



The 2014 Canmore Mountain Bike Festival

(AND STAGE RACE)

FEATURING THE FOLLOWING RACES:

- ★ THE FRIDAY NIGHT ELIMINATOR (MTB-XCE) RACE
- ★ THE SATURDAY MORNING SUPER D (MTB-SD) RACE
- ★ THE SUNDAY ALBERTA CUP (MTB-XC) RACE
- ★ THE SUNDAY YOUTH TRAILBLAZER (MTB-XC) RACE

AND FEATURING A **CASH PRIZE** FOR MALE AND FEMALE ELITE RACERS WITH THE FASTEST COMBINED TIME IN THE STAGE RACE (FIRST 3 RACES LISTED)!!

FRIDAY, AUGUST 8, TO SUNDAY, AUGUST 10, 2014

CANMORE, ALBERTA

RACE WEBSITE: [HTTP://WWW.RUNDELMOUNTAINCYCLING.COM](http://www.rundlemountaincycling.com)

PRESENTED BY:



THE RACES

Welcome to the first annual Canmore Mountain Bike Festival and Stage Race.

This event, hosted by both the Rundle Mountain Cycling Club and the Alberta Bicycle Association, promises to be a fantastic weekend of mountain bike racing and mountain bike culture. The 2014 Canmore Mountain Bike Festival will feature 4 races. The first race, the Friday Night Eliminator (XCE), will take place in downtown Canmore. The remaining three races, the Saturday Morning Super D, the Sunday Alberta Cup, and the Sunday Youth Trailblazers Race will take place at the Biathlon Area of the Canmore Nordic Centre (1988 Olympic Way, Canmore).

★ THE FRIDAY NIGHT ELIMINATOR (XCE) RACE

A Cross-Country Eliminator Race is a new style of mountain bike racing. The race is typically between 500m and 1000m in length and is raced in heats of 4-6 racers. The top riders in each heat move onto further rounds of competition while bottom riders are dropped out of the competition. Heats continue until a final podium is reached. The whole eliminator course is designed to be 100% rideable, mostly road, double track with some small sections of single track and where possible the course normally has not more than one 180° turn; obstacles such as trees, stairs (up/down), drops, bridges or wooden constructions can create a dynamic short race. The Friday Night Eliminator Race will take place in the heart of the town of Canmore.

To determine placement in the heats, each racer is first required to partake in a timed Eliminator Individual Qualifying Round. For this Friday Night Eliminator race, all participants (men, women, and youth) will be judged in the same category, based on a handicapped start.

This race is open to all senior races and all youth racers aged 13 years and older as of December 31, 2014. The number of riders for the qualifying portion is unlimited, however, the heats will be limited to 64 racers. Register early to ensure your spot!

Following the race, participants can partake in the Iron Goat Beer and Soda Garden located directly beside the start/finish area of the race. The beer gardens will be a racer's chance and a spectator's chance to relax in the heart of Canmore, meet other cyclists, and enjoy a refreshing beverage.

★ THE SATURDAY MORNING SUPER D (SD) RACE

A Super D race is best described as a downhill cross-country race. A Super D race is all-natural and stunt-free race that lacks the technical danger-packed elements of a downhill race (mandatory drops or gaps). A Super D race is primarily run downhill but generally has, in most cases, some significant pedaling.

This race takes place at the Canmore Nordic Centre. For this race, individual racers will start at pre-determined start times with one-minute intervals between racers. The runs will be timed and the winner in each category will be determined by the fastest time. For this race, all male participants (senior and youth men) will be judged in one category, and all female participants (senior and youth female) will be judged in a second category.

This race is open to all senior races and all youth racers aged 13 years and older as of December 31, 2014.

★ THE SUNDAY ALBERTA CUP (XC) RACE

The Sunday Alberta Cup Race is a classic-style cross-country mountain bike race designed to be a nice mix of new racing terrain and old classic trails at the Canmore Nordic Centre to ensure an exciting, varied, and highly race-able course. This race is the 6th and final race in the 2014 Alberta Cup Series.

This race is open to all senior races and all youth racers aged 11 years and older as of December 31, 2014.

All riders will be given a voucher that allows them to indulge in a post-race BBQ.

