



# GANNY ENDURO

powered by Marin Bikes and Millbrook MTB

Sunday October 6th, 2024



## Race Technical Guide



## What is the Ganny Enduro?

The Ganny Enduro Mountain Bike Race is a passion project of three former elite cross country racers, who really wanted to have fun on bikes. After racing in enduro races in BC and Alberta, we realized that Ontario mountain bikers could benefit from a fun-focused bike race that welcomed riders of all ages and abilities. With the foundation of trails in the Ganaraska Forest and Millbrook Valley, the Ganny Enduro took shape.

The 2024 Ganny Enduro uses Millbrook Valley Trails only, and will be a two-part Enduro. We will have a morning and afternoon course, separated with a lunch break in the middle. We will have a BBQ on site for riders to get food, please bring your own snacks. There will be 3 stages per course, with slight variations to the repeated stages, see the course map below for full details.

## What is enduro racing?

Enduro races are composed of **multiple timed stages** (predominantly downhill) over the course of an adventurous ride. The premise is that it mimics a group ride - riding together with your friends to the stages and racing each other down a trail. Then regroup at the bottom and repeat!

Racers will follow the mark trails to the beginning of each stage where timing will start. At the end of the stage the timing stops and riders work their way to the next stage, this is the "transition" and is **not timed**.

- **Riders must be self-sufficient, there is no designated tech zone along the course to repair any mechanicals or get outside support. Riders must also carry enough water and food to sustain themselves on course.**
- **Riders assume all responsibility for themselves and comprehend the risks associated with racing mountain bikes.**

## Millbrook Valley Trails

Millbrook MTB trails have a mostly sandy base and include natural technical features that will have indicated opt-out lines when applicable. Their claim to fame is the extremely well built jumps and lips, adding to the flow of the trail.

**Millbrook MTB:** [www.millbrookmtb.com](http://www.millbrookmtb.com) /[MillbrookMTB on FB](#) [@millbrookmtb on Insta](#)

If you're interested in pre-riding and want to support the work of the volunteer-run trail crew, we recommend donating to Millbrook MTB. Thank you for your hard work friends!

**Direct Donation Link:** <https://my.cheddarup.com/c/millbrookmtb/item/4361521>

**TrailForks Trail Karma Link:** <https://www.trailforks.com/region/millbrook/karma/>



## Venue Location

Venue [Millbrook Fairgrounds](#)

Parking 13 Frederick St  
Millbrook, Ontario  
L0A 1G0

Trais [Millbrook Valley Trails](#)

## Race Categories and Registration

Short Course - 27km	Long Course - 51km
Male/Female - Youth (Under 17) Male/Female - Open Male/Female - 45+	Male/Female - Youth (Under 17) Male/Female - Open Male/Female - 45+

### PRE-REGISTRATION LINK:

<https://ccnbikes.com/#!/events/ganny-enduro-2024>

	Early	Standard	Later
Dates	August 15 - September 6	September 7 - September 27	September 28 - October 4
<b>Youth</b> Short/Long Course	\$50	\$60	\$70
<b>Open/45+</b> Short/Long Course	\$60	\$70	\$80

**NOTE:** Racers **do not** need Ontario Cycling Association (OCA) Race Licence to participate in the event. We use different insurance providers, and their fees are bundled into your registration fees.

## Refund Policy - Registrations cannot be cancelled.

If the Ganny Enduro is cancelled\*, we will refund registration costs less a small admin fee to cover online and credit processing fees.



\*In the event of an "Act of God" participants will NOT be entitled to any form of refund (this includes severe rain, adverse weather conditions, etc.).

## Course Information

- All riders must attend the Rider Briefing which is typically 10-15 minutes before the race start time.
- Courses may be changed at the discretion of the event organiser.
- Courses are minimally marked to ensure the essence of mountain biking.
- Riders who duck or ride through course tape intentionally are disqualified immediately.

