

TrailFlow

2016 MOUNTAIN BIKE RACES AND
FESTIVALS IN NOVA SCOTIA

XC - DH - ENDURO - 4X - ENDURANCE

FROM CROSS COUNTRY TO DOWNHILL, FOUR CROSS TO ENDURO, TRAILFLOW HAS THE RACES YOU'RE LOOKING FOR.

For 2016 TrailFlow Outdoor Adventures brings you a full race schedule covering all formats including XC Olympic, XC Endurance, downhill, four cross, and enduro. No matter what your interests are you'll find the perfect event for you! Races offered in the Annapolis Valley in Wolfville, Kentville and Woodville, and outside of the Valley at The Keppoch.

Nova Scotia's Annapolis Valley features some of the best riding in Eastern Canada offering stunning views, diverse technical terrain, multiple skills parks and a welcoming atmosphere that makes for a memorable riding experience. Conveniently located just one hour from the provincial capital of Halifax the Annapolis Valleys trails are surrounded by beautiful orchards, vineyards and scenic ocean views. More than just amazing riding, The Valley is a cultural hot spot host to amazing music, theater, and agricultural festivals, so why not stay a while and bring the whole family!

Located just a short drive from Antigonish, The Keppoch offers a ton of great riding and is Nova Scotia premier location for shuttle access downhill riding. Be sure to check out their pump track, skills park, xc, and dh trails.



2016 MOUNTAIN BIKE RACE CALENDAR

RESERVOIR PARK SHORT TRACK SERIES Wednesdays: Recreational racing for ages 6 and above.	MAY 4 - JUNE 22
SPRING 4X RACE SERIES Fridays: Rec league 4X race series, ages 12 and up.	MAY 27 - JULY 1
SPRING SHREDFEST! Sunday: BNS Gravity Series enduro race at The Gorge	MAY 29
BURGHIER HILL 4X Sunday: BNS Gravity Series 4X race at Burghier Hill	JUNE 12
TIRED TIRES ENDURANCE RACE Sunday: BNS Sanctioned (non-points) 5/10 hour endurance race	JUNE 19
RACE THE RESERVOIR Saturday: Guided rides, pump track challenge Sunday: BNS XC Points Series Race	JULY 2 - 3
ENDURO AT THE LINKS Sunday: BNS Gravity Series enduro race at The Links	JULY 24
THE KEPPOCH GRAVITY PARTY! Saturday: BNS Gravity Series DH race & pump track challenge Sunday: BNS Gravity Series Enduro race	AUGUST 20 - 21
KINGS COUNTY MTB FESTIVAL Friday: Evening group ride at The Links in Woodville Sunday: BNS XC points series race at The Gorge Monday: Endurance Challenge: 60+ KM group ride	SEPTEMBER 2 - 4
FEAR OF THE GORGE DH Sunday: BNS Gravity Series downhill race at The Gorge	SEPTEMBER 18
FROSTBITE DH Sunday: Just for fun winter downhill race & long jump comp	DECEMBER 11



REC LEAGUE: SPRING / FALL 4X SERIES
BURGHER HILL, KENTVILLE

Experience thrilling four up racing with these recreational 4X races held at Kentville's Burgher Hill, this is the only four cross track in Atlantic Canada! Course features huge banked turns, jumps, drops, rollers and other obstacles to challenge your skills as you try and out sprint your friends to the finish line.

Races are run in an elimination format, each rider will get a minimum of two race runs each week plus two timed qualification runs. Top two finishers from each heat move on to the next round. Draw prizes, bbq and awards on the last day of each series.

These events are suitable for riders age 12 and up and require a full face helmet. Free helmet rentals available on site.

Single race drop in fee is \$10 for youth and \$15 for adults, or register for a whole series for just \$20 for youth and \$40 for adults. *A race license is not required for these series.*

SPRING SERIES: **MAY 27 - JULY 1**
 Fridays from 6:00 PM - 8:00 PM

FALL SERIES: **DATES TO BE ANNOUNCED**

EMAIL RACE@TRAILFLOW.CA TO PREREGISTER



REC LEAGUE: SPRING SHORT TRACK
RESERVOIR PARK, WOLFFVILLE

Join us at Wolfville's Reservoir Park Wednesday nights from 6:00 - 8:00 starting May 4 and running weekly until June 22 for our short track series!

