



TECHNICAL GUIDE | GUIDE TECHNIQUE

2016 COUPE CANADA CUP

Bear Mountain Resort. Victoria, BC

Canada Cup XCO #1 | March 5, 2016

UCI C2

Presented by:

Ecoasis, Bear Mountain Resort & Cycling Canada



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

Organizer/Organisateur:	Ecoasis Development LLP
Address/Adresse:	1999 Country Club Way Victoria, BC V9B6R3
Name/Nom:	Rob Fawcett
Telephone/Téléphone:	250.391.3740
Email:	rfawcett@bearmountain.ca
Website/Site Web:	www.bearmountain.ca/bike

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.

Online Registration	Link: https://www.eventbrite.com/e/bear-mountain-canada-cup-xc-race-tickets-20094900388?invite=&err=49&referrer=&discount=&affiliate=&eventpassword=
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Regular registration fees

[Online](#) until Wednesday March 2nd @ 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 <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 <i>Up to March 2</i>	On-site Registration Fee
CANADA CUP CATEGORIES			
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
CHALLENGE CATEGORIES			
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
YOUTH CATEGORIES (Boys & Girls race together)			
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 rd	12h00 – 19h00
Friday March 4 th	09h00 – 19h00
Saturday March 5 th	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 2nd

09h00 – 17h00	Course marked for pre-riding (unofficial training)
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Thursday March 3rd	
09h00 – 12h00	Course inspection by Cycling Canada Technical Delegate and Chief Commissaire
12h00 – 17h00	Race Office Open for on-site Package Pickup only
12h00 – 19h00	Course Open for Official Training

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

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

Canada Cup Race Schedule

Category	Start Time	# of Laps	Total Distance
First Start - 8:30am			
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		
Awards 9:45 am			

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

Second start - 10:30am			
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>			

Third start - 12:30pm			
Elite Women	12:30pm		
Junior Expert Women	12:32pm		
<i>Awards 4:30 pm</i>			

Fourth start - 2:30pm			
Elite Men	2:30pm		
Junior Expert Men	2:32pm		
<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 4th @ 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	<i>TBD</i>	

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



Fairmont Empress:

Contact: allan.nichols@fairmont.com



Team Information

A space of 36m² 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) 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.



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).

- **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



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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



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