

# RED DEER LUNG BUSTER FLOW DOWN

## RACER INSTRUCTIONS (RACE DAY JUNE 4 2022)



The Alberta Downhill Enduro Club (ADEC) is to host its Second annual timed race event in the Red Deer Mountain Bike Park. This year we are featuring a 3 stage mini enduro with live chip timing system. All ages to enter only cost \$20.00

**This race is limited to 150 riders total, and you must pre-register to enter no same day entry. <https://zone4.ca/register.asp?id=28755> Red Deer Lung Buster Mini Enduro.**

All Riders **must** bring a form of ID or (\$65.00 cash) (this will be held for collateral for your timing chip), Youth (17 and under) Will need parental/guardian signature on site to race, as well as parent/guardian present at the race.

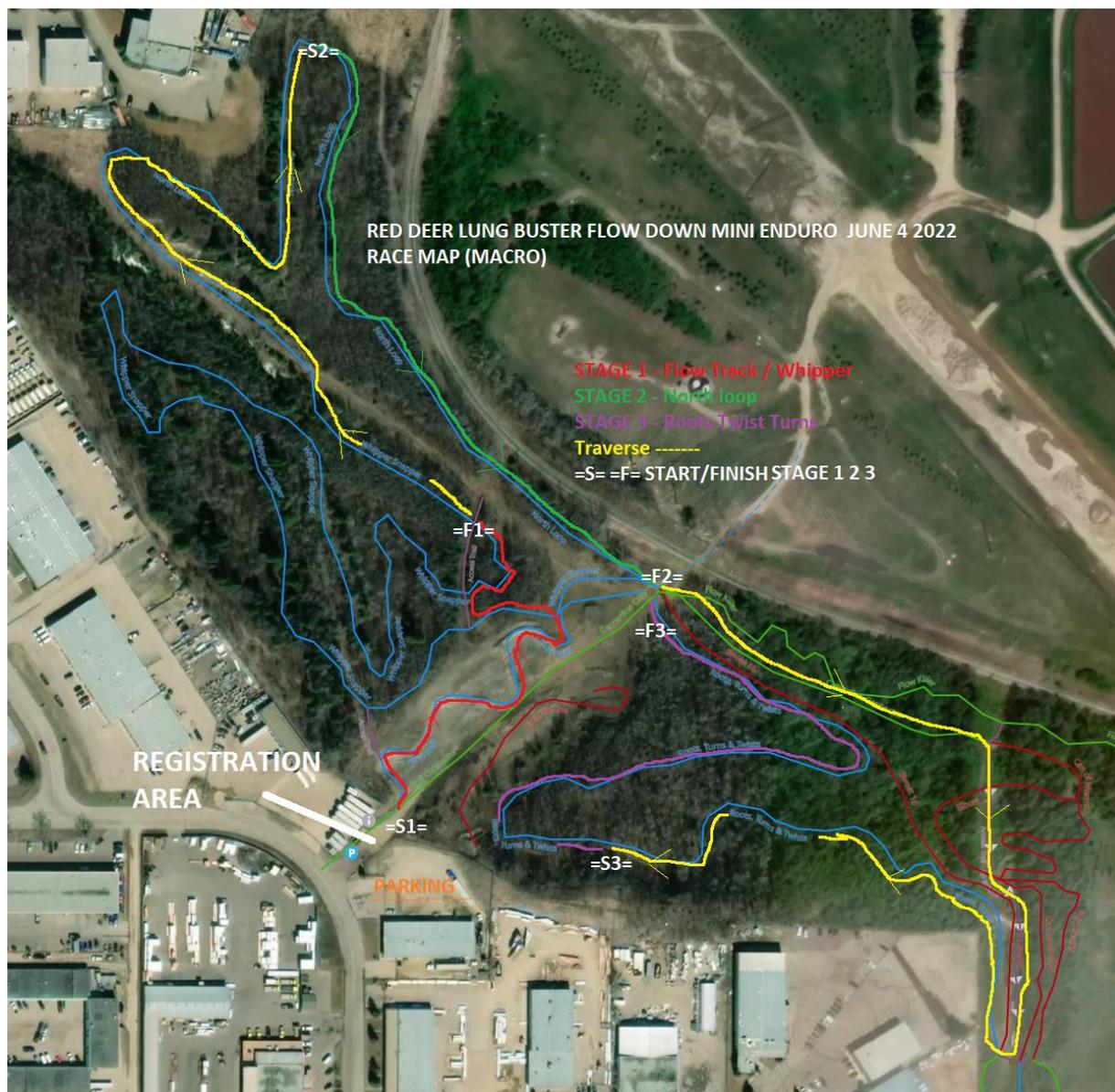
### RACING AGE GROUPS

(Prize for top rider each category)

- |                |  |
|----------------|--|
| <b>12-17</b>   | <b>Male/Female (parental signature required)</b> |
| <b>18- 39</b>  | <b>Male/ Female</b>                              |
| <b>40 – up</b> | <b>Male/ Female</b>                              |

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## COURSE MAP



The course consists of 3 stages that are timed from start to finish, you then traverse to your next stage and start when ready, there is a 2 hour time limit to complete the course. The idea here is it's the beginning of summer, so the stages are mostly descending and technical in nature. This can be completed by all eligible ages and you don't need xc lungs to pull it off. The prizes this year are worth thousands... so some good fun and awards to be had! Racers have 1 attempt at the course with a combined 3 stage time.

## **RIDER REQUIREMENTS**

- a) All riders are required to have a modern mountain biking helmet (skate-board, hockey, motorbike helmets not accepted.) Moto-cross full face will be accepted.
- b) Body armour is recommended
- c) Rider's bike must be in safe operating condition.
- d) Riders must have signed a waiver to compete. Photo Id required
- e) E-Bikes are not allowed for this event.
