



## **GRIZZLY MTB / CROSS Marathon & Relay**

Canmore Nordic Centre - Sunday, July 21, 2019

We are very excited to announce a new and unique format for this year's event. We are opening up the race to allow for all types of bikes including mountain, cross, gravel and fat varieties. E-bikes are the only type strictly prohibited for obvious reasons ;)

Riders can even bring more than one bike and switch bike type between laps to optimize racing their racing strategy.

The event will start with one mass start with all participants riding the exact same 11.26 km lap course. Results and awards will be based on one overall classification. i.e. we will not be offering separate awards / results for different bike types.

We can't wait to celebrate the diversity of different cycling cultures which have developed in recent years.

## **Registration Fee Includes**

- Draw prizing from generous sponsors
- Awards for top age group and overall winners
- Finish Line Soda From Grizzly Paw Brewing Co
- HammerNutrition
- Post Race Lunch
- World Class Event At Former Olympic Venue
- Highly Trainer Medical / Emergency Evacuation Team

## **Event Updates**

LIKE us on Facebook to stay in touch with event updates. Update notifications will also be sent to all registered participants by email.

## **When ?**

Race day is Sunday, July 21. Pre-race briefing will take place at 09:45 at the start / finish area at the Canmore Nordic Centre. Mass race start will be 10 a.m. Sharp !

## **Race Package Pick Up**

Package pick up will be available on Saturday, July 20 from 3pm until 5pm at Rebound Cycle on Canmore's Main Street.

Rebound Cycle. 902 8 Street, Canmore. Tel: (866) 312 1866

[www.reboundcycle.com](http://www.reboundcycle.com)

Race morning package pick up is also available at the Canmore Nordic Centre, start / finish area from 08:30 – 09:30 a.m. Please **arrive early** if you plan to pick up on race day.

### **Online Waivers**

Online waivers will be available for download from the event webpage at [www.grizzlyevents.ca](http://www.grizzlyevents.ca) these must be printed and signed by all solo and team riders. Signed copies must be presented at time of race package pick up.

No signed waiver = no race package.

### **Start & Cut Off Times**

Start Time is 10:00 a.m. Sharp! Riders will have 8 hours to complete as many laps as possible. Only laps completed under the 8 hour cut off time will be counted towards overall results / awards.

### **Course Maps**

Check out [www.grizzlyevents.ca](http://www.grizzlyevents.ca) for detailed course descriptions, maps and elevation profiles. Email [tony@grizzlyevents.ca](mailto:tony@grizzlyevents.ca) for gpx files.

## **Safety & Medical**

All riders must be self-sufficient. Our medical base station will be located at the start / finish line in the stadium area. All participants will be required to submit the signed Grizzly waiver at racer check in. We will have a team of sweepers on course for each leg; they will be equipped with radio communications to our emergency medical team.

## **Water / Aid Station**

We will have one main water / aid station located at the start / finish area. There are no additional stations out on course. Hammer Sports drink (Heed) and water will be provided at this station. Riders must provide their own solid nutrition.

## **Littering On Course**

Littering on course is strictly prohibited. Any athletes found to be littering will be subject to immediate disqualification. This includes gel and/or energy bar wrappers. It's not OK to leave these at our course markers for pick up by our race staff.

## **Prizing And Awards**

Will take place at the start / finish area at 6:30 p.m.

## **Changes And Refunds**

Bib transfers and team roster changes are possible until midnight on July 20. Your entry fee is non refundable under any circumstances. Please do not email us with requests for refunds. We thank you in advance for your understanding.

