



The Hardcore Cycling Club proudly presents

## **ROYAL RIVER VALLEY RUMBLE!**

**Alberta Cross Country Marathon #1**

Sunday May 27<sup>th</sup>, 2018

Sunridge Ski Area, Edmonton, Alberta



## THE RACE

This marks the return of cross country marathon racing to the capital region! We'll be offering a variety of formats for casual participation and hardcore racing.

We're going to put 5 hours on the clock, and see how many laps you can get in! For those of you who think that's crazy, it's more fun with a friend in our team relay. Get out for a rip, then put your feet up and relax while your partner is out.

We offer the following Categories. Male Pair, Female Pair, Mixed Pair, Solo Male and Solo Female.

As well, we'll have a few fun side competitions. We'll have a strava segment for the descent on the south side of the course, and one for the climb on the north side of the course. Who ever has the fastest time on the day wins! (by fun, I mean, we'll do our best, but I'm not going to help you upload your strava file while I'm trying to run a race!)

***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](http://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 24<sup>th</sup> 2018**

**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.**

Solo Race fees	
Licensed Youth Racers	<b>\$35.00</b>
Licensed Senior Racers	<b>\$55.00</b>
Citizen Racers (Unlicensed)	<b>\$55.00</b>

Team Race fees	
Licensed Youth Racers	<b>\$60.00</b>
Licensed Senior Racers	<b>\$100.00</b>
Citizen Racers (Unlicensed)	<b>\$100.00</b>

**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.

## II - THE COURSE

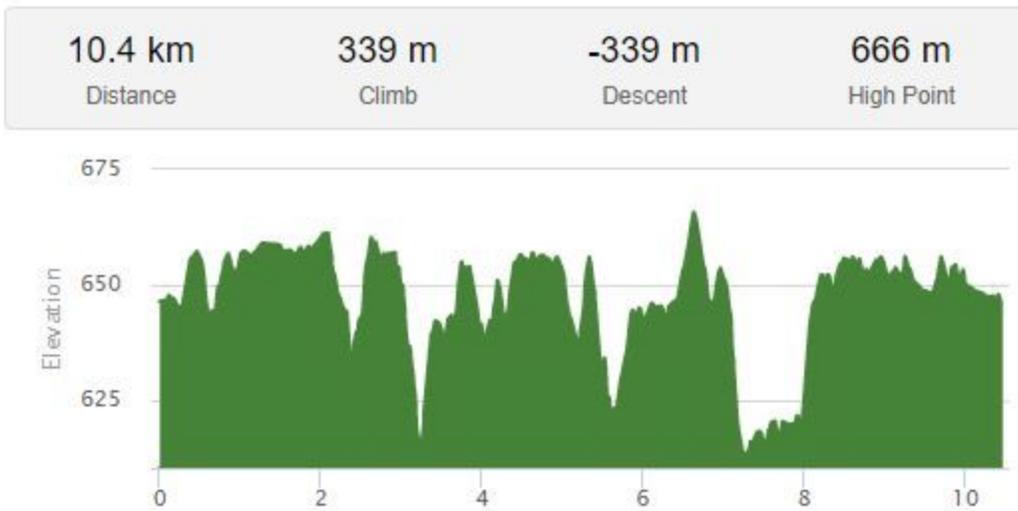
The Strathcona Science Park has a fantastic selection of twisty singletrack, mixed up with the fun flow loop around the biathalon range. The ski hill lets us keep everyone honest with good climbs and fun descents. We'll make sure to put together a nice mix of new routes and old classic trails to ensure an

exciting course. With this years late spring, 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

- [Trailforks Link](#)





### III - PRE-RIDE & COURSE MARKING

As we're running a Trail Blazers (kids) race the day before, the course may not be marked ahead of time. We'll do our best to get it pin flagged a few days before the event, but don't want to confuse people with the XC course. It is likely, due to trying to minimize the commitment from our volunteers, that most signage and tape will not be set up until Sunday morning.

The course is completely on public trails and so is open for pre-riding anytime. Pre riding will not be available in some places Saturday afternoon due to the Trail Blazers race. 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 – TRANSITION ZONES

There will be one marked technical zone on the course near the start/finish area. Solo riders can set tents and tables (bring your own!) along the transition zone so they can take a pit stop, get help from their pit crew, and grab extra food / water. (we'll have food, snacks, and water on site, but you'll want to bring your own race nutrition!) It'll also be the transition zone to hand off the relay teams. We'll also have first aiders in this area.

### V – SCHEDULES

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.

Start times and lap counts are as follows:

8:30am	Racer sign-on open
9:15am	Staging at start line (sign-on closes)
<b>9:30am</b>	<b>RACE START</b>
2:30pm	Course Closes
3:00pm	Awards

## **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 for all 5 categories (Solo Male, Solo Female, Female Pair, Mixed Pair, Mens Pair) As well as prizes for fastest Single speed, climb, and descent.

## **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](mailto:mcgrath.kurt@gmail.com) if you can help out.



[www.hardcorebikes.ca](http://www.hardcorebikes.ca)