

River Valley Cycle
Presents:

Alberta Cup XC # 2

Perogy XC 2010

Sunday, May 16th, 2010

Terwillegar Park, Edmonton AB

\$30 for Youth Categories
\$40 for All Other Categories
Sign up at www.karelo.com

Day Licenses will be available

-Prizes for top finishers in each category

-Draw prizes for all competitors

-Tons of perogies and so much more!

Go to www.rivervalleycycle.com to download the tech guide

Email khamilton79@gmail.com for more information



PEROGY XC 2010

ABOUT THE RACE

The Perogy XC Mountain Bike Race will be held at Terwillegar Park in Edmonton's River Valley. Terwillegar Park is a hub of Cross-country Mountain biking in Edmonton, providing more than 200 acres of rideable terrain. Trails vary from tight and technical single track to more open double track trails. While most of the park is relatively flat, the river bank itself provides steep and challenging climbs with a total elevation gain of about 60m.

The *Novice and Sport Youth (10-16)* categories will race separately from the remainder of the categories on a shorter course. This will provide these athletes with an opportunity to ride a fun, multi-lap and spectator friendly course.

We do not have exclusive rights to use the trails and Terwillegar Park will remain open to others throughout the event. In fact, the course will be closed for pre-riding on Saturday, May 15th between 7:00 a.m. and 2:00 p.m. because of a running event that has been scheduled there. The course will be marked on Friday night with paint markers on the ground, and then taped first thing on Sunday morning. When you come upon other trail users, be as considerate and respectful as possible.

The 2010 Perogy XC Mountain Bike Race is sanctioned by the **Alberta Bicycle Association**.

LOCATION

Terwillegar Park: 36 Avenue & 156 Street off of Rabbit Hill Road

How to get there: Exit the Whitemud Freeway onto Terwillegar Drive. Turn west onto Rabbit Hill Road and follow it all the way down into Terwillegar Park (approx. 36 Avenue and 156 Street).

CATEGORIES

Category	Age*	Sub-categories
Novice Youth	10-16	U13 Novice, U15 Novice, U17 Novice
Sport Youth	10-16	U13 Sport, U13 Expert, U15 Sport, U15 Expert, U17 Sport
Novice	17+	Junior Novice, Senior Novice, Master Novice, Master 40+ Novice
Sport	16+	U17 Expert*, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport
Expert	17+	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert
Elite	17+	Elite

PRIZING

All competitors are eligible for draw prizes and awards are available for the top 3 finishers in each age category. Cash prizing and depth for Elite and Jr. Expert categories will be as per ABA requirements based on field size.

PARKING

PARK IN OVERFLOW PARKING ONLY. Terwillegar Park will remain open to other users throughout the event. Obey all volunteers to ensure access for emergency vehicles and other park users. **Please only park in the overflow parking; leaving the regular parking lot to other park visitors.**

SIGN ON

All racers **must** sign-on Sunday May 16th, 2010 during the following times at the start/finish area. **Licensed racers must bring their number plate and license.** If you haven't picked up your number plate yet, you can pick it up from the ABA on-site delegate.

Sunday sign-on times:

First start: 10:00 – 10:45 am

Second start: 11:00 – 12:30 pm

FOOD & WATER

Please bring your own water to meet your needs on race day.

BIKE AND EQUIPMENT ON RACE DAY

You must wear an approved bike helmet. Your bike must be in good, safe working condition. Please remove carrier racks, etc. Please bring your own repair equipment, spare tubes, pumps, etc. Your bike may be inspected prior to the race.