What is short track? A fun, high paced mountain bike race format for riders of all ages (6 and above) and abilities. This is a great introduction to mountain bike racing for new riders and awesome spring training for experienced riders looking to get an edge on the competition!

Zip around the sweet trails at Reservoir Park and see how many laps of the short fun course you can get in each week. 20 minutes plus a lap for youth and 30 minutes plus a lap for adults. New course layouts each week will keep things exciting and fresh!

Adults sign up for all 8 weeks for just \$50, or \$25 for youth. Want to try just one night first? Drop in fees are \$15 for adults or \$10 for youth. *A race license is not required for this series.*

EMAIL RACE@TRAILFLOW.CA TO PREREGISTER





BNS RACE: SPRING SHREDFEST!

KENTVILLE, MAY 27-29

Kick off the season with our Spring Shredfest! Held in Kentville and featuring high octane racing with both 4X and Enduro events. A whole weekend of racing plus take in some of the annual Apple Blossom Festival (www.appleblossom.com) events while you're in town for the perfect season starter!

FRIDAY: SPRING 4X RACE SERIES RACE #1

Race #1 of our weekly evening four cross series. These races run 6:00 - 8:00 each Friday night from May 27 - July 1. Ages 12 and above. *No race license required.* See page 4 for more details.

SATURDAY: GUIDED RIDES AT THE GORGE FREE!

Hang out with TrailFlow at The Gorge. TrailFlow will be on site to provide guided rides of the Enduro race courses and the other sweet trails that The Gorge has to offer.

SUNDAY: ENDURO RACE \$30 ADULTS / \$20 YOUTH

Three timed downhill stages jam packed with a great mix of fast, flowing trails and rough technical sections linked by un-timed transition stages. Lowest combined time wins. Suitable for ages 13 plus. Practice and registration open at 8:30, racing starts at 12:00. New course features and improvements keep this race fresh year after year! *Race license required - one event memberships to BNS available on site for \$25*



BNS RACE:

BURGHER HILL 4X

KENTVILLE, JUNE 12

BNS Gravity Series four cross race at Burgher Hill in Kentville. Race four wide at Atlantic Canada's only 4X track! Course features huge banked turns, jumps, drops, rollers and other obstacles to challenge your skills as you try and out sprint your friends to the finish line. New features this year up the challenge and fun with larger jumps and more obstacles.

Races are run in an elimination format, each rider will get a minimum of two race runs plus two timed qualification runs. Top two finishers from each heat move on to the next round.

For riders age 13 and up and require a full face helmet. Free helmet rentals available on site.

Registration opens at 11:00, qualifications start at 12:00 with race runs to follow.

\$25 ADULTS / \$15 YOUTH

Race license required - one event memberships to BNS available on site for \$25





BNS RACE: ENDURO AT THE LINKS

WOODVILLE, JULY 23-24

The Links is located on the north mountain just out side the Town of Berwick. There are plenty of trails here to explore including fast, flowing cross country trails, double track woods roads, and steep technical descents with more rock than dirt! The long climb back to the top after a fast decent ensures you earn your turns.

SATURDAY: AFTERNOON GROUP RIDES FREE!

Drop by The Links in Woodville and meet up for Enduro course practice and guided rides on many of great trails this large network has to offer. Meet at the trail head off of Burgess Mountain Road. Make sure to take a moment to check out the waterfall and look off! Rides start from the upper parking lot at 4:00 and 6:00.

SUNDAY: ENDURO RACE \$30 ADULTS / \$20 YOUTH

Two timed downhill stages with smooth, fast, xc trail at the top of that gives way to steep and rocky trail as you dive over the side of the mountain! This course will test both your technical skills and fitness.

Lowest combined time wins. Suitable for ages 13 and up. Practice and registration open at 8:30, racing starts at 12:00.

Yes, there will be bacon stations!

Race license required - one event memberships to BNS available on site for \$25



REC LEAGUE:

TIRED TIRES ENDURANCE

WOODVILLE, JUNE 19

Test your endurance at The Links during our Tired Tires Endurance Race! Choose between a five or ten hour race on a team of two or three, or for the ultimate challenge go solo!

See how many laps you can get in of the sweet course over the course of the race. Each lap will be roughly 8 - 10KM (pending final course layout) and will feature multiple feed stations incase you need a little helping hand mid lap.

All entry fees include BBQ lunch post race, swag and a chance at draw prizes.

