



Updated May 2

(additional parking location, venue overview map & U11/13/15 category updates
- in red)

2019 Headwinds Coulee Cruiser

Presented by



Technical Guide

May 4-5, 2019

behind Lethbridge College

Saturday May 4

Come Ride With Us

Ascent Cycle Trailblazers Kids' Races



Sunday May 5

Headwinds Coulee Cruiser: Alberta Cup Race



HEADWINDS...SIMPLY RIDE

2019 Headwinds Coulee Cruiser: *Technical Package*

Overview

The Headwinds Coulee Cruiser, Alberta Cup Series XC #1, has one of the most scenic and spectator friendly courses Alberta has to offer. This year's course should be a challenging and exciting course for all riders which encompasses a little bit of all the best mountain biking and racing has to offer. The course has great visibility from the start/finish area.

The Coulee Cruiser is hosted by the Headwinds Cycling Club (est. 1986), in cooperation with Bert and Mac's Source for Sports, Alpenland Ski & Sports, and Ascent Cycle. We'd also like to thank our venue hosts Lethbridge College and the City of Lethbridge along with our sponsor, Subaru of Lethbridge.

Once again this year, the Headwinds Coulee Cruiser will be a 2-day event, held on May 4 & 5, 2019.

On Saturday, May 4th, we will be running beginner and intermediate road and mountain biking sessions as well as a kids' mountain bike session. These sessions will include basic on-trail/road maintenance, riding skills, and guided rides and are sponsored by Alpenland Ski & Sports and Headwinds Cycling Club. The Ascent Cycle Trailblazer Kids' Races will run on Saturday afternoon, while participants in Sunday's races are invited to check out the course and pick up their number plates.

Sunday's Coulee Cruiser race is presented by Subaru of Lethbridge and features races in all categories.

Both days will feature bicycle industry reps on site for brands like Specialized, Cannondale, Giant, and more!

*** NUMBER PLATE PICK UP for the Coulee Cruiser is AVAILABLE SATURDAY from 12:00 pm - 2:00 pm, in addition to SUNDAY MORNING beginning at 8:30 am***

HEADWINDS...SIMPLY RIDE

2019 Headwinds Coulee Cruiser Organizing Team

Coulee Cruiser Coordinators:	Alex Singbeil & Nicole Cooney
Volunteer & Marshal Coordinators:	Nicole Cooney & Kevin Iwaasa
Venue Coordinator:	Shelagh Graham
Race Liaison:	Scott Kluczny
Medical Coordinator:	Dr. Peter Kwan
Sponsor Coordinator:	Keith Pushor
Ascent Cycle Trailblazer Coordinators:	Steve Leger & Adam Duel
ABA Coordinator:	Carl Barton

Contact the organizing team by emailing Headwinds Cycling Club:
couleecruiser@headwinds.ab.ca

For race information, updates, and changes visit the Headwinds Cycling Club website and the Coulee Cruiser Facebook page:

Headwinds Cycling Club website: <http://headwinds.ab.ca/>

Coulee Cruiser Facebook page:
<https://www.facebook.com/Coulee-Cruiser-355003935100472/17089015/>

Event Location

[Lethbridge College \(3000 College Drive S.\)](#). The staging area is located south of the College building. Just put Lethbridge College into your GPS systems - it's easy to find. Once at the College, follow the event signs. You'll be making a right before you get to the main College building and following the road around to the back.

Parking: Please park only in Lots J1 and I. Parking is also permitted in the Farm Stewardship Centre parking lot (see map on following page. Absolutely no vehicles are permitted to drive or park on any grassed/natural areas.

Full Address: Lethbridge College, 3000 College Drive South, Lethbridge, AB. T1K 1L6

Venue Overview Map



Saturday May 4th Alpenland Come Ride With Us & Ascent Cycle Trailblazers Youth Race

Alpenland Come Ride With Us Free mountain bike and road riding sessions



Registration (on-site only)	9:00 onwards
Headwinds MTB group rides	9:30-11:00
Headwinds Road Ride	10:00-12:00
Kids' Skill Session (introduction to basic bike handling skills and obstacle challenges)	11:00-12:00

Ascent Cycle Trailblazers Youth Race

As a means of encouraging local youth to give racing a try, the Alberta Bicycle Association will be hosting a Trailblazers Youth Race on Saturday May 4th. The Trailblazers Youth Racing Series is open to all youth aged "I can ride my run bike" to 16 years old as of December 31st, 2019.