### Morning Course - Trail Map

[Ganny Enduro 2024 - Morning Course Mountain Biking Route | Trailforks](#)

### Afternoon Course - Trail Map

[Ganny Enduro 2024 - Afternoon Course Mountain Biking Route | Trailforks](#)

## Course Pre-Riding

Trails are open to the public and riders may pre-ride at any time prior to the event. Parking for pre-ride is either at the Elgar Drive parking lot or the Glamorgan trail head.

Race stages will be marked no later than **Saturday, October 5th, 2024.**



**Important:** There is **poison ivy** in Millbrook Valley and although the trails are clear, off-trail there is plenty of poison ivy. We recommend wearing long socks or trail pants and staying on the trail at all times.

## Course Marking

- We operate on a "less is more" basis and don't over use tape.
- Arrows will indicate trail direction and will typically be on stakes or trees.
- It is each rider's individual responsibility to study the course map and understand the race route before participating in a race.

## Course Tape Colours

- **PURPLE** "Ontario Enduro Series" Tape is used to help make intersections clear and to give riders the occasional reminder that they are on the trail.
  - If a route is obvious (eg. an access road for climbing), we will use minimal tape.
  - High-visibility tape may be used to identify the course, this tape may be crossing out a feature, used as directional tape, or identifying a hazard. It is



the rider's responsibility to ensure they NEVER cross through, over, under, or into the tape.

## Course Tape Colours - cont'd

- **BLUE** Trail flagging tape indicates Stage Starts
- **YELLOW** Trail flagging tape indicates Stage Finishes

## Course Cutting & Cheat Lines

- Deviating outside of the main trail tread width more than 2' on either side is considering course cutting. Racers found cutting course or creating cheat lines will be disqualified.
- **Please respect the trails** – the majority are built by volunteers, and as such, creating braiding/alternate lines may help your time, but take away from the trails.

## Race Timing

The Ganny Enduro uses the SPORTident Classic Timing system.

- All competitors will wear a timing chip/band worn on the **RIGHT HAND WRIST**.
- This system requires riders to tap "in" at the stage start, and tap "out" at the end of the stage.
  - Tap the timing chip to the **WHITE CIRCLE** of the timing system and wait for audio confirmation "BEEP" that the chip has been read.
- The rider is solely responsible for their timing (tapping in/out) and timing chip.
- The timing chip must be returned to the registration tent once the rider finishes the last stage. Riders will be charged for any timing chip not returned within 3 hours of completion of the last stage.
  - **We cannot calculate your results without your chip!**



Tips and tricks for a smooth timing experience:

- Come to a full stop before trying to tap "out" of a stage. If you misalign the chip and breeze by, you'll have to go back and tap properly - adding to your stage time.
- Don't wrap the timing chip/strap too tightly around your wrist. Give some wiggle room so the chip can easily squeeze around the strap and touch the timing system
- If you're riding/racing in a group of friends, try to seed yourself from **fastest to slowest** at the stage starts. This will help to prevent passing on the stage, and congestion at the finish tap "out".



If a racer is unable to complete a stage for some reason (mechanical, etc.) they will be awarded the same time as the slowest racer for that stage. If you stop to help a rider who injured themselves before you, we will allow you a restart of that stage.

*(See "Rider Down Policy" in the Safety and Risk Management section)*

## Course Finish

- Morning courses/stages close at 12:30pm.
- Afternoon courses/stages close at 4:00pm.
- Riders will be allowed to finish their stage, but not start a new stage.

## Results and Awards

When you return to the venue after completing all stages, please hand in your timing chip at the registration tent. You will then receive a printed "receipt" with your stage times. Final results will also be posted to the Ganny Enduro website ([gannyenduro.com](http://gannyenduro.com)) within 24 hours.

Awards ceremonies will take place at 1:45 pm for the Short course, and 4:30 pm for the Long course.

Long course results contribute to Ontario Enduro Series overall standings and will be updated to within 24 hours of the race completion.

