



Revised May 2018

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 Short and a 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, and the total from each Zone.

- 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:**
Gold, Silver, and Bronze medals will be awarded to the top three finishers in each race in each age category, male and female. Medals will be presented at the end of each day.