Alberta South Region Trailblazers #1		
Cost		\$5 per rider (<i>cash only!</i> on-site)
Registration/Sign-on		10:00am-12:30pm
Pre-rides		12:00pm-12:45pm
Race Time		1:00pm
Heat #1	Strider Bike (kids who are not yet pedalling)	race length: around 10 minutes
Heat #2	Little Rippers (beginner riders aged 8 and under)	race length: around 20 minutes
Heat #3	Gnarly (beginner riders aged 9-12)	race length: around 25 minutes
Heat #4	Geared & Dialed (intermediate riders aged 11-14 & riders aged 13-16)	race length: around 30 minutes

Courses are modified to meet the level of the riders in each category. None of the Trailblazers courses will be the same as the Coulee Cruiser course but may include sections of it. Each course will challenge the riders in their categories. Course maps for each category will follow in an update to this guide. If you are new to racing, this is a great option over jumping right into the Cruiser.

If you are a more advanced youth rider, you may wish to compete in the Coulee Cruiser Novice categories on Sunday which consist of one lap on the main course.

For more information on the Trailblazers Youth Racing series, visit the [Trailblazers Webpage](#). Please note: there will be no pre-registration for this event. Anyone wishing to participate must register on-site during the posted sign-on/registration time. If you have any questions about participating in this event, please contact Carl Barton at (780) 427-6352 or bmxmlb@albertabicycle.ab.ca.

Coulee Cruiser sign-on

Riders registered for Sunday's Coulee Cruiser can pick up their number plate at the registration table on Saturday afternoon from 12:00 pm - 2:00 pm.

Sign-on is also available on Sunday morning beginning at 8:30 am.

Detailed information regarding the course and the Coulee Cruiser event follows.

Sunday May 5th

Coulee Cruiser presented by Subaru of Lethbridge: Alberta Cup Race

2019 Coulee Cruiser Race Registration and Fees

The race will cost \$60 for adult racers and \$40 for youth racers. There will be a \$10 administration fee for all cancellations prior to the registration deadline. Race registration fees are not refundable after the registration deadline. Register through Zone4 registration (www.zone4.ca) or follow the links from the ABA's Events page (<http://www.albertabicycle.ab.ca/events>).

**** PLEASE NOTE **** There will be **no** race day registration. All race entries must be complete and submitted by 11:59 p.m. on Thursday May 2. No registrations will be accepted after this time. Please register as soon as possible to allow funds for course maintenance and budgeting.

All participants must have a current ABA/UCI license or purchase a Single Event License to race this event. Single Event Licenses are available to purchase at a price of \$10. Single Event Licenses should be purchased via Zone4 – riders must sign the Single Event waiver on race day. Those who plan to purchase a Single Event License are reminded that ABA Policy states that a rider may purchase a maximum of 3 Single Event Licenses (across all disciplines) per calendar year. Please note: a Single Event License allows a rider to compete only in the Citizen Category.

Racers are eligible for a \$10 discount provided they volunteer for one volunteer shift over the course of the weekend. Contact Dan Hagen for the discount code: ddc0oi@gmail.com
Discount code must be used at time of registration!

Non-Headwinds members who race citizen class and later wish to join the club will be eligible for a \$10 membership discount. Contact Dan for more information: ddc0oi@gmail.com

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 as per the regulations of the UCI.

Number Plates

Number plates will be handed out at the first MTB race a racer does in the season. The racer will keep the plates to use for the full 2019 season. It is suggested that each racer puts his or her name on the plates so they don't get mixed up. If a plate is lost or damaged, the racer can purchase another for the cost of \$10.00.

