

# TECHNICAL GUIDE | GUIDE TECHNIQUE

## **2017 COUPE CANADA CUP**



## Bear Mountain Resort. Victoria, BC

Canada Cup XCO #1 | March 4, 2017 UCI C1 & UCI Junior Series

Presented by: Ecoasis, Bear Mountain Resort & Cycling Canada













Hosted in partnership between Cycling Canada, Cycling BC and Bear Mountain resort, the 2017 Bear Mountain Canada Cup XC powered by Powerade 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:	Jon Watkin
Telephone/Téléphone:	250.508.5875
Email:	jon.watkin@westinbearmountain.com
Website/Site Web:	https://bearmountain.ca/resort/resort-events/canada-cup- xc/

## **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 & Prizing

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

## Canada Cup Points Table

	Elite/U	23		Ju	inior
DI 4.05	200 POINT	DI 4.05	200 POINT	214.05	100 POINT
PLACE	SCALE	PLACE	SCALE	PLACE	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 and prize money will be awarded to U23/Elite and Junior Men & Women as outlined in the <u>current UCI regulations</u> and <u>UCI Financial Obligations</u>. See the below table outlining UCI points and minimum prize money for all UCI categories:



UCI C1 Elite/U23 M/H & W/F		UCI C1 Ji	unior Series M/	H & W/F	
PLACE	UCI POINTS	MIN. UCI PRIZE PURSE	PLACE	UCI POINTS	MIN. UCI PRIZE PURSE
1	60	\$847.74	1	90	\$183.68
2	40	\$706.45	2	70	\$141.29
3	30	\$565.16	3	60	\$113.03
4	25	\$423.87	4	50	\$91.84
5	20	\$353.23	5	40	\$77.71
6	18	\$282.58	6	35	\$63.58
7	16	\$211.94	7	30	\$56.52
8	14	\$176.61	8	27	\$42.39
9	12	\$141.29	9	24	\$35.32
10	10	\$70.65	10	22	\$28.26
11	8	-	11	20	-
12	6	-	12	18	-
13	4	-	13	16	-
14	2	-	14	14	-
15	1	-	15	12	-
			16	10	-
			17	9	-
			18	8	-
			19	7	-
			20	6	-
			21	5	-
			22	4	-
			23	3	-
			24	2	-
			25	1	-

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## **Registration/Fees**

See the below information regarding event registration and fees.

Online Registration	Link: <u>https://www.eventbrite.com/e/2017-bear-mountain-canada-cup-xc-race-tickets-30769237618</u>
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## **Regular registration fees**

Online until Wednesday March 1<sup>st</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	<b>Registration Fee</b> <u>Online</u> until March 1	On-site Registration Fee
Youth (U11 & under)	N/A	\$10
Challenge U15/U13	\$35	\$50
Challenge U17	\$40	\$55
Other Challenge Categories	\$60	\$75
Junior Expert	\$60	N/A
Elite	\$70	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 1, 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 oneday 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.

## **Race Categories**

See below the full category listing. All categories refer to the rider's age as of December 31, 2017.

CANADA CUP CATEGORIES			
Elite Men	1h20 – 1h40	\$70	N/A
Elite Women	1h20 – 1h40	\$70	N/A
Junior (17-18) Expert Men	1h00 – 1h15	\$60	N/A
Junior (17-18) Expert Women	1h00 – 1h15	\$60	N/A
CHALLENGE CATEGORIES			
Senior (19-29) Amateur Men	1h00 – 1h30	\$60	\$70
Senior (19-29) Amateur Women	1h00 – 1h30	\$60	\$70
U19 (17-18) Amateur Men	1h00 – 1h15	\$50	\$55
U19 (17-18) Amateur Women	1h00 – 1h15	\$50	\$55
U17 (15-16) Men	0h45 – 1h15	\$40	\$45
U17 (15-16) Women	0h45 – 1h00	\$40	\$45
U15 (13-14) Men	0h30 – 0h55	\$35	\$40
U15 (13-14) Women	0h30 – 0h55	\$35	\$40
U13 (11-12) Men	0h25 – 0h45	\$35	\$40
U13 (11-12) Women	0h25 – 0h45	\$35	\$40
Master 30-39 Men	1h00 – 1h30	\$60	\$70
Master 30-39 Women	1h00 – 1h30	\$60	\$70
Master 40-49 Men	1h00 – 1h30	\$60	\$70
Master 40-49 Women	1h00 – 1h30	\$60	\$70
Master 50+ Men	1h00 – 1h15	\$60	\$70
Master 50+ Women	1h00 – 1h15	\$60	\$70
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.

