



The Marin Bikes
GANNY ENDURO
RACE TECHNICAL GUIDE

Ontario Enduro Provincial Championships

Sunday October 5th, 2025





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 2025 Ganny Enduro uses Millbrook Valley Trails and the Ganaraska Forest once again! After a 3 year hiatus we are happy to announce we will be back in the Ganaraska. We will have a long, short, and kids course this year with 6, 4, and 2 stages, respectively. When you cross the finish line you will be treated by a BBQ ready to refuel you.

NEW this year we are the **first ever ONTARIO ENDURO PROVINCIAL CHAMPIONSHIPS!!!!** We are excited to bring the next level of racing to you and crown some champions at the end of the day! Come and try your luck at becoming the first ever enduro provincial champion!

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! Also why not get a "guided tour" of our trails!

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.**

Ontario Enduro Series

The Ganny Enduro is part of the Ontario Enduro Series (OES) and is the last and final round of the series. The series has travelled around Ontario this year with spots in Huntsville, North Bay, and Horseshoe Valley. For more details on the series check out the website: <https://ontarioenduroseries.com/>. Our long course is offering up points to the overall series standings. The series uses your **best 3 of 5 race results** to count to your overall standings. So if you have done 2 others already or what to improve on a bad result make sure you sign up for this one as your last chance to improve your standings.



Trail Descriptions

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 [/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! Alternatively, consider participating in our 50/50 draw, see section below.

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

The Ganaraska Forest

The Ganaraska forest is also a sand based terrain with a similar feel to the Millbrook trails. We will be doing a longer transition in the forest between stage 2 and 3. The trails in the Ganaraska forest are also fast and flowy with well built jumps that can be ridden as table tops/rolls or larger jumps/doubles.

Venue Location

Venue	📍 Millbrook Fairgrounds
Parking	13 Frederick St Millbrook, Ontario L0A 1G0
Trails	Millbrook Valley Trails , Ganaraska Forest



Race Categories and Registration

Race Course	Number of stages	Distance/ Elevation	Categories
Kids course	2	~13km/ 170m	Male/Female U12 only ** Champeron adults for this race do not need to register
Short Course	4	~27km/ 300m	Male/Female - Under 12 *champerone required Male/Female - Under 16 Male/Female - Under 19 Male/Female - 19-34 Male/Female - 35-44 Male/Female - 45+
Long Course	6	~41km/ 600m	Male/Female - Under 16 Male/Female - Under 19 Male/Female - 19-34 Male/Female - 35-44 Male/Female - 45+

****Please note that only the long course categories qualify as provincial championships****

Please Note: There is a cap on the long course of 100 riders! No cap on the short course.



PRE-REGISTRATION LINK:

<https://ccnbikes.com/#!/events/ganny-enduro-2025>

Dates	Early	Standard	Later
	August 19th - September 2nd	September 3rd - September 26th	September 27th - October 4th
U12-U19	\$70	\$80	\$90
All others	\$80	\$90	\$100

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.

Riders racing the long course will also need to purchase a Ganaraska Forest trail day pass (\$15), on the week of the race and show it at registration. (they cannot be purchased until the 7 days leading up to the race). Day passes can be purchased [here](#).

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.).



Schedule

Saturday, October 4th, 2025

All Day	Preriding is available all day, no pre-riding fee. **Note - If you are riding in the Ganaraska a day pay is required
3:00 - 5:00 pm	Ganny Enduro Demo Day! Come try out some of the industry's latest tech and bikes with brands such as: <ul style="list-style-type: none">- Marin (try the Alpine Trail XR)- Shimano (try the new wireless XTR)- Norco (try the new revolver)

Sunday, October 5th, 2025

8:00 - 9:45 am	Long course racers sign-in and package/timing chip pick up. Firm cutoff at 9:45am
9:50 - 10:00 am	Long Course Racer pre-race briefing. Rider attendance is mandatory.
10:00 -10:30 am	Long course racers begin to depart in groups of 10 spaced 3 mins apart to avoid congestion in the trails and at the Stage 1 start.
10:00 - 10:45am	Short course and kids race racer sign in and package pick up
10:50 - 11:00am	Short Course and kids race Racer pre-race briefing. Rider attendance is mandatory.
11:00 am	Short course and kids race racers begin to depart in groups of 10 spaced 3 mins apart to avoid congestion in the trails and at the Stage 1 start.
2:00pm-4:00pm	Post race BBQ!
3:00 pm	Race cut-off. Riders must be back by this time and have completed the final stage.
3:30 pm	Course Podium/Awards.
3:45pm	Ontario Enduro Series Overall Podiums/Awards



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. However we mark well enough that a rider paying attention should not make a wrong turn.
- Riders who duck or ride through course tape intentionally are disqualified immediately.
- There will be a feedzone for the long course riders, stocked with water, [EXACT nutrition](#) sports mix, and snacks. You will pass by it twice. The short course and Kids course do not go by the feedzone.

