



## TECHNICAL GUIDE | GUIDE TECHNIQUE

### **2016 COUPE CANADA CUP**

**Bear Mountain Resort. Victoria, BC**

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Canada Cup XCO #1 | March 5, 2016

UCI C2

*Presented by:*

Ecoasis, Bear Mountain Resort & Cycling Canada

**ECOASIS**  
INNOVATION DRIVEN LAND DEVELOPMENT





Hosted in partnership between Cycling Canada, Cycling BC and Bear Mountain resort, the 2016 Bear Mountain Canada Cup XC is sanctioned by the International Cycling Union.

The Canada Cup series is designed to provide competitive opportunities to the next generation of cyclists, transitioning from provincial race series to international competitions.

"This is a great course and the perfect start to the season for everyone. Beautiful singletrack, fast flow trails, challenging climbs in the woods and wide open sections where you can ride full gas. It's a course that will be enjoyable for all skill and fitness levels"

- Dan Proulx, Canadian National MTB Team Head Coach

## Organizer

|                                |  |
|--------------------------------|--|
| <b>Organizer/Organisateur:</b> | Ecoasis Development LLP  |
| <b>Address/Adresse:</b>        | 1999 Country Club Way<br>Victoria, BC<br>V9B6R3                        |
| <b>Name/Nom:</b>               | Rob Fawcett  |
| <b>Telephone/Téléphone:</b>    | 250.391.3740   |
| <b>Email:</b>                  | <a href="mailto:rfawcett@bearmountain.ca">rfawcett@bearmountain.ca</a> |
| <b>Website/Site Web:</b>       | <a href="http://www.bearmountain.ca/bike">www.bearmountain.ca/bike</a> |

## Event Rules

UCI Regulations and CC specific regulations will be enforced for all Categories.

Valid UCI international licenses are required for all Canada Cup categories. Holders of UCI international licenses that do not bear a photograph will be required to present an approved and valid government photo ID in addition to their UCI license.

## Points

Canada Cup Series points will be awarded as outlined in the table below.

Canada Cup Points Table

| Elite/U23 |                 |       |                 | Junior |                 |
|-----------|-----------------|-------|-----------------|--------|-----------------|
| PLACE     | 200 POINT SCALE | PLACE | 200 POINT SCALE | PLACE  | 100 POINT SCALE |
| 1         | 200             | 41    | 35              | 1      | 100             |
| 2         | 175             | 42    | 34              | 2      | 85              |
| 3         | 155             | 43    | 33              | 3      | 70              |
| 4         | 140             | 44    | 32              | 4      | 60              |

|    |     |    |    |    |    |
|----|-----|----|----|----|----|
| 5  | 130 | 45 | 31 | 5  | 50 |
| 6  | 120 | 46 | 30 | 6  | 45 |
| 7  | 115 | 47 | 29 | 7  | 40 |
| 8  | 110 | 48 | 28 | 8  | 37 |
| 9  | 105 | 49 | 27 | 9  | 34 |
| 10 | 100 | 50 | 26 | 10 | 32 |
| 11 | 95  | 51 | 25 | 11 | 30 |
| 12 | 90  | 52 | 24 | 12 | 29 |
| 13 | 85  | 53 | 23 | 13 | 28 |
| 14 | 80  | 54 | 22 | 14 | 27 |
| 15 | 75  | 55 | 21 | 15 | 26 |
| 16 | 71  | 56 | 20 | 16 | 25 |
| 17 | 69  | 57 | 19 | 17 | 24 |
| 18 | 66  | 58 | 18 | 18 | 23 |
| 19 | 64  | 59 | 17 | 19 | 22 |
| 20 | 62  | 60 | 16 | 20 | 21 |
| 21 | 60  | 61 | 15 | 21 | 20 |
| 22 | 58  | 62 | 14 | 22 | 19 |
| 23 | 56  | 63 | 13 | 23 | 18 |
| 24 | 54  | 64 | 12 | 24 | 17 |
| 25 | 52  | 65 | 11 | 25 | 16 |
| 26 | 50  | 66 | 10 | 26 | 15 |
| 27 | 49  | 67 | 9  | 27 | 14 |
| 28 | 48  | 68 | 8  | 28 | 13 |
| 29 | 47  | 69 | 7  | 29 | 12 |
| 30 | 46  | 70 | 6  | 30 | 11 |
| 31 | 45  | 71 | 5  | 31 | 10 |
| 32 | 44  | 72 | 4  | 32 | 9  |
| 33 | 43  | 73 | 3  | 33 | 8  |
| 34 | 42  | 74 | 2  | 34 | 7  |
| 35 | 41  | 75 | 1  | 35 | 6  |
| 36 | 40  |    |    | 36 | 5  |
| 37 | 39  |    |    | 37 | 4  |
| 38 | 38  |    |    | 38 | 3  |
| 39 | 37  |    |    | 39 | 2  |
| 40 | 36  |    |    | 40 | 1  |

