

Prairie Pedaler

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Saskatchewan Cycling Association,

2205 Victoria Ave, Regina, SK S4P 0S4 www.saskcycling.ca cycling@accesscomm.ca 306 780 9299

President's Message

By Wayne Walker

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Spring seems a little bit slow this year. I've seen some of the hardier souls out there already, but the Yellow Horizon Jackets flying past my house are not out in great flocks yet. I myself have been loyally riding my couch all winter. I'm waiting for the city to clean some of the ball bearings off of the roadway; that they so aptly spread all during our lovely Saskatchewan winter.

I know not all of you rode your couch this winter. There were the usual training programs and indoor cycling going on within the province. Some of you went south, and by all reports the SCA spring training camp in Okanagan Falls was a success. It would seem the highlight was riding one afternoon with Axel Merckx, former Olympian, and National Cycling Champion of Belgium. I'm sure this was very motivating for the riders involved.

The GASP tours are planned, and look great, check out our website for information on the tours. Being from Saskatoon, the starting point and finish for this year's road tour, I'm familiar with a lot of the route for the tour. It should provide you with an excellent ride, lots of scenery and history to check out along the way. It will also provide for an excellent work out, especially by the time you get to the top of the hill (mountain) at St-Isidore-de Bellevue.

Our young riders will be getting ready for the Saskatchewan Summer Games in Lloydminster, August 3rd to 9th. This is always a fun event, and one that usually introduces some new riders to the sport. Plans are already in place for the 2009 Canada Summer Games, and our coaching staff will be watching and working with the age eligible riders this season, getting them ready for the following year.

Saskatoon is hosting the 2008 Can-Am Police-Fire Games, there will be a few SCA members competing, and athletes will be attending from across the northwestern states and Canada. There is the potential for some stiff competition, so come out and watch some racing and cheer on our local riders, or if you have time volunteer to help with the events. The cycling portion of the Games will run July 16th through 19th.

Whether you are riding for fun, racing, or just to get off the couch "**Just Do It**" as they say and I hope to see you out there.

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Wiserider Program - The Co-operators Life Insurance Company

The Co-operators WiseRider Program came into existence in June, 1992, committed to inform, entertain, educate and enlighten both general and specialized audiences about bicycling safety. This is a two part program.



1. Can-Bike instructors go to schools in the Southern half of the province and present safe cycling presentations to students. This program is funded by the Co-operators and administered by the Saskatchewan Cycling Association.
2. The second part of the program is held on June 14th 10am-3pm at the Conexus Art Center in Regina. It is a day based around the theme of safe cycling. It is an exceptional education/fun experience, with tents housing safety education exhibitors, bicycle safety inspection, and an education and entertainment amphitheatre. A highlight of the day is the large rodeo sponsored the Sask Cycling Association; it includes railroad crossing lights, street lights and traffic signs.

The SCA needs your help as a volunteer!

Are you available on June 14th ? Could you volunteer 4 hours of your time, either morning or afternoon to help at the rodeo? For volunteering, you will receive a WiseRider T-Shirt and all the hot dogs you can eat at WiseRider Day. If you can volunteer your time, please call the office.

For Sale

2004 Specialized Epic - Full suspension mountain bike, 17.5" aluminum frame (medium), Shimano components, Avid calliper brakes, XT rear derailleur (new 07), Fox Float R rear shock with Brain, Fox F100 RL front fork , Mavic 519 front wheel (new 06), Mavic 517 rear wheel (new 05) \$1100, Garth at 652-2175

2004 Opus Toccata - Purchased in spring 2005 and only ridden on for 2 seasons (minimal miles). The frame size is large, which is a 55 cm. Here is what you can get for only \$1500. Dura Ace 9 speed shifters, Dura Ace front and rear derailleur, Dura Ace brakes, FSA Carbon Pro Team Issue cranks (53-39), FSA OS 115 stem, Shimano 550 wheels or Mavic CXP rims laced to Shimano Ultegra hubs, Fizik Arione saddle, Carbon seat post. The Toccata frame is made from Columbus Airplane Aluminum, has a carbon seat and chain stays and carbon fork. This is a race ready bike at an entry level price. Sean at kukura@sasktel.net

DeKerf ST full suspension racing bike for sale. Mike: 306-781-2128

2007 Trek Fuel EX 8, Saint Onyx 19.5, Fox Float 130 RL, Pro Pedal, Lockout, 28 pound trail bike \$1650. Good Shape, Scott @ 306 373-7199

Sask Cup Points Series

The Sask Cup point series has been administered by the SCA since 1996. The Cup series guidelines can be found on the SCA website for Mountain Bike, Road Racing, Cyclo-Cross and the Inter Club Series. Results will be posted following the race on the SCA results webpage.

New for 2008 - the Provincial Road Race, Criterium, 40K/15K ITT will not be included in the Sask Cup Point Series. This will address the problem of racers getting caught in the decision to race in their ability category or age category at the Provincial Road Races. The Provincial Road Races are organized based on age categories while the rest of the Sask Cup Road Races are based on ability. To view the full set of rules go to:

<http://www.saskcycling.ca/events/PointsGuidelines.htm> . The changes are highlight in yellow.

Sask Cycling Events Calendar

April

27 RR 1 - Spring Classic, MJ Pavers

May

10 Mtb Commissaire Course, Saskatoon
 11 Mtb 1 - Regina Beach, Fresh Air Experience
 17-19 RR 2 - Bikes on Broadway, Stn Cycledelia
 25 Mtb 2 - N Battleford., North W Mtb Club

June

7-8 RR 3- Regina SR, RCC
 7-8 Bikeapalooza, Saskatoon CC
 14 WISE RIDER DAY
 21-22 Mtb 3 - Wascana Trails, OffRoad Synd

July

12-13 RR 4 PA Stage Race, Rock'n'Rd/Fresh Air
 13-20 Police/firefighters Games, Stn (TT 16th; RR 17th;
 Crit 18th; Mtb 19th)
 20 Mtb 4 - S'tn, BCW/NBR
 19-26 GASP Offroad, Qu'Appelle Trails
 26-27 Prov Crit/40K - Stn, Cycledelia.

