



Mountain Bike Cross Country Race

2019 Alberta Masters Games

Baseline Mountain



Thursday, August 22

10:00 AM
↓ Practice

12:00 PM

Friday, August 23

8:00 AM Check-in
9:30 AM Female Race Starts
↓ Mass Start, Call up youngest to oldest

11:00 AM Male Race Starts
↓ Mass Start, 2 minute age group intervals

1:30 PM Approximate end of Race

MEDAL CEREMONY TO TAKE PLACE ON SATURDAY AFTER CYCLO CROSS AT APPROXIMATELY 4:40 PM At the Cyclo Cross Location



Cyclo Cross Race

2019 Alberta Masters Games

Along Hwy 11 and a portion of the Rocky Mountain House Bike Path
Near the Nazarene Church and The Big Rock



Saturday, August 24

10:00 AM Cyclo Cross Training
↓

11:00 AM
1:00 PM Men 30-39 and Men 40-48
↓

1:50 PM
2:15 PM Men 50-59 and Men 60+
↓

2:45 PM
3:30 PM Women 30-39, 40-49, 50-59 and 60+
↓

4:10 PM
4:40 PM Medal Ceremony for Cyclo Cross and Mountain Bike Cross Country



Road Race

2019 Alberta Masters Games

Start and Finish at the Christenson Sports and Wellness Centre Parking Lot
Along Hwy 11A and Hwy 11 - for precise map see Cycling Technical Package



Sunday, August 25

7:30 AM Check-in
8:00 AM Men 30-39 and 40-49
8:04 AM Men 50-59
8:06 AM Men 60+
8:08 AM Women 30-39 and 40-49
8:10 AM Women 50-59 and 60+
↓

11:00 AM Approximate finish of race

11:30 AM Approximate medal ceremony time