



## TECHNICAL GUIDE

# 2019 NORCO CANADIAN ENDURO CHAMPIONSHIPS

*Presented by LTP Sports*

**JULY 26-28, 2019** | UCI C3 END



# NORCO

## CANADIAN ENDURO SERIES

presented by:



Ted Morton | [ted@bcenduro.com](mailto:ted@bcenduro.com) | +1-250-899-0096

COPYRIGHT 2018 BC ENDURO SERIES INC. | BC Enduro Series and Canadian National Enduro Championship



# TABLE OF CONTENTS

<b>EVENT DESCRIPTION</b>	<b>3</b>
<b>GENERAL</b>	<b>3</b>
<b>ORGANIZER CONTACT</b>	<b>4</b>
<b>EVENT OFFICIALS</b>	<b>4</b>
<b>EVENT RULES/LICENSES</b>	<b>5</b>
<b>UCI POINTS</b>	<b>5</b>
<b>SPECIFIC TECHNICAL RULES</b>	<b>5</b>
<b>ELIGIBILITY</b>	<b>6</b>
<b>COURSE INFORMATION</b>	<b>8</b>
<b>COURSE MARKING</b>	<b>8</b>
<b>COURSE TAPE</b>	<b>8</b>
<b>PRACTICE &amp; TRAINING</b>	<b>10</b>
<b>SEEDING AND START ORDER</b>	<b>11</b>
<b>WEEKEND SCHEDULE</b>	<b>11</b>
<b>TIMING</b>	<b>11</b>
TIMING SYSTEM	11
COURSE FINISH	12
<b>MEDALS AND JERSEYS</b>	<b>12</b>
<b>VENUE INFORMATION</b>	<b>13</b>
<b>MEDICAL SERVICES</b>	<b>13</b>
<b>ACCOMODATION</b>	<b>14</b>
<b>PARKING</b>	<b>14</b>





## LEGAL

By participating in this event, you agree that you have read, understood and accept the Release of Liability, Waiver of Claims and Assumption of Risk, presented by BC Enduro Series Inc.

[A copy of the agreement can be found here.](#)

## 1. EVENT DESCRIPTION

The Norco Canadian Enduro Series, presented by Live to Play Sports (Norco Canadian Enduro Series or NCES) and Norco Canadian Enduro Championships (NCEC), are the preeminent competitive enduro experience in Canada. The NCES and NCEC are meant to challenge a rider's fitness, technical skill, willingness for adventure and the ability to problem solve throughout the entire event. Riders assume all responsibility for themselves and comprehend the risks associated with racing mountain bikes.

Enduro mountain bike racing is designed to be the definitive test for the mountain biker, with the focus of each event on creating a great atmosphere, community, competition and adventure for the competitor including the best riding on the best terrain available in the host region.

The racing platform detailed below outlines a format that allows riders to compete against each other, starting individually, on special stages which are designed to challenge the rider's technical ability and physical capacity. The Norco Canadian Enduro Series and Norco Canadian Enduro Championship are the preeminent enduro experiences in Canada.

This Technical Guide ONLY applies to the ELITE Men and ELITE Women categories. All other categories should refer to the Norco Canadian Enduro Series "[Event Brief](#)" and "[Rulebook](#)".

## 2. GENERAL

- The Norco Canadian Enduro Championships will take place on date and time as scheduled.
- There will be no extension of the Championships past Saturday July 27th, due to unforeseen delays or prolonged stoppages. In case of stoppages, priority will be given to "championship" classes. Racing format may also be modified at the discretion of the President of the Panel of Commissaires in response to prolonged stoppages.
- Entry fees are non-refundable.



- Drug Test Facility for CCES Anti-doping Inspector to be announced on site. The name of tested athletes will be posted at the finish line communiqué board. Athletes selected for testing will be notified at the finish line.