★ THE SUNDAY YOUTH TRAILBLAZER (XC) RACE

The Youth Trailblazer (XC) Race will take place on Sunday at the Canmore Nordic Centre. This is one of a series of Trailblazer races offered by the Alberta Bicycling Association (ABA). The Trailblazers Youth Racing program was developed by the Alberta Bicycling Association as a means of encouraging youth (children under the age of 17) of all abilities to try competitive mountain biking. The aim of the program is to make mountain bike racing fully accessible to youth across the Province of Alberta.

This race will be open to youth racers (children under the age of 17 as of December 31, 2014) only.

REGISTRATION, NUMBER PLATES, FEES, & LICENSING

★ REGISTRATION AND NUMBER PLATES

For the Friday Night Eliminator, the Saturday Morning Super D, and the Sunday Alberta Cup Races...

Registration for the Friday Night Eliminator, the Saturday Morning Super D, and the Sunday Alberta Cup is online through Zone4 at www.zone4.com. All registration fees are non refundable. **Registration closes at 10pm on Wednesday, August 6, 2014. There will be no race-day registration.**

Riders must use their 2014 number plate as assigned to them at previous races. The Technical Delegate will have race plates on-hand if you haven't yet received yours. Riders are requested to bring their own zip-ties.

For the Sunday Youth Trailblazer Race...

Registration for the Sunday Trailblazer is at on-site on the day of the race during pre-registration and payment is by cash only. Riders will be assigned a number plate during pre-registration.

★ RACE FEES

Category	Friday Night Eliminator*	Saturday Morning Super D*	Sunday Alberta Cup**	Stage Race Pack***	Sunday Trailblazer
Licensed Youth (U17) Racers	\$15	\$15	\$40	\$60	\$5
Licensed Senior Racers	\$15	\$15	\$50	\$70	N/A
Citizen Youth (U17) Racers (Unlicensed)****	\$15	\$15	\$40	\$60	\$5
Citizen Senior Racers (Unlicensed)****	\$15	\$15	\$50	\$70	\$N/A

* *Note that only riders aged 13-years-old or older as of December 31,2014 are permitted to partake in this race.*

** *Note that only riders aged 11-years-old or older as of December 31,2014 are permitted to partake in this race.*

*** *The Stage Race Pack allows cyclists to participate in the stage race (the Friday Night Eliminator, the Saturday Morning Super D, and the Sunday Alberta Cup) at special reduced pricing for all racers and the possibility of a **CASH PRIZE** for Elite Racers. Please see the prizing category on the last page for incentive to enter all three races.*

**** *Note that citizen racers will also be required to purchase a \$10 day licence during registration. One (1) day licence per day of racing is required. The Alberta Bike Association only allows participants to purchase a maximum of two (2) day licences per year. This means that citizen racers cannot partake in the Tri-Race Pack.*

★ ALBERTA BICYCLE ASSOCIATION LICENCING

Please note that each of the races in this Festival is an Alberta Bicycle Association (ABA) Sanctioned Event.

For the Friday Night Eliminator, the Saturday Morning Super D, and the Sunday Alberta Cup Race....

If you have purchased an ABA/UCI Racing License, it is a requirement to present your ABA/UCI License in order to participate in this sanctioned event. If you do not bring your license, you will be subject to a fine at the event. Failure to carry your license may result in you being denied entry to some races.

If you are a member of an ABA sanctioned bike club but do not have an ABA/UCI racing license, you can either purchase a ABA/UCI race license and participate in your appropriate category (novice, sport, expert, elite) or you can compete at ABA events with the purchase of a day-license (Citizen Category). Please note that all participants who purchase a \$10 Single Event License **must** register in the Citizen Class race category corresponding to their age (U19, 19-29 or 30+). Please note that a club member will only be allowed to compete in a maximum of 2 events per season with a day-license.

If you are not a member of an ABA sanctioned bike club and do not have an ABA/UCI racing license, you can obtain a citizen class single-event license at a cost of \$10.00. Please note that all participants who purchase a \$10 Single Event License **must** register in the Citizen Class race category corresponding to their age (U19, 19-29 or 30+). Riders are only permitted the purchase of two Single Event Licenses per year. Please also note that if you do two races at this event this will count as your 2 event licenses this season.

