

ALBERTA PROVINCIAL CYCLOCROSS CHAMPIONSHIPS & DRIE ZUSSEN SUPERPRESTIGE

PRESENTED BY
RUNDE MOUNTAIN CYCLING CLUB & BICISPORT

SEPTEMBER 15 & 16TH, 2018



Friday, August 24, 2018

Race Organizers James Kendal (403) 688-1028
jhkendal@gmail.com

Simon Hirota (403) 481-8521
hirotasa@gmail.com

Operations Race Directors Brad Dixon
dixonb71@hotmail.com

Brent Topilko
btopilko@gmail.com

ABA Coordinator Brad Fehr
Chief Commissaire Andy Holmwood

September 15 & 16th, 2018

Registration: <https://zone4.ca/register.asp?id=18778>



2018 SPONSORSHIP + PRIZING INFORMATION RACER + VOLUNTEER RECEPTION

SATURDAY SEPTEMBER 15 CX CHAMPIONSHIPS

The Rundle Mountain Cycling Club is proud to host the September 15th Provincial Championships which is graciously supported by [Canmore Brewing Company](#).

- ❖ All Podium finishers will receive a Canmore Brew Co. Growler
- ❖ Open Men + Open Women podium finishers will receive Canmore Brew CO. Growlers + cash prizing
- ❖ The Open Male + Open Female winners will be proudly presented with custom made Catherine Vipond Belt Buckles + ABA CX Champion Jerseys



Join us on Saturday evening at the Canmore Brew Co. from 6 to 8:30 pm. All participants of legal age and volunteers will receive a beer of their choice.

SUNDAY SEPTEMBER 16 CX SUPER PRESTIGE

Bici Sport, in conjunction with RMCC, is proud to host the September 16th Super Prestige which is graciously supported by [New Belgium Brewing](#)

- ❖ All Podium finishers of legal age will receive a 6 pack of New Belgium Beer
- ❖ Open Men + Open Women podium finishers will receive cash prizing



INTRODUCTION: RMCC and Bicisport have teamed up again in 2018 to host two days of racing in Canmore under RMCC's banner cyclocross event - the Drie Zussen Superprestige CX which is the 2018 Provincial Championships. This course is an exceptional opportunity for friends, family & fans, to check-out CX or try your first CX race; likely to create a lasting addiction

DRIE ZUSSEN SUPERPRESTIGE CX COURSE:

<https://www.strava.com/activities/396806063/segments/9512015463>

Located at the scenic Three Sisters Disc Golf Course, just east of Canmore at the intersection of Riva Heights & Three Sisters Blvd, the ~2.5 km course is rolling, smooth and fast with ~45 m elevation gain per lap and plenty of twists, turns and banked corners.



REGISTRATION: ZONE4.ca (PRE-REGISTRATION ONLY) -<https://zone4.ca/register.asp?id=18778>

Online registration closes 11:59pm, September 13th 2018. Unless the race is cancelled, NO REFUNDS.

RACE ENTRY FEES:

- \$40: ADULT for one day before Sept. 10th (ABA/UCI licensed)
- after Sept. 10th \$45 per race (ABA/UCI licensed)
- \$25: YOUTH (ABA/UCI licensed, U17 or younger)

SINGLE EVENT LICENSE (SEL): \$10

To satiate your Cyclocross curiosity and encourage participants, \$10 ABA Single Event Licenses may be purchased online. SEL racers are restricted to racing Novice Men or Sport Women categories.

They may race on Mountain Bikes.