### 3. ORGANIZER CONTACT

<b>Organizer-Organisateur:</b>	Norco Canadian Enduro Series presented by LTP Sports
<b>Contact Address:</b>	4 - 1760 Copperhead Drive, Kamloops, BC, V1S 2B4
<b>Primary Contact Name:</b>	Ted Morton
<b>Contact Telephone:</b>	1-250-899-0096 or 403.473.3817
<b>Contact Email:</b>	ted@bcenduro.com
<b>Event Website-Site web de l'événement:</b>	EN: <a href="http://www.cyclingcanada.ca/sport/mountain-bike/events/type-of-event/canadian-championships/2019-canadian-enduro-mtb-championships/">http://www.cyclingcanada.ca/sport/mountain-bike/events/type-of-event/canadian-championships/2019-canadian-enduro-mtb-championships/</a> FR: <a href="http://www.cyclismecanada.ca/sport/velo-de-montagne/event/type-of-event/championnats-canadiens/2019-canadian-enduro-mtb-championships-2/">http://www.cyclismecanada.ca/sport/velo-de-montagne/event/type-of-event/championnats-canadiens/2019-canadian-enduro-mtb-championships-2/</a>

### 4. EVENT OFFICIALS

<b>Race Organizer/Operations Manager</b>	Ted Morton
<b>Chief Timer</b>	Robyn Goldsmith
<b>Technical Delegate</b>	Josh Peacock (ON)
<b>President of Commissaire Panel</b>	Pierre-Olivier Neault (QC)
<b>Assistant President</b>	Mylene Lefebvre (BC)
<b>Secretary</b>	Claire Bonin (USA)



## 5. EVENT RULES/LICENSES

- UCI Regulations and CC specific regulations will be enforced for all Categories.
- You must bring your physical UCI License to race.
- Valid UCI international licenses are required for all Championship categories. Holders of UCI international licenses that do not bear a photograph will be required to present an approved and valid government photo ID in addition to their UCI license.

## 6. UCI POINTS

UCI points will be awarded as outlined in the table below.

**UCI Points Table / Tableau des points UCI**

Place	Elite Men/Hommes	Elite Women/Femmes
<b>1</b>	10	10
<b>2</b>	6	6
<b>3</b>	4	4
<b>4</b>	2	2
<b>5</b>	1	1

## 7. SPECIFIC TECHNICAL RULES

- The Norco Canadian Enduro Championships categories of Elite Men and Elite Women shall be governed by Cycling Canada (CC). All other categories are governed by the Norco Canadian Enduro Series
- The categories of Elite Men and Elite Women will be run under CC/UCI rules.
  - No other categories will fall under CC/UCI Rules
  - All other categories should view the Norco Canadian Enduro Series rulebook and event brief.
- UCI points will be allocated for the Elite (17+) category (see UCI points table above)
- Equipment regulations to be enforced for ALL categories. There will be NO exceptions.
  - Approved helmets are mandatory for training and competition. Helmets must be full face and manufactured within 3 years of the date of the race.



- Riders must use a modern enduro bike with front suspension and two functioning hydraulic disc brakes.
  - Riders must complete the race on the same frame they started with.
- The distinct titles for all Canadian Championship categories are listed below.
  - Elite men
  - Elite women
- Unsanctioned categories are given unsanctioned titles