UCI points will be awarded to U23/Elite Men & Women as outlined in the current UCI regulations.

## Registration/Fees

See the below information regarding event registration and fees.

|                            |   |
|----------------------------|---|
| <b>Online Registration</b> | <b>Link:</b><br><a href="https://www.eventbrite.com/e/bear-mountain-canada-cup-xc-race-tickets-20094900388?invite=&amp;err=49&amp;referrer=&amp;discount=&amp;affiliate=&amp;eventpassword=">https://www.eventbrite.com/e/bear-mountain-canada-cup-xc-race-tickets-20094900388?invite=&amp;err=49&amp;referrer=&amp;discount=&amp;affiliate=&amp;eventpassword=</a> |
|----------------------------|---|

### Regular registration fees

[Online](#) until Wednesday March 2<sup>nd</sup> @ 11:55pm  
 (online registrations are subject to a transaction fee)

### Late registration fees

(Cash only)



There will be no day-of registrations for Junior and U23/Elite (Canada Cup) categories. Onsite registration will close at the very latest 2 days before race day. Past that deadline, a fine of \$50 CDN will be charged by Cycling Canada on top of the registration fee.

All other riders who wish to register on-site up to the evening before will be charged a late fee of 15\$ in addition to the regular registration fee.

| Category                   | Registration Fee<br><i>Online until March 2</i> | On-site Registration Fee |
|----------------------------|---|--------------------------|
| Youth (U11 & under)        | N/A   | \$10                     |
| Challenge U15/U13          | \$25  | \$40                     |
| Challenge U17              | \$30  | \$45                     |
| Other Challenge Categories | \$40  | \$55                     |
| Junior Expert              | \$40  | N/A                      |
| Elite                      | \$50  | N/A                      |

*\*Not including one-day event license fee for unlicensed riders*

### Pre-registration

For regular registration fees please register online (link above) before March 2, 11:55pm.

### Registration

No on-site registration permitted on the day of the event (available up to the evening before the event).

### Licensing

All riders must have a valid licence. For categories not included in the Canada Cup, riders can buy a one-day event license. One-day event license fees are as follows:

- \$10.00 – Junior/Senior/Masters categories
- \$5.00 – U17/U15/U13 & Youth Categories

All participants attending from out-of-country must possess a valid UCI license from their country of residence. Single Event Licenses will not be sold to out-of-country participants.

## Prizing

All prize money will be awarded as per UCI C2 minimums according to the most recently published UCI conversion rate for Canadian Dollars.

## Race Categories

See below the full category listing. All categories refer to the rider's age as of December 31, 2016.

| Category                     | Optimal Winning Time | Registration Fee<br><i>Up to March 2</i> | On-site Registration Fee |
|------------------------------|----------------------|--|--------------------------|
| <b>CANADA CUP CATEGORIES</b> |                      |  |                          |
| Elite Men                    | 1h30 – 2h00          | \$50                                     | N/A                      |
| Elite Women                  | 1h30 – 2h00          | \$50                                     | N/A                      |
| Junior (17-18) Expert Men    | 1h00 – 1h15          | \$40                                     | N/A                      |



