

BCW Cycling Club Presents: **BS 55 Mountain Bike Marathon**



August 9, 2020
Blackstrap Provincial Park

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



Park at: Trailhead Parking Lot (overflow in Mountain View parking lot)

Registration:

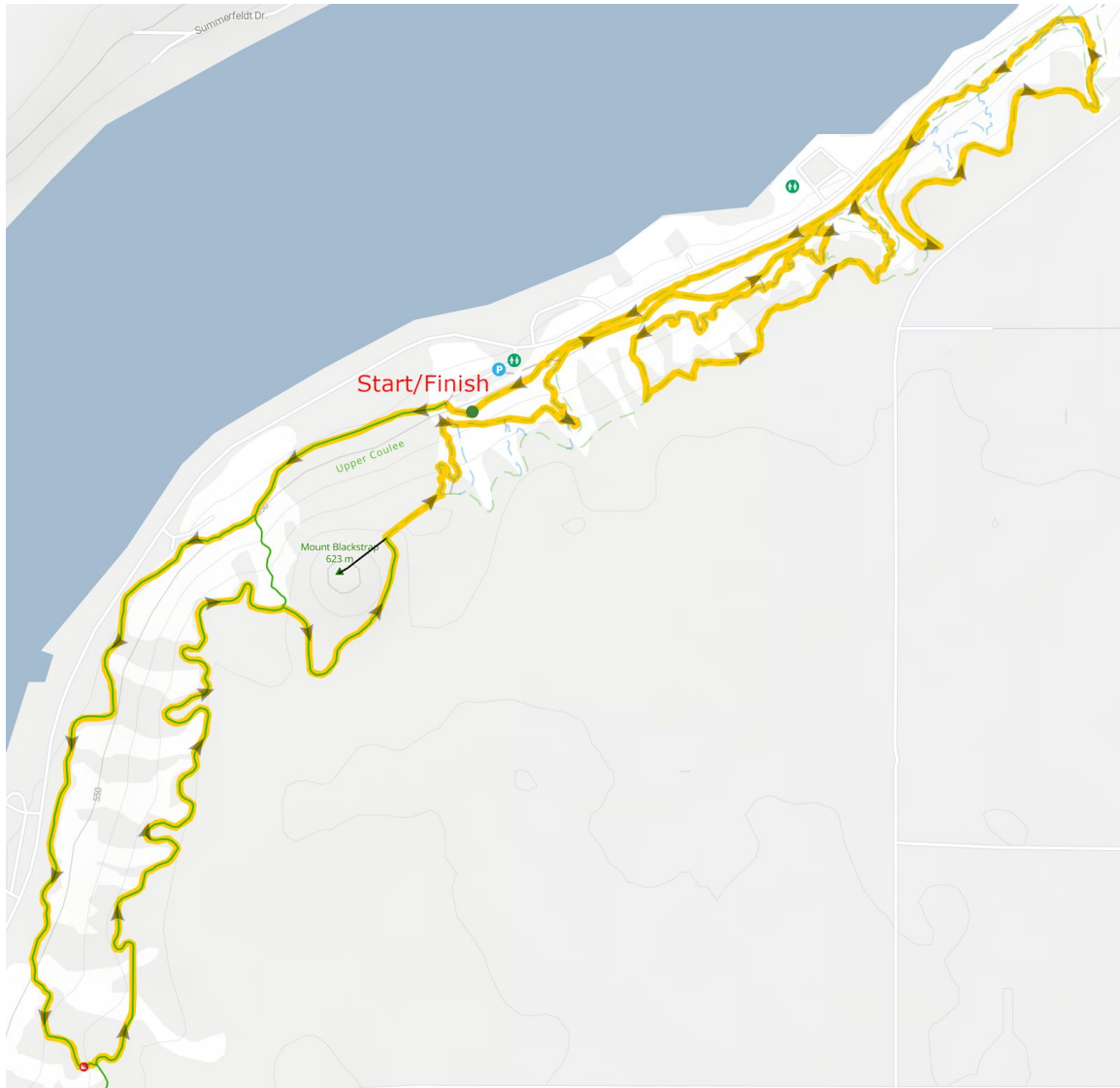
Pre-Register:

Registration closes at midnight on Thursday, August 6th, 2020
https://events.com/r/en_US/registration/2020-blackstrap-55-bike-marathon-taking-bs-to-a-new-level-dundurn-august-781618

\$75.00 for early registration (includes a race t-shirt)
\$100.00 for late registration (entries received after July 26th, 2020)
*****no day of event registration*****

Course Map

The course is 11 km long and is divided into two loops. The course starts with the south loop south (south of the start/finish area), and then the north loop heads north of the start/finish. The south loop is predominantly rolling double-track and prairie trail with some incredible views of the park. The north loop is a mix of forest doubletrack, singletrack sections and the occasional prairie trail again with amazing views of the lake.