## 8. ELIGIBILITY

### This only applies to Elite Men and Elite Women

- Eligibility to race:
  - To be able to participate and race in all categories, including UCI categories, riders must be either a Canadian citizen (including dual citizenships), permanent resident, landed immigrant or an individual with refugee status. Proof of citizenship or residence may be required (passport, permanent resident card, landed immigrant status or refugee status papers).
- Eligibility to compete for the Canadian champion title/podium/points/medals:
  - Only Canadian Citizens will have access to the Canadian Champion title, Norco Canadian Enduro Championships podium positions, UCI points and Norco Canadian Enduro Championships medals.
- The non-championship categories are open to anyone, no day licenses or other licensing is needed
- Additional emergency medical insurance and travel insurance for those from out of province is highly recommended. We recommend Lifestyle Financial Insurance - details can be found [on our website](#).
- Prize money (where applicable) will be based on order of finish at the Norco Canadian Enduro Championships, regardless of citizenship or nationality.
- Should a non-citizen (permanent resident, landed immigrant or individual with refugee status) place amongst the top three overall finishers in the race category, a podium presentation will take place based on order of finish of the race and a second podium presentation based on the Norco Canadian Enduro Championships results of eligible Canadian citizens will follow.
- Proof of residence may be required (this includes driver's license, permanent resident card).
- All athletes in the ELITE categories must be in possession of a valid UCI/CC international license
- All Elite participants must be licensed to compete in the appropriate discipline.
- All Elite competitors MUST enter their event class as shown on their license.
- The classes are defined as per UCI rules based on the year of birth.
- All participants must be prepared to present their license upon demand at the event.
- There will be no one-day licences for Canadian Championship (Elite) categories
- Elite participants must present a UCI license during race package pick-up.
- No registrations will be accepted on the day of the event for the Canadian Championship.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled.



- completed the application form,
- sign the waiver,
- payment has been transacted,
- rider's license has been validated by the designated commissaire.



## 9. COURSE INFORMATION

- All riders must attend the Rider Briefing which is typically 10-15 minutes before their stage departure time.
- Courses are released here: <https://www.trailforks.com/profile/canadianenduro/>
- Courses are released at the discretion of the event organizer, typically the Friday or Saturday before
- Blind Stages are sometimes utilized to manage overuse-please abide, and do not ride where/when riders are not permitted.
- Courses are minimally marked to ensure the essence of mountain biking.
- Riders who duck or ride through course tape intentionally are disqualified immediately.

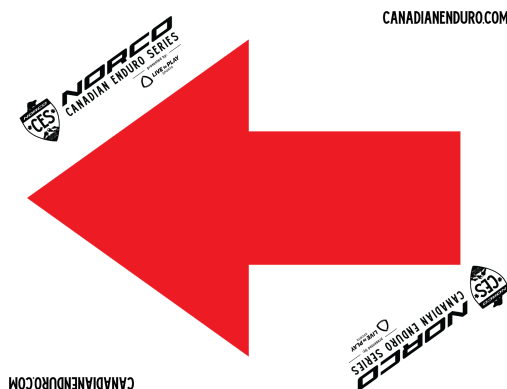
## 10. COURSE MARKING

### COURSE TAPE

- We operate on a “less is more” basis and don't over use tape
- Tape is used to help make intersections clear and to give riders the occasional reminder that they are on the trail.
- If a route is obvious (eg an access road for climbing), we will use minimal tape.

### ARROWS

- These will indicate a direction and will typically be on or near the ground
- These will be on the outside of corners or in the middle of intersections





## CAUTION SIGNS

- These are our most high level notification signs, used when the consequence is REAL



## SLOW SIGNS

- These let people know that there is a potential danger and to slow-down.



## START/FINISH SIGNS

- These will be put at the start or finish of every timed stage.
- Start signs will be at the end of the taped corral, finish signs will be at the beginning. You can see the video [HERE](#) that explains the start/finish set up.



1. High-visibility tape may be used to identify the course, this tape may be crossing out a feature, used as directional tape, or identifying a hazard. It is the rider's responsibility to ensure they NEVER cross through, over, under, or into the tape.
- ii. corners on the timed stages (for example, at a switchback).
- iii. Course Cutting & Cheat Lines
  1. Courses in some areas are marked with flagging tape. Deviating outside of the man trail tread width more than 2' on either side is considering course cutting. Racers found cutting course or creating cheat lines will be disqualified.

**Please respect the trails- the majority are built by volunteers, and as such, creating braiding/alternate lines may help your time, but take away from the trails.**

2. It is each rider's individual responsibility to study the course map and understand the race route before participating in a race.