|  |             |      |      |
|--|-------------|------|------|
| Junior (17-18) Expert Women                              | 1h00 – 1h15 | \$40 | N/A  |
| <b>CHALLENGE CATEGORIES</b>                              |             |      |      |
| Senior (19-29) Amateur Men                               | 1h00 – 1h30 | \$40 | \$55 |
| Senior (19-29) Amateur Women                             | 1h00 – 1h30 | \$40 | \$55 |
| U19 (17-18) Amateur Men                                  | 1h00 – 1h15 | \$40 | \$55 |
| U19 (17-18) Amateur Women                                | 1h00 – 1h15 | \$40 | \$55 |
| U17 (15-16) Men  | 0h45 – 1h15 | \$30 | \$45 |
| U17 (15-16) Women  | 0h45 – 1h00 | \$30 | \$45 |
| U15 (13-14) Men  | 0h30 – 0h55 | \$25 | \$40 |
| U15 (13-14) Women  | 0h30 – 0h55 | \$25 | \$40 |
| U13 (11-12) Men  | 0h25 – 0h45 | \$25 | \$40 |
| U13 (11-12) Women  | 0h25 – 0h45 | \$25 | \$40 |
| Master 30-39 Men   | 1h00 – 1h30 | \$40 | \$55 |
| Master 30-39 Women                                       | 1h00 – 1h30 | \$40 | \$55 |
| Master 40-49 Men   | 1h00 – 1h30 | \$40 | \$55 |
| Master 40-49 Women                                       | 1h00 – 1h30 | \$40 | \$55 |
| Master 50+ Men   | 1h00 – 1h15 | \$40 | \$55 |
| Master 50+ Women   | 1h00 – 1h15 | \$40 | \$55 |
| <b>YOUTH CATEGORIES (Boys &amp; Girls race together)</b> |             |      |      |
| U11 M/W (9-10)   | 0h15 – 0h30 | N/A  | \$10 |
| U9 M/W (7-8)   | 0h15 – 0h25 | N/A  | \$10 |
| U7 M/W (5-6)   | 0h10 – 0h20 | N/A  | \$10 |
| U5 M/W (2-4)   | 0h10 – 0h20 | N/A  | \$10 |

**Notes:**

- All challenge categories follow current [BC Premier Series category offerings](#) with the addition of 50+ Men and Senior Amateur categories.
- All “Youth Categories” will be on-site registration only. We want to make it as easy as possible for them to come out and race.
- In youth categories, the boys & girls will race together

**Official Training Periods**

The course will be open to racers only during designated official Training times.

| Date                           | XCO            |
|--------------------------------|----------------|
| Thursday March 3 <sup>rd</sup> | 12h00 – 19h00  |
| Friday March 4 <sup>th</sup>   | 09h00 – 19h00  |
| Saturday March 5 <sup>th</sup> | 07h00 – 08h15* |

Saturday training between race starts will be available at the discretion of the Chief Commissaire.

**Complete Weekend Schedule**

**Daily Event Schedule**

**Wednesday March 2<sup>nd</sup>**

|                      |  |
|----------------------|--|
| <b>09h00 – 17h00</b> | Course marked for pre-riding (unofficial training) |
|----------------------|--|

| <b>Thursday March 3<sup>rd</sup></b> |  |
|--------------------------------------|--|
| <b>09h00 – 12h00</b>                 | Course inspection by Cycling Canada Technical Delegate and Chief Commissaire |
| <b>12h00 – 17h00</b>                 | Race Office Open for on-site Package Pickup only                             |
| <b>12h00 – 19h00</b>                 | Course Open for Official Training  |

| <b>Friday March 4<sup>th</sup></b> |   |
|------------------------------------|---|
| <b>09h00 – 17h00</b>               | Race Office Open                        |
| <b>09h00 – 17h00</b>               | On-site Registration and Package Pickup |
| <b>09h00 – 19h00</b>               | Course Open for Official Training       |
| <b>17h00</b>                       | Team Managers/Rider Meeting             |

| <b>Saturday March 5<sup>th</sup></b> |   |
|--------------------------------------|---|
| <b>07h00 – 17h30</b>                 | Race Office open  |
| <b>07h00 – 08h30</b>                 | Registration Office open  |
| <b>07h00 – 08h15</b>                 | Course Open for Official Practice (training between race starts at discretion of Chief Commissaire) |
| <b>08h30</b>                         | Racing – Canada Cup   |