Please note that there are absolutely no on-site license sales and no race day registration for the Friday Night Eliminator, the Saturday Morning Super D, or the Sunday Alberta Cup Race.

All racers must sign-in at the ABA tent before the race.

For the Sunday Trailblazers Youth Race...

The Trailblazers Youth Racing Event is treated differently by ABA. The Trailblazers Youth Racing Event is considered a "Club Racing" Event under ABA Sanction Guidelines. Events will be organized in a manner very similar to midweek-style racing with no Commissaires assigned, no upgrade/provincial cup points assigned, and no UCI racing license required. All participants must obtain at minimum an Alberta Bicycle Association General Membership to compete.

All racers must register at the Rundle Mountain Cycling Club Tent before the race.

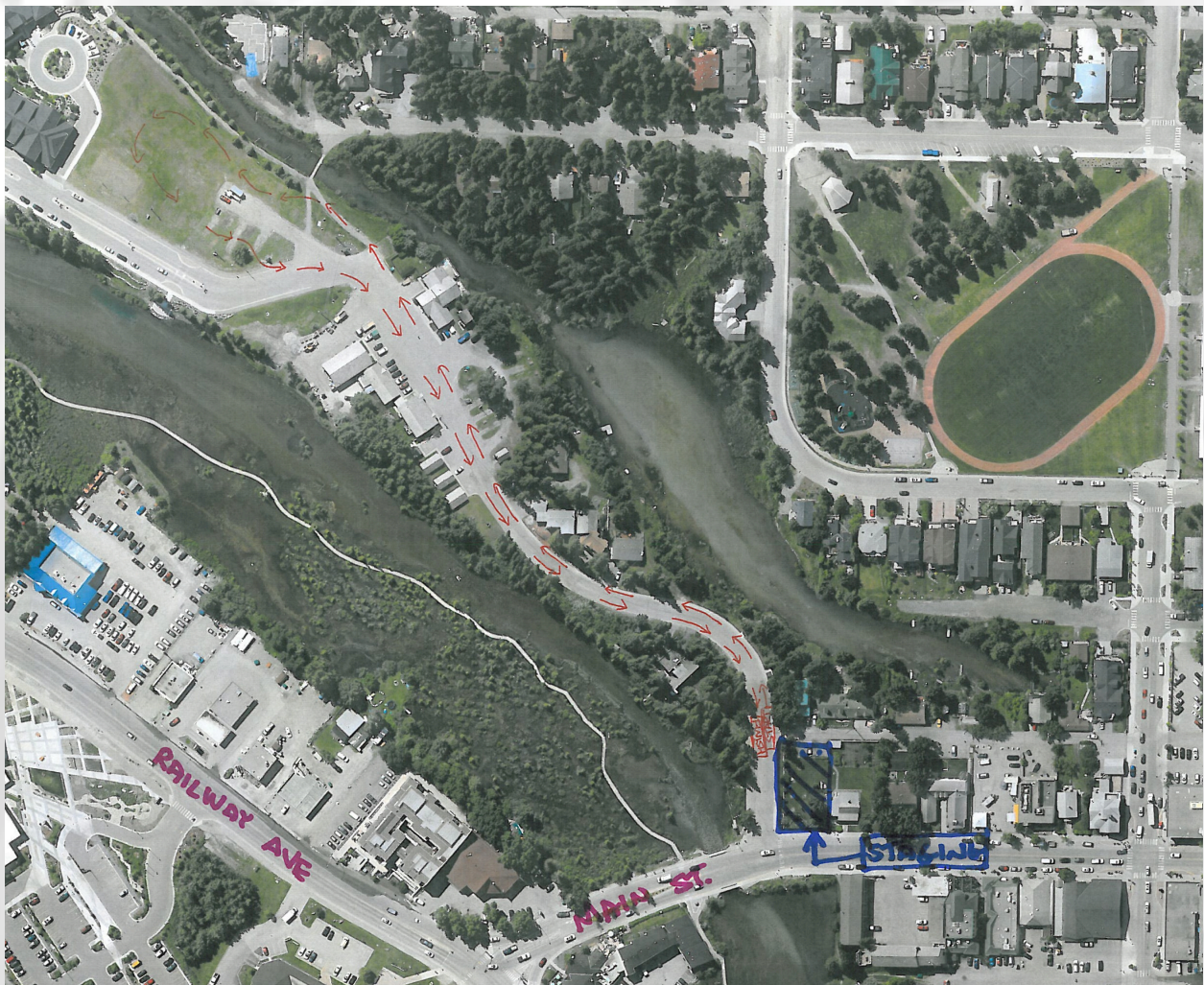
THE COURSES

