

About

The Rincon Mountain Bike Race is organized by the Northern Rangers Mountain Bike Club, which is registered under the Trinidad & Tobago Cycling Federation (TTCF). The event is sanctioned by the TTCF and is a TTCF Mountain Bike League Race. The event is made possible with the support of:

- Powerade – Sponsor of ambulance and cash prizes, sponsor and provider of refreshments at the event (Powerade and Dasani)
- SARAC - Service and Rentals Air Conditioning Ltd – Club Sponsor
- Classic Awards Limited – sponsor of trophies and medals for the event
- The Silva family for the use of their property at Rincon for the Start / Finish venue
- Members of Northern Rangers Mountain Bike Club and the Mountain Bike fraternity

Date / Time

Sunday 10th April 2016 from 7:00 AM to 11:00 AM

Location

Rincon Valley, Las Cuevas

Follow North Coast Road east past Maracas Bay. Turn right by Rincon Well #1 sign (opposite cleared land at Las Cuevas Bay, but before the beach facility). Continue along road in a southerly direction. Turn right at junction. The staging area is shortly after the junction, on the left (Private Property). **Parking** will along the dirt road (first left turn of course) as indicated on course map.

Eligibility

The event is open all pre-registered participants. Participants must adhere to the following safety guidelines:

- Helmet must be worn
- Closed-in sneakers or cycling shoes must be worn (no bare feet or slippers)
- Mountain Bike must be in good working order to minimize risk of injury to rider or others

TTCF Mountain Bike League Points will only be awarded to participants that have current TTCF Licenses.

Race Entry

All participants must pre-register by completing the online registration form no later than Wednesday 6th April 2016. Registration payment to be made on Race Day between 7:00 AM and 7:30 AM, along with sign-in and number distribution.

https://docs.google.com/forms/d/1uVsiaUzafIMae3eTO0QQWxXtbvzrpq_sR2DHSxwMbBU/viewform

Registration Fee is \$100 for Open 1 & Open 2 and \$20 for Youth Development Kids Under 13.



Categories / Divisions

The main event will have 2 separate Divisions:

- **Open 1**
 - For experienced Mountain Bike racers only (the organizer reserve the right to refuse entry into this division if the participant is deemed to be not experienced / fit enough)
 - This division will be judged by overall results only, regardless of age
- **Open 2**
 - "Sport" Division for those that wish to race a shorter course, or for inexperienced Mountain Bike racers
 - This division will be judged overall, and the winner in the Junior, Juvenile, Tnymite and Masters age categories will be recognized also. There are separate awards for Ladies.

Youth Development Kids

This is a separate event and a shorter course. Kids will be judged in the following age categories for Boys & Girls: U13, U11, U9, U7. Age is determined by age on 31 December 2016.

Rules

The race will follow the UCI Rules for Cross Country Mountain Bike Races. Special mention to the following rules:

4.1.034 A rider must act in a sporting manner at all times and must permit any faster rider to overtake without obstructing.

4.1.035 If a rider exits the course for any reason, he/she must return to the course at the same point from which he/she exited. (text modified on 1.01.16).

4.1.036 The riders must respect nature and must make sure that they do not pollute the course venue.

Refreshments

Powerade and Dasani water will be provided courtesy our sponsor, Powerade

Bike Mechanic

Singletrack will be providing free mechanical assistance prior to the race



Course

The course for Open 1 and Open 2 consists of multiple laps of 1.85 miles / 3 kilometers in an anti-clockwise direction. There is a mixture of paved road, gravel road, single track and (ride-able) river crossings. There are a couple of steep hill climbs. Open 1 will complete 8 laps, with an expected duration of 1 hr 30 min to 2 hr. Open 2 will complete 3 laps, with an expected duration of 30 min to 1 hr. Times will vary depending on the individual rider's ability and fitness. The course will be marked with directional arrows at turn-off points.



Program

- 7:00 AM to 7:30 AM Sign in, payment of registration fee and distribution of race numbers
- 8:00 AM Start of Youth Development Kids Race
- 8:30 AM Start of Open 1 Division
- 8:31 AM Start of Open 2 Division
- 10:45 AM Prize Giving

NOTE: Race timing will conclude 2 hr 15 min after the start of the race. Any participants that have not completed the required number of laps will be listed in the results according to number of laps completed. This is to avoid a lengthy program and delay of prize giving.




Feeding

The Feed Zone (where participants may be handed refreshments) will be in the start / finish area. Those that are feeding must remain stationary while handing the bottle to the rider. No running alongside riders is permitted. Feeding must not interfere with other riders on the course.

Safety

There will be an ambulance stationed at the Start / Finish area.


Prize Structure



RINCON MTB RACE

PRIZE STRUCTURE 10 APRIL 2016

Cash Prizes sponsored by




OPEN 1				
	1st	2nd	3rd	4th
OVERALL	TROPHY	LARGE MEDAL	LARGE MEDAL	LARGE MEDAL
	\$600	\$400	\$300	\$200

OPEN 2					
	1st	2nd	3rd		
OVERALL	TROPHY	LARGE MEDAL	LARGE MEDAL		
CATEGORY	TINYMITE 13-14	JUVENILE 15-16	JUNIOR 17-18	MASTERS 40-49	MASTERS 50+
WINNERS	LARGE MEDAL	LARGE MEDAL	LARGE MEDAL	LARGE MEDAL	LARGE MEDAL

LADIES			
	1st	2nd	3rd
OVERALL	TROPHY	LARGE MEDAL	LARGE MEDAL

YOUTH DEVELOPMENT KIDS			
	1st	2nd	3rd
UNDER 13 BOYS	MEDAL	MEDAL	MEDAL
UNDER 13 GIRLS	MEDAL	MEDAL	MEDAL
UNDER 11 BOYS	MEDAL	MEDAL	MEDAL
UNDER 11 GIRLS	MEDAL	MEDAL	MEDAL
UNDER 9 BOYS	MEDAL	MEDAL	MEDAL
UNDER 9 GIRLS	MEDAL	MEDAL	MEDAL
UNDER 7 BOYS	MEDAL	MEDAL	MEDAL
UNDER 7 GIRLS	MEDAL	MEDAL	MEDAL

All Trophies & Medals sponsored by



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