### Canada Cup Race Schedule

| Category                    | Start Time | # of Laps | Total Distance |
|-----------------------------|------------|-----------|----------------|
| <b>First Start - 8:30am</b> |            |           |                |
| U19 (17-18) Amateur Men     | 8:30am     |           |                |
| U17 (15-16) Men             | 8:31am     |           |                |
| U19 (17-18) Amateur Women   | 8:32am     |           |                |
| U17 (15-16) Women           | 8:33am     |           |                |
| U15 (13-14) Men             | 8:34am     |           |                |
| U13 (11-12) Men             | 8:35am     |           |                |
| U15 (13-14) Women           | 8:36am     |           |                |
| U13 (11-12) Women           | 8:37am     |           |                |
| U11 (9-10) Boys/Girls       | 8:45am     |           |                |
| Lil Cubs (U9) Boys/Girls    | 8:46am     |           |                |
| U7 (5-6) Boys/Girls         | 8:47am     |           |                |
| U5 (3-4) Boys/Girls         | 8:48am     |           |                |
| <i>Awards 9:45 am</i>       |            |           |                |

*\*Youth categories (U11 & Under) will use separate course*

| <b>Second start - 10:30am</b> |         |  |  |
|-------------------------------|---------|--|--|
| Senior Amateur 19-29 Men      | 10:30am |  |  |
| Master 30-39 Men              | 10:32am |  |  |
| Master 40-49 Men              | 10:34am |  |  |

|                            |         |  |  |
|----------------------------|---------|--|--|
| Master 50+ Men             | 10:36am |  |  |
| Senior Amateur 19-29 Women | 10:38am |  |  |
| Master 30-39 Women         | 10:38am |  |  |
| Master 40-49 Women         | 10:38am |  |  |
| Master 50+ Women           | 10:38am |  |  |
| <i>Awards 12:30pm</i>      |         |  |  |

| <b>Third start - 12:30pm</b> |        |  |  |
|------------------------------|--------|--|--|
| Elite Women                  | 1:00pm |  |  |
| Junior Expert Women          | 1:02pm |  |  |
| <i>Awards 4:30 pm</i>        |        |  |  |

| <b>Fourth start - 2:30pm</b> |        |  |  |
|------------------------------|--------|--|--|
| Elite Men                    | 3:00pm |  |  |
| Junior Expert Men            | 3:02pm |  |  |
| <i>Awards 4:30pm</i>         |        |  |  |

### Start Area/Rider Call-ups:

The start line for the elite cross-country is located within the venue. All categories will be staged approximately fifteen minutes prior to start time. Staging will be based on newest available UCI ranking and then by the Canada Cup Ranking.

#### Rider Call-up

##### Junior (UCI)

1. All riders on the current UCI ranking
2. Top 16 of the 2015 Canada Cup ranking
3. Random order by plate numbers distributed

##### U23/Elite W/F & U23/Elite M/H

1. All riders on the current UCI ranking
2. All riders on the 2015 Canada Cup ranking
3. Random order by plate numbers distributed

### Elite Athlete/Team Managers Meeting:

**When:** Friday March 4<sup>th</sup> @ 17h00

**Where:** Westin Bear Mountain Resort, 1999 Country Club Way (Meeting Room TBA)

## Event Officials

| Role                                  | Nom/Name                | Prov |
|---------------------------------------|-------------------------|------|
| Organizer/Organisateur                | Ecoasis Development LLP | BC   |
| Technical Delegate/Délégué Technique  | Josh Peacock            | ON   |
| Chief Commissaire/Commissaire en Chef | Jim Crompton            | US   |
| Asst. Chief Commissaire               | Jim Bratrud             | BC   |
| Secretary/Secrétaire                  | Claire Bonin            | BC   |
| Judge/Juge                            | Kevin Fedorak           | BC   |
| Member/Membre                         | Marko Rosic             | BC   |
| Member/Membre                         | Steven Baker            | AB   |
| Member/Membre                         | TBD                     |      |

## Venue Information

[The Westin Bear Mountain Golf Resort & Spa, Victoria](#)