August

3-6 2008 Sk Sum Games Lloydminster
 9-10 Mtb 5 - Esterhazy, East Qu'Appelle Cartel
 15-17 GASP Road
 16-17 RR 5 Swift Current CC SR
 23-24 Mtb 6 Provincials -PA, Rock'n'Rd/Fresh Air
 30-31 Prov RR/15K

Sept

6 XC8 OffRoad Syndicate
 20 Cx1 AGM Cross - Saskatoon
 21 AGM, Saskatoon, Cycledelia
 28 The Buffalo 60 - 60k one loop course

October

4-5 Cx 2/3 - Regina Double Cross, OffRoad
 11-12 Cyclo-cross Nationals Edmonton
 19 Cx 4/5 - Saskatoon Double Cross, Cycledelia
 26 CX 6 - Provincial Cross - Saskatoon, BCW

Baby news

- **Tobias Joseph Methodius Kukura.** February 14th at 2:30am. 7lbs and 12 ounces. This is the 5th child for Lori and Sean (Miguel, Emma, Gabby, Rafael)
- **Evalynn Rose Yeo.** March 3 at 5:55am. 9lbs 12 ounces, 21.5 inches. 2nd child for parents Chris and Simone de Rosemond (Claire)

The Buffalo Pound 60K, 60 K cross country mountain bike race (1 loop)

Saturday, September 27, 2008 - 10:00a.m. start

Buffalo Pound Provincial Park- 16 miles NE of Moose Jaw, Sask !!!!

3k paved, 9k gravel, 8k double track, 40k single track

Enter as Solo, 2 person team, or 3 person team

- Cash prizes for the winners as: Solo male under 40, Solo male 40 and over , Solo female
- A Minimum of \$50.00 will be added to each category.
- \$50.00 for course record. This is the first year, soooo....., solo only.
- \$10 dollars from all solo entry fees will go towards their applicable category prize money
- \$5 dollars from each team member's entry will also go towards solo prize money.
- More cash will be injected into prize money if we have a big turn-out.
- No cash prizes for teams.
- If the number of entrants per category is 20 or less - Winner Take All; If the number of entrants per category is over 20 - Pay 1st, & 2nd (70% -30%); If the number of entrants per category is 50 or more - Pay 1st, 2nd, 3rd - (60%-30%-10%)
- All Solo females will receive a free pair of deer skin gloves
- Numbered race plates for all entrants
- Other draw Prizes will exceed \$1,000 in value.

The Course

What a better way to end the season than with a super challenging ride. We think this course will challenge the best of riders. The entire course is within the confines of Buffalo Pound Provincial Park, located in the QuAppelle Valley, 16 mi. north of Moose Jaw Sask. Buffalo Pound holds some of the best mountain bike trails in Saskatchewan. Over the past two years, with the Parks permission, work has been done to create about 17k of new single track. We feel that by combining all of these trails into one 60k track will present one of the best courses east of the Rockies!

Much of the single track is new trail and very challenging, not because of roots and rocks, but because of climbing, narrow treads and tight turns, even the pavement portion is up-hill. For the most part, the race starts out easy and fast, but once the undulations start, it gets harder, and harder, if you are from out of the Province you will be mumbling under your breath "this is Saskatchewan?" Go out too fast early and you will pay dearly as the race progresses. The course does present 2 hike-a-bikes (for mortals), the balance of the course is all rideable, well, and it's rideable if you're fresh.

Staging, start, and finish will be located at the White Track camping area.

- gather and check-in starts at 8:00
- 9:45 a.m. racers meeting
- 10:00 a.m. mass start
- Awards around 3:00 (plenty of time for you Ab. and Mb. speedsters to make it home)
- Course closes at 6:00 p.m.

During the race, you will have three opportunities to refuel at White Track (31k, 35k, & 47k); there will be no other aid stations on course. Team relay points will be at White Track, 31k and 47k (3 person team).

Two person teams will exchange at the 31k point

- 0 thru 31k is the longest but easiest leg, however, it does contain the hardest climb and a pretty hairy downhill (just be careful), lots of hard grinding on new trails on the north side of the park, very scenic (who cares!).
- 31k thru 47k stays in what most people would call the traditional trails of White Track (but we have added some nontraditional trails that are new to many)
- 47k thru 60k is the shortest leg of the race but contains some of the hardest single track in the race, very, very scenic (you really, really won't care!). This is new trail, if you are in shape and like climbing, you will have fun here.

The Blocks Cycle XC8 is a massive relay, where solo riders or teams of up to four people compete to ride as many laps as possible in an 8-hour time frame. Whether you're a strong rider or a recreational rider, our categories have been designed to accommodate all levels.

With all accommodations and facilities just steps away from the race course, XC8 is truly a social event. You will enjoy great company with cycling enthusiasts from near and far. The event routinely attracts friendly participants from Alberta, Saskatchewan, and Manitoba. The atmosphere is a festive with competitive racers and recreational riders meshing in genuine love for the sport.

An experience you'll never forget. Early Bird Registration on NOW!

For more information, photos, and registration: <http://www.xc8.ca>

Schedule of Events

Draft Schedule as of February 6th, 2008.

Friday, September 5th, 2008:

Overnight Camping Setup
Race Course Prep and Marking

Saturday, September 6th, 2007:

8:20am Registration Opens
9:20am Registration Closes
9:45am Race Staging
10:00am Race Start
4:30pm BBQ fires up
6:00pm Official Finish Time
~**6:45** Awards and Prizes

Post-Race Events:

- Bonfire Social
- Night Lap
- Overnight Camping

Sunday, September 7th, 2007:

Downhill Race Event
(separate event from XC8 Cross-Country event)
9:30am Registration Opens
10:30am Registration Closes
11:00am Races Start

Offroad Syndicate weekly races begin on Wednesday, April 30th



adventurehers

AdventureHers is an all-female, outdoor activity club, based in Regina. We encourage women, of ALL ages and abilities, to participate in all outdoor and adventure activities. *Check out our 2008 Activities and Social Events Calendar:*

March	<ul style="list-style-type: none"> • Wednesday night (in-city) walks
April	<ul style="list-style-type: none"> • Wednesday night (in-city) walks • Spring social
May	<ul style="list-style-type: none"> • NEW! Monday night mountain bike rides • Wednesday night (in-city) walks • Thursday night mountain bike rides • Bike clinic (sponsored by Block's)
June	<ul style="list-style-type: none"> • Monday night mountain bike rides • Wednesday night (in-city) walks • Thursday night mountain bike rides
July	<ul style="list-style-type: none"> • Monday night mountain bike rides • Wednesday night (in-city) walks • Thursday night mountain bike rides • SCA back road cycle tour (July 19-26) • Weekend canoe trip • Strasbourg mountain bike day trip/picnic
August	<ul style="list-style-type: none"> • Monday night mountain bike rides • Wednesday night (in-city) walks • Thursday night mountain bike rides
Sept.	<ul style="list-style-type: none"> • AdventureHers wind-up • SWF Women's outdoor weekend
Dec. to Feb.	<ul style="list-style-type: none"> • XC-skiing at White Butte • Snowshoeing