Team Alberta Selection Event

The 2019 Coulee Cruiser will also be one of two selection Events for the 2019 Alberta Provincial XC Mountain Bike Team. The Mountain Bike Provincial Team is open to male & female athletes aged 15-18 as of Dec. 31, 2019. For more information on athlete eligibility and selection criteria visit <http://www.albertabicycle.ab.ca/team-alberta-racing>

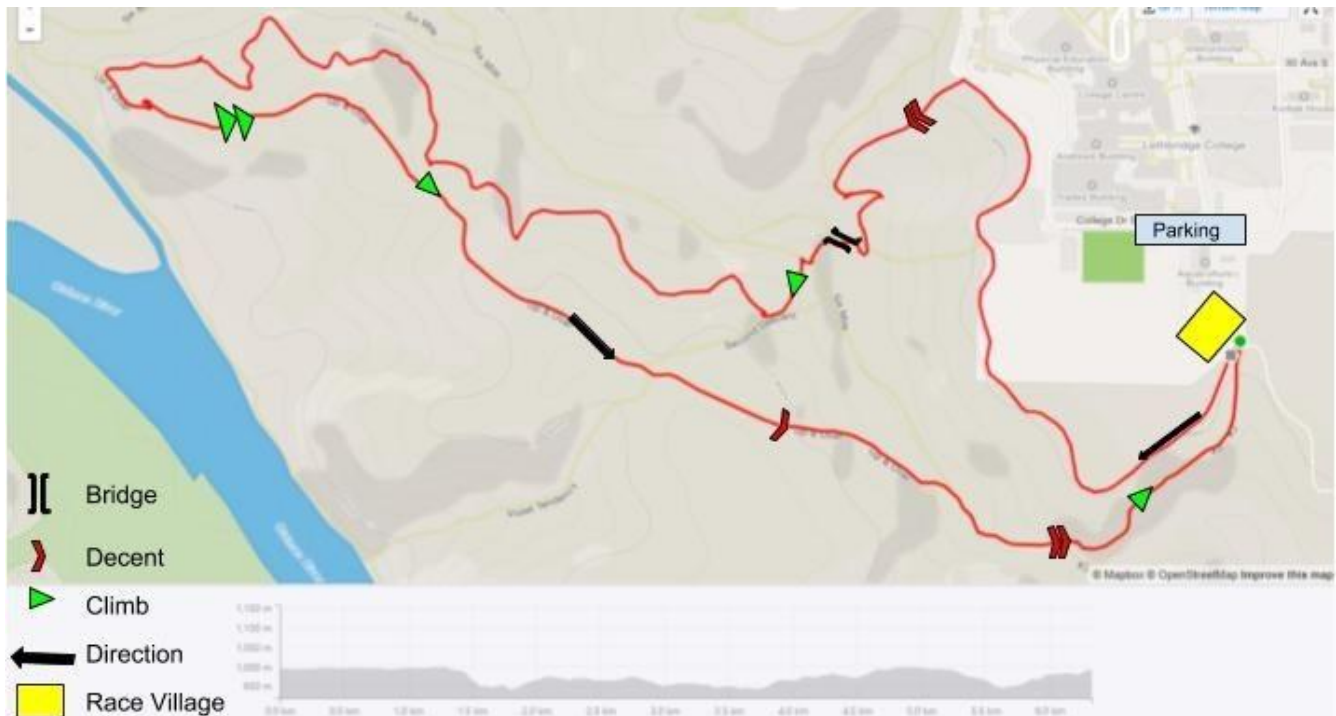
2019 Coulee Cruiser Race Categories

Time:	Race Category	Who this includes	Laps	Approximate Time
10:00 AM	Start #1			
10:00 AM	Novice Men	Junior Novice, Senior Novice, Master Novice, Master 40+ Novice	3	60 min
10:01 AM	Citizen Men (19-29 and 30+)	ABA Citizen License holders / Single Event License holders aged 19 to 29 as of Dec. 31, 2019 and ABA Citizen License holders / Single Event License holders aged 30 and over as of Dec. 31, 2019	3	60 min
10:02 AM	U17 Men	U17 Sport	2	40 min
10:03 AM	Novice Women	Junior Novice, Senior Novice, Master Novice, Master 40+ Novice	3	60 min
10:04 AM	U17 Women	U17 Sport	2	40 min
10:05 AM	Citizen Women (19-29 and 30+)	ABA Citizen License holders / Single Event License holders aged 19 to 29 as of Dec. 31, 2019 and ABA Citizen License holders / Single Event License holders aged 30 and over as of Dec. 31, 2019	3	60 min
10:06 AM	U15	All riders between 13 and 14 years old (mixed gender)	2	30 min
10:07 AM	U11, U13	All riders between 9 and 12 years old (mixed gender)	1-2	20 min