RACE CATEGORIES & EVENT SCHEDULE (NOTE the differences between day 1 and day 2):

- Single Event License racers may ONLY compete in the Novice Men and Women Sport Race(s).
- **Licensed Racer Conversions:** Riders new to Cyclo-cross are able to downgrade from their respective Road/MTB license to one CX Category Lower. For Example:
 Cat 3 Road/MTB Expert > Sport CX
 Cat 1/2 Road/MTB Elite > Expert Men
- Regardless of categories, the field limit for each event is 60 racers
- Note regarding Provincial Championship categories: As per UCI and Cycling Canada category changes, Masters' categories have changed for the 2018/19 cyclo-cross season. In all cases, a rider's category is determined by his/her age as of **December 31st, 2019**.
- **Call-Up Staging = 10 minutes prior to start time, tire width may be measured during Call-Up-in | all Provincial Championship categories, as well as Sport Men, Expert Men, Open Women, and Open Men. Please be on time if you want your start spot.**

**RACE SCHEDULE – Saturday Sept. 15, 2018 PROVINCIAL CHAMPIONSHIPS AGE BASED:
 Youth Provincial CX Championships will take place on October 21st in Calgary**

		Mins
8:30am	Sign-on begins	
8:30-9:15 am	Course open for pre-riding	45
9:30 am	Master Women 35-44, Master Women 45+	40+
10:30 am	Master Men 35-44	50
11:40 am	Kid's fun race (Lunch Break for Commissaires)	30
12:10-12:40 pm	Course open for pre-riding	30
12:50 pm	Master Men 45-54	40+
1:50 pm	Master Men 55-64, Master Men 65+	40+
2:50 pm	Open Women	40+
4:00 pm	Open Men	60

RACE SCHEDULE – Sunday Sept. 16, 2018, CATEGORY BASED:

		Mins
8:30am	Sign-on begins	
8:30-9:15am	Course open for pre-riding	45
9:30am	Expert Men	50
10:40 am	Sport Women	40+
11:40 am	Open Men	60
12:45-1:15pm	Course open for pre-riding	30
1:20pm	Open Women	40+
2:20pm	Novice Men	40
3:20pm	Sport Men	40+

Friday, August 24, 2018

TEAR DOWN & CLEAN UP **-HELP NEEDED!**
Any time you can provide will be greatly appreciated

LICENSE CHECK: Available until 15 minutes prior to your start time. Failure to bring your license may result in a \$10 fine.

RACE NUMBERS: If you have not received your 2018 arm/body numbers, please allow ample time to retrieve them at License Check. Placement: one (big) number lower-middle back. Two (little) numbers on upper arms, facing forward.

CALL UPS: Staging is 10 minutes prior to your start time. Call-up as per ABA Cyclocross Regulation 5.5.1.

PARKING:

Per regular parking habits in the area, parking is available within walking distance of the event along Three Sisters BLVD, Armstrong Place, Dyrgas Gate and at OLS School (Our Lady of the Snow Catholic Academy). **The parking at OLS is available only on Saturday September 15 and NOT ON SUNDAY September 16th.**

ALL VEHICLES OFF THE GRASS OR RISK PARKING VIOLATION TICKETS. Participants must park clear from private property and respect parking spaces allocated to residents or residents' visitors. Please obey Parking Marshals, and all local signage at all times (no parking, private property, speed limits, etc.) and be conscious to not park on private property, or park in manner blocking local resident sight lines. Gear/Equipment may be dropped (5 minute stops) in the Drop Zone, please keep the area uncongested and pack accordingly prior to arrival.

DO NOT PARK ON GRASS, ONLY ON PAVED SURFACES when street parking. Please be sure to obey local signage, or risk being towed.

RESERVED TEAM AREA: Please contact James Kendal jhkendal@gmail.com (403) 688-1028 or Simon Hirota hirotasa@gmail.com (403) 481-8521 if your team intends to bring a 10 x 10 warm-up tent and team equipment (trainers, bike stands, etc.) **All Event Tents must have leg weights (no pegs) to be erected in the Team Area on the west side of race HQ.**

WASHROOMS: two outhouses are located in the Drop Zone, by the kids' play-park, and an additional outhouse located at the intersection of the paved bike path and closed Riva Heights road, adjacent to the hole-shot/finish line. Please do not urinate in public, local residents will be watching and reporting incidents complicating future park permits.

WATER: This remote park location does not have a running water facility. Please be sure to bring the water you will need with you.