## 11. PRACTICE & TRAINING

- Riders are asked to limit their training runs to one or two laps of a trail where possible.
- Riders are asked during practice to stay on the established trail tread.
- The mountain and stages 1, 2, 3, 4, 7 are CLOSED until Friday at 10:00am
- All riders need a lift ticket to access the mountain for practice.
- STAGE 2 // Riders are NOT permitted to free-ride in the alpine, off of designated trails.
- This includes course cutting off of the main trail, or hiking/riding other terrain other than the established race course.
- Where there are Pin Flags designating the trail, riders MUST pass through middle of the pin flags.
- UPPER BIKE PARK (The Alpine) Pre-riding is open from 11:00am -2:00pm and is ONLY accessible by the Champagne Lift. Riders caught in the alpine bike park stages outside this time are DQ'd.
- No riders to ride UPHILL in the bike park on training day - must take lift.
- There are no services beyond the MILE 1 Chairlift, racers must be 100% self sufficient.
- The upper bike park and stages are in a mountainous environment, riders must be prepared.
- The bike park is NOT closed to the public. If hiking or stopping on the trail, DO NOT stop or hike on the trail.
- The course is not fully marked until 7:00pm on Friday.
- DO NOT move course signage/tape.



## 12. SEEDING AND START ORDER

- Riders at the stage start can seed themselves. The order is usually Fastest to Slowest.
- Riders MUST depart the registration at their dictated DEPARTURE time (this is found in the Notice of Race and schedule for each event)
- We do NOT use or allocate stage start times.
- Riders are released at stage starts every 30 seconds (30s intervals)
- Courses close at 3:00pm

## 13. WEEKEND SCHEDULE

For specific event schedules, please view the Event Briefs for the ENDURO and DOWNHILL. There is also a combined EVENT BRIEF for the entire weekend here.

 <b>2019 GRAVITY CHAMPIONSHIPS WEEKEND COMBINED SCHEDULE</b>								
FRIDAY JULY 26			SATURDAY JULY 27			SUNDAY JULY 28		
TIME	DESCRIPTION	ENDURO/DH	TIME	EVENT	ENDURO/DH	TIME	EVENT	ENDURO/DH
10:00 - 16:00	All Tracks Open to Public	ENDURO/DH	7:00	Enduro Registration. view "Event Brief" for category specific registration times	ENDURO	10:00 - 11:30	Official Training: All Categories	DH
11:00 - 13:00	Champagne Chair Open for Enduro Practice ONLY	ENDURO	7:30	Enduro Race Begins	ENDURO	11:30 - 12:00	Official Training: Elite and Junior Expert Only	DH
16:00 - 17:00	DH Course Closed for Course Walk	DH	9:00 - 14:00	DH Race Office Open	DH	12:00 - 12:20	Volunteer Break	DH
16:30 - 18:00	DH Race Office Open	DH	10:00 - 12:45	Official Training: All Categories	DH	12:20 - 12:30	Pre-runners	DH
18:30 - 19:00	DH Riders Meeting	DH	13:00 - 14:00	Official Training: Elite and Junior Expert Only	DH	12:30 - Finish	Canadian Championship Racing	DH
			14:00 - 16:30	Official Training: All Categories	DH	TBD	Awards	DH
			15:00	Enduro Finish	ENDURO			
			16:45 - 18:15	Seeding Runs (Jr Ex. & Elite)	DH			
			18:30	Enduro Awards	ENDURO			

## 14. TIMING

- TIMING SYSTEM
  - Stage start times will not be used.
  - Stage restarts are forbidden.
  - The timing system tracks you as your move through start and finish zones. Once you are within the field, your time will be recorded. Riders should not enter a start or finish zone unless they are racing that segment. Riders should stay 2 metres back from the start zone prior to starting the stage.
  - All competitors will wear a timing band. The timing band is to be worn on the RIGHT HAND WRIST.



- The timing band must be returned to the registration tent as soon as the rider finishes the last stage.
- All data will remain the right of the Norco Canadian Enduro Series and the BC Enduro Series Inc..
- Riders will be charged for any timing band units not returned within 3 hours of completion of the last stage.
- Timing bands returned after 4:00pm on race day are not eligible for results.
- For specifics on how to use our timing system, please see the following videos:
  - [Chip Placement](#);
  - [How the system works](#); and
  - [Start and Finish Corrals](#).
- Live results will be available [on Zone4](#).
- **COURSE FINISH**
  - All courses close at 3:00pm. Riders are allowed to finish their stage, but not start a new stage.