The Friday Night Eliminator takes place in downtown Canmore. Please respect the fact that you will be riding past residences and in a location that will have foot local and tourist traffic.

The Saturday Morning Super D, the Sunday Alberta Cup, and the Sunday Trailblazers Youth Race all take place at the Canmore Nordic Centre. The Saturday Morning Super D, the Sunday Alberta Cup, and the Sunday Trailblazers Youth Race do not have sole use of the Canmore Nordic Centre. While we encourage other users to avoid the racecourse, you may encounter other users on trails. Please pass other cyclists, other racers, and pedestrians with care and follow proper etiquette. If you don't know and understand passing etiquette, please ask the race commissaries or race organizers.

Please note that all racers are required to carry bear spray while racing at the Canmore Nordic Centre.

★ COURSE MAP: FRIDAY NIGHT ELIMINATOR



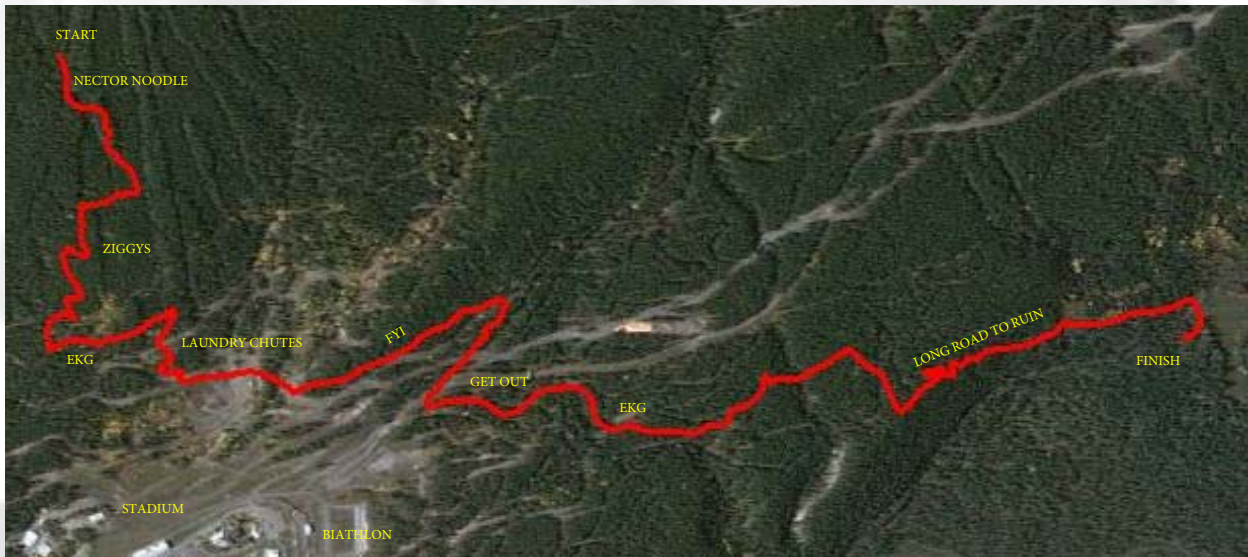
★ COURSE MAP: SATURDAY MORNING SUPER D

Length:

