please contact Zone 3 Zone Representative Kevin Squires at yycmtb@shaw.ca.

All riders who have been successful in making the 2014 Zone 1 or 3 team will be contacted after the event.

REGISTRATION AND FEES

\$45 for adult categories and a reduced \$35 fee for youth, citizen, and novice. A \$10 late fee will apply after Wed, Jun 4. Each entry fee will include a \$5 donation to build and maintain trails at the Canmore Nordic Centre. In previous years, racers received a pair of socks but we think most of you would rather have great trails to ride anyway. Registration will close at 6pm on Friday, June 6. **THERE WILL BE NO RACE DAY REGISTRATION.** Race fees are non-refundable. Visit www.zone4.ca to register.

LICENSING

All participants must have either a current ABA or UCI race license. Single Event Licenses may be purchased for \$10 on Zone 4 during registration, or from the ABA Technical Director on site. **Please note:** a single event license allows a rider to compete **only in the Citizen Category.**

Reminder!! Race registration closes at 6 pm on Friday, June 6. NO RACE DAY REGISTRATION!!





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. Draw prizes will be awarded to racers and volunteers. This year, Grizzly Mountain Events has generously donated one solo and one team entry into their Mountain Bike Marathon & Relay race scheduled for Oct 4!

Maiden Mini U7, U9, U11, & U13 Race

There will be participation prizes and swag for all that brave the course. The little rippers will also be treated to a post-race BBQ put on by the Rundle Mountain Cycle Club.

SCHEDULE

RACE START TIMES – NOTE this is a different schedule than last year!

10:00am START – NOVICE MEN/ CITIZEN MEN/ YOUTH MEN/NOVICE WOMEN/ CITIZEN WOMEN/ YOUTH WOMEN (2min intervals)

11:30AM START –MAIDEN MINI KID’S RACE

1pm START - ELITE MEN/ EXPERT MEN/ ELITE WOMEN/ EXPERT WOMEN/ SPORT MEN/ SPORT WOMEN (2min. intervals)

PRE-RIDE

The course will be available for pre-ride and inspection on Friday from 6pm, and Saturday morning until 9:45am 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. Sign-on will open on Saturday, June 8th from 8:30am until 30 minutes prior to your start. ABA number plates will available at sign-on if you have not yet received yours.

FOOD AND WATER

Delicious post-race food and beverages will be provided to all racers in typical Spin Sisters style! We do ask however that you bring all of your own race nutrition.

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.





ABA RACE CATEGORIES

Please refer to the following information regarding YOUTH Categories:

Age on Dec 31, 2014	Category
6 years or under	U7 (Maiden Mini kid's race)
7-8	U9 (Maiden Mini kid's race)
9-10	U11 (Maiden Mini kid's race)
11-12	U13 (Maiden Mini kid's race) <i>or</i> Novice/Sport U13 (Iron Maiden)
13-14	Novice or Sport Youth U15 (Iron Maiden)
15-16	Novice or Sport Youth U17 (Iron Maiden)

Questions about the kid's race? E-mail: rmccsarah@gmail.com

Iron Maiden Categories

Citizen – U19, 19+ (Male or Female)

Novice Youth–U13, U15, U17 Novice (Male or Female)

Sport Youth – U13 Sport & Expert, U15 Sport & Expert, U17 Sport (Male & Female)

Novice - Junior Novice, Senior Novice, Master Novice, Master 40+Novice (Male or Female)

Sport - U17 Expert*, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport (Male or Female)

Expert - Junior Expert, Senior Expert, Master Expert, Master 40+Expert (Male or Female)

Elite - Elite (Male or Female)

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

COURSE LAPS

Number of laps will be as follows:

Youth, Novice and Citizen Women – 3 laps (short course)

Novice and Citizen Men – 3 laps (short course)

