



& **redbike**

Grab Your Granny Gear

Mountain Bike Race Weekend

- Too Tired TT
- Loaded Precision Dirt Crit
 - Kiddi Crit
- Granny Gear XC

May 21-22 Terwillegar Park, Edmonton



THE RACE

Mountain Bike Time Trial, Dirt Crit & XC, do one or all three.

Saturday and Sunday, May 21-22, 2011, Terwillegar Park, Edmonton.

This year Hardcore and Redbike are proud to present the Grab Your Granny Gear MTB race weekend. This brand new event will have it all: choice Edmonton single track, wicked technical descents, Dirt Crit race elements, climbing, cross country skills, bike and product demos, and a whole lot more.

THE FORMAT

TT - Climb up to Fireman's and descend Fireman's as fast as you can. Double track climb single track descent. This will be an individual TT, just like on the road but more fun 'cause yer on a mountain bike.

Dirt Crit - Still have some energy left? How about 3, 4, or 5 laps of Dirt Crit course to finish off the day.

XC- Standard ABA XC race. All the categories will be contested and first win bragging rights will be up for grabs.

THE COURSE

Those who know Terwillegar Park know it possesses a lot of great riding. For these events we plan to showcase it all. There is a nice mix of everything in Terwillegar from technical descents, punchy climbs, river valley ridges, and flowy single track.

REGISTRATION & FEES

REGISTRATION CLOSSES 23:59:59 Wednesday May 18 2011

| Fees | |
|--------------------------|--------------------------|
| TT Only | \$15.00 |
| Dirt Crit Only | \$15.00 |
| XC Only Youth Categories | \$30.00 |
| XC Only | \$45.00 |
| TT, Dirt Crit and XC | \$65.00 (save 10 bucks!) |

There will be ABSOLUTELY NO RACE DAY REGISTRATION.

Fees are non-refundable. [Visit www.Zone4.ca](http://www.Zone4.ca) to register.

A BIT ABOUT LICENSING FROM THE ABA

- All participants must have either a current ABA/UCI license, or a Day License that can be purchased when you register on Zone 4.
 - Day Licenses are available to purchase at a price of \$10 for Citizen riders who are not licensed. A Day License may be purchased when you register online.
 - Remember that race registration closes at 23:59 Wednesday, May 18, 2011.
- NO RACE DAY REGISTRATION!!!!**

TT Categories

| | |
|---|---|
| <ul style="list-style-type: none">• Elite Men, Women• Expert Men, Women• Sport Men, Women | Seed yourself according to your ABA license. You will remain in the same category for all races. |
|---|---|

Dirt Crit Categories

| |
|-------------------|
| Elite Men, Women |
| Expert Men, Women |
| Sport Men, Women |

XC Race Categories

| Alberta Provincial Mountain Bike Categories | |
|---|---|
| Novice Youth (Age 10-16) | U13 Novice, U15 Novice, U17 Novice |
| Sport Youth (Age 10-16) | U13 Sport, U13 Expert, U15 Sport, U15 Expert, U17 Sport |
| Novice (Age 17+) | Junior Novice, Senior Novice, Master Novice, Master 40+ Novice |
| Sport (Age 15+) | U17 Expert*, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport |
| Expert (Age 17+) | Junior Expert, Senior Expert, Master Expert, Master 40+ Expert |
| Elite (Age 18+) | |

PRIZES AND AWARDS

Prizes for the top 3 in each race plus draw prizes.

Saturday, May 21st

| | | |
|---|----------------------------------|---|
| 08:00 - 10:00 | Sign-on for TT Dirt Crit and XC. | |
| 09:30 - 10:00 | Fireman's TT pre-ride | |
| 10:30 - 13:00 | Fireman's TT | Start at 1 minute intervals. Order: Elite, Expert, Sport, Novice |
| 13:00 - 13:30 | Dirt Crit pre-ride | |
| 13:30 - 14:00 | KIDDI CRIT | |
| 14:00 - 14:45 | Dirt Crit Elite Men/Women | 6 laps |
| 15:00 - 16:30 | Expert Men/Women | 5 laps |
| 17:00 - 17:30 | Sport & Novice Men/Women | 4 laps |
| Awards will take place immediately following the last race. | | |

Sunday, May 22nd

| 1 st Start Time | Category | Number of Laps (6 km Lap) |
|----------------------------|----------------------------------|---------------------------|
| 10:00 | SIGN ON CLOSES FOR FIRST START. | |
| 11:00 | Sport Men | 4 |
| 11:02 | Novice Men | 3 |
| 11:04 | Sport Women | 3 |
| 11:06 | Novice Women | 2 |
| 2 nd Start Time | Category | Number of Laps (5 km Lap) |
| 12:00 | SIGN ON CLOSES FOR SECOND START. | |
| 13:00 pm | Sport Youth Men | 3 |
| 13:02 | Novice Youth Men | 2 |
| 13:04 | Sport Youth Women | 3 |
| 13:06 pm | Novice Youth Women | 2 |
| 3 rd Start Time | Category | Number of Laps (6 km Lap) |
| 13:00 | SIGN ON CLOSES FOR THIRD START. | |
| 14:00 | Elite Men | 6 |
| 14:02 | Expert Men | 5 |
| 14:04 | Elite Women | 5 |
| 14 :06 | Expert Women | 4 |

The number of laps and distance of each lap is subject to change at the Commissaire's discretion.

SIGN-ON

All racers must sign-on in order to race:

- Sign-on for the TT & Dirt Crit will close at 10:00 on Sat.
- Sign-on for the XC will close on Sunday 1hr before the start of your race.
- No late sign-on... No Exceptions!!!
- Licensed racers must have their license with them at sign-on.

COURSE MAP AND PROFILE

Coming soon.

PRE-RIDE

There will be pre-rides prior to each event, see the schedule for details.

NUMBER PLATES

You will receive a number plate from the ABA when you sign-on.

FOOD AND WATER

Post race food and beverages will be provided to all racers but you need to bring your own race supplies, including water.

BIKES AND EQUIPMENT

All your equipment needs to be in good, safe working condition and you must wear an approved bike helmet at all times.

MECHANICAL / FEED ZONE

There will be 1 designated zone for feeds and mechanicals during the XC. No feeds during the TT or Dirt Crit. Racers are responsible for their own mechanical work and feed zone assistance.

ACCOMMODATIONS

Some places in South Edmonton.

| | |
|--|--|
| Holiday Inn Express Edmonton South ↑ 2440 Calgary Trail Northwest Edmonton, AB T6J 5J6 (780) 440-5000 hiexpress.com ↑ | Super 8 Edmonton South ↑ 3610 Gateway Boulevard Northwest Edmonton, AB T6J 7H8 (780) 433-8688 super8.com ↑ |
| Ramada Edmonton South ↑ 5359 Calgary Trail Northwest Edmonton, AB T6H 4J8 (780) 434-3431 | |

DIRECTIONS

[Google Map Link](#)

Get to Edmonton then find Anthony Henday Drive. Take Anthony Henday Drive west to Terwillegar Drive and exit north onto Terwillegar Drive. Turn west onto Rabbit Hill Road. Follow Rabbit Hill Road west, through the four-way-stop, and down into Terwillegar Park.

Parking

There is a parking lot in Terwillegar Park but space is limited. Carpool if possible.