4.3km

Total Elevation Drop: 267m

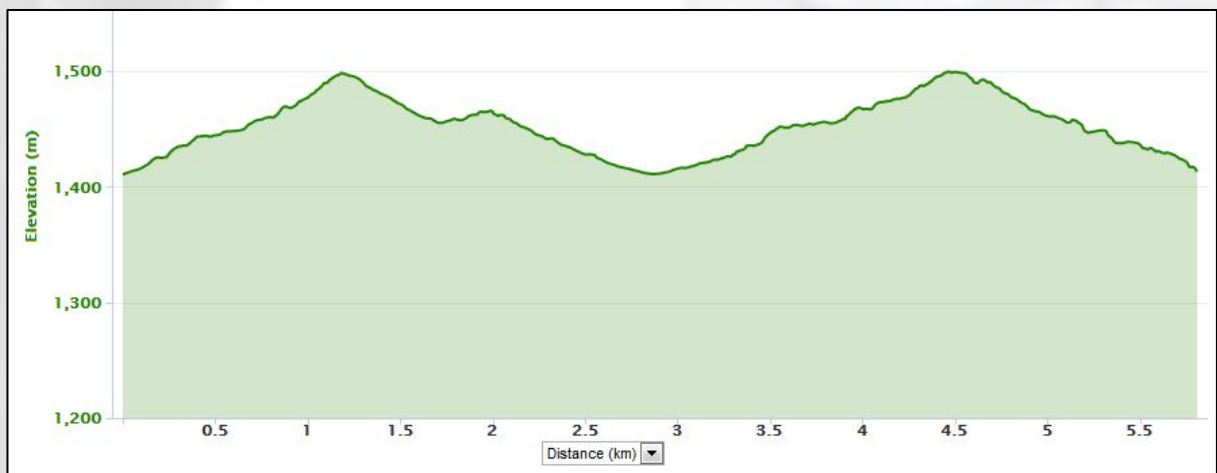
Total Elevation Gain: 14m



★ COURSE MAP: SUNDAY ALBERTA CUP

Length per Lap: 5.8 km

Total Elevation Gain per Lap: 186m



PRE-RIDE, INDIVIDUAL START TIMES, & COURSE MARKING

All races during this event are completely on public trails. Please respect the rights of other users to be on the trails while you are pre-riding.

The Rundle Mountain Cycling Club (RMCC) will endeavor to have the course markers laid out prior to pre-ride times. However, because these races are laid out on public trails, the RMCC cannot ensure that the markers will be intact at all times.

Please note that individual qualifying round start times for the Eliminator and Super D start times will be posted on the ABA website no later than Thursday night, August 7, 2014.

★ PRE-RIDE TIMES

Race	Pre-Ride Times
The Friday Night Eliminator (XCE) Race	Friday Evening from 5:00pm to 6:00pm
The Saturday Morning Super D (SD) Race	Saturday Morning from 8:00am to 10:00am
The Sunday Alberta Cup (XC) Race	Saturday Afternoon from 2:00 pm to 7:00pm Sunday Morning from 8:00am to 9:30am Sunday Afternoon from 12:00 noon to 1:30pm
The Sunday Trailblazer (SC) Youth Race	Sunday Morning from 10:00am to 11:30am

TECHNICAL & FEED ZONES

★ FRIDAY NIGHT ELIMINATOR TECHNICAL AND FEED ZONES

There are no technical zones or feed zones for this race.

★ SATURDAY MORNING SUPER D TECHNICAL AND FEED ZONES

There are no technical zones or feed zones for this race.

★ SUNDAY ALBERTA CUP TECHNICAL AND FEED ZONES

There will be one marked technical zone on the course located at the ½ lap. No spectator, coach or team manager technical assistance is permitted outside the technical zone.

The course will have one marked feed zone on the course located at the ½ lap. No feeding of riders is permitted outside this zone. There is no running water at the race site, so please arrange for your own water, food, and feeders.

★ SUNDAY TRAILBLAZERS YOUTH RACE TECHNICAL AND FEED ZONES

There are no technical zones or feed zones for this race.

CATEGORIES, SCHEDULES, & LAPS

★ FRIDAY NIGHT ELIMINATOR

For this race, each racer is first required to partake in the Eliminator Individual Qualifying Round. In this round, each rider will independently race the course and be timed. This time will determine the racers handicap for the following heats and finals.

During the race heats, racers will not be timed. Groups of 4-6 riders will race against each other. Only the top racers in each heat will be permitted to move on to the next round.

For this particular race, all participants (men, women, and youth) will be judged in the same category with a handicapped start time.

Categories

Category	Description
Open	All men, women and youth aged 13+ regardless of ability category.

