



ABOUT THE RACE

The 2010 All You Can Eat Buffet of Bacon, Pain, & Suffering Mountain Bike Race will be held at Fern & Harvey's MTB Farm – located south of Stony Plain On May 23rd, 2010. The 6.3 km course features twisty, wooded singletrack with lots of short power climbs. This year's edition of the race features a "Houffalize" style killer climb right into MTB City & the Feed Zone.

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

The race venue is located on private land, so we ask that you respect the landowners and clean up after yourselves. We want the land to appear as if we never were there the day after the race.

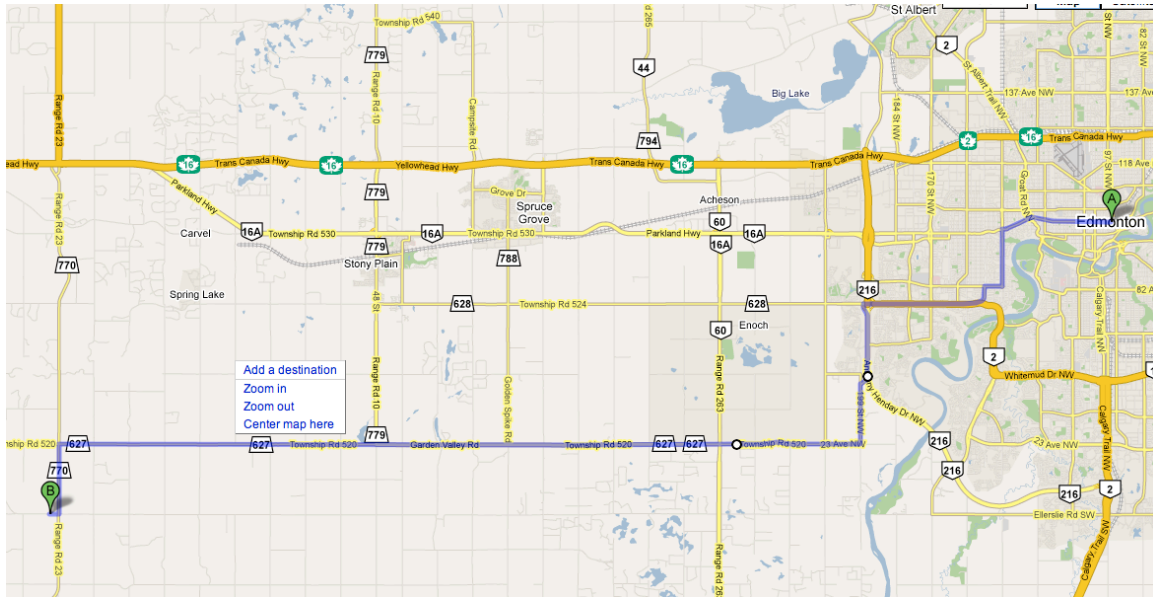
The 2010 All You Can Eat Buffet of Bacon, Pain, & Suffering Mountain Bike Race is sanctioned by the Alberta Bicycle Association.