- f) Must be always in control of your bike, physical and skillfully fit to accept race challenges and obstacles.

## **COMPETITOR ETIQUETTE**

- a) Riders must respect all persons on the course, the use of foul language or intimidation to any staff or other riders will result in the rider being asked to leave.
- b) No competitor or race staff shall be under the influence of alcohol or drugs during the time of the event. Any rider or venter suspected or seen consuming alcohol or drugs will be asked to leave event with no refund.
- c) Passing is allowed – if a rider catches another rider and can keep pace they can pass when safe to do so or yell rider, as riders are staggered apart if you catch someone, you are faster than them so pull over to the right and allow them to pass on your left.
- d) Passing is not allowed on the flow track. Passing is not allowed on steep downhill sections.
- e) Do not pass a down rider on the track help them out and get another free lap.

## TIMINGS

### Friday June 3 2022

6:00 – Course barrier tape to be set out on the course nothing in parking lot

### Saturday June 4 2022

08:00 – Course layout and setup (Club Tent)

10:00-11:00 Registration Get your chip, and prep your bike

11:00 – Riders Meeting

11:15 – 12:15 Practice, course walk. (Get in a few laps check your lines)

12:15- 12:30 course inspection,

12:45 Race Start

15:00 Race Finish (sooner if everyone is through)

15:00 Awards, prizes ect.

As determined - Site Exited

## PARKING

Public parking will be on 77<sup>th</sup> street at the south entrance and at WHEELS ON parking lot at the flow track (NW -Entrance) (wheels on shown in map). **Additional over flow parking can be found at the parks south entrance on 77<sup>th</sup> street. This is street parking on the north shoulder of the road.**

**Note the Wheels on parking lot will be CLOSED AND LOCKED by 16:00 have your vehical out of you continue to ride in the park, we are not responsible if your vehical is left in there, (it will be stuck till Monday)**

For any questions or concers email [albertadhenduro@hotmail.com](mailto:albertadhenduro@hotmail.com)



