



2009 PEROGY XC

ABOUT THE RACE

The Perogy XC Mountain Bike Race will be held at Terwillegar Park in Edmonton's River Valley. Terwillegar Park is the hub of Cross-country Mountain biking in Edmonton, providing more than 200 acres of ride able terrain. Trails vary from tight and technical single track to more open double track trails. While most of the park is relatively flat, the river bank itself provides steep and challenging climbs with a total elevation gain of about 60m.

The *Novice and Sport Youth (10-16)* categories will race separately from the remainder of the categories on a course 1.3 km shorter. This will provide these athletes with an opportunity to ride a fun, multi-lap and spectator friendly course.

We do not have exclusive rights to use the trails and Terwillegar Park will remain open to others throughout the event. When you come upon other trail users, be as considerate and respectful as possible.

The 2009 Perogy XC Mountain Bike Race is sanctioned by the **Alberta Bicycle Association**.

Alberta MTB Racing strives to provide fun, well-organized, and super-duper races. We try to ensure that all riders of all abilities enjoy the highest degree of safety, fairness, and the spirit of competition.

LOCATION

Terwillegar Park : 36 Avenue & 156 Street off of Rabbit Hill Road

How to get there: Exit the Whitemud Freeway onto Terwillegar Drive. Turn west onto Rabbit Hill Road and follow it all the way down into Terwillegar Park (approx. 36 Avenue and 156 Street).

PRIZING

All competitors are eligible for draw prizes and medals are available for the top 3 finishers in each age category.

CATEGORIES

Category	Age*	Sub-categories
Novice Youth	10-16	U13 Novice, U15 Novice, U17 Novice
Sport Youth	10-16	U13 Sport, U13 Expert, U15 Sport, U15 Expert, U17 Sport
Novice	17+	Junior Novice, Senior Novice, Master Novice, Master 40+ Novice
Sport	16+	U17 Expert*, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport
Expert	17+	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert
Elite	17+	Elite

FEES & HOW TO REGISTER

In order to ensure quick and accurate results, registration will be via online only. Please register online at <https://www.karelo.com/restdetail.php?&BT=10&BID=330>

~~If registering on or before 9:00 pm Monday, May 18, 2009~~

Youth Categories \$35

All other Categories \$45

~~If registering after 9:00 pm Monday, May 18, 2009 a \$10 late fee will be applied.~~

Registration closes at 9:00 pm on Saturday, May 23, 2009.

Two Event Licenses will be available for this event.

Fees are **non-refundable**.

A blurb about licensing:

All participants must have either a current ABA/UCI license, or a general membership plus a Day License to race this event.

Day licenses are available to purchase at a price of \$10 for riders who are general members or are part of ABA-affiliated clubs. If you meet this criteria, a Day License may be purchased from the ABA Technical Director – Roddi Lega on the Sunday of the event.

Unlicensed racers with no club affiliation, and who are not general members, must register with a club, or contact the ABA to become a general member no later than Thursday. You can call the ABA toll free 1-877-646-2453 or 1-403-427-6352 during regular business hours.

PARKING

PARK IN OVERFLOW PARKING ONLY. Terwillegar Park will remain open to other users throughout the event. Obey all volunteers to ensure access for emergency vehicles and other park users. **Please only park in the overflow parking; leaving the regular parking lot to other park visitors.**

SIGN ON

All racers **must** sign-on Sunday May 24, 2009 during the following times at the start/finish area. **Licensed racers must bring their number plate and license.**

Sunday sign-on times:

First start: 10:30 – 11:15 am

Second start: 11:00 – 12:30 pm

FOOD & WATER

Please bring your own water to meet your needs on race day.

BIKE AND EQUIPMENT ON RACE DAY

You must wear an approved bike helmet. Your bike must be in good, safe working condition. Please remove carrier racks, etc. Please bring your own repair equipment, spare tubes, pumps, etc. Your bike may be inspected prior to the race.

MECHANICAL / FEED ZONE

Maximum of two people per racer or team will be allowed to provide – food, water, and eyewear only.

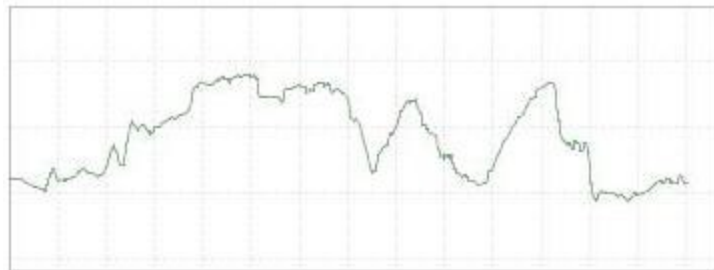
Teams and racers are reminded to bring your own water to meet your needs, as none is available at the site.

A mechanical zone will be designated for equipment that racers may need during the event. Racers must use the same frame for the duration of the event. Please clearly label all equipment in the mechanical zone to avoid confusion.

COURSE MAP



ELEVATION



START TIMES / DISTANCES

Start Time	Category	Laps
11:30	Youth Sport Men	3
11:31	Youth Novice Men	2
11:32	Youth Sport Women	3
11:33	Youth Novice Women	2
13:00	Elite Men	7
13:00	Expert Men	6
13:02	Elite Women	5
13:02	Expert Women	4
13:04	Sport Men	5
13:06	Novice Men	4
13:08	Sport Women	3
13:08	Novice Women	3

SCHEDULE

Saturday	
7:00 - 14:00	Course Closed
14:00 - Dusk	Course Open for Training

Sunday	
10:30 - 11:15	Youth Start sign in and day license purchase
11:30	Youth Start
11:30 - 12:30	Main Start sign in and day license purchase
13:00	Main Start
15:45	Awards

Note: make sure you bring your license!