Sport Women – 2 laps

Sport Men, Expert Women – 3 laps

Expert Men, Elite Women – 4 laps

Elite Men – 5 laps

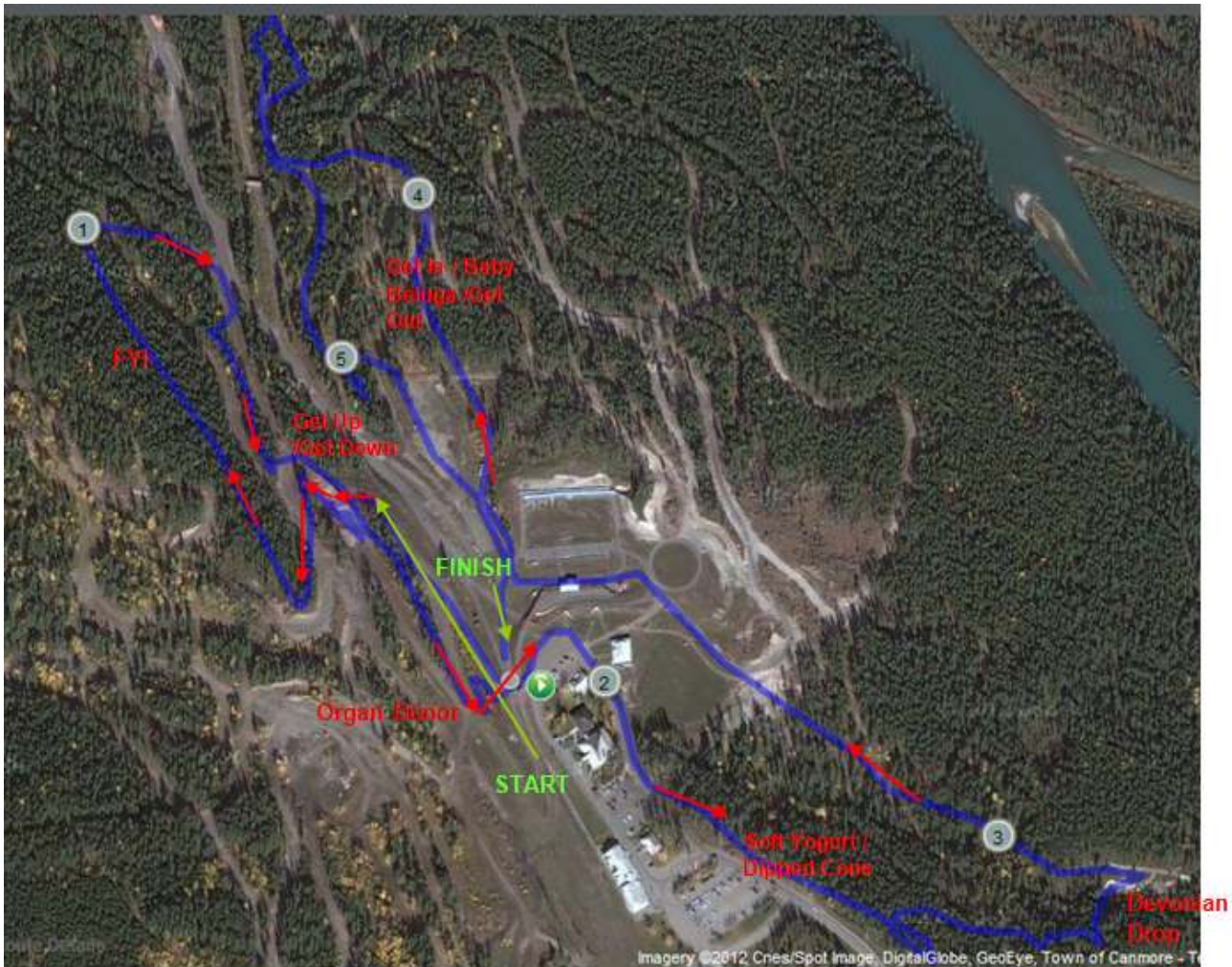
MECHANICAL / FEED ZONE

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



COURSE MAP

The course was first rolled out in 2012 and is the most exciting and challenging one yet. It is approximately 6.4km long and will take racers around three clover leaves, passing through the stadium after each one for the enjoyment of spectators. The short course, for novice, citizen, and youth, will omit the first clover, starting by heading directly through the feed zone and out towards soft yogurt / dipped cone. Here is a course map:



QUESTIONS? Contact ironmaiden@spinsisters.ca for the Iron Maiden
 For the Maiden Mini, e-mail: rmccsarah@gmail.com



PARTNERS AND SPONSORS

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

MEC... Quality gear and excellent value since 1971

Rundle Mountain Cycling Club ... The Bow Valley's largest and most active cycling club and organizer of the Maiden Mini kids race.

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

Community Natural Foods and **Old Dutch Potato Chips** for providing post-race food.

Grizzly Mountain Events... has donated entries into their mountain bike race event in October