Race Schedule

Race Time	Category
5:00 pm	Sign-In Begins for the Eliminator
5:45 pm	Sign-In Closes for the Eliminator
6:00 pm-7:00 pm	Eliminator Individual Qualifying Rounds
7:00 pm-9:00 pm	Heats and Finals
9:00 pm	Awards for the Eliminator

★ SATURDAY MORNING SUPER D

Categories

Category	Description
Open Men	All men and youth men aged 13+ regardless of ability category.
Open Women	All women and youth women aged 13+ regardless of ability category.

Race Schedule

Race Time	Category
9:00 am	Sign-In Begins for Super D
10:00am	Sign-In Closes for Super D
10:00 am -10:30 am	Staging for the Race
10:30 am-12:00 noon	Open Men followed by Open Women
12:30 pm	Awards

★ SUNDAY ALBERTA CUP

Categories

<i>U19 Citizen Women</i>	Single Event License holders aged 18 and under as of Dec. 31, 2014
<i>U19 Citizen Men</i>	Single Event License holders aged 18 and under as of Dec. 31, 2014
<i>19-29 and 30+ Citizen Women</i>	Single Event License holders aged 19 and over as of Dec. 31, 2014
<i>19-29 and 30+ Citizen Women</i>	Single Event License holders aged 19 and over as of Dec. 31, 2014
<i>Novice Youth Women</i>	All new U13, U15, and U17 riders
<i>Novice Youth Men</i>	All new U13, U15, and U17 riders
<i>Sport Youth Women</i>	U13 Sport and Expert, U15 Sport and Expert, U17 Sport
<i>Sport Youth Men</i>	U13 Sport and Expert, U15 Sport and Expert, U17 Sport
<i>Novice Women</i>	Senior Novice, Master Novice, Master 40+ Novice
<i>Novice Men</i>	Senior Novice, Master Novice, Master 40+ Novice
<i>Sport Women</i>	U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport
<i>Sport Men</i>	U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport
<i>Expert Women</i>	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert
<i>Expert Men</i>	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert
<i>Elite Women</i>	Elite
<i>Elite Men</i>	Elite

Race Schedule

Two race start times will be offered. Start times and lap counts are as follows:

Start #1			
8:45 am	Sign-In Begins for Start #1		
9:30 am	Sign-In Closes for Start #1		
Time	Category	Lap Count*	Expected Winning Time
10:00 am	Sport Youth Men Start	2	45-60min
10:02 am	Sport Youth Women Start	2	45-60min
10:04 am	Novice Men	2	45-60 min
10:06 am	Citizen Men (19-29 and 30+)	2	45-60 min
10:08 am	Novice Women	2	45-60 min
10:10 am	Citizen Women (19-29 and 30+)	2	45-60 min
10:12 am	Novice Youth Men Start	2	45-60min
10:14 am	U19 Citizen Men Start	2	45-60min
10:16 am	Novice Youth Women Start	2	45-60min
10:18 am	U19 Citizen Women Start	2	45-60min
11:45 am	Course Closes		
12:30 pm	Start #1 Awards		
Start #2			
12:45 pm	Sign-In Begins for Start #2		
1:30 pm	Sign-In Closes for Start #2		
Time	Category	Lap Count*	Expected Winning Time
2:00 pm	Elite Men	5	90-105 min
2:02 pm	Expert Men	4	75-90 min
2:04 pm	Elite Women	4	90-105 min
2:06 pm	Expert Women	3	75-90 min
2:08 pm	Sport Men Start	3	75-90 min
2:10 pm	Sport Women Start	3	75-90 min
4:00 pm	Course Closes		
4:15 pm	Start #2 and Fastest 3 Races Awards		

*The Commisaire reserves the right to combine groups, when group size warrants. Race-day adjustment of the lap count is at the discretion of the Race Directors and/or Commisaires

To respect everyone's time the following schedules will be followed as closely as possible. Please do not arrive late for sign-on or start times. We will not wait for you. All racers MUST SIGN ON in order to race. If you are still on course at the time of course closing, you may be asked to cease your race to allow the next race to start on time.

