



The Hardcore Cycling Club proudly presents

ROYAL RIVER VALLEY RUMBLE!

Alberta Cross Country #2

Sunday May 26th, 2019

Sunridge Ski Area, Edmonton, Alberta



THE RACE

This will be the second Alberta Cup race of 2019, and will feature a classic XC mountain bike race. We're hoping to see you stretch out your winter legs at this Alberta Spring Classic XC.

Your bike needs to be in safe working condition and you must wear an approved bike helmet while on your bike!

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.

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I - REGISTRATION, FEES, & LICENSING

Registration is online through Zone4 at www.zone4.com. All registration fees are non refundable. If we do have to cancel due to extreme weather the event proceeds above and beyond our costs will be donated to [the Edmonton Mountain Bike Alliance](#).

Registration closes at 11:59 pm on Thursday May 23th 2019

There will be no race-day registration!

And by 'registration closes' we mean, closes. No more sending me an email the day before and hoping to get in! So sign up for your races on line, in time.

Bring your ABA licence plate! If you've forgotten one, or need a new plate, one can be purchased for \$10 at sign in. If you don't have your race plate yet, you can pick it up at sign on.

All participants must have either a current ABA/UCI license. If you do not hold an ABA/UCI license, you must have an ABA single event license, \$10, which may also be purchased when you register on Zone 4. Remember, there are **absolutely no on-site license sales and no race day registration!**

All racers must sign-on at the ABA tent on race morning. Sign-on closes 30 minutes before your start. Do not be late. See section VI below (“Schedules”) for start times and sign-on closures.

All racers who purchase a Single Event License **must** race in the Citizen Class category reflecting their specific age group, no exceptions! Remember – you are only permitted **2** single event licenses per race season. **If you do both races at this event this will count as your 2 event licenses this season.**

Race fees	
Licensed Youth Racers	\$25.00
Licensed Senior Racers	\$40.00
Citizen Racers (Unlicensed)	\$40.00

Registration closes at 11:59 pm on Thursday May 23th2019

There will be no race-day registration!

II - THE COURSE

The Strathcona Science Park has a fantastic selection of twisty singletrack, mixed up with the fun flow loop around the biathalon range. The ski hill lets us keep everyone honest with good climbs and fun descents. We’ll make sure to put together a nice mix of new routes and old classic trails to ensure an exciting course. The route may change up to the morning of the race, depending on trail conditions.

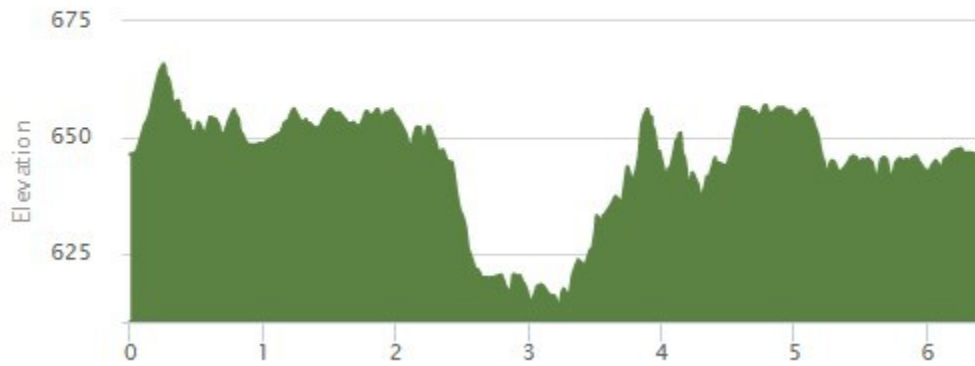
As always, we do not have sole use of the park. While we encourage other users to avoid the race course, you may encounter other users on trails. Please pass other cyclists, other racers, and pedestrians with care and follow proper etiquette. If you don’t know/understand passing etiquette, please ask the race commissaries or race organizers.



Stats

Distance-6.4 km [trailforks link](#)

6.4 km	188 m	-188 m	666 m
Distance	Climb	Descent	High Point



III - PRE-RIDE & COURSE MARKING

The course is completely on public trails and so is open for pre-riding anytime. Pre riding will be available Saturday, although full signage and course tape won't be complete until Sunday morning. The strava and trailforks links should help you out. We would encourage racers to pre-ride in the days prior to the race. Please respect the rights of other users to be on the trails while you are pre-riding.