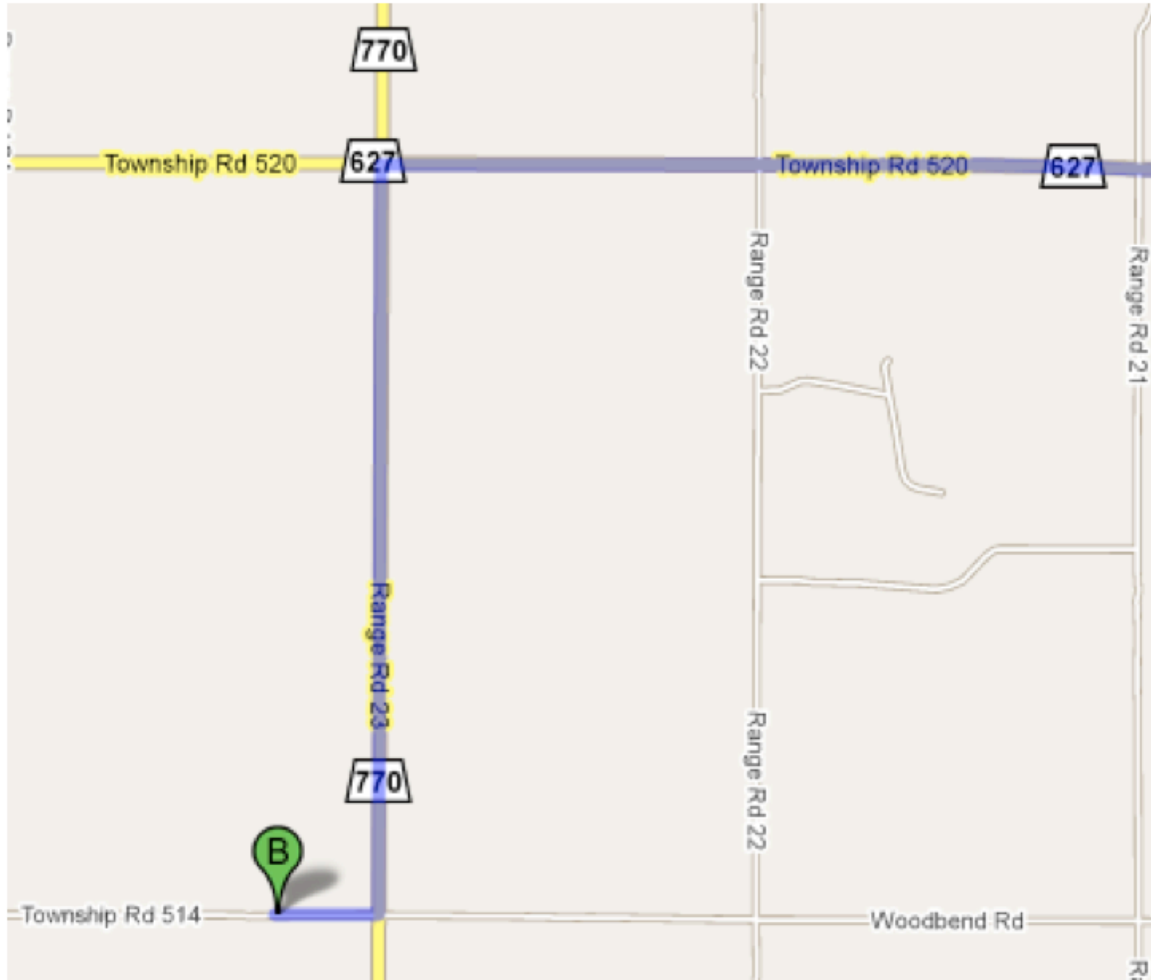
The All You Can Eat Buffet of Bacon, Pain, & Suffering is organized by Alberta MTB Racing who strive to provide a fun & well-organized experience. Riders of all abilities will enjoy a high level of quality & excitement while sharing good times with new and old friends. Come on out and get your Bacon on!

LOCATION

Fern & Harvey's MTB Farm

South of Hwy 627 on Hwy 770. Turn west onto Township Road 514. Venue is on the south side of Township 514.





Visit <http://trail.motionbased.com/trail/activity/5707696> to create more detailed driving instructions by clicking the “Driving Directions” link.

Or follow this link: <http://maps.google.com/maps?q=53.424202,-114.229741&spn=0.025,0.05&iwloc=A&hl=en>

PRIZING

All competitors are eligible for draw prizes and awards for top three finishers in each category. Cash prizes for Elite Categories.

PLUS BACON FOR ALL!

CATEGORIES

The Bacon Race categories are Ability Based. Below is a guide as to what category you should race. If you have any questions regarding what category you should choose, please contact MTB Coordinator Roddi Lega at the [Alberta Bicycle Association](#).

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

Please register and complete your payment on or before 9 pm **Wednesday May 19, 2010** to avoid the \$10 late fee. By registering before the late fee deadline you enable Alberta MTB Racing to better prepare for hosting the event.

In order to ensure quick and accurate results, registration will be via **online only**.

Please register online at

<http://www.karelo.com/register.php?BID=330&BT=10&PrivEv=9122>

If registering on or before 9:00 pm Wednesday May 19, 2010.

Youth Categories \$35

All other Categories \$45

If registering after 9:00 pm Wednesday May 19, 2010 a \$10 late fee will be applied.

Registration closes at 6:00 pm on Saturday May 22, 2010.

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 these criteria, a Day License may be purchased from the ABA Technical Director on the Sunday of the event. Remember that race registration closes at 6:00 pm Saturday, May 22nd. **NO RACE DAY REGISTRATION.**

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, May 20, 2010. You can call the ABA toll free 1-877-646-2453 or 1-403-427-6352 during regular business hours.

PARKING & CAMPING

Parking will be available in the designated areas. Absolutely no parking is allowed on the gravel road. Camping is also allowed in the designated parking area.

SIGN ON

All racers **must** sign-on Sunday May 23, 2010 during the following times at the start/finish area. **Licensed racers must bring their number plate and license.**

Sunday sign-on times:

First start: 9:30 am - 10:45 am

Second start: 12:00 am - 12:45 pm

Third Start: 1:00 pm - 1:45 pm

FOOD & WATER + BUG SPRAY

Please bring your own food and water to meet your needs on race day. There is no public water source on site!

Bring mosquito repellent. They won't bother you while you are racing, but probably when you are hanging out.

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.