For more information, check out www.AdventureHers.com

NBR Mountain Biking Club Spring/Summer Schedule

For more info on all programs, visit our website: www.saskcycling.ca/-nbr

- **Monday Night Dirt Series - Kids Age 10-15 (*Registration required)** - 7 - 8:30 PM, starting April 28. All you need is a mountain bike and approved helmet.
What it's all about: Trail Etiquette and safety; Off Road riding skills; Fitness and fun; Introduction to racing
Registration: Monday, April 21 7 - 8:30 PM, Lakewood Civic Centre. \$75 for first child and \$50 for each additional (includes club membership and insurance)
- **Tuesday Adult Trail Rides** - Organized recreational mountain bike rides for all ages and abilities starting April 29 and running all summer. Rides start from the Broadway Roastery on Broadway Ave at 6:30 PM.
- **Wednesday Night Races** - Back for another great year of low-key fitness sessions in a race environment. 6:30 PM at Diefenbaker Park (west parking lot)

Thursday Women's Rides - Get involved in the exciting sport of mountain biking in a low pressure, friendly environment. Weekly rides are for all ability levels starting May 1 and running until June 26th (informal rides occur in July and August). Rides start at the Broadway Roastery on Broadway Ave at 6:30 PM.

Women's Ride Back and Better!

The NBR Mountain Biking Club is ringing in the 7th year of this Women's Ride program. With the steadily growing popularity of this ride we want you to come out and enjoy it with us. This is a great way to have fun and put some physical activity into your life. It is also a great opportunity to meet people and learn those skills that you've always wanted to learn, or those skills you never thought about learning.

All rides are coached by NCCP certified coaches and incorporate all levels of riding. We are also continuing the ever-popular potlucks, BBQs, and Bike Maintenance days. Hope to see you out there this summer!

WHEN: Thursday evenings - 6:30pm to ~8:15 pm (some rides finish earlier)

WHERE: Broadway Roastery on Broadway Ave.

WHAT DO YOU NEED: A SCA/NBR membership, a helmet and a working bike that can handle trail usage.

HOW TO REGISTER: Contact Susan Clarke or email susan@biking.org

WHY REGISTER: We can notify you if rides are cancelled or if we are holding other events if we have you on file.

HORIZON 100 CYCLING CLUB

Event	Date	Location/Start	Time
Road Ready Boot Camp	April 12, 19, & 26	Doug's Spoke N Sport	9:00 AM
Veteran's Boot Camp	April 27	Doug's Spoke N Sport	1:00 PM
First Thursday Night Training (TNT) Ride	May 1	Doug's Spoke N Sport	6:30 PM
Pizza Night - New Members	May 3		
First Women's Night Ride	May 5	Doug's Spoke N Sport	6:30 PM
First Wednesday Night Ride	May 7	Doug's Spoke N Sport	6:30 PM
Mountain Bike Ride and BBQ	June 1	Gabriel Dumont Park	TBA
Saturday Ride - Early Start Begins	June 7	Doug's Spoke N Sport	7:30 AM
Kananaskis Trip	June 13 to 17	Kananaskis, AB	TBA
Forestry Farm Family BBQ & Campfire	June 21	Forestry Farm Park	5:30-8:30 PM
Night Road Bike Ride	June 28	Doug's Spoke N Sport	11:00 PM
200 km Brevet to Biggar	July 20	Doug's Spoke N Sport	7:30 AM
Full Moon Howler Mnt Bike Ride	August 23	Doug's Spoke N Sport	11:00 PM
Last Wednesday Night Ride	August 27	Doug's Spoke N Sport	6:30 PM
Last TNT Ride	August 28	Doug's Spoke N Sport	6:30 PM
Saturday Ride - Late Start Begins	September 6	Doug's Spoke N Sport	9:00 AM
Harvest Century (100 mi) Ride	September 7	Doug's Spoke N Sport	7:30 AM
Last Saturday Ride	October 25	Doug's Spoke N Sport	9:00 AM
Year End Banquet	November 22	Marquis Hall, U of S	TBA

For more information watch your email inbox or visit the club website [http:// www.horizon100.com](http://www.horizon100.com)

The Horizon 100 Cycling Club will once again be doing the regular Saturday 100/50 km rides. You choose the distance.

Wednesday night rides begin in May along with our second year of TNT (Thursday Night Training) and our 4th year of Monday Night Women's rides. We will be supporting Fuddruckers (the finishing point for all our Saturday rides) and Jerry's Food Emporium (the finishing point for all of our Wednesday evening rides).

The Road Ready Boot Camp starts April 12 and continues on the 19th and 26th. All new members are encouraged to take this educational session on bike handling, and skill development and practice on pace line riding. We don't want to have accidents so it is important that all new members learn how to ride safely in a pack. The Pizza Night will be held on May 3rd. This night is especially for the new members. It gives new members a chance to meet the regular members without having to peer through sunglasses and balaclavas. Hopefully, by then it will be summer and we won't need all the extra clothing. If you are in town for a weekend, you are welcome to join us for a ride. We leave Doug's Spoke N Sport at 9:00 sharp for the month of April/May. June 1st the time switches to 7:30 am. You will be back before noon.

If you want more information check out the website or email me at rajan@sasktel.net.

Ray Wight

Mountain Bike Official's Course

An in class official's course for mountain bike racing is being offered free of charge in Saskatoon on May 10. This is an excellent opportunity for a parent, friend or spouse of a rider to participate at a race. As a race official your travel expenses to the races will be paid and you will receive an honorarium.

- ✓ In-class portion - May 10 - 9am - 5pm, location in Saskatoon TBA
- ✓ Practical at Sask Cup Mtb – to be determined based on your availability

Contact the office by May 1st to register.