1999 Country Club Way  
Victoria, BC  
V9B 6R3



Situated in the foothills of Mount Finlayson with breathtaking views of Victoria's seaside harbour, Bear Mountain Resort offers the best of both worlds: an idyllic 836 acre natural setting located only minutes from the allure of the province's charming capital city. In a spot that only nature could have conceived, Bear Mountain Resort is a rugged and verdant mountainside landscape with vistas of the Olympic Mountain Range, the Strait of Georgia and the Strait of Juan de Fuca. The resort features two world-renowned Nicklaus Design golf courses and at the heart of the village, a Westin hotel. Countless visitors have been drawn to Bear Mountain for its superlative golf only to discover the resort's equally stellar accommodations, residential offerings, dining venues and recreational opportunities.  
[www.bearmountain.ca](http://bearmountain.ca)

<http://bearmountain.ca/>

- ✓ Directions by Air: YYJ Victoria International Airport [35km] ([CLICK HERE](#))

The resort can also be reached by sea from the mainland via ferry, as well as by ground via bus transportation. For full information, click [here](#).

### Notice to Visitors

ALL persons, including U.S. citizens, traveling by air between the United States and Canada will require one of the following pieces of identification: a valid passport, an Air NEXUS card, a U.S. Coast Guard Merchant Mariner Document, or an Alien Registration Card.

Visit [Tourism British Columbia's website](#) for more key travel information.

## Course

See below for a detailed Canada Cup course map.



## Accommodation

The Westin Bear Mountain and Fairmont Empress are proud to offer all Canada Cup participants special accommodation during all training and competition.

### **Westin Bear Mountain:**

Contact: [josh.miller@westinbearmountain.com](mailto:josh.miller@westinbearmountain.com)



### **Fairmont Empress:**

Contact: [allan.nichols@fairmont.com](mailto:allan.nichols@fairmont.com)

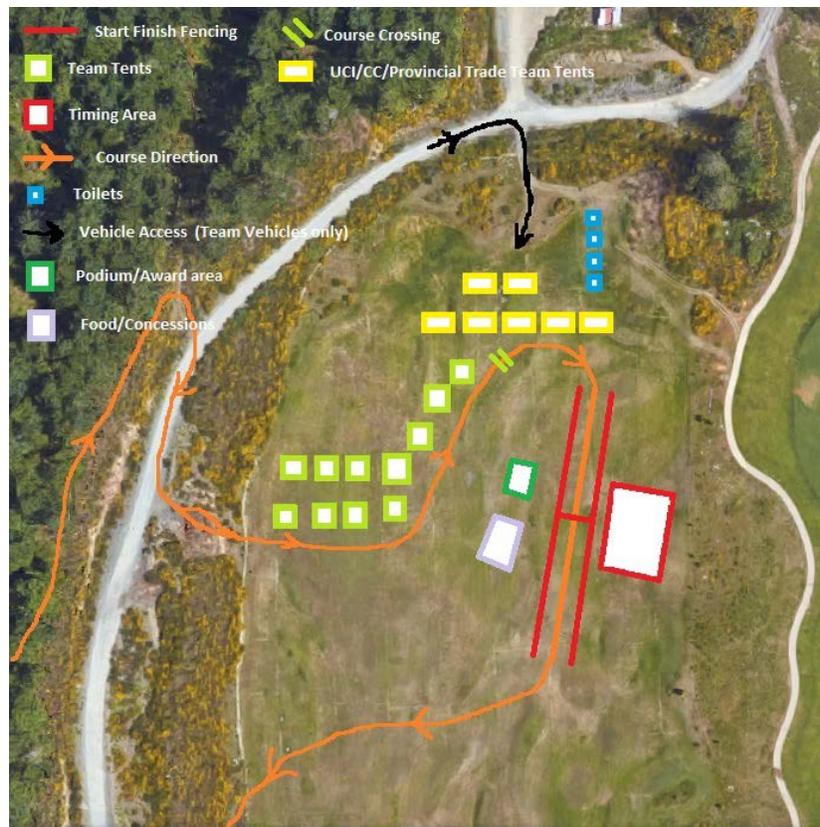


## Team Information

A space of 36m<sup>2</sup> located near the finish line will be provided free of charge to each UCI & Cycling Canada registered trade team. Trade Team spaces must be reserved with the organization prior to the event. Please contact Rob Fawcett ([rfawcett@bearmountain.ca](mailto:rfawcett@bearmountain.ca)) to reserve your team's space as early as possible to ensure availability.

