

# **The 4th Annual 4 Hours of French Fort Cove**

## **Sunday September 20th, 2009**



START LINE INAUGURAL 4 HOURS OF FRENCH FORT COVE 2006

### **The Event**

This event is a mass start, no category event. This is not a race series event; we want you to ride with friends, family and the rest of us. It is personal goal oriented; you can ride as much as you want or as much as you possibly can. You are allowed to leave the course for rest or repair, outside mechanical assistance is also permitted. Just try not to take it too seriously and make some new friends on course. In 2007 five laps was most common but several did one, two or three. [www.4HoursofFFC.com](http://www.4HoursofFFC.com) is the events new website.

**WE ARE NOW ALLOWING TEAMS OF TWO TO RELAY.** Teams can be mixed Sr./Jr. or man/woman, mom and son whatever you want. No one can be on course without a plate. There will be no extra charge for plates; everyone gets to keep the new custom plate sponsored by **Specialized Bike Co.**

### **The Course**

The course is 11Km's long with less than 2K that is not single track. The condition is always good even in the rain. Technical difficulty would be intermediate with novice sections, very few roots and mud spots. There will also be a few easier alternate routes to keep it safe for beginners. Licensed racers are expected to do all the "two arrow" sections.

### **Purpose of the event:**

The reason we do this event rather than a traditional "race" is to get people excited about riding their bikes. We want people to come out get a taste of what it is like to mountain bike in Miramichi, experience a sanctioned event and good sportsmanship. We have no categories; this levels the field for every one, we are all riders in this event and hopefully we all take away the same experience. We will have finishing times and # of laps posted on [www.velo.nb.ca](http://www.velo.nb.ca) and [www.4HoursofFFC.com](http://www.4HoursofFFC.com) in the weeks after the event. **Exact lap times are your responsibility, sorry.**

### **Categories:**

**There are no categories except Solo or Team of two.** This event is a personal event in the truest sense, you are here to ride your bike on course and have a great time doing it. For most people the competition is only with one's self.

### **Schedule:**

9:00 – 10:30 am: Registration – Sign in. You must present your license if you have one, **registration will be CLOSED at 10:30.**

11:00 am: Event starts promptly

3:00 opportunity to lap closes, riders on course finish their day of riding.

4:15 wrap up and prize draw.

### **Costs:**

The entry fee is \$25 for U15 (**All three events \$50**) and \$35 (**All three events \$70**) for everyone else, licensed or not we will accept “day of” registration for \$40 and \$80 for team, **ONLY before 10am Sunday**. There will be a discount for those doing multiple weekend events, Velo-Tour and or Fat Boy Crit.  
 Pre-register: by fax/credit card by Friday Sept. 18 8pm, 1-506-778-8936

**Sponsors:**

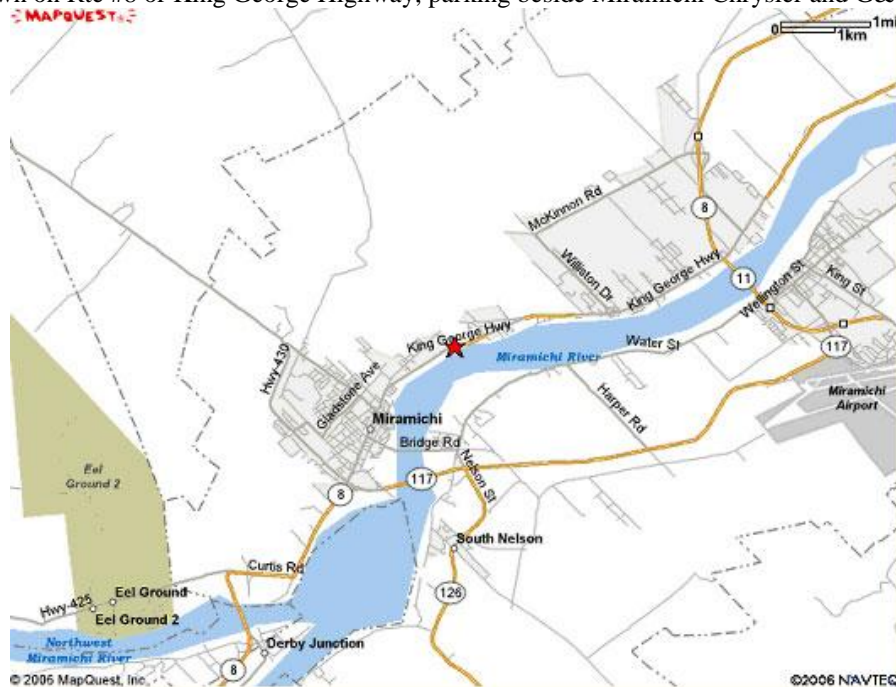
**Incline Sports, Superstore, Maisie’s Kitchen, Specialized bikes, Rae’s Trailer and Sport, Giant Bicycle, Norco Bike, DAKINE, GU Energy Gels, Camelbak and Oakley.**



**Prizes:** Cash prizes, there will be three \$200 prizes for outstanding performance. For example in 2008 we had a 120 year old that did 5 laps, pretty outstanding. This prize does not discriminate against age or gender. As always we will have a bountiful draw prize table, in '06, 07 & '08 everyone that stuck around went home with a draw prize. We can't promise that but it will be good.

**Directions:**

From Moncton, take Highway #11 or 126, from Fredericton take Highway #8, and from Bathurst take Highway #8. The event takes place in the middle of town on Rte #8 or King George Highway, parking beside Miramichi Chrysler and G&G Brothers Kawasaki.



**Overnight Accommodations:**

Camping space is available off Rte. 8 at the Enclosure Campground (near Derby Junction on above map) 622-8638, clean affordable motel rooms at The Fundy Line 1 minute from French Fort Cove 622-3650.

For more information call Incline Sports 1-506-773-3530 or email [incline@nb.aibn.com](mailto:incline@nb.aibn.com) or our website [www.inclinesports.ca](http://www.inclinesports.ca)

# Specialized Fat Boy Crit – Miramichi

Part of 4Hours of FFC weekend

## September 19<sup>th</sup>, 8 PM

### The Event:

This event is also a “for fun” event. It is mountain bikes with Specialized supplied\* “Fat Boy” slick tires lapping on the Downtown streets of Miramichi.

### The Format:

We have a start for men, women and youth under 16. The races are fifteen minutes plus one lap and the course is about 1100 meters long.

The evening starts with a free two lap race around the Town Square for six to ten year olds.

### Schedule:

Riders will meet Downtown “Town Square” at 7:30 PM Saturday the 19<sup>th</sup>, there will be a brief riders meeting at 7:45 followed by a vehicle escorted Parade lap rolling start.

### Costs:

Adults \$30

All three events \$70

Youth under 18 \$25

All three events \$50

**\* Includes two free SLICK TIRES (\$50 value)**

Get your tires at Incline Sports also Downtown, you will need skinny tubes (2for \$10).

**Prizes:** There will be some draw prizes available at the end of the day.

The purpose of this event is the same; we want to bring as many fun bicycling events to you as we can come up with. We do three events in a weekend so we as cyclists can show a community the variety of people that love cycling and to make a highly visible statement that **bikes are cool!**



**For more info check out [www.4HoursofFFC.com](http://www.4HoursofFFC.com) or the FaceBook page.**