Bike-A-Palooza 2008—Saskatchewan's Provincial Bicycling Festival Saskatoon, June 6-7-8, 2008

The Saskatoon Cycling Club is hosting rides throughout the weekend. There will be morning and afternoon rides, as well as daylong rides, led by SCA club members. In the evening, there will be social events and other activities. A complete program, ride descriptions and other useful information will be available to registered participants. Out-of-town cyclists can reserve accommodation at the University of Saskatchewan. See <http://www.usask.ca/hospitality/pdf/forms2008/EXTRAS%20HousingRegistry,2008.pdf>

Cost for SCA Members:

Registration: Includes: Barbecue and social events. Other meals are the participants' responsibility

SCA Members' Registration, per person (For insurance purposes, all participants must be members of the SCA) \$15.00

Accommodation: Minimum stay - two nights

Singles are \$ 31.99 per night plus a one time booking fee of \$ 7:42 \$71.40

Doubles are \$ 25.44 per person per night plus a one time booking fee of \$ 7:42 \$58.30

Contact the Saskatoon Cycling Club for more details or to receive a registration form. www.SaskatoonCyclingClub.ca
e-mail: Lcote@scs.sk.ca Phone: (306) 242-2872

Snowmelt 2008 - Road Camp, May 1-4

Sponsored by the Cycledelia Cycling and BCW Cycling Clubs

Full details and itinerary at: www.saskcycling.ca/~bcw

Registration Form:

Name: _____ Birthdate: _____

2nd Person: _____ Birthdate: _____

3rd Person: _____ Birthdate: _____

Address: _____
_____ Postal Code _____

Email Address: _____ Phone # _____ (this is our main form of communication)

Group you wish to join:

- I'm Newer to Road Cycling (Intro to Road Group)
- I've Ridden Quite a Bit & Know Some Skills (Intermediate Road Group) (guide Cat 5/4)
- Bring it On (Advanced Road Group) (guide Cat 4/3)
- Man, Oh Man, I'm Fast - Cat 2 Group (guide Cat 2 and top Cat 3)

Cost of Camp: Early Bird Registration

1st Person \$75.00 2nd Family Member: \$60.00 3rd Family Member: \$50.00

****Note: Registration after April 25th - Add \$20.00 per person**

Total Cost of Camp: \$ _____ (add \$2.00 for Credit Card payment)

Payment Method: Cash Cheque # _____ (cheques payable to BCW Cycling)
 Credit Card _____ Exp (M/Y) _____
(payment will also be accepted in person at Bruce's Cycle)

The "Spring into Easter" Weekender Camp will involve: Mileage Rides & Workout Sessions; Evening Mechanic's Session; Lunch included on Sat; Evening Sport Med Learning Session; Time Trial, Crit and RR Tactics

In the case of inclement weather, rides may be moved to the Saskatoon Field House for Indoor Training

Mountain Bike Races

The schedule for all races is the same. If you have pre-registered for a race, you must still sign-on between 9:00AM and 10:15AM on the day of the race. Licensed racers must show their license on race day. A waiver of liability form and registration form must be completed and handed in at sign-on. Oneday licenses are available at the race for \$20.00 and are good for one event. A maximum of one oneday license can be purchased in one year.

Schedule of Events:

9:00-10:15am	Registration (sign-on) and practice on the course.
10:45	Rider staging for all categories.
11:00	Start of race for first wave of riders.
2:00pm	Awards ceremony.

2008 Fresh Air Specialized Classic Mountain Bike Race

Brought to you by: Fresh Air Experience
Sunday May 11th, Sask. Cup Mtb #1 at Regina Beach

Come out and enjoy the fast yet friendly race course at Regina Beach. This race has become one of the favorite Mountain Bike races in Saskatchewan due to the well groomed and well marked course.

Entry Fee: \$35, after May 9th \$45 Entry fee includes: race, chance at great prizes, and a steak and potato dinner. If you need a day racing license please add \$20. If you need additional meal tickets please add \$13 per ticket.

Where: Regina Beach Golf Course/ Kinookimaw

Send registrations to: Fresh Air Experience, 532 Victoria Ave, Regina, SK, S4N 0P9

Make cheques payable to Fresh Air Experience

Any questions please email or call the staff at FAE 522-6665 or fae@accesscomm.ca

PeeGee Man River Run 2008

North West Mountain Bike Club and Phoenix Source for Sports
Sask Cup Mtb #2, North Battleford, May 25, 2008

This race is held on the north shore of the North Saskatchewan River at North Battleford and will include new sections.

The course is accessible by following Canola Avenue past the Maple leaf processing plant out to the new water treatment plant. Look for race signs beginning at the lights at Anderson Pump House on highway sixteen, east of North Battleford

A small meal and massive prize drawing will take place after the race.

A separate raffle for a Bling Bling prize will take place to raise money for a local cause.

Mail registration to: NWMBC c/o Tom Hawboldt, 9301 19th Ave, North Battleford SK S9A 3N5

Make cheques payable to: Battleford Cycling Club

Entries fees are \$30.00 for early registration. Entry fees must be received by May 23 to qualify for early registration fee. After that date, registration will be \$40.

Western Cycle Wascana Challenge

Sask Cup #3, June 22nd, 2008

The race course is located in Wascana Trails just northwest of Regina, SK. The trails were the host of the 2005 Canada Games Mountain Bike Race, and have been the site of the Wascana Challenge for over 10 years. Young athletes from across Canada have raced on this course and you can too! This race course has a mix of everything including open flats, wooded downhills and climbs, as well as tricky technical sections. The race also has modified course sections for some categories that skip the tough sections. One lap of the course is 7-8km.

Race Entry Fees



Race entry fees are per person, as follows:

Early Registration:	\$35	(closes midnight June 20th)
Late Registration:	\$45	(after June 20th or on race day)

Race entry fees include post-race **meal** and a **Free Gift**

Shelly Major will be on-site giving FREE Massage Therapy (limited space, donations welcome)

For more information or to register go to: <http://www.offroadsyndicate.com/wascanachallenge.php>

Registration forms/cheques to: Offroad Syndicate, c/o Jay Van Ginneken, 2339 McLurg Cres

Regina, Saskatchewan, S4V 2N3

2008 Blackstrap Biter

Sask. Cup #4, July 20, 2008

Hosted by: BCW Cycling Club and NBR Mountain Biking Club

We're heading back to Blackstrap for another epic race. Last year's race series saw two races at this location and these two clubs have combined forces this year, to put on one great event.

This race is going to be held in conjunction with the Police/Fire Games and race participant numbers should be higher than normal. This is going to provide some great competition.

Just for Kids:

A Kids Race will be held prior to the start of the event and prizes and food will be given out to all of those who are participating. Last year's loop was great fun and the youth that raced it had a fantastic time showing off for the crowd.