All other teams will have access to the open team staging area, located on the driving range adjacent to the Start/Finish area.

All teams wishing to host a training camp at Bear Mountain Resort preceding or following the Canada Cup event will have access to preferred rates on accommodation and meal plans. Please contact Josh Miller for details at [josh.miller@westinbearmountain.com](mailto:josh.miller@westinbearmountain.com).



## Road To Rio Fundraising Gala

The inaugural "Road to Rio" fundraising event will feature a gourmet dinner, live and silent auctions and exclusive opportunities to engage and interact with Canada's national team and development level mountain bike athletes who will be in attendance.

Canada's top mountain bike riders, including Rio-bound Catharine Pendrel, have been training regularly at Bear Mountain Resort this fall and winter. The Resort, which uniquely offers year-round training

opportunities on Canadian soil, is playing a key part in Cycling Canada's long-term athlete development plans.

"I'd like to invite everyone to come and celebrate mountain biking with me and Canada's best mountain bikers at our Road to Rio Fundraiser at Bear Mountain Resort on March 5th," said Pendrel, two-time UCI World Champion and two-time Canadian Olympian. "This is a great opportunity to meet and support your Olympians and future Olympians as they kick off their 2016 season."

Proceeds from the event will be invested in Cycling Canada's National Mountain Bike Team program, both at the elite level as well as Junior and Under 23. All contributions will directly benefit Canada's athletes in their pursuit of the podium in 2016 while also supporting the next generation of champions targeting 2020 and beyond. A portion of the event proceeds will also be invested in local development programming through Cycling BC.

For tickets and additional information please visit <https://hoponcanada.ca/product-category/road-to-rio/> or contact Matthew Jeffries ([matthew.jeffries@cyclingcanada.ca](mailto:matthew.jeffries@cyclingcanada.ca)).

- **WHAT:** Cycling Canada "Road to Rio" Fundraising Gala
- **WHERE:** The Westin Bear Mountain Resort, Victoria, BC
- **WHEN:** Saturday, March 5th — 6:00pm to 10:00pm
- **WHO:** Canada's National Mountain Bike Team



TICKETS: \$250 per ticket or \$1,800 per table (tax receipts available for allowable portion). All riders who have registered to race in the Canada Cup will have access to a discounted \$225 gala ticket. Discounted gala tickets for race participants will be available on the event's [online registration](#).

## Anti-doping



Cycling Canada's RaceClean program aims to address and recognize the importance of fair play, clean sport, and the obligation racers have to compete within the rules. It is our hope that all Canadian athletes respect the rules which include not using prohibited substances or practices. For more information on Cycling Canada's Race Clean program, including athlete/coach resources, click [here](#).

As this event is fully sanctioned through Cycling Canada and the UCI, all participants in possession of a UCI license are subject to doping control under the UCI's rules and guidelines. It is the riders' and team managers' responsibility to understand these rules. The doping control station at the venue will be clearly marked. Athletes who are selected for testing will be met at the finish line by a chaperone. All athletes who DNF must report to the finish line.



## Event Partners



Situated in the foothills of Mount Finlayson with breathtaking views of Victoria's seaside harbour, Bear Mountain Resort offers the best of both worlds: an idyllic 836 acre natural setting located only minutes from the allure of the province's charming capital city. In a spot that only nature could have conceived, Bear Mountain Resort is a rugged and verdant mountainside landscape with vistas of the Olympic Mountain Range, the Strait of Georgia and the Strait of Juan de Fuca.



Ecoasis specializes in land acquisition and development of residential and resort real estate; signature properties that we enhance for the benefit of stakeholders and the surrounding communities. Our current geographical focus includes Hawaii, Whistler, and Victoria, BC. By partnering our talented team with the most experienced architects, engineering firms, construction companies, and consultants, we create high quality, sustainable communities that provide lasting value. [www.ecoasis.com](http://www.ecoasis.com)



Cycling Canada is the National Sport Organization which proudly represents the sport of Cycling in Canada.