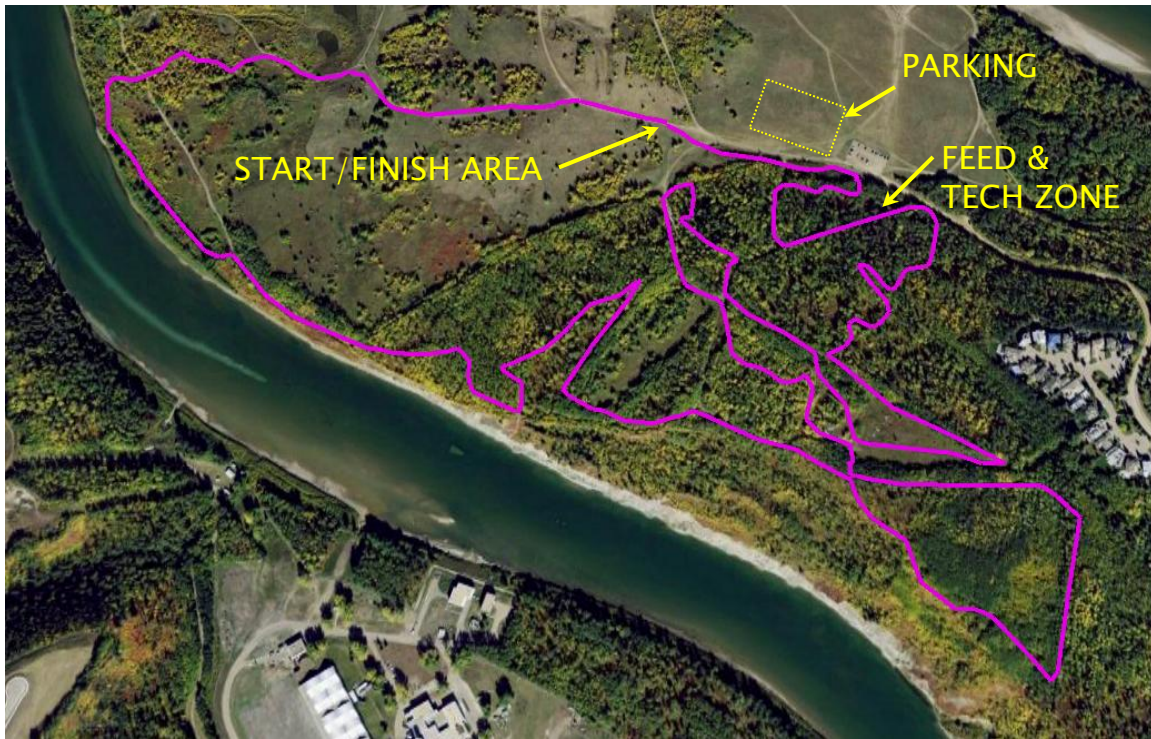
MECHANICAL / FEED ZONE

Maximum of two people per racer or team will be allowed to provide – food, water, and eyewear only.

Teams and racers are reminded to bring your own water to meet your needs, as none is available at the site.

A mechanical zone will be designated for equipment that racers may need during the event. Racers must use the same frame for the duration of the event. Please clearly label all equipment in the mechanical zone to avoid confusion.

COURSE MAP – NEW FOR 2010!



The start/finish area will include the following features:

- Staging
- Race Results and Awards Stage
- First Aid Station
- Post-Race Food and Refreshment Station
- Portalets
- Tech Zone and Race Tent Expo (All teams are asked to put their tents in this area)

COURSE PROFILE – ALSO NEW FOR 2010!



START TIMES / DISTANCES

Start Time	Category	Laps
11:30	Youth Sport Men	3
11:31	Youth Novice Men	2
11:32	Youth Sport Women	3
11:33	Youth Novice Women	2
13:00	Elite Men	7
13:00	Expert Men	6
13:02	Elite Women	5
13:02	Expert Women	4
13:04	Sport Men	5
13:06	Novice Men	4
13:08	Sport Women	3
13:08	Novice Women	3

SCHEDULE

Saturday	
7:00 - 14:00	Course Closed
14:00 – Dusk	Course Open for Training

Sunday	
10:00 - 10:45	Youth Start sign in and day license purchase
11:00	Youth Start
11:00 - 12:30	Main Start sign in and day license purchase
13:00	Main Start
15:45	Awards

Note: make sure you bring your license!