

Technical Guide

Registration <https://zone4.ca/reg.asp?id=29407>

DRIE ZUSSEN



Super Prestige
&
Western Challenge CX



Photo Credit: Higuchi Photos

Presented by

Cyclemeisters Calgary & Rundle Mountain Cycling Club

September 24-25, 2022

Canmore Nordic Centre



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1 General Information

Treaty 7 Land Acknowledgments

We are fortunate and grateful to live and recreate vibrantly on the land of the Treaty 7 People – the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut’ina, the Îyâxe Nakoda Nations (Chiniki, Bearspaw, Wesley), and the Métis Nation (Region 3). In the spirit of change, we are committed to seeking truth and reconciliation.

1.1 Event Overview

The **Rundle Mountain Cycling Club** and **Cyclemeisters Calgary** are pleased to collaborate and offer the first edition of the **Western Challenge Cyclocross (WCCX)** which is part of a two race weekend including the ninth annual **Drie Zussen Super Prestige**. With the intent of growing the national cyclocross calendar, this race series is designed to help Master and Junior riders to earn rankings in order to improve their call-up positions at Canadian CX Championships.

The Western Challenge on day one is sanctioned by Cycling Canada (CC) for the Masters and Junior Categories. All other races are sanctioned by the Alberta Bicycle Association (ABA). Rules of the ABA, CC and UCI will apply where applicable.

1.2 Dates

Western Challenge - Masters, Juniors, Open, on Saturday, September 24th, 2022
Drie Zussen Superprestige - Novice, Sport, Expert, Open, on Sunday, September 25th, 2022

1.3 Location, Travel + Accommodation Information

[The Canmore Nordic Centre](https://www.canmorenordic.com/) 1988 Olympic Way, Canmore, AB
<https://goo.gl/maps/mBueCKhuU9Go6gzD9>



[Directions from Calgary International Airport](#) [Canmore Accommodations + Visitor Information](#)

1.4 Race Office & Volunteer HQ

The race office and volunteer headquarters will be located in Meeting Room A in the Main Lodge at the Canmore Nordic Centre. Volunteers are always appreciated and if you can lend a hand sign up here <https://volunteersignup.org/TTC74>

1.5 Race Organisation

Event General Manager: James Kendal jhkendal@gmail.com

Race Director *Western Challenge*: James Kendal

Race Director *Drie Zussen Super Prestige*: David Roberts davidroberts.cmc@gmail.com

Assistant Race Director(s): Arpad Soos (*Western Challenge*); TBD (*Drie Zussen*)

Registration: jhkendal@gmail.com

Race Announcer: TBD

Event Contact: James Kendal | jhkendal@gmail.com

1.6 Officials

National Challenge September 24	Official	Super Prestige September 25	Official
PCP / Chef (CC)	Andy Holmwood	PCP / Chef ABA	Andy Holmwood
Finish Judge (ABA)	Peter Heinemeyer	Finish Judge (ABA)	Peter Heinemeyer
Member (ABA)	Helen Bain	Member (ABA)	Robert Armstrong
Member (ABA)	TBD	Member (ABA)	TBD
Member (ABA)	TBD	Race Secretary (ABA)	Helen Bain
Race Secretary (ABA)	Robert Armstrong		

Timing Scoring & Results will be through [Zone 4](#)

1.7 Registration & Race Entry Fees

Registration <https://zone4.ca/reg.asp?id=29407>

- The **National Challenge Event** on September 24th is open to all riders with a UCI licence.
- The **Drie Zussen Super Prestige** on September 25th is open to all riders with a UCI licence or citizen licence. Single Event Licences are available for novice categories.
- Registration closes on **Thursday September 22nd at 11:59 PM MST**. We will not accept any registrations on or after that date.
- Unless the race is cancelled there are no refunds
- Registration fees do not include Zone 4 processing fees.
- **Western Challenge CX** \$50 Adult: ABA/UCI licensed
- **Western Challenge CX** \$30 Youth: ABA/UCI licensed, U19 or younger
- **Drie Zussen Super Prestige** CX \$40 All Categories

1.8 Single Event Licence (SEL) ¹

To satiate your Cyclocross curiosity and encourage participants, \$20 ABA Single Event Licences may be purchased online. SEL racers are restricted to racing Novice Men or Sport Women categories. They may race on Mountain Bikes. A SEL is only available for the **Drie Zussen Super Prestige** on Sunday September 25.

1.9 Bib Numbers + Timing Chips



Please note that numbers for the WCCX will be issued and are separate from the numbers you will use on Sunday. Sunday's numbers are your ABA issued numbers. Riders are assigned two shoulder

numbers and one back number. Bib numbers must be clearly displayed and accurately placed as per the diagram. Do not fold or cut your numbers. If you have not received your 2022 arm/body numbers, please allow ample time to retrieve them at Licence Check with the Technical Delegate. If you are from out of province you will be issued numbers. Bring your own safety

pins. Timing Chips will be issued at licence check. Please attach your timing chip on your handlebars adjacent to the stem. If you are using a pit bike you should wear the timing chip on your ankle. Athletes who lose, or fail to return, their timing chips will be charged \$25 and must be paid to the ABA prior to your next race. Timing Chips will not be used on Sunday. Please make sure to return your chip after the race.