★ SUNDAY TRAILBLAZERS YOUTH RACE

Categories

Little Rippers	The “Little Ripper” category encompasses the youngest first time mountain bike racers. Recommended age for Little Rippers is 8 years old and under. The Little Rippers Race will have a primary focus on fun, offering very few technical sections. Boys and girls will race together in this category. The race will be led and followed by experienced racers.
Gnarly	The “Gnarly” category is offered for just that, beginners. Riders in this category will be first-time racers from all age groups and graduates from the “Little Rippers” race category. The emphasis of this racecourse will be fun, with mild technical sections to challenge the riders’ abilities and introduce them to mountain bike racing. The recommended age group for this category is 9 to 12.
Geared	The “Geared” category is offered for riders who have tried a youth series mountain bike race in the past and are looking for a new challenge. The emphasis of this race will be fun, with increased technical skills development. Riders in the Geared category will primarily be graduates from the Gnarly category and older first-time racers. The recommended age group for this category is 11 to 14.
Dialed	The “Dialed” category is offered for riders looking for the biggest challenge on race-day. Riders in this category will be graduates of the Geared category, or advanced first time racers. Technical skills will be put to the test in this category offering a mix of difficult climbs/descents and technical single-track sections. The recommended age group for this race category is ages 13 to 16.

Note that the age is of December 31 of the current racing year.

Race Schedule

Sunday Trailblazer Youth Race			
10:30 am	Registration Begins for Trailblazer Race		
11:45 am	Registration Closes for Trailblazer Race		
Time	Category	Lap Count*	Expected Winning Time
12:00 noon	Gnarly Boys Start	1	25 min
12:02 pm	Gnarly Girls Start	1	25 min
12:04 pm	Little Rippers Boys and Girls Start	1	20 min
12:15pm	Dialed Boys Start	3	45 min
12:17 pm	Dialed Girls Start	3	45 min
12:19 pm	Geared Boys Start	2	30 min
12:20 pm	Geared Girls Start	2	30 min
1:20 pm	Trailblazer Course Closes		
1:30 pm	Trailblazer Awards		

*Race-day adjustment of the lap count is at the discretion of the race directors and/or commissaires.

BEAR SPRAY REQUIREMENTS

As a participant, you will be required to carry bear spray while out on course. You will be asked to show your can of bear spray to a designated individual when entering the race transition area and will not be permitted to start without it. If you are found to be on course without bear spray, you may be disqualified from the event.

This requirement is being introduced at the Canmore Nordic Centre Provincial Park (CNCPP) to enhance the safety of visitors, protect its wildlife population and ensure the continued viability of the Canmore Nordic Centre as a premier event hosting facility.

PARKING AND DIRECTIONS

Parking during the Friday Night Eliminator is limited to public parking on the streets of Canmore and within public parking lots in downtown Canmore. If you are able, please consider riding to the event from your house or hotel.

Parking during the other races will be at the biathlon and the Bill Warren parking lots at the Canmore Nordic Centre.

PRIZING

Prizing for each race will go three riders deep in each category. All participants and volunteers will be eligible for draw prizes.

In addition, **CASH PRIZES** will be awarded to the Canmore Mountain Bike Festival Male and Female Elite Overall Participants for racers enrolled all three races (the Friday Night Eliminator, the Saturday Morning Super D, and the Sunday Alberta Cup). The placement of each of these racers will be determined by adding their times for the prequalifying round for the Friday Night Eliminator, their time for the Saturday Morning Super D, and their time for the Sunday Alberta Cup Race. The total value of the cash prizes is \$500 for first place, \$200 for second place, and \$50 for third place for both male and female categories.

VOLUNTEERS

It is a pleasure and a privilege to race in Canmore. Please note, however, that the park will be busy with other users who will need to be managed and informed during the race and the course passes many intersections and corners that racers don't want to miss. Because of these challenges, we (and the racers) rely heavily on volunteers to help us with course marshaling.

If you can spare some time on race day to help us make this a successful event, we would really appreciate it. Please email us and let us know. It is helpful if you can include your contact information, your experience with racing/volunteering, and the hours over the weekend that you are available. Thanks in advance! We really appreciate it. Please contact Ron Sadesky by email at rsadesky@mcelhanney.com.