2014 Bow Cycle Presents Life in the Fat Lane

TECHNICAL GUIDE
THE RACE:
Life in the Fat Lane begins its life in the friendly confines of Canada Olympic Park. The course will be similar to a cross course in the same area. There are no ABA points available for the discipline

DATE & LOCATION
Saturday, January 18th, Canada Olympic Park, Calgary (C.O.P)

REGISTRATION:
Registration will be available on www.Zone4.ca until 12 noon Friday, January 17th. There will be absolutely no race day registration ... sorry, but there will be no exceptions. Register online here

FEES:
$25 for all racers please sign-up early on Zone4
Single Event Day Licenses will be available at a cost of $10/rider.

FIELD LIMITS:
Only if there are too many we will have to have field limits

RACE FORMAT:
This is a mass start fat tire but it will be run much like a cyclocross race. You will start in a large group and race around a circuit for as many laps as the leader can do in your allotted time. You will not know how many laps you are doing until the race is 2 laps in and the commissaires give you a lap count based on the leader’s average lap time. So if your race leader does the first 2 laps in an average of 6.5 mins then you should expect to do 6 laps (6 laps @ 6.5mins = 39mins = +/- 40mins)

CITIZEN, UNLICENSED, & NEWBIE RACERS:
So you bought a fat bike and want to test your skills against the rest but you never bought an ABA race license but you would still like to try this fat tire race! Well, we’ll be happy to take your money. There will be an additional $10 day license fee that we will charge, but other than that you’re all good. The ABA will have a representative on site to confirm your registration and give you a number. So, just sign-up and pay on Zone4 and show up at the race by 9:00am to fill in the rest of the details.

RESULTS:
Generating accurate results is not going to be super important on this first race, we are more concerned about fun and getting the first ten people right in regards to results. We will try to have finish times for everyone, but there will be no promises.

PRIZES:
Prizes and bragging rights are all you are racing for! No cash

LIFE IN THE FAT LANE CATEGORIES:
We are making three categories.
Categories you can enter are:

Category F: Absolutely for FUN! Trying it out, afraid of racers, this is the category for you.

Category B: You like to push yourself against others but winning is not important.
Category A: The rest of the year you wear spandex, and while you are having fun, winning would be fun as well! (Anyone except Citizen)

RACE SCHEDULE:
10:00am  Course open to try
11:00am  Group F  30min
12:15pm  Group B  40min
1:15pm   Group A  40min
2:05pm   Awards
2:05pm   Cleanup

BIKES:
Well, you can ride a mountain bike or a fat bike. But if you want to place or win, your tires must be wider than 3”!

RACE NUMBERS:
Bow Cycle will provide race numbers.

PRE RIDING & COURSE INSPECTION:
We know that you’d like to inspect the course prior to your race. The course will be open during the scheduled times and between races at the commissaires discretion. If the Chief Commissaire opens the course between starts it will be open no sooner than 2 mins after the winner crosses the line and will close 5 mins before the next start. Riders pre-riding must not pass or otherwise interfere with racers who are still in the competition. All riders pre-riding must enter the course immediately after the finish line area.

LAPPED RIDERS:
This is a fun race, riders will be allowed to continue.

FOOD AND WATER:
There is no water available at the race so bring all that you will need. Anything that you may require for your post race recovery is your own responsibility. We also ask that if you are bringing a beverage for after your race please make sure it’s in a can as this venue doubles as a children’s playground and broken glass is not acceptable ... so please, no glass bottles!!!

MECHANICAL ZONE:
None.

WASHROOMS AND CHANGE ROOMS:
C.O.P has washrooms at the bottom of the West stairs, but there are no change facilities

PARKING:
Plenty of parking is available at C.O.P. For directions to C.O.P. click here.
FOR MORE INFO:
Contact Bob Grunewald @ bobg@bowcycle.com

COURSE MAP: The course layout will not be determined before race day.
PARTNERS AND SPONSORS ....

**Bow Cycle** ... Southern Alberta’s premier bike shop and dedicated supporters of cycling in Alberta.

**Curious Communications** ... We use them for pretty much everything to make it look good!

**Winsport Canada**... Gracious hosts always!

**Surlly Bikes**... Through the local distributor, these are the premium fat bikes!