RACE GUIDELINES & RULES: Receiving permission to host racing events is challenging, requiring Permits, Insurance, Association Agreements and no end to the volunteer motivation and time. The ABA, RMCC, BiciSport and the race organizers are committed to providing a safe environment for all participants. It is therefore of the utmost importance that you adhere to the rules and regulations outlined herein. Please understand that your cooperation ensures not only your safety, but the safety of those racing with you and the likelihood of repeating and growing these events in the coming years.

If you are not already familiar with the UCI/ABA Cyclocross Rules, please do so prior to arrival. It is your responsibility to know and follow these:

- [UCI CX Regulations](#)
- Anti-doping: the ABA complies with and fully supports the UCI anti-doping regulations, the clauses of the World Anti-doping Code and its international Standards to which the UCI anti-doping regulations refer and to the anti-doping regulations of other competent bodies per the regulations of the UCI.
- CX bikes must be used in the following categories: All Provincial Championship categories, as well as Sport Men, Expert Men, Open Men and Open Women.

GENERAL HIGHLIGHTS:

- A helmet shall be worn whenever traveling on a bike.
- Whenever on-course, only move (ride/walk) in the race direction, exit the course to back-track and re-enter in the direction of the race. If you don't know the direction, please ask.
- During racing, do not enter the course or pit area, safe crossing zones are provided.
- Please race with sportsmanlike etiquette and conduct. Racers being lapped shall graciously neutralize themselves to minimize interruption to the front of the race.

RIDER CONDUCT: Unsportsmanlike & unbecoming conduct will not be tolerated, including but not limited to public urination (there are multiple outhouses, in multiple locations), littering of anything, use of profane language and any verbal abuse whatsoever of officials, organizers, volunteers and local residents.

WARM-UP & PRE-RIDING: The Race Course area is surrounded by paved roads and multi-use paths and trails, which remain open to the public. When using these to warm-up, please respect regular traffic laws and anticipate the public walking dogs, hiking the trails, roller-skiing on the paved paths and other cyclists, including those leisurely riding with kids on run-bikes and tricycles. Please use the provided washroom facilities at all times.

The full course will be open for pre-riding at September 15th 5pm-7pm. Please respect these times to allow full course preparation and the arrival of First Aid attendants. Please attend the License Check, and wear your race numbers when on-course. There are additional small time gaps after each race and over the lunch break, but all pre-riding between races is subject to ABA Commissaire approval.

MECHANICAL/PIT AREA: Spare wheels/bikes/tools may be left in the Mechanical/Pit Area but NONE of the equipment in the pit is neutral, if it is not yours, do not touch it. Please label and collect all equipment after your race to make room for the next event.

Friday, August 24, 2018

Emergency Plan:**Medical provided by: Aaron Paramedical Services****Primary Contact Person:** Saturday – James Kendal 403-688-1028 or Brad Dixon 403-609-1421

Sunday – Brent Topilko – 403-585-6681 or Simon Hirota 403-481-8521

Name and address of nearest medical facility:

Canmore Hospital, 7 kms from the Event
1100 Hospital Place,
Canmore, Alberta, T1W 1N2
Tel. #: 403-678-5536

Communication Plan:

There will be 2 race radios available for medical personnel. Each medical person will also have a cell phone. If there is an incident on course, the medical team will be notified via race radio. In the rare occasion that radio communication fails (the course area is only 500m in length), cell phone communication will be used. Each course marshal will receive a list of phone numbers for race organizer and medical staff. Participants are informed to call 911 in the event of an Emergency.

First Aid Location:

A stationary First Aid attendant and a First Aid Station will be available at the Race HQ Gazebo, in the proximity of the kids' play-park. Medical Aid volunteers will be onsite from 8:00 am through event tear-down. If there is an on-course incident, the nearest course marshal will alert First Aid personnel via radio who can be quickly dispatched on the short course. If the incident is serious, 911 EMS will be called for packaging and evacuation.

Friday, August 24, 2018