<https://ontarioenduroseries.com/ontario-enduro-series-standings/>

## Special Contests = More Fun!

### The Wild Zone - Sponsored By Wild Rock Outfitters

The Wild Zone is a special stage sponsored by Wild Rock in which the rider who finishes exactly in the middle of the pack (on this stage), in each category, will receive a rad prize from our friends over at Wild Rock Outfitters! This applies to both the Short and Long course categories. This year's stage will be **Stage 2 - Upper GT.**



## Rubber Chicken Chase - Powered By Bloomfield Bicycle Co.

An additional game will be played throughout the race for another prize. We will hide a rubber chicken somewhere along the course and the rider who finds this chicken and brings it to the finish line will win a prize from our friends at Bloomfield Bicycle Co.

## Schedule

**Sunday, October 6th, 2024**

8:00 - 9:45 am	Racers sign-in and package pick up.
9:50 - 10:00 am	Racer pre-race briefing. <b>Rider attendance is mandatory.</b>
10:00 am	All racers begin to depart in groups of 10 spaced 5 mins apart to avoid congestion in the trails and at the Stage 1 start.
12:00 - 1:30 pm	BBQ Lunch
1:25 pm	Quick afternoon course briefing.
1:30 pm	Afternoon Course racers begin to depart in groups of 10 spaced 5 mins apart.
1:45 pm	Short Course Podium/Awards
4:00 pm	Race cut-off. <b>Riders must be back by this time and have completed the final stage.</b>
4:30 pm	Long Course Podium/Awards.

## Mid-Race Lunch Break and BBQ

When you return from your morning stages, you will be greeted by the awesome smell of barbeque - just for you! The price of the BBQ lunch is included in your race registration.

If you brought your support squad with you and they would take part in the BBQ, not a problem. **Additional BBQ tickets will be \$5 each** and available for purchase during the lunch break (cash only, exact change preferred).

BBQ Lunch includes:

- 1x Burger (meat or veggie\*)
- 1x Side Salad (likely potato salad or coleslaw)
- 1x Snack (some kind of sweet treat)
- 1x Drink (Bubbly or Juice Box)



\*There are a limited number of veggie burgers available, please let us know at the BBQ if you would like one. The veggie burgers are cooked on the (clean) BBQ **before** we cook the meat burgers, but we cannot guarantee they have not touched **any** meat products.





# Safety and Risk Management



## Equipment Requirements

1. Modern mountain bike with front suspension
2. Helmet approved for Mountain Biking
  - o All competitors must wear a helmet purchased/manufactured within the last three years. Random inspections are done. If a helmet does not meet this stipulation the rider will not be allowed to compete.
  - o Helmets must be worn at all times while riding.
3. Two functioning hydraulic disk brakes.

**Recommended Gear List:** Gloves, Eye protection, Sun Protection, Spare tubes/puncture repair kit, Multi-tool, Extra Food and fluids, Emergency contact information

## First-Aid

We will have 2 First-Aid locations with trained volunteers on site to administer first-aid you may require for minor injuries.

1. First-aid #1 - Millbrook Fairgrounds Venue
2. First-aid #2 - Elgar Drive Parking Lot

If for any reason a participant experiences an injury that requires further attention than what our first-aid volunteers can provide, we will contact local emergency services.

## Rider Down Policy

- If a rider encounters another rider down on the course, **a verbal response is necessary before continuing**. If no response between the riders are given, the rider must stop and assess the situation.
- If the rider not responding is injured please stay with them and send the next rider down to the closest marshal.
- A rider who does not stop for an unresponsive rider will be banned from future Ganny Enduro races.
- Riders who help injured riders will be given the opportunity to repeat the stage, or to take an average of their other stage finishes.

## Head Injury / Concussion

- A rider who has a positive mechanism for a head injury will be assessed by a first-responder of the race. If the first-responder deems the rider unfit, the rider will be removed from the course and forbidden to ride in the event for that day.
- When a first-responder deems a rider is unfit to continue, that rider must submit their number plate to the first-responder without question.

[CONCUSSION POCKET GUIDE](#)



Nearest hospital:

[Peterborough Regional Health Center](#)

1 Hospital Dr.  
Peterborough ON  
K9J 7C6

[\[LINK\] Google Maps Directions from Millbrook Fairgrounds to PRHC Emergency Department](#)





# Thank You

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Mountain Bike Experiences



The Ganny Enduro Logo was designed by

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