



## Grizzly Mountain Bike Marathon & Relay Saturday, October 07, 2017

(Last updated May 01, 2017 - Subject to changes and updates)

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### **Registration fee includes:**

- Draw Prizing From Generous Sponsors
- Awards For Top Age Group And Overall Winners
- Custom Crafted Grizzly Beer Stein
- Grizzly Paw Soda
- Muscle Milk Protein Recovery Drink
- Finisher Medals
- World Class Event At Olympic Venue
- Well Stocked Aid / Water / Nutrition Station
- Highly Trained Medical / Emergency Evacuation Tea

## Team Mate Finder

Looking for Team Mates ? Post your request on the Grizzly Events Facebook Page.

## Event Updates

'Like' us on [Facebook](#) to receive event updates.

## 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 ?

Race day is Saturday, October 07. Pre race briefing will take place at 9:45 a.m. in the main stadium. Race start will be 10 a.m.

## Race Package Pick Up

Will be available in Canmore only from Rebound Cycle on Main Street Canmore:

Friday, October 06 from 1pm until 5 p.m.

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

Race Morning Package Pick Up is also available but not recommended. Packages will be available at the Canmore Nordic Centre Biathlon Stadium. 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 runners. Signed copies must be presented at time of race package pick up.

No signed waiver = no race package.

## **Start & Cut Off Times**

Cut off time for all team and solo riders will be 6 hours. Cyclists must complete Killer Bees (Leg 4) by 2 p.m. in order to be allowed to continue.

## **Kids Mountain Biking Event**

- FREE for kids 10 years and under. Parent leaders welcome.
- Registration Opens at 10 a.m. in the Main Stadium at Canmore Nordic Centre.
- Event Start is 11 a.m.
- Wave Start # 1 - Kids 0 - 4 Years Of Age
- Wave Start # 2 - Kids 5 - 7 Years Of Age
- Wave Start # 3 - Kids 8 - 10 Years Of Age
- Finish Line Prizes From Our Treasure Chest
- Emphasis will be on FUN and all inclusive participation

## **Course Maps**

Check out [www.grizzlyevents.ca](http://www.grizzlyevents.ca) for detailed course descriptions, maps and elevation profiles.

## **Safety & Medical**

All riders must be self sufficient. Our medical base station will be located at the start / finish line in the biathlon stadium building. All participants will be required to submit the signed Grizzly 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**

Each and every leg will start and finish in the main biathlon stadium. We will have one main water / aid station located here. Bananas, oranges. Cytomax sports drink and other nutrition (TBD) will be provided at this comprehensive station.

## **Prizing And Awards**

Will take place at the start / finish area at 1:00 p.m.

## **Changes & Refunds**

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