CATEGORY PRICING FOR BOTH 5 AND 10 HOUR EVENTS:

Solo Adult:	\$40	
Solo Youth:	\$30	
Teams of Two Adults:	\$70	(\$35 per rider)
Team of Three Adults:	\$90	(\$30 per rider)
Teams of Two Youth:	\$50	(\$25 per rider)
Team of Three Youth:	\$60	(\$20 per rider)
Team of Two Adult / Youth Mix	\$60	(\$30 per rider)
Team of Three Mixed Age:	\$75	(\$25 per rider)

Race license required - one event memberships to BNS available on site for \$25

Preregister your team today at tired-tires.eventbrite.com





BNS RACE:

RACE THE RESERVOIR

WOLFVILLE, JULY 2-3

Now entering it's third year, we're thrilled to be back again this at Wolfville' Reservoir Park again for 2016. This park features several new, bench cut single track trails that are just beautiful! Combined with wider double track walking trails, a beach for swimming and ocean views makes this park destination worthy. Oh, and did I mention the large skills park and pump track...

This years race course includes more single tack trails and longer laps, it just gets better and better each year!

SATURDAY: PUMP TRACK CHALLENGE **FREE!**

Drop by for a guided ride or get some practice in for Sundays race. While your here don't forget to drop by the sweet skills park for some bonus fun and stay for the pump track challenge and see how fast you can go!

Registration for the pump track challenge opens at 2:00 PM and starts at 3:00. Prizes and bragging right on the line!

SUNDAY: XC RACE **\$30 ADULTS / \$20 YOUTH**

Provincial points series XC race. Complete multiple laps around this all new race course. Expect to find smooth flowing trail, tons of berms, rollers, boardwalks, and as much fun as you can handle! Ages 10 and up.

Race license required - one event memberships to BNS available on site for \$25



BNS RACE:

KINGS CO. MTB FEST

KENTVILLE SEPTEMBER 2 -4

This is the big one! Our largest festival of the year. Below are just a few of the fun events happening also look for a movie night, gear swap, product demos and more!

FRIDAY: GROUP RIDE AND FIREWORKS **FREE!**

Get the weekend started off on a high note by joining us at The Links in Woodville for a fun, relaxed evening group ride followed by a bbq, camp fires and fireworks!

SATURDAY: MTB MOVIE NIGHT **FREE!**

Join us at Kentville Memorial Park for a MTB movie night. Catch some classics and rider submitted films. Don't forget some popcorn!

SUNDAY: XC RACE **\$30 ADULTS / \$20 YOUTH**

Provincial points series XC race on the legendary Gorge trails. If you love technical riding, you will love this course! Ongoing course improvements and upgrades keep it fresh and exciting year after year. Ages 10 and up.

Race license required - one event memberships to BNS available on site for \$25

Also bring your used bikes and gear to the race for the annual AVMBBA gear swap.

MONDAY: THE EPIC GROUP RIDE! **\$10 ADULTS AND TEENS**

Challenge your self on this roughly 60KM guided mountain bike adventure showcasing some of the best riding in the area. Feed stations along the way keep you energized and hydrated.

WEEKEND COMBO DEAL: \$35 ADULTS / \$25 YOUTH



DH BNS RACES: THE KEPPOCH GRAVITY PARTY! **EN**

ANTIGONISH, AUGUST 20/21

Downhill on Saturday, Enduro on Sunday. Two big races, one big weekend at The Keppoch! Located just a short drive from Antigonish, The Keppoch offers a ton of great riding and is Nova Scotia premier location for shuttle access downhill riding. Be sure to check out their pump track, skills park and is great xc riding too!

SATURDAY: DOWNHILL RACE **\$30 ADULTS / \$20 YOUTH**

Late afternoon DH race at The Keppoch. Each rider gets two timed runs, fastest single run wins. Full face helmets required (free rentals available), armour recommended, ages 15 and up. *Keppoch shuttle pass required.*

Race license required - one event memberships to BNS available on site for \$25

After the DH race stay over for the free Pump Track Challenge and see who's the fastest around the track.

