



Grizzly Fat Bike Race Guide

Canmore Nordic Centre – March 10, 2019

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Registration fee includes:

- Awards For Top Age Group And Overall Winners Of Each Event
- World Class Event At Former Olympic Venue
- Finish Line Lunch
- Highly Trained Medical / Emergency Evacuation Team
- **Note: Water and Sports drink will be provided in our stadium feed zone. You are responsible for providing your own solid nutrition. Tables will be set up in our Feed Zones for your use. Participant base camp area can also be utilized for nutrition set up.**

Canmore Nordic Centre Fat Bike Guidelines

Fat biking is not permitted on groomed cross-country ski trails except where crossings are necessary. Fat biking is permitted on a signed section of Centennial cross-country ski trail ONLY to provide access to our EKG East race loop. Stay to the left on this ski trail. DO NOT ride in the machine-made tracks. Fat bikers must yield to skiers at all ski trail crossings. Cross ski tracks at a perpendicular angle. Avoid mixing dirt riding with snow riding.

Only “fat bikes” (with tires measuring 3.7 inches wide or wider) are permitted. Bikes with regular mountain bike tires are not permitted, as narrow tires are more likely to leave deep ruts in groomed trails.

Where?

Canmore Nordic Centre Provincial Park is located just minutes from downtown Canmore, Alberta. The Canmore Nordic Centre offers World-class cross country skiing in the winter and over 100 km of trail ideally suited to mountain biking in the summer. Host site to many international sporting events, the Canmore Nordic Centre is also home to Canada’s National Cross Country and Biathlon Teams.

When?

March 10, 2019

Pre race briefing will take place at 9:30 a.m. at the start / finish area inside the Biathlon Stadium at the Canmore Nordic Centre. Race start will be 10:00 a.m. SHARP!

Race Package Pick Up

Will be available for each event at Rebound Cycle on Main Street Canmore:

Saturday, March 09 from 1 p.m. until 5 p.m.

Rebound Cycle, 902 8 Street Canmore, AB T1W 2B8
(866) 312-1866 www.reboundcycle.com

Race Morning Package Pick Up is also available but not recommended. Packages will be available at the Canmore Nordic Centre Biathlon Building from 08:30 a.m. until 09:30 a.m. on each event day. Please **arrive early** if you plan to pick up on race day.

Online Waivers

Online waiver is available for download on the event web page at www.grizzlyevents.ca these must be printed and signed by all solo and team cyclists. Signed copy must be presented at time of race package pick up.

No signed waiver = no race package.

Start & Cut Off Times

Race course is a 9km loops. Complete as many loops as possible.

Cut off time for all team and solo bikers will be 6 hours. Only loops completed within the 6 hour time limit will count towards total results / awards.

Course Maps

Check out the event web page for detailed course and stadium maps.

Safety & Medical

Our medical base station will be located at the start / finish line in the Biathlon Stadium. All participants will be required to submit the signed Grizzly events waiver at racer check in, on site race morning. 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 feed zone in the start / finish area in the Biathlon Stadium. Water and Hammer Sports Drink / Gels will be provided. Racers must provide their own solid nutrition. There are no additional water stations out on course.

Prizing & Awards

Will take place at the finish area at 4:30 pm. Racers must be present to receive awards – we cannot mail out post event.

Changes & Refunds

The Grizzly entry fee is non-refundable under any circumstances. Please do not email us with requests for refunds.

