

The Buffalo Pound 60K

60 K cross country mountain bike race (1 loop)

Saturday, September 26, 2009 – 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

\$\$\$\$\$ PRIZES \$\$\$\$\$

Cash prizes for 1st place : Solo male/female under 40, Solo male/female 40 and over
A Minimum of \$50.00 will be added to each category.

\$10 dollars from all solo entry fees will go towards their applicable category prize money

\$5 dollars from each team members 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%)

Numbered race plates for all entrants

Lots of good draw prizes for after the race.

The Course

After the 2008 race, most riders agreed, this is a great, challenging course. This year we will add 2-3k more single track (general consensus was that we may have short changed the distance by this amount). 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 three years, with the Parks permission, work has been done to create about 20k 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 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, its rideable if your fresh.

Staging, Start, Relay Points and, Finish

Staging, start, and finish will be located at the White Track camping area. During the race, you will have three opportunities to refuel at White Track (31k, 44k, & 49k), 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 44k is the shortest leg of the race but contains some of the hardest single track in the race, "Terminator", very, very scenic(you really, really won't care!). This trail will test your cardio and quads to the max ! If you are in shape and like climbing, you will have fun here.

44k thru 60k 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)

Entry and Other Stuff !

Entry Fees : \$40 solo, \$30 per team member, add 10 \$ day of race.

Aid station will have water and snacks (bring your own drink mix)

Camping sites available and free.

Roast Beef ,(cooked on site)maybe a turkey-available to racers and volunteers – free

Awards around 3:00 (plenty of time for you Ab. and Mb. speedsters to make it home)

Race meeting 9:45a.m. ----- 10:00a.m mass start (on gravel for 4k)

Course closes at 6:00p.m.

Entry Forms to follow later, but put this on your calendar today!

Inquiries, to Joe - cattletrader50@hotmail.com 306 692 9860 home 631 6505 cell

Or Brian Fish @ Boh's cycle 306 692 0477

Last year 6 riders broke 4 hours, expect with the added K's this year to be 4 hours for the top finishers, middle of the pack riders either side of 5 hours.