START TIMES / DISTANCES

1st Start Time	Category (6 km Lap)	Number of Laps
11:00 am	Sport Men	4
11:02 am	Novice Men	3
11:04 am	Sport Women	3
11:06 am	Novice Women	2

2nd Start Time	Category (5 km Lap)	Number of Laps
1:00 pm	Sport Youth Men	3
1:02 pm	Novice Youth Men	2
1:04 pm	Sport Youth Women	3
1:06 pm	Novice Youth Women	2

3rd Start Time	Category (6 km Lap)	Number of Laps
2:00 pm	Elite Men	6
2:02 pm	Expert Men	5
2:04 pm	Elite Women	5
2:06 pm	Expert Women	4

***The Number of Laps & Start Times are
subject to change**

SCHEDULE

Saturday, May 22, 2010

4:00 pm – dusk Course open for training

Sunday May 23, 2010

- 9:30 am – 10:45 am First Start sign-in and day license purchase
- 11:00 am First Start (Sport, Sport Youth, and Novice both Men & Women)

- 11:00 am – 12:45 pm Second Start sign-in and day license purchase
- 1:00 pm Second Start (Novice Youth both Men and Women)

- 1:00 pm – 1:45 pm Third Start sign-in
- 2:00 pm Third Start (Elite and Expert both men and Women)

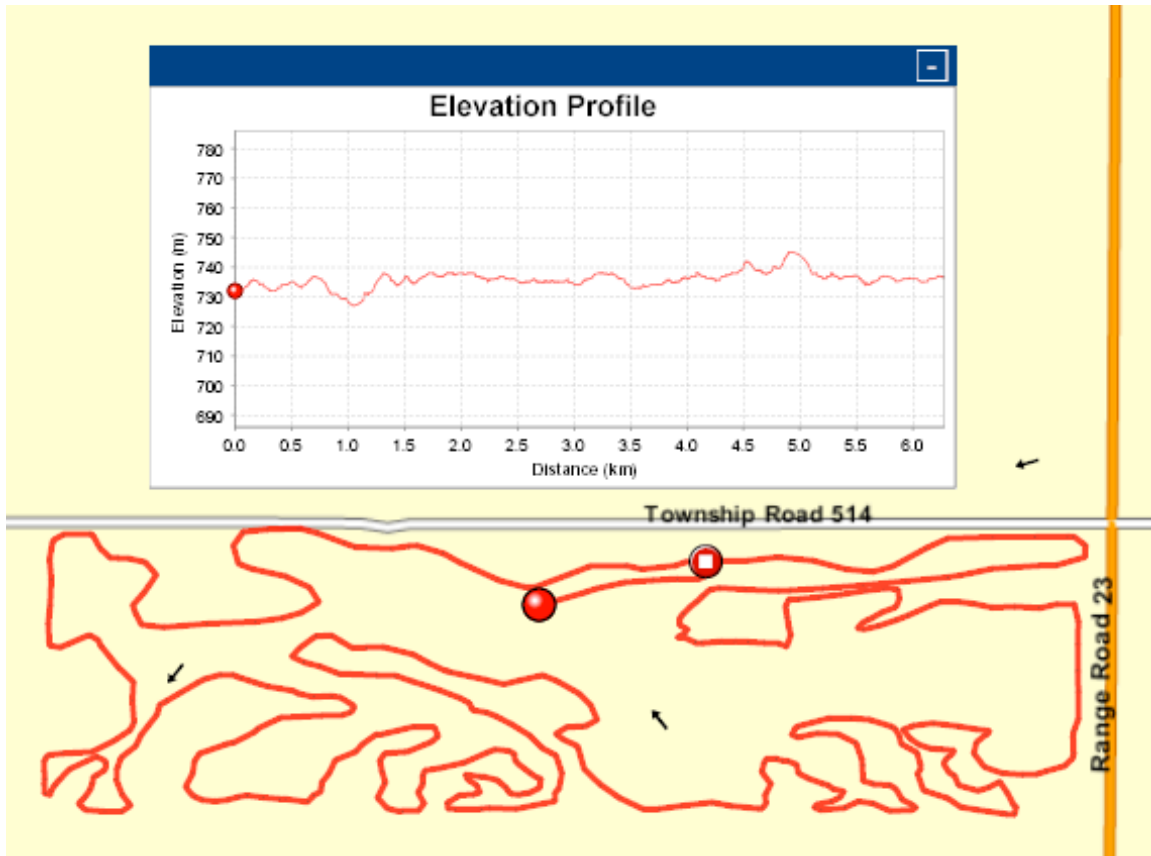
- 4:30 pm Sharp! Awards and draw prizes.

Monday May 24, 2010

10:00 am – 4:00 pm Trans Stony Enduro

Note: make sure you bring your license!

COURSE MAP



Sign On, the Feed Zone, and the Bacon Zone are all located on the top of the hill (at the top of the “Houffalize Climb”).

Visit <http://trail.motionbased.com/trail/activity/5707696> for more information on the course.