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- In youth categories, the boys & girls will race together

### **UCI Junior Series Category**

Please see the below entry criteria for the UCI Junior Series event, as mandated by the UCI.

Canadian-Licensed riders

Riders who possess a license issued in Canada will need to meet the following criteria:

- Must hold a UCI Junior License, with the "Expert" ability designation

#### Non-Canadian Licensed riders

Riders licensed outside of Canada will need to meet the following criteria, as mandated by the UCI:

- Must hold a UCI Junior License
- Must have at least 20 UCI points in the latest UCI XCO individual junior ranking, or;
- Must have been entered by their National Federation (maximum of 5 supplementary riders per category. Uniform for these riders is at the discretion of the national federation)
- Riders belonging to a UCI elite MTB team or a UCI MTB team

## **Official Training Periods**

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

Date	ХСО
Thursday March 2 <sup>rd</sup>	12h00 – 19h00
Friday March 3 <sup>rd</sup>	09h00 – 19h00
Saturday March 4 <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 Mare	ch 1 <sup>st</sup>
09h00 – 17h00	Course marked for pre-riding (unofficial training)













Thursday March 2 <sup>nd</sup>		
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 3 <sup>rd</sup>	
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 4	4 <sup>th</sup>
07h00 – 17h30	Race Office open





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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

Laps and Race Distances to be confirmed by the UCI Chief Commissaire during course inspection on March  $2^{nd}$ . Details to be provided during the Team/Rider Meeting on March  $3^{rd}$ .

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Category	Start Time			
START 1				
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	10:00am			

START 2		
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	
Awards	12:45pm	











START 3		
Elite Women	12:30pm	
Junior Expert Women	12:32pm	
Awards	4:30pm	

START 4			
Elite Men	2:30pm		
Junior Expert Men	2:32pm		
Awards	4:30pm		

## 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 2016 Canada Cup ranking
- 3. Random order

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

- 1. All riders on the current UCI ranking
- 2. All riders on the 2016 Canada Cup ranking
- 3. Random order by plate numbers distributed

## Elite Athlete/Team Managers Meeting:

When: Friday March 3<sup>th</sup> @ 17h00

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













## **Event Officials**

Organizer/Organisateur	Ecoasis Development LLP	BC
Technical Delegate/Délégué Technique	Josh Peacock	ON
Chief Commissaire/Commissaire en Chef	Jim Crompton	US
Asst. Chief Commissaire	ТВС	BC
Secretary/Secrétaire	ТВС	BC
Starter	ТВС	BC
Judge/Juge (PSO)	ТВС	BC

## Venue InformatiTravel Notes

#### Clothing

BC weather can be unpredictable. Athletes and staff should plan for the worst each day and prepare with rain gear and cold weather gear.

#### **Cell Phones/Data**

Cellular rates for both voice and data tend to be a bit higher in Canada than other parts of the world, and roaming charges even more so. It is recommended to turn off your data service and limit calls. Check with your mobile carrier for details regarding your plan.

## Cash/Credit/Debit

Like most parts of the world, cash is still accepted everywhere. For US visitors, consider changing some money into Canadian dollars for your visit.

Credit cards can be hit or miss. Most establishments take all credit cards, but a few require CHIP cards, not swipe cards. These establishments will not accept a swipe card that is traditional in the US. Check before you buy. Debit cards only work if they have been issued by a Canadian bank.

#### Directions

Many US GPS units do not have very accurate Canadian maps. Check if map updates are available for your GPS. The GPS on smartphones are accurate, but will carry a heavy data charge. Regardless of GPS, please always follow the directions given in this Tech Guide. GPS units do not know where you are to park or what roads the race has closed.













## Venue Information

<u>The Westin Bear Mountain Golf Resort & Spa, Victoria</u> 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 worldrenowned 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/

✓ 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 <u>here</u>.

## **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 <u>Tourism British Columbia's website</u> for more key travel information.