Cost:

- Sask Cup Race - \$30.00 before Thursday, July 17th, 2008 (add \$15.00 for late registration). Pre-registration gets you a free race goody.
- Kids's Race - \$5.00 (same price race day). Pre-registered youth get a free race goody.
- Make cheques payable to BCW Cycling. Visa/MC accepted (add \$2.00) on registration form or in-person at Bruce's Cycle Works, 1104 Central Avenue, Saskatoon.

Mail Registration to: c/o BCW Cycling, Bruce's Cycle Works, A-1104 Central Avenue Saskatoon, SK S7N 2H1

Details will be posted shortly at: www.saskcycling.ca/~bcw & www.saskcycling.ca/~nbr

Granny's Oak Twister

August 10th 2008, Sask. Cup Mtb. #5, Esterhazy
Brought to you by Dutch Cycle & East Qu'Appelle Cartel

Come out and enjoy the S.C.A.'s newest addition to the mountain bike race circuit. This area has wonderful scenic views that include stands of the gnarly bur oak. The race course has amazing altitude changes and deliciously winding down hills. The course is well marked and groomed. Prizes generously supplied by Dutch Cycle and a lunch from Subway will be included with the race registration.

- When:** August 10th
Where: Twelve kilometers straight south of Esterhazy on grid 637.
Entry Fee: Early registration is \$30.00 (Received prior to August 6th).
 Registration received after August 6th is \$40.00.
Directions: Enter Esterhazy on highway # 22 (West). Continue traveling east past main street turning right (south) at the "Dairy-Ville" ice cream store (turns into grid 637). Follow grid 637 for approximately 12 km. You will descend into Qu'Appelle valley and then ascend. The race course is half way up the valley on your left. Signs will be present.
Registration: Send registrations to: East Qu'Appelle Cartel c/o Tom Landine
 Box 237 Esterhazy, Saskatchewan S0A 0X0
Accommodations: Wander Inn ----- ph. 745-6647
 Esterhazy Motor Hotel-----ph. 745-3501
 Esterhazy Regional Park----ph. 745-6456

Fresh Air Experience 2008 Provincial Mountain Bike Championships at Little Red River Park, Sunday August 24th

Sign-on starts at 9:00 am in the Cosmo Lodge and race starts at 11am.

Awards banquet starts at 2:30pm in the Cosmo Lodge.

Registration fee is \$30 and \$40 for registrations after Thursday August 21st.

For more information and to mail entries & entry fees to: Fresh Air Experience (endorse cheques), 938 Central Avenue, Prince Albert S6V 4V3 Phone: (306) 922-1500 fax (306) 922-6141 (entry forms without payment are not sufficient to secure the lower fee).

Attention all kids, come ride in the Trek Kids Bike Ride and enter to win a brand new Trek Jet 20 bike, Free hotdogs, juice and draw prizes for all kids who come out and ride, the bike ride starts at 10am in front of the Cosmo Lodge.

Generic Mountain Bike Racing Entry Form - Use this form to enter any Sask Cycling Mountain Bike Racing event. Fill in your personal information, add the race details and send a signed copy (with the appropriate entry fee) to each race organizer, do not forward this form to the SCA office. Do not photocopy a signed form.

Race Details

Name and date of the event _____ \$ _____ Entry fee enclosed

Print: Name: _____ Club: _____ Phone # _____

Address: _____ City _____ Postal Code: _____

E-Mail address _____ Check one: Male _____ Female _____ Date of Birth D/M/Y _____

	Expert	Sport
Check off your category:	<input type="checkbox"/> under 13 (Ages 10_12) m or f	<input type="checkbox"/> Under 17 (15-16) m or f
	<input type="checkbox"/> under 15 (13-14) m or f	<input type="checkbox"/> Junior (17_18) male only
Elite (male or female)	<input type="checkbox"/> under 17 (15_16) m or f	<input type="checkbox"/> Senior (19_29) male only
<input type="checkbox"/> Combined Jr/Sr/Mstr	<input type="checkbox"/> Junior (17_18) m or f	<input type="checkbox"/> Senior (17-29) female only
	<input type="checkbox"/> Senior (19_29) m or f	<input type="checkbox"/> Master (30_39) m or f
Citizen (male or female)	<input type="checkbox"/> Master (30_39) male only	<input type="checkbox"/> Master (40-49) male only
<input type="checkbox"/> Over 17 (ages 17 & over)	<input type="checkbox"/> Master (40+) male only	<input type="checkbox"/> Master (40+) female only
	<input type="checkbox"/> Master (30 +) female only	<input type="checkbox"/> Master (50+) male only

WAIVER, RELEASE & INDEMNITY

I, _____ understand and agree that my participation in above noted event organized, operated, conducted and/or sanctioned by the Canadian Cycling Association and/or Provincial Associations and Various CCA Clubs and Members registered with CCA is conditional upon my execution of this document.

I am aware that cycling, and in particular competitive cycling and endurance racing, involves the possibility of injury or death. I accept these risks, and all others arising from this events, even if arising from the *negligence, gross negligence or negligent rescue* by those associated in any way with the **Canadian Cycling Association and/or Provincial Associations and Various CCA Clubs** event I may be involved in, the venues at which this events and programs takes place or by those organizing, officiating, or participating in this event and program, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").

I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year.

I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safely continue for any reason.

I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against **Canadian Cycling Association, and all other Releasees from all liability for any loss damage, injury or expense that I may suffer as a result of my participation in any part or parts of the event or program or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability Act, on the part of the Releasees.**

I AGREE NOT TO SUE and I further agree TO INDEMNIFY AND SAVE HARMLESS the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in these events or programs.

I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

I release in my name and in that of my heirs executive and administrators of my will the CCA, its agents, employees, officials and commissaries, representatives and successors as well as any other organization, company, society enterprise, association or person directly or indirectly involved in the present competition, all responsibility in the case of bodily or material harm occurring during the said competition and concerning me. I have read the CCA rules and completely understand all conditions and agree to respect and abide by them.

SIGNATURE: _____ DATE: _____

PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT

I have read and understood the above waiver, release and indemnity, and have discussed the same with the minor person signing above. I am satisfied the said minor understands the waiver and release and his/her obligations as set out. In consideration of the participation of my minor child/ward I too agree to waive, release and indemnify the Releasees in the terms set out above. I am aware that by signing this agreement I am waiving substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees.

SIGNATURE _____ DATE: _____

Sask Cup Road Race #1, April 27, 2008

The Spring Classic is being held at Buffalo Pound Provincial Park. There will be Cat 2/3, 4, 5, and Women's categories. Category combinations may result if there are not enough riders to adequately fill a group.