SUNDAY: ENDURO RACE **\$30 ADULTS / \$20 YOUTH**

Keppoch's first enduro race and the last of the season will surely be a battle. With three intense stages, big transitions and points on the line, this will be a great race! *Race license required - one event memberships to BNS available on site for \$25*

WEEKEND COMBO DEAL: \$50 ADULTS / \$30 YOUTH



DH BNS RACE: FEAR OF THE GORGE

KENTVILLE, SEPTEMBER 18

Our annual DH race at The Gorge features one of the most fun race courses you will find anywhere! What we may lack in elevation we more than make up in awesome trail features, with rock gardens, step downs, drops, kickers, berms and more this course is as technical as it is fun.

SATURDAY: GUIDED RIDES, COURSE PRACTICE **FREE!**

Get in some practice laps or join in a guided ride of the great trails at The Gorge.

SUNDAY: DOWNHILL RACE **\$30 ADULTS / \$20 YOUTH**

Two timed runs, full face helmets required, armour recommended. Ages 15 and up. Free rental helmets available on site.

Race license required - one event memberships to BNS available on site for \$25





PROVINCIAL RACES: FROSTBITE DH

KENTVILLE, DECEMBER 11

A proper way to cap off a full season of riding and racing. This is a just for fun race day with nothing on the line, except bragging rights that is!

SUNDAY: DOWNHILL RACE AND MORE! \$20

Get a second crack at our Gorge DH race course, but this time with a bit of snow. Worry not, if mother nature won't provide us with a bit of snow, we will find some at the local rink and shovel it on course. Snowy sections are guaranteed! One timed run for the DH race, full face helmets required, armour recommended. Ages 15 and up.

Also look for the return of our long jump competition, timed skills park race and skid competition. Tackle all events and take a shot at the grand championship!

Race license required - one event memberships to BNS available on site for \$25



TRAVELING TO THE VALLEY

Coming to race from out of town or out of province? Check the chart below for approximate travel time and distances:

Halifax, NS:	1 hour	100 KM	
Antigonish, NS:	3 hours	300 KM	
Yarmouth, NS:	2.5 hours	225 KM	
Sydney, NS:	5 hours	475 KM	
Moncton, NB:	3 hours	325 KM	
Saint John, NB:	4 hours	200 KM	(via ferry)
	4.5 hours	475 KM	(via Moncton)
Charlottetown, PEI:	4 hours	400 Km	
Quebec City, NS:	10 hours	1000 KM	
Montreal, QC:	12 hours	1300 KM	
Portland, MN	10 hours	590 Mi	(via Moncton)
	12 hours	140 Mi	(via ferry)

EVENT LOCATIONS

Our races are all close to or in towns and near amenities such as bike shops, restaurants, gas stations, coffee shops and pubs.

All events will have directional signage helping point you towards the trail head and parking areas placed up at least one day in advance. Maps to event locations will be hosted on our web pages well in advance.

If you need any help with locating the trails please feel free to contact us for more information.

Burgher Hill 4X:	Roughly 68 Main Street, Kentville
The Gorge:	End of Gladys Porter Drive, Kentville
The Links:	745 Burgess Mountain Road, Woodville
Reservoir Park:	Corner of Sherwood Drive and Pleasant Street, Wolfville
The Keppoch:	193 keppoch road, Antigonish

STAY INFORMED

Visit our web page, www.trailflow.ca to keep informed of the latest race details and postings of additional events, skills clinics and programs, we're adding more all the time! Also follow us on Facebook at www.facebook.com/trailflow for the most up to date event information.

Have a specific question? Email race@trailflow.ca or phone **1 902 300 9449**.



EVENT PASS

SAVE ON RACING ALL YEAR LONG. Cover your entry fees for all TrailFlow races for the 2016 / 2017 season in one easy payment!

Your TrailFlow Event Pass includes entry to all TrailFlow races including cross country, downhill, enduro, four cross and short track mountain bike races. Also covers entry to our winter snowshoe races!

VALID AT OVER 20 EVENTS. Attend six or more races and save, the more you race, the more you save!!

Note: Most mountain bike races will require a valid race license and are available online from Bicycle Nova Scotia at: www.bicycle.ns.ca.



ORDER YOURS TODAY FOR ONLY ADULTS \$175* YOUTH \$120*

**Price includes HST.*

YOUR PASS INCLUDES:

- Entry to all TrailFlow races from April 1, 2016 - March 31, 2017
- Membership card
- Sticker pack
- 15% off TrailFlow skills clinics

WWW.TRAILFLOW.CA/2016-EVENT-PASS.HTML

TrailFlow

Outdoor Adventures

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