Long Course - [2025 Ganny Enduro - Provincial Champs Mountain Biking Route | Trailforks](#)

40.7 km	638 m	-638 m	340 m
Distance	Climb	Descent	High Point

Stage 1 - Trench Town
Stage 2 - Backstage Pass
Stage 3 - Upper GT
Stage 4 - Lower GT
Stage 5 - High Plains Drifter
Stage 6 - The Monster (The itch- backstage pass - Roots Revival - Roots rock riot)

Short Course - [2025 Ganny Enduro - Short Course Mountain Biking Route | Trailforks](#)

26.9 km	364 m	-366 m	319 m
Distance	Climb	Descent	High Point

Stage 1 - Trench Town
Stage 2 - Backstage Pass
Stage 3 - Lower GT
Stage 4 - High Plains Drifter



Kids Course - [2025 Ganny Enduro - Kids Course Mountain Biking Route | Trailforks](#)

13.0 km

Distance

202 m

Climb

-202 m

Descent

290 m

High Point

Stage 1 - [Trench Town](#)
Stage 2 - [Backstage Pass](#)

Race stages will be marked no later than **Saturday, October 4th, 2025.**



Important: There is **poison ivy** in Millbrook Valley trails and Ganaraska forest 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 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 Millbrook Agricultural Fair.

New for 2025 is we will have Shimano, Marin, and Norco demo bike on site for you to take out on the trails for your pre-ride. This will be on a first come first serve basis.

Please bring your ID to the demo vendors to be able to take a bike out for a lap. We ask that riders stick to the millbrook valley trails and not go towards the ganaraksa (for timing purposes).



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

- WHITE "NORCO" 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 and will opt for arrows.
 - 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

- **PURPLE** Trail flagging tape indicates Stage Starts
- **RED** 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

- Riders need to be back by 3pm
- Riders out on course at 3pm will be allowed to finish the stage they are lined up for, but not start any subsequent stages.



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) within 24 hours.

Awards ceremonies will take place at 3:30 pm.

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/>

Our friends at TD Kawartha Wealth Management have backed the event and allowed us to provide some cash money for the Men's and Women's Overall podium!! So not only will you get a chance to get your name on the Ganny Enduro Trophy but you could take home some money!

1st - \$250
2nd - \$150
3rd - \$100





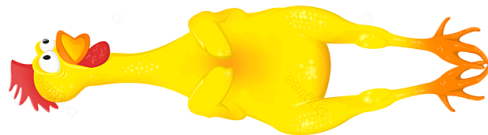
Special Contests = More Fun!

The Wild Zone 50/50 contest - Sponsored By Wild Rock Outfitters

The Wild Zone is a special stage sponsored by Wild Rock in which they are bringing the party with music, banners and lights!! Additionally, we will be doing a 50/50 draw for whoever can guess what the day's fastest time on the wildzone stage. This year's stage will be **Lower GT (stage 4 long course, stage 3 short course)**. At registration you will be able to make your guess and submit your money. If you guess correctly you will receive half the pot and the other half will go to Wild Rock's Compassion project. More details on the project can be found here: <https://www.compassionptbo.ca/>

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.



Marin Bikes Design Your Own Frame Giveaway

Our title sponsor Marin Bikes is coming in strong again this year! When you sign-up for the race you are entered into the competition to win your own Marin Alpine Trail frame. Sounds exciting?? Let's make it even cooler... not only can you win a frame you can design it and have it custom painted to your dream design!!!! The possibilities are endless. All you need to do are the following:

- 1- Download the template from our website
<https://www.gannyenduro.com/marin-frame-giveaway-2025>
- 2- Draw your our dream bike design on
- 3- post to social media tagging @gannyenduro @on_enduro_series and @marinbikes.canada
- 4- Be at the post race BBQ/awards for the draw. You must be there to claim your prize.



Post-Race BBQ

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

If you brought your support squad with you and they could 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 includes:

- 1x Burger (meat or veggie*)
- 1x Side Salad (likely potato salad or coleslaw)
- 1x Snack (some kind of sweet treat)
- 1x Drink (Bubly 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
 - 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.
 - 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 - Top of Millbrook valley trails (stages 1,2,5,6)
2. First-aid #2 - feed zone in Ganaraska forest

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 is 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](#)

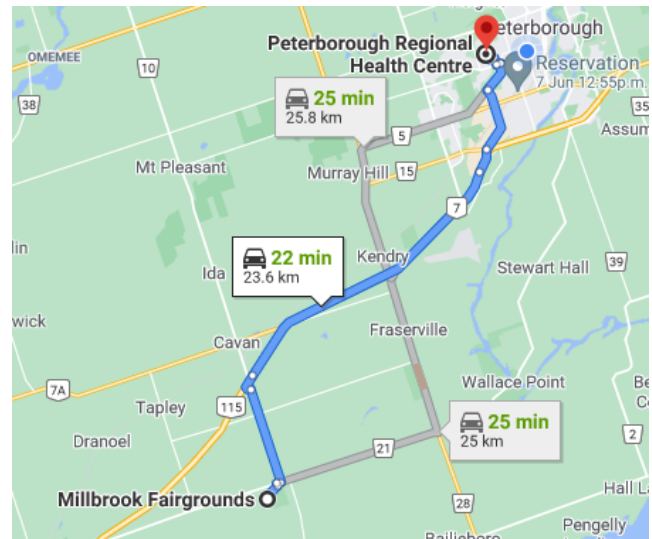


Nearest hospital:

[Peterborough Regional Health Center](#)

1 Hospital Dr.
Peterborough ON
K9J 7C6

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





Thank You

TO OUR SPONSORS

MARIN
BIKES CALIFORNIA

SHIMANO

LAZER[®]
HELMETS

WILD | ROCK est 92



 **MINI**
ADVENTURES
Mountain Bike Experiences

ONTARIO
ENDURO
SERIES

 **Kawartha**
Wealth Management

The Ganny Enduro Logo was designed by
Ryan Antooa

<https://www.ryanantooa.com/>

 @gannyenduro

 www.gannyenduro.com