## 15. MEDALS AND JERSEYS

Championship medals will be awarded in all Canadian Championships title categories regardless of number of riders present. Canadian Champion jerseys will be awarded in Junior Men/Women and Elite Men/Women categories regardless of number of riders present.

- Important:
  - All athletes who have placed on the podium must attend the awards ceremonies. Failure to do so will result in a fine and loss of award (including prize money). Riders who cannot attend the awards ceremony must advise the Chief Commissaire or the Technical Delegate with a valid reason.
  - Riders must wear clean cycling clothes or official team/sponsors casual clothes (bottom and top part) for the awards ceremony. Failure to do so will result in a fine and loss of award (including prize money)
  - As per UCI rule 1.3.066 at the official ceremony the Canadian Champion jersey may carry no advertising matter other than that determined by the CC.
  - Previous year's Canadian Champion cannot wear the Canadian Champion Jersey during the event.



## 16. VENUE INFORMATION

- “Panorama Mountain Resort is a four season destination experience situated in British Columbia's Purcell Mountains. Boasting nearly 3000 massive acres of terrain, an intimate village with all the amenities, Canada's largest slopeside hot pools and a huge range of activities, Panorama offers one of the easiest mountain resort vacations you'll ever experience.”
- “The Panorama Bike Park celebrates old school while embracing the change of the ever evolving sport of downhill mountain biking. The park's roots are obvious in the braided labyrinth of burly tech trails. Yet intertwined into the trail system you'll find something for everyone. Green flow trails will introduce you to the sport of downhill mountain biking or act as the perfect warm up. Blue runs of different personalities allow for progression and jump trails elevate your experience.”
- Adult (18+) 3-day lift tickets are available for \$80 (July 26, 27, & 28). Youth (13-17) 3-day lift tickets are available for \$60 (July 26, 27, 28). Or athletes receive 25% off on training days and 50% off the retail rate on race days. Tickets can be purchased at the Guest Services Desk in Panorama. Athletes must present their race plate to receive the event discount.

## 17. MEDICAL SERVICES

- If a rider encounters another rider down on the course, a verbal response is necessary before continuing. If no response between the riders are given, the rider must stop and assess the situation.
- If the rider not responding is injured please call 911 if it is life threatening, or notify the closest marshal. If you begin life-saving first-aid, send the next rider down to the marshal.
- A rider who does not stop for an unresponsive rider will be banned from the series.
- Riders who help injured riders (must be a removal from race injury) will be given the opportunity to repeat the stage, or to take an average of their other stage finishes.

### MEDICAL FACILITIES

Panorama Ski Patrol & Bike Clinic – 250.341.4124 2020 Summit Drive,

**Hospital** > Panorama BC V0A 1T0 Invermere & District Hospital – 250.342.8201 850 10 Avenue, Invermere BC V0A 1T0



## 18. ACCOMODATION

- All participants receive a 25% discount off accommodation. Please use the promo code “GravityDH” or call 1.800.663.2929 & state the event title to receive the discount.
- Panorama’s accommodation includes, Upper & Lower Village Condos (Studios, 1-Bedrooms, 2-Bedrooms & 3-Bedrooms), Townhome Units (2-Bedroom & 3-Bedroom) & the Pine Inn Hotel (2 Queens & 1 Kings)
- Event camping is also available at Panorama. Please call 1.800.663.2929 to book your spot. Limited spots available on a first come first serve basis. \$16.50/night which includes key to access the Panorama Springs Pool.

## 19. PARKING

- Friday PARKING - only available at Nordic Centre Parking (doesn't apply to people staying in accommodations) > TAKE GONDOLA UP
- Saturday PARKING - Parking at upper lot available

----- Document ends here