Registration: 9:00 am Sign on: 10:30 am Race starts: 11:00 am

Entry Fee: \$10 for MJ Pavers members
 Non members \$10 before April 24, 2008 (add \$5 for late registration)

Mail entry form & fee payment to:

Moose Jaw Pavers, Jim Large, President, 1022 5th Avenue NW, Moose Jaw, S6H3Y4

Race route map is posted on the SCA website: <http://www.saskcycling.ca/events/2008/map.jpg>

Bikes on Broadway 2008 - 18th Annual Stage Race

Sask Cup Road Race Series #2

Sponsored by: Cycledelia Racing Club of Saskatoon

May 17 - 19, 2008

Stages: Three events, consisting of a time trial, road race or circuit race, and a criterium. Event location(s) are TBD at this time, please check the Cycledelia website www.cycledelia.ca for the most up to date information.

Five categories of races will be offered: cat 1&2 (combined), cat 3, cat 4, cat 5, and women. Novice women may choose to enter the women's category or may ride with the men's cat 5 group.

Entry Fee:

- Received by Thursday, May 15 \$60
- Received after Thursday, May 15 \$70
- Cycledelia Racing Club members \$60

Online registration at http://www.eventsonline.ca/events/bikes_on_broadway/ until May 15th 2008 OR payment by cash or cheque (payable to Cycledelia Racing Club).

Mail entry form (Generic Entry form follows) & fee payment to: Cycledelia Racing Club, Karen Cranston, Treasurer treasurer@cycledelia.ca OR ledbike@sasktel.net, 201-7th Street East, Saskatoon S7H 0W9

For more information, call Race Organizer: Dana Muma phone: 955.2152 or bikes.on.broadway@cycledelia.ca

Kids Crit Information

Bring out your up & coming roadies to the kids crit!

1. Anyone 12 & under may enter, using any kind of bike.
2. Helmets are mandatory.
3. This event will run between the Cat 1/2 crit and Cat 3 crit, approximate start time is 11:55 AM.
4. The event will consist of 5 laps of the crit course.
5. **Registration for the kids crit can be done at the regular race registration on Saturday 17 May, prior to the TT start OR Monday 19 May prior to the Cat 3 race start. Please see a commissaire or go to the SCA van to register on Monday 19 May.**
6. Entry fee will be \$5. The SCA will cover the cost of the insurance using a special one-time-only one day form. Parents must sign this waiver & must be in attendance at the kids crit.
7. There will be a cool treat for all participants in the kids crit.

Regina Stage Race (Sask Cup #3) June 7/8, 2008

Registration \$60

Early registration deadline is May 30, fees must be included with registration. Late fees add \$10.

Time Trial: June 7 - Sign on: 9:00- 9:30 am at Kramer Tractor on Pasqua Street. Start: 9:45 pm; Distance: 8km.

criterium: June 7 Sign on: 5:00 - 5:30 pm - or 1 hour prior to your race at SIFC
Start: 5:30 Cat. 5 25 min. + 3 laps; 6:15 Women 30 min. + 3 laps; 7 PM Cat. 4 40 min. + 5 laps
8 PM Cat 2/3 55 min. + 5 laps

Road Race: June 8 - Sign on: 9:00 - 9:30 am

Location: Location: the Valley Park Campsite, 3 KM North of Hwy. #2 and Hwy #11 junction.

Online registration with eventsonline will be used. See the website for more information:

<http://www.reginacycleclub.com/>

Fresh Air Experience Summer Holiday Road Race at Waskesiu Sask Cup #4, July 12-13, 2008

Stage 1, a 15km Time Trial on Saturday July 12th late registration and sign on starts at 2pm at Birch Bay beach and picnic site and race starts at 3pm. Start and finish will be a Birch Bay.

Stage 2 will be a road race on Sunday July 13th, sign on and staging will be at the Waskesiu Rec Hall, sign on is at 9:15am and the race starts at 10am.

Saturday evening come for a pasta buffet and watch Stage 8 of the Tour de France at the Waskesiu Rec Hall, it all starts at 7pm.

Awards ceremony to follow the race at the Waskesiu Rec Hall.

Registration fee is \$45 and \$55 for registrations after Thursday July 10th. Bring a buddy is back, if you raced in last year's event, recruit a new rider and save \$5 off your entry, recruit 2 new riders and save \$10 etc.

For more information and to mail entries & entry fees to: Fresh Air Experience (endorse cheques), 938 Central Avenue, Prince Albert S6V 4V3 Phone: (306) 922-1500 fax (306) 922-6141 (entry forms without payment are not sufficient to secure the lower fee).

Accommodations in Waskesui:

Hawood Inn - 306-663-5911 - 1-877-441-5544

Lakeview Hotel - 306-663-5311 - 1-877-331-3302

Lost Creek Resort - 306-663-5025 - 1-866-663-8622

Elk Ridge Resort - 306-663-4653 - 1-800-510-1824

Beaver Glen Campground - 306-663-4500

Frontier Classic Stage Race Sask Cup #5, August 16-17

Registration	Early registration \$99 includes Jersey or \$59 without, deadline June 30/08. Late Fees add \$10.
Prizes:	Cash Prizes every Category
Location:	Riverside Park, Swift Current
Directions:	#4 hwy South off #1, right on South Railway Street, left in to Riverside Park
Times and distances	TBA check website www.swiftcurrentcycling.ca for up dates
Categories:	Cat 2/3, Cat 4, Cat 5, Women
Sign On	Saturday Sign on Aug 16th 8:30 am to 9:00 am Riverside Park, Swift Current Sunday Sign on Aug 17th 7:30 am to 8:00 am Riverside Park, Swift Current

Prologue Time Trial: Start Time Aug 16th morning

Road Race: Start Time Aug 16th afternoon

Criterium: Start Time Aug 17th morning

Hill Climb: Start Time Aug 17th afternoon

Send Registration form to: Big Sky Cycles 240 1st Ave. NW Swift Current, S9H-0M9

Contact: Dan Tombs 866-493-6773. Email info@swiftcurrentcycling.ca See our website for more information www.swiftcurrentcycling.ca

Information on the following events will be sent out through an e-mail newscast - Cycling Shorts and posted the SCA website (Note these events are no longer part of the Sask Cup Road Point series or the Interclub Point Series):

Provincial 40 K Individual Time Trial and the Provincial Criterium will be held in the Saskatoon area and hosted by Cycledelia. Dates of the events: July 26 and 27.

