

Grizzly Fat Bike Race Guide



Guide Contents:

- Event Details
- Canmore Nordic Centre Fat Bike Guidelines
- Where
- When
- Race Package Pick Up
- Online Waivers
- Start & Cut Off Times
- Course Maps
- Safety & Medical
- Water / Aid Station
- Awards
- Changes & Refunds

Event Details

- FAT BIKES ONLY PERMITTED FOR THIS EVENT
- MINIMUM TIRE WIDTH 3.7 INCHES
- 10 a.m. Start Time. 4 p.m. Finish Time
- 5 Hours To Complete Max # Of Laps
- 9 km per lap. Course details coming soon
- Solo or 2 person relay team categories
- Chip Timing / Results
- Awards & Draw Prizing
- Grizzly Souvenir Item
- World Class Venue at Canmore Nordic Centre
- Highly Trained Medical / Emergency Evacuation Team
- Water, Heed electrolyte drink and Hammer Gels 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 your own nutrition set up. We recommend you bring your own tents / shelter. Propane fire pits permitted. Log fires – not permitted.

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?

February 26, 2022

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:

Friday, February 25 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 event morning. Please **arrive early** if you plan to pick up on race day.

Online Waivers

Online waiver will be available on the event web page at www.grizzlyevents.ca

All participants must agree to the online waiver and Covid safety plan prior to race day.

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 5 hours. Only loops completed within the 5 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. We will have medical team sweepers on course for each leg; they will be equipped with radio communications to our emergency base headquarters.

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 3:30 pm. Racers must be present to receive awards – we cannot mail out post event.

Changes & Refunds

60% of your Grizzly Ultra entry fee will be refunded or 100% rolled over to our 2023 race if the event is cancelled for ANY reason – Entry fee is 100% non-refundable and cannot be rolled over for any other circumstances.