Visit Trail Forks to view a more detailed map of the course and trails used in the Blackstrap 55. This is a great tool to use to go out and preview the course before the event.

Link directly to Trail Forks <https://www.trailforks.com/route/2019-blackstrap-55-course/>

Marathon Categories

We've got categories for all ages and abilities who like to ride on a mix of prairie and cross country mountain bike trails. Last year, our youngest participant was 10 years old and our oldest was 61!

Remember when choosing a category that there is a cut-off time at which participants will not be allowed to start another lap. This means you have to be doing 48 minute laps to be able to complete the Complete & Total BS (which is a pretty hard pace), while you have 72 minutes per lap to finish the Full BS (a pretty reasonable pace).

Take a look at previous years results to give yourself an idea of what finishing times were like for the various categories.

Complete & Total BS (7 laps) - 77km

Take the challenge. Registration for this category includes registration into the Full BS (5 laps) plus registration into the 7 lap challenge. All participants who complete the seven lap challenge within the time cut-off will be awarded a special medal.

Full BS (5 laps) - 55km

Under 19 Men and Women
19-34 Men and Women
35-49 Men and Women
50+ Men and Women

Some BS (3 laps) - 33km

Under 19 Men and Women
19-34 Men and Women
35-49 Men and Women
50+ Men and Women

A Little BS (any number of full or half laps) - 5.5km or more

This challenge category has the option of doing full or half (south loop) laps to any number they would like in the allowed cut-off time and is a great option for those who are don't want to be tied down by a set number of laps, younger or would like to stay on the easier rolling trails of the south loop.

Open Men and Women

Race Organizer: Neil Clarke neilclarke1972@gmail.com

Race Day Representative: David Stevenson

Event Schedule:

8:00-8:30 AM Registration

8:45 AM Rider staging

9:00 AM Event starts

1:00 PM Celebration lunch begins

1:48 PM Cut-off time (lap start)

2:20 PM Cut-off time (half lap point)

3:00 PM Awards ceremony & prize draws

3:30 PM Celebration lunch ends

**an SCA membership or one event insurance (\$20) is required (www.saskcycling.ca)

Feed Zones

There is a neutral feedzone at the start/finish area that has water, drink mix, bananas, oranges, bars, chips and jube jubes. This is open to all participants and you pass it twice per lap, once halfway through and then at the end of each lap. Feel free to refill bottles, eat and take as much as you want.

There are also two dedicated feedzone areas where riders can place their own specific food and bottles. These feedzones are also accessible at the halfway and end point of each lap.

Race Plates

If you have participated in the 2020 Sask Cup Provincial MTB Race series, we will use your plate and chip. If you haven't done a provincial race in 2020, we will provide you with a race plate.

Please attach your race plate to the front of your bike using the provided zipties that are included in your race package (see image on the right).



Bicycles

A mountain bike or fatbike in good working order is recommended for this event. Ambitious gravel/cyclo-cross bike riders who ride a lot of singletrack mountain bike trails on their gravel bike are welcome to test their upper body endurance.

E-bikes are not allowed.

Awards & Draw Prizes

There are cash prizes and winners cups for all categories. We also have a great selection of random draw prizes provided by the club and sponsors.

Results are tabulated after the last participant has completed the course and awards and prizes will be handed out at 3PM at the Awards ceremony.

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 participants. Let's stay friends.
- If at any time you need to leave the competition, please tell the timer that you are stopping

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

- **Pack the night before.** Don't forget a helmet, shoes, appropriate clothing, bike (with wheels) and food/water.
- **Bring more clothing than you think you need.** It can be cold if the weather changes - especially at the lake.
- **Check your bike over before the event** - 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, 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 finishline a second time (either direction).
- **Tell us if you are finished riding.** 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 rule is for safety.
- **Introduce yourself to at least one person.** Maybe you'll make a new friend!
- **Have fun!**

Thank You

Thank you to all our volunteers who make this event happen, the BCW Cycling Club, Saskatchewan Cycling Association, Sask Sport, and Bruce's Cycle Works.