Provincial 15 K Individual Time Trial and the Provincial Road Race
Dates of the events: August 30 and 31.

Generic Road Bike Racing Entry Form - Use this form to enter any Sask Cycling Road Racing event. Fill in your personal information, add the race details and send a signed copy (with the appropriate entry fee) to each race organizer, do not forward this form to the SCA office. Do not photocopy a signed form.

Name and date of the event _____ Entry fee: \$ _____
 Print: Name: _____ Club: _____ Phone # _____
 Address: _____ City _____ Prov: _____ Postal Code: _____
 E-Mail address _____ check one: Male ___ Female ___ Date of Birth D/M/Y _____ Race Category _____
 Team/Club _____ UCI# _____

WAIVER, RELEASE & INDEMNITY

I, _____ understand and agree that my participation in events, programs, races, or activities organized, operated, conducted and/or sanctioned by the Canadian Cycling Association and/or Provincial Associations and Various CCA Clubs and Members registered with CCA is conditional upon my execution of this document.

1. I am aware that cycling, and in particular competitive cycling, endurance and BMX racing, involves the possibility of injury or death.
2. I accept these risks, and all others arising from these events and programs, even if arising from the *negligence, gross negligence or negligent rescue* by those associated in any way with the **Canadian Cycling Association and/or Provincial Associations and Various CCA Clubs** events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees").
3. I understand that all applicable rules for participation must be followed and that **SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME**, including my physical and emotional preparation and fitness to participate in all events and programs throughout the year.
4. I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safely continue for any reason.
5. I give, a **FULL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS** that I have, or may have in the future, against **Canadian Cycling Association, and all other Releasees** from all liability for any loss, damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability Act, on the part of the Releasees.
6. I AGREE NOT TO SUE and I further agree TO INDEMNIFY AND SAVE HARMLESS the Releasees from all expenses, fees, liability or damage award or cost of any type whatsoever arising from my participation in these events or programs.
7. I HAVE READ AND UNDERSTOOD THIS WAIVER, RELEASE AND INDEMNITY. I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.
8. I release in my name and in that of my heirs executive and administrators of my will the CCA, its agents, employees, officials and commissaries, representatives and successors as well as any other organization, company, society enterprise, association or person directly or indirectly involved in the present competition, all responsibility in the case of bodily or material harm occurring during the said competition and concerning me. I have read the CCA rules and completely understand all conditions and agree to respect and abide by them.

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SIGNATURE _____ DATE: _____

Comment from a 2006 GASP participant:

What was the best part about GASP?

“All of it! I felt challenged, given that this was my first time and I really didn't know if I could do it or not. The other riders gave me a lot of encouragement and the confidence to persevere. I learned a tremendous amount from the more experienced riders and was never made to feel like I was holding anyone back or that is was inconvenient to have a newbie on the ride. The other riders were awesome! The sag wagon was great and helpful at every turn...always just in the right place at the right time.”

2008 Great Annual Saskatchewan Pedal

The SCA is offering two supported tours for 2008 - a three day tour for the roadies and an eight day back road tour.

GASP 2008, Qu'Appelle Trails Saturday, July 19 to Saturday, July 26

Join GASP this year from July 19th through July 26th and drift for eight days across the Qu'Appelle Valley.

The route for this year's tour is:

- Day 1 - July 19th - Fort Qu'Appelle to Katepwa
- Day 2 - July 20th - Katepwa to Neudorf
- Day 3 - July 21st - Neudorf to Westend
- Day 4 - July 22nd - Westend to Tantallon
- Day 5 - July 23rd - Tantallon to Esterhazy
- Day 6 - July 24th - Esterhazy to Melville
- Day 7 - Friday, July 25 - Melville to Abernathy
- Day 8 - July 26 - Abernathy to Fort Qu'Appelle

GASP 2008, Road Tour Friday, August 15 to Sunday, August 17

The route is now set for Saskatoon to Rosthern; Rosthern to Wakaw; Wakaw home to Saskatoon. Stay tuned to the website for more information!



Ride Options	Camping
8 day ride Back Road Ride (July 18-26)	\$300 (Deposit of \$50 is required)
1 day ride Back Road Ride option (July 18-26) includes one night camping	\$40
3 day ride Road Tour Ride (Aug 15-17)	\$150 (Deposit of \$50 is required)

The deposit is required by May 1, 2008, with payment in full by June 1, 2008. Your deposit is refundable up until May 1, after May 1 the deposit is nonrefundable. Submit form (follows on the next page) and payments to: Saskatchewan Cycling Association (SCA)
2205 Victoria Avenue Regina, SK S4P 0S4

GASP 2008 Registration form - Complete one form per participant.Name _____ Current SCA member Yes No

Address _____ City _____ Prov _____

Postal Code _____ Phone number _____ E-mail _____

 I agree to the terms and conditions of the GASP ride as listed on this form.

Signature* _____ Date _____

*Signature and consent of parent or guardian if participant is under 18 year of age

Participant options - Please check off the appropriate box

Number of Days	Camping Accommodations	
8 day ride Back Road Ride (July 18-26)	\$300 (Deposit \$50*)	
1 day ride Back Road Ride option (July 18-26) includes one night camping	\$40	
3 day ride Road Tour Ride (Aug 15-17)	\$150 (Deposit \$50*)	

***The deposit is required by May 1, 2008, with payment in full by June 1, 2008. Your deposit is refundable up until May 1, after May 1 the deposit is nonrefundable.**

Tour Fees include

- 1, 2 or 8 nights accommodations in non-electrical campsites (if this option is chosen)
- Daily road snacks
- Assistance from the support vehicle
- Daily baggage transportation
- Minor bicycle repairs

Tour Fees do not include

- 2008 SCA membership fees, participants must be SCA members at the time of the tour
- Transportation to and from the start and end of the tour
- Entertainment costs
- Bicycle parts for repairs
- Park admission is applicable

