

Revised October 2019

Mountain Bike Racing

- 1. Age Categories:** Men and Women
55 to 59, 60 to 64, 65 to 69, 70 to 74, 75 to 79 and 80+

- 2. Events:**
Thursday - Cross Country Race
Friday - Team Relay

All Events have been planned to be "Senior Friendly". This means there will be NO jumps, drop-offs, logs, steep descents, water/mud holes, or narrow passages between trees. Each participant will be individually timed in completing the course; relay times represent the total time for two participants.

- (a) Cross Country/Off Road Race: The event will consist of a 12Km Short Course, and a 18Km Long Course. All participants must register for either the Short or Long Course.
- (b) Team Relay(s): This is a "fun event". The relay will be on a spectator and Senior friendly condensed cross country course. There are two participants per team. Five different relays are scheduled:
- (i) Men 55 - 64
 - (ii) Women 55 - 64
 - (iii) Men 65+
 - (iv) Women 65+
 - (v) Mixed Open - one Man / one Woman

- 3. Participation:**
There will be no limit to the number of participants within each age category.

- 4. Competition:**
All participants are required to wear approved helmets. Colour-coordinated, numbered bibs and/or bike rider numbers are to be worn by all participants.

- 5. Medals:**
Mountain Bike is classified as a Demonstration Event by the CSGA, as such medals are not awarded. As per the CSGA Host Agreement #29 - (d): "These events are not medaled events and are not included in the overall medal count, however the Host may choose to provide ribbons to participants in lieu of medals."

- (a) Prizes will be awarded to the top three riders of each division.