



# *Dead Ox Sprockets*

Starts: Tuesday May 4<sup>th</sup>

Meet Every Tuesday at 6:00 pm until June 26<sup>th</sup>  
with optional Saturday rides TBA

**East Gate Complex, Norgate**

**Program Fee: Dead Ox Trailblazers membership &  
Manitoba Cycling License**

## How to Register

**Step 1:** Register for a club membership at [www.zone4.ca](http://www.zone4.ca) (Family \$42 or Individual \$25 + process fee)

**Step 2:** Purchase a MCA license via <https://ccnbikes.com/#!/memberships/manitoba-cycling-association-2021-annual-license-membership> - hit Blue bar saying "Buy Your MCA Licence or Membership" & fill in form for 'General' membership (\$60/rider for KOM). *You will need to create a new account if you are not yet a member.*

**Step 3:** Parents wanting to participate in any rides will need to purchase a MCA **General License (\$60)**. You can do this at the same time you purchase your child's license.



Kids of Mud (KOM) is the official youth cycling program of the Manitoba Cycling Association (MCA) administered by Dead Ox Trailblazers.

KOM is a learn-to-ride and learn-to-race program for kids 18 and younger, covering the **Fundamentals, Learn to Train** and **Train to Train** stages of the [Long Term Athlete Development](#) pathway. Through the help of certified coaches and other volunteers, riders will learn the basics of off-road cycling with an opportunity to challenge their skill and fitness in any of the MCA mountain bike races open to age category racers.

**Kids wishing to ride must have a helmet (it must be an approved *cycling-specific* helmet), a mountain bike with hand brakes and gears, and able to ride their bike without training wheels.**

Training with Kids of Mud includes safety, braking, gears, hills, racing (optional), riding over small and large obstacles, trail riding & trail etiquette, and more. Snack included with sessions.

Most important we all try to have fun.

Call 204 835-2529 for more information or assistance.