Terms and Conditions

1. The route is subject to finalization closer to the event. The route may be slightly modified by tour leaders as required to maintain a safe and enjoyable event for all participants.
2. The first 50 registered applicants (confirmed by receipt of deposit) will be guaranteed a place in the event. A list of additional interested parties will be maintained and will be contacted on a first-come-first-served basis if participant cancellations arise. All parties on the waiting list will receive their deposit back.
3. A deposit of \$50 is required by May 1, 2008 for each participant. Payment in full, based on the options selected by participants is due by June 1, 2008. The deposit is fully refundable until May 1, 2008, following May 1st the deposit is non refundable.
4. All tour fees are quoted in Canadian dollars.
5. Cheques must be made payable to the SCA.
6. The tour is non-profit and does not involve any fundraising.
7. Cyclists of all ages and skill levels are welcome to participate, but a parent must supervise participants under the age of 18, during the tour.
8. Participants must be SCA members at the time of the tour and must complete the SCA waiver form for insurance purposes. The cost of the SCA membership fee is not included in the costs of the tour. The SCA membership form and information are available on the SCA website www.saskcycling.ca.
9. Luggage will be limited to one to two bags per participant with the total weight not exceeding 18kg (40 pounds, including the participants camping gear if applicable).
10. Each participant is entitled to bring one self-propelled bicycle of their choosing.
11. All information, personal or otherwise, collected through registration forms for the event will be used by the SCA only for stated purposes, i.e. to confirm participation, secure payment, and communicate with participants about the event.
12. All participants while on their bicycles must wear ANSI or CSA approved cycling helmets during the tour.
13. The SCA may cancel the tour because of insufficient registrations or unforeseen circumstances. In the event of cancellation due to other causes than insufficient numbers, (eg weather or emergencies), participants will be advised as soon as possible. In no circumstances is the SCA responsible for additional costs such as travel, time off work, vacation costs, etc.

2009 Jeux Canada Summer Games Selection Policy for the Sask Cycling Team

COMPOSITION OF THE TEAM

1. Six Males – Six Females will be selected to go to the 2009 Jeux Canada Summer Games as Cycling Team Sask. Cyclist must be under 23 years and at least 17 years of age as December 31, 2009 (1987-1992).
2. One male and one female alternate will named to attend pre Games camps and trips but will only go to the 2009 Jeux Canada Summer Games if the athlete from 1. above is unable to continue as part of Team Sask.
3. Four Coaching staff: Head Coach, Assistant Coach, Manger and Mechanic

SELECTION CRITERIA

Athlete Selection for the 2009 Jeux Canada Summer Games being held in Prince Edward Island August 15-19, 2009 will be split into two selection dates. A maximum of three male and the female athletes will be named to the team by August 31, 2008 with the remainder being named by May 31, 2009.

Selection process #1 - August 31, 2008 - Three male and three female athlete's selection will be based on several evaluation criteria (a chart follows). All evaluations will be made by the 2009 Canada Summer Games coaching staff with additional evaluators added if deemed necessary to create a fair evaluation of athletes. Selected athletes will be notified by August 31, 2008.

EVALUATION CRITERIA	WEIGHT
1. 2008 race results	10
2009 race results (for Selection process #2a)	10
2. 2008 race effort	9
2009 race effort ((for Selection process #2a)	9
3. Coachability	10
4. Team Player	8
5. Previous Games Experience	5
6. Previous High Level Racing Experience	5

1. Race results would include both out and in province races
2. Race effort would include not quitting the race even when falling behind, willingness to assist team mates
3. Coachability would include willingness to follow instructions, learning from experience/mistakes, rapport with coaches, others as appropriate.
4. Team Player includes working for a team rather than individual results, rapport with other team mates.
5. Previous Games Cycling Experience at both Western and Canada Games
6. Previous High Level Racing Experience would included races prior to 2008

Each athlete is scored on a 0-10 basis on each evaluation criteria. The weight multiplied by the score gives an overall score for those criteria. The overall score is summed to give a total score.

Selection process #2 - May 31, 2009

- a) Selection for one of the remaining male and female positions will be based on Selection process #1, but with the addition of September 1, 2008 – May 31, 2009 in and out of province races.
- b) The final positions (with the exclusion of the alternate positions) will be based on an in province race point structure, with the top males and females being selected based on the highest points gained in the 5 selection races.
- c) One male and one female alternate will be named to the team based on selection process #2a)
- d) Selected athletes will be notified by May 31, 2009.

Note: The 2009 Jeux Canada Summer Games Coaching staff reserves the right not to fully fill the 2009 Jeux Canada Summer Games team roster, if it is deemed that there is not sufficient number of riders whose ability is not competitive at a Canada Games level. This could result in less than 6 riders being selected to the 2009 Jeux Canada Summer Games Cycling Team.

Selection races for Selection Process #2 b):

- | | |
|---|---|
| -2008 Sask Cup Mountain Bike (mtb) 3, June 22, Wascana Trails | -2008 Bikes On Broadway, May 17-18, Saskatoon |
| -2008 Regina Stage, June 7-8 | -2009 Bikes on Broadway |
| -2009 Sask Cup #1 Mtb | |

Continues.....

Point distribution Selection Process #2 b): For the 2008 road races, males will race and gain points in either Category 3 or Category 2. In 2009 males will only be eligible for points in Category 2.

- For 2008 mountain bike races both male and females will gain points in Senior Elite, Senior Expert or Junior Expert. In 2009
- Points will only be awarded in the Senior Elite categories.
- For the 2008 road races, females will race and gain points in either Women's Category 4 or Category 5. In 2009 females will only be eligible for points in Women's Category 4.

Points will be allocated as


2008 and 2009 - Category 2 or Women's Category 4; Senior Elite (mtb)

- Time trial, Criterium and Road Race - 15, 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- General classification - 30, 25, 22, 20, 18, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- Elite Mtb. - 20, 18, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

2008 only - Category 3 or Women's Category 5; Senior/Junior Expert (mtb)

- Time trial, Criterium and Road Race - 7, 6, 5, 4, 3, 2, 1.
- General classification-15, 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1.
- Mtb.-10, 9, 8, 7, 6, 5, 4, 3, 2, 1.

0 points will be awarded for a dnf (did not finish).



you don't have to wear fashionable fluorescent gear to ride an offroad bike, but it helps.

the rockpile bike club rides trails on **mondays and thursdays** meet at 6:15 at sns 6:30 at bike doc 717-5845 for more info

As you may or may not know, **the Rock Pile** bike club is in its second year of existence. The Rock Pile was started because a group of dedicated cyclists were unhappy with the current bike club offerings. The Rock Pile is targeted towards trail riding at a non-competitive level, in a challenging yet relaxing way. The club has two trail rides per week for men and women, as well as other enjoyable activities involving bikes.



Newsletter Submission dates

All dates are approximate
Prairie Pedaler (1 copy/household)

Issue	Submission Date	Mailing Date
08-02	August 8	August 12
08-03	December 12	December 16