

Technical guide for ADHRA Run Runner Provincial DH Championships
Pass Powderkeg Ski Resort, Blairmore, AB
Aug 1-2, 2009

The Race

The Alberta Downhill Racing Association is proud to present the first ever Run Runner Provincial DH Championships. This event will be run on the same course that impressed so many riders last year. Sponsored, once again, by Bike Bros. and hosted by the Pass Powderkeg Ski Resort this race will crown Alberta's provincial DH champions.

The Venue

The Pass Powderkeg Ski Hill is located just off Highway #3, Crowsnest Pass in Blairmore, Alberta. It is approximately an hour and a half west of Lethbridge on Highway #3, and two and a half hours south-west of Calgary on Highway #2 or two hours south-west of Calgary on Highway #22.

The course at Pass Powderkeg will be a challenge for even the best riders in the province. It has technical tight singletrack, steep rocky sections and open high speed areas where riders could possibly reach speeds of over 70 km/hr. Although this event will crown the provincial champions ADHRA has always had the mandate to include all ages and skill levels in its races. Racers as young as 10 years old are welcome to enter the race and try to be the fastest down the hill. We will be providing a much safer course for the little rippers to keep them having fun and riding safe. Don't forget about the old rippers , there will be racing classes for Masters riders as well.

Registration and Fees

\$40 for all categories if pre-registered by Friday July 31, 2009 on www.karelo.com.

There will be a \$10 late registration fee for all registrations on August 1, 2009.

THERE WILL BE NO RACE DAY REGISTRATIONS.

Day licenses will be available for all non-licensed riders, please see the commissaire or technical delegate when registering.

The Schedule

Sat. August 1

10am-3:30pm Racer check-in and registration
10am-4pm Open DH training runs
4pm-5:30pm Elite training only
5:30pm DH Course closed for inspection

Sun. August 2

8am-10am Racer check-in (no race day registrations)
10am-12 noon Mandatory DH training runs
12-1pm DH Course closed for inspection
1-3:30pm Competition
4pm Awards

The Categories

Categories will be as per Alberta Bicycling Association DH age categories with Sport and Expert levels added to specific categories as shown.

U13 * (Age 11-12, on U13 approved courses only)
U15 * (Age 13-14, on U15 approved courses only)
U17 (Age 15-16)

Junior (Age 17-18) Sport and Expert
Senior (Age 19-29) Sport and Expert
Masters A (Age 30-39) Sport and Expert
Masters B+ (Age 40+) Sport and Expert
Elite (Age 19+)

Race Order

Race order will run upwards from youngest (U15) to Masters 50+ with Elite racers last on the course. Racers will be called to the start by race number and MUST obey the race director's instructions. There will be a one minute delay between riders and a course clear between age groups

Race etiquette

Race officials are to be obeyed at all times.

Any abuse of race officials WILL result in disqualification.

Any racer being overtaken on the course MUST yield the right of way and not impede the other competitor.

Re-runs

In the event of a full course stop, if an overtaking rider is forced to slow or stop, they will be granted a rerun. All other instances are at the discretion of the Chief Commissaire.

Equipment

Full face helmets are mandatory.

Arm, Leg and body armour are highly recommended.

Number plates must be affixed to the handlebars and be clearly visible. Number plates must not be altered in any way

Prizes

Cash prizes for the top three Elite riders in both male and female categories.

All podium finishers will receive prizes generously donated by Bike Bros. and Louis Garneau.

Draw prizes will also be given to select lucky participants.

All prizes must be accepted as given.

Draw prize winners must be present to accept their prize.

Contact Information

Please direct all inquiries to: adhra@shaw.ca

Updates will be posted at: www.freewebs.com/adhra