Time:	Race Category	Who this includes	Laps	Approximate Time
12:00 PM	Start #2			
12:00 PM	Elite Men	Elite	7	105 min
12:01 PM	Expert Men	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert	6	90 min
12:02 PM	Elite Women	Elite	6	105 min
12:03 PM	Expert Women	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert	5	90 min
12:06 PM	Sport Men + U17 expert	U17 Expert, Junior Sport, Senior Sport, Mater Sport, Master 40+ Sport	5	75 min
12:07 PM	Sport Women + U17 Expert	U17 Expert, Junior Sport, Senior Sport, Mater Sport, Master 40+ Sport	4	75 min
2:30 PM	Awards			

2019 Cruiser Course

* Course may be adapted, if required, based on trail conditions.



The course runs counter-clockwise, with the start/finish area directly south of the Aquaculture Building on the south side of the College. The start/finish will be near where the grey shale path intersects with the trail coming up from the valley (somewhat east of last year's start/finish).

Check out the link [on Strava!](#)

Pre-Ride

Pre-riding of the course will take place on Sunday May 5th from 8:30-9:45 am. During this time, medical staff will be available and a limited number of course marshals will patrol the course. Course marking will be completed by mid-afternoon on Saturday May 4th. The START/FINISH line is near the wooden obstacle rope wall. The course is set in a counter-clockwise direction.

Race Day Sign-on

All racers must sign-on prior to racing. Race sign-on and plate pick-up will be available at the registration table from 12:00 pm-2:00 pm on Saturday May 4th and on race day (Sunday May 5th) from 8:30 am until 30 minutes prior to your race start time. Licensed racers must have their license with them at sign-on. If you forget your ABA license, we can look it up in the ABA

database for a fee of \$10, so remember to bring your licenses!

For Start #1

Race Day sign-on from 8:30 am - 9:30 am.

For Start #2

Race Day sign-on from 8:30 am - 11:30 am.

Race Day Schedule

Please note, there will be a staging area near the start line. All racers must be at the staging area 15 MINS prior to their designated start time.

8:30	Sign-on
8:30	Course Pre-ride (75 minutes)
9:30	Sign-on ends for Start #1
9:45	Course closed / Staging for Start #1
10:00	Start #1 (Citizen, Novice, Sport Youth)
11:15	Open course (30 minutes)
11:30	Sign-on ends for Start #2
11:45	Course closed / Staging for Start #2
12:00	Start #2 (Elite, Expert incl. U17 Expert, Sport)
2:30	Awards

Prizing

All participants will be eligible for draw prizes. There will be cash prizes for Elite racers. Prizes will be presented after completion of all races.

Food and Water

Post-race food and beverages will be provided to all racers. We do ask however that you bring all of your own race nutrition. Water will be provided for racers and volunteers, but please note that the site does not have water service, so bringing your own hydration is both recommended and appreciated.

Mechanical / Feed Zone

There will be a designated zone for feeds and mechanicals. Racers are responsible for their own mechanical work and feed zone assistance. The Feed/Mechanical zone will be clearly marked. Any help/feed outside of the feed zone will result in disqualification.

Bikes and Equipment

All your equipment needs to be in good, safe working condition, and you must wear an approved bike helmet at all times. Racers are reminded that helmet-mounted cameras are not allowed under ABA rules.

Emergency Medical Services

There will be an EMS person available all day, on-site. Please refer to the course map for the location of the EMS station.

Lodging

Comfort Inn (3226 Fairway Plaza Rd S.) is also near the venue and is offering a preferred rate to participants for the Coulee Cruiser weekend AND anytime this season, in fact. Need to phone the hotel (403) 320-8874 and mention "Headwinds" to book.

<https://www.choicehotels.com/alberta/lethbridge/comfort-inn-hotels/cn424>

