

**BCW Cycling Club Presents:**  
Professional Computer Services  
Sask Cup 5  
Blackstrap Biter



July 19th  
Blackstrap Provincial Park

## Location:

Blackstrap Provincial Park - <https://goo.gl/maps/jIeOf>

**Park at:** Trailhead Parking Lot

**Register/race at:** Trailhead Parking Lot (Overflow parking in Mountain View)

## Registration:

**Pre-Register:** \$40 - Register online by Thursday, July 16th at 11:59 PM.  
\$60 - Late Online & Race-Day Registration (walk ups welcome):

**Kids Mini Biter** (under 14 not wanting to race in the Sask Cup Series)

\$10

Only an SCA membership is required.

This race will be approximately 8-10 minutes long

\*registration in all categories includes a post-race meal and entry into the draw prizes

## Categories

When you're new, it's hard to pick a category. Check your race license to see what it says. The newest riders are usually in the Beginner category, but if you have had cycling experience, you may wish to start in the Novice or Sport.

Elite Men/Women - 5/4

Expert Men/Women - 4/3

Sport Men/Women - 3/2

Sport Youth (Under 15) - 2/2

Novice Men/Novice&BeginnerWomen - 2/1

Novice Youth (Under 13) - 1/1

Beginner Men - 1 lap

\*This information is subject to change.

\*Lap numbers will be posted on race day at registration.

**Race Organizer:** Susan Clarke [susan@biking.org](mailto:susan@biking.org)



## **Race Day Registration, Pre-Ride and Race Times:**

**\*race start times may be slightly adjusted if necessary**

Sunday, July 19

Sign in and <u>chip programming for new racers</u>	9:00-10:15AM
Course Available for Pre-Ride	9:00 AM
Kids Race - not Sask Cup	10:15 PM
Staging all categories	10:45 AM
Race Start - long race	11:00 AM
Yummy Food & Awards	12:30-1:30 PM
Course Take Down	2:00 PM

### **Mechanical zone:**

There will be a mechanical zone setup near the feedzone. Please place all tools, wheels, etc. in this zone. Riders must start and finish the race with the same frame.

### **Race Plate**

When you register for your first race, you will receive a number plate. Please keep that plate all season and use it at each Sask Cup mountain bike race. The plate is intended to be mounted on the front of your bicycle - attached to the handlebars with zip ties.

### **Awards & Draw Prizes**

Results are tabulated after the last racer has completed the course and will be posted for riders to review. Awards and prizes will be handed out after lunch is served.

### **Courtesy Notes for Race Venue:**

- Use the bathrooms/porta-potties - not the bush.
- Use the garbage cans. Do not litter.
- Respect the commissaires, volunteers and fellow racers. Let's stay friends.

### **Thank You**

Thank you to the Saskatchewan Cycling Association, Sask Sport, Mainway Mazda, Booster Juice, Bruce's Cycle Works, and Professional Computer Services.



## Tips For New Racers and Reminders For the Rest of Us!

- **You need a license for this event.** Bring it (signed) to every race.  
Sign up at [www.saskcycling.ca](http://www.saskcycling.ca) .  
Email [cycling@accesscomm.ca](mailto:cycling@accesscomm.ca) for questions about one-event options.
- **Review the UCI Mountain Bike Rules**  
[https://www.uci.org/docs/default-source/rules-and-regulations/4mtb-e-1.01.2019--final---ok-publication.pdf?sfvrsn=9954e8cc\\_16](https://www.uci.org/docs/default-source/rules-and-regulations/4mtb-e-1.01.2019--final---ok-publication.pdf?sfvrsn=9954e8cc_16)
- **Bring your race plate to each race.** You will be given a plate at your first race.
- **Pack the night before.** Don't forget a helmet, shoes, race clothing, bike (with wheels) and food/water. **Water is not provided at Sask Cup races.**
- **Bring more clothing than you think you need.** It can be cold if the weather is poor.
- **Check your bike over before the race** - better yet, get a tune-up a few days prior to the event. A clean bike is a fast bike. Clean your bike and oil your chain.
- **Arrive 15 minutes prior to registration opening.** You'll have time to park, set up your equipment, register, pre-ride, change, and eat something.
- **Pre-Ride the course.** You might be intimidated thinking you will hold everyone up, but you won't, and you must know where you are going.
- **Follow the course at all times while you are racing.** If you leave the course, you must re-enter where you left. You cannot move backwards through the course. You cannot cross the finish line a second time (either direction).
- **Tell us if you are quitting the race.** Don't make us look for you. :)
- **Please be polite to those you are racing with.**
- **Wear your helmet at all times when on your bike (even riding in the parking lot).** Failure to do so may result in a DQ. This UCI rule is for safety.
- **Introduce yourself to at least one person.** Maybe you'll make a new friend!
- **Have fun!**