You can help us get the course set up and open for pre-riding earlier on Saturday and Sunday morning by volunteering (or volunteering someone) on race morning! Please [email us](#) if you can help us out.

IV – TECHNICAL & FEED ZONES

The course will have one marked feed zone adjacent to the start/finish area. No feeding of riders is permitted outside this zone. There will be no neutral feed offered on course nor is there running water at the race site, so please arrange for your own water, food, and feeders.

V –CATEGORIES, SCHEDULES,& LAPS

To respect everyone's time the following schedules will be followed as closely as possible. Please DO NOT arrive late for sign-on or start times. We will not wait for you. All racers MUST SIGN ON in order to race. If you are still on course at the time of course closing, you may be asked to cease your race to allow the next race to start on time.

Two race start times will be offered. Start times and lap counts are as follows:

START #1

09:00:00	Racer sign-on open
09:45:00	Staging at start line (sign-on closes)
10:00:00	RACE START
12:00:00	Course Closes
12:15:00	Awards (Start #1)

START #2

12:00:00	Racer sign-on open
12:45:00	Staging at start line (sign-on closes)
01:00:00	RACE START
03:00:00	Course Closes
03:15:00	Awards (Start #2)

Start #1	Start Time	Category	Lap Count*	
	10:00:00	Novice Men	3	45-60 min
	10:01:00	Novice Women	3	45-60 min
	10:02:00	Sport Men U17	2	45-60 min
	10:03:00	Sport Women U17	2	45-60 min
	10:04:00	Citizen Men (19-29 and 30+)	2	45-60min
	10:05:00	Citizen Women (19-29 and 30+)	2	45-60min
	10:06:00	U15	2	45-60min
	10:06:00	U11/13	1	20-30min

Little Rippers Kids Race (Free) 12:00-12:30

Start #2	Start Time	Category	Lap Count*	
	01:00:00	Elite Men	5	90-105 min
	01:02:00	Elite Women	4	90-105 min
	01:01:00	Expert Men	4	75-90 min
	01:03:00	Expert Women	3	75-90 min
	01:04:00	Sport Men	3	60-75 min
		U17 Expert Men	2	35-40 min

01:05:00	Sport Women	2	45-60 min
	U17 Expert Women	2	34-40 min

- Race-day adjustment of the lap count is at the discretion of the race directors and/or commissaries.

VI - DIRECTIONS & PARKING

How do I get there?

From the south:

- From highway 2, take Anthony Henday Dr. eastbound.
- Exit (on left) onto Yellowhead Trail. westbound.
- Exit (on right, then turn left) onto Hayter Road southbound.
- Strathcona Science Park will be on your right. Follow the road to the right to Sunridge Ski Hill

From the north:

- Get on Yellowhead Trail, headed east, across the North Saskatchewan River.
- Take the Hayter Road exit, which will lead you to 116 Ave. Turn right (west), then turn south onto Hayter Road.
- Strathcona Science Park will be on your right. Follow the road to the right to Sunridge Ski Hill

Where do I park?

There is ample parking available at the Sunridge Ski Area parking lot.

VIII - PRIZING

Prizing will go three riders deep in each category for both men and women. Cash prizes will be awarded with amounts contingent on the number of entrants.

IX - VOLUNTEERS

We're lucky to have a great trails so close to our back yards in Edmonton. However, this also makes race planning a challenge. The park is regularly used by runners, hikers, and other cyclists. The course passes many intersections and corners that racers don't want to miss. Because of these challenges, we (and the racers!) rely heavily on volunteers to help us with course marshaling, parking direction, racer check-in, crowd control, course setup and take-down, etc.

If you or someone you love can spare some time on race day to help us make this a successful event, we would really appreciate it. Please email us and let us know. It is helpful if you can include your contact information, your experience with racing/volunteering, and the hours on Sunday that you are available. Thanks in advance! We really appreciate it. Please contact Kurt McGrath – mcgrath.kurt@gmail.com if you can help out.



www.hardcorebikes.ca