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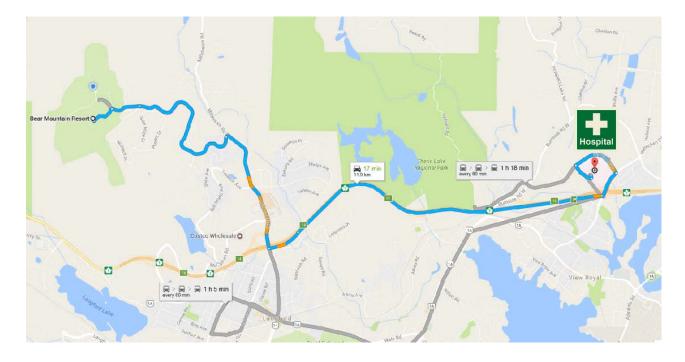


## First Aid/Hospital

## **Race Staging / Finishes**

A medical support vehicle and staff will be available in the staging area at the start approximately one hour before the race start each day. A medical services tent will be located adjacent to the finish line for treatment of athletes immediately after the race finish.

Victoria General Hospital 1 Hospital Way Victoria, BC (250) 727-4212



() BEAR MOUNTAIN













## Course

See below for a detailed Canada Cup course map.





\*Staging area and Start/Finish Map will be provided in a later revision.













## Media

The Powerade Canada Cup at Bear Mountain is proud to serve media representatives with a dedicated PR/Media director. This individual promotes the event, host venues, sponsors and teams to all media outlets, from local to provincial. The PR/Media director will help facilitate interviews and coordinate photo opportunities between media representatives and the professional athletes, as well as event organizers and sponsors.

**PR Media Contact:** Lara McCulloch Email: <u>mccullochlara@gmail.com</u>

#### **Interviews & Official Spokespersons**

The PR team encourages each cycling team to be open to granting interviews with all types of media at a convenient time. Additionally, the press team can assist in arranging interviews with cyclists and teams during the race, if time permits.

#### Photographers and Videographers

All photographers and videographers hired by the event must wear a media credential, and in some instances an official vest, to avoid confusion with on-site staff. Approved photo credentials may be picked up via contact with the PR Media director.

## Accommodation

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

## Westin Bear Mountain:

Contact: shafeela.gill@westinbearmountain.com

#### Fairmont Empress:

Contact: 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 Jon Watkin (<u>jon.watkin@westinbearmountain.com</u>) 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 Shafeela Gill for details at <a href="mailto:shafeela.gill@westinbearmountain.com">shafeela.gill@westinbearmountain.com</a>.

## **Bear Mountain Cycling Social**

The social event will provide exclusive opportunities to engage and interact with Canada's national team and development level mountain bike athletes who will be in attendance. Attendees will have the opportunity to enter to win an exclusive autographed National Team Jersey signed by its members.

Canada's top mountain bike riders, including Rio Bronze Medalist 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 Canada Cup Social at Bear Mountain Resort Saturday night on March 4th," said Pendrel.

Proceeds from the social 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 2017 while also supporting the next generation of champions targeting 2020 and beyond.

- WHAT: Cycling Canada "Meet the Racers" Social
- WHERE: The Westin Bear Mountain Resort, Victoria, BC
- WHEN: Saturday, March 4th 6:00pm to 10:00pm
- WHO: Canada's National Mountain Bike Team

TICKETS: Free Admission. Drink and Food Specials will be presented during the event.













## 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 <u>here</u>.

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.











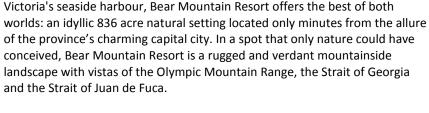


## **Event Partners**









Situated in the foothills of Mount Finlayson with breathtaking views of

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.



McDonald's is one of the world's largest restaurant chains, serving approximately 68 million customers daily in 119 countries across approximately 36,615 outlets.<sup>[6]</sup> In response to changing consumer tastes, the company has expanded its menu to include salads, fish, wraps, smoothies and fruit.





Powerade was first introduced in 1988 to compete with Gatorade in sports drink sales. During that same year, Powerade became the official sports drink of the Olympics. Since it was first introduced in 1988, Powerade has become the official sports drink of the Australian, New Zealand, and Ireland rugby teams, the AFL, PGA Tour, NASCAR, NHRA, NCAA, the U.S. Olympic Team (excluding basketball and soccer, which have deals with Gatorade) and several other leagues and organizations around the world.