2.0 Schedule

2.1 Western CX Challenge Saturday September 24, 2022

Time	Event	Time
8:00 am	Race Office Opens	
8:30am - 9:00 am	Course open for pre-riding*	30
9:15 am	Open Men	60
9:17 am	U17, U15 Men ** (combined)	30
10:20 -10:35 am	Break, Course open for pre-riding*	15
10:45 am	Master Women 35-44, Master Women 45-54, Women 55-64, 65+**	40
10:46 am	U17 Women, U15 Women ** (combined)	30
11:35-12:05 pm	Course open for pre-riding (Break for Officials)	30
12:15 pm	Junior Men ***	40
12:17 pm	Master Men 35-44	45
1:05-1:20 pm	Break, Course open for pre-riding*	15
1:30 pm	Master Men 45-54**	45
1:31 pm	Master Men 55-64, Master Men 65+ **	40
2:45 pm	Junior Women ***	40
2:47 pm	Open Women	50

¹ Per ABA Race Organizer's Guide, Section 2.3 P. 12

<http://www.albertabicycle.ab.ca/uploads/files/Race%20Organizer%27s%20Guide%202022.pdf>

* Always enter the course at the start/finish area when pre-riding. Course openings for pre-riding are at the discretion of the race officials.

** Lined up altogether, scored as one race, separated out for results

*** Challenge category, needs a clear course

2.2 Volunteer + Racer Party, Saturday September 24, 6pm - 8pm



You either raced hard or you volunteered and watched people race hard! All that deserves a Craft Beer and once again we are offering a meetup after the race. All participants and volunteers will receive one complimentary brew or non alcoholic beverage.

Join us from 6 to 8 pm at the **Canmore Brew Co.** <https://canmorebrewing.com/> 1460 Railway Ave, Canmore, AB T1W 1P6

2.3 Drie Zussen Super Prestige Powered by Castelli Canada, Sunday September 25, 2022



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Time	Event	Time
8:30am	Race Office Opens	
8:30-9:00 am	Course open for pre-riding*	30
9:15 am	Novice Men	40
10:15 am	Sport Women	30+
11:15 am	Sport Men	40+
12:15-12:45pm	Kids Race ** (Officials Lunch Break) Course partially open for pre-riding (outside main stadium)*	30
12:45-1:00pm	Course open for pre-riding*	15
1:15pm	Expert Men	50
2:20pm	Open Women	50
3:20pm	Open Men	60

* Always enter the course at the start/finish area when pre-riding. Course openings for pre-riding are at the discretion of the race officials.

** All participants in the Kids Race must have a signed waiver completed on-site by a parent/guardian prior to the event.

Podium presentations for each category will take place once results have been officially confirmed.

2.4 Kids Race Powered by Castelli Canada, Sunday September 25

We are pleased to offer a Little Rippers CX race which will stage out of the main stadium. Sign up is from 10:45 AM to Noon on Sunday September 25, Races start at 12:15 PM. Castelli Canada will be on hand to hand out swag for participants.

- Sign up at the RMCC tent in the Stadium Expo.
- Entry fee is \$5

- Waivers must be signed.
- Mountain Bikes or Cyclocross bikes can be used.
- Staggered starts based on age group, varying distances but generally short, sharp and fun!

2.5 Category Information

Category	Sanction Level	Licence Minimum
Elite / Open Men	Alberta Cycling	UCI
Elite/ Open Women	Alberta Cycling	UCI
Junior Men	Cycling Canada	UCI
Junior Women	Cycling Canada	UCI
Master Men 35-44	Cycling Canada	UCI
Master Men 45-54	Cycling Canada	UCI
Master Men 55-64	Cycling Canada	UCI
Master Men 65+	Cycling Canada	UCI
Master Women 35-44	Cycling Canada	UCI
Master Women 45-54	Cycling Canada	UCI
Master Women 55-64	Cycling Canada	UCI
Master Women 65+	Cycling Canada	UCI
U13 M	Alberta Bicycle Association	Citizen or SEL
U13 W	Alberta Bicycle Association	Citizen or SEL
U15 M	Alberta Bicycle Association	Citizen or SEL
U15 W	Alberta Bicycle Association	Citizen or SEL
U17 M	Alberta Bicycle Association	Citizen or SEL
U15 W	Alberta Bicycle Association	Citizen or SEL

3.0 Course and Venue

3.1 Maps

Located at the Canmore Nordic Centre, the 3 km course is hard, rolling, smooth and fast with ~40 m elevation gain per lap with most of the climbing spread across the course with three run-ups and plenty of twists, turns and banked corners. Please note that the course map below is an approximation of the potential design.

Course Map (subject to change) <https://www.mapmyride.com/routes/view/5181385489/>



3.2 Venue Details and Day Lodge Policies

The race will be staged out of the Stadium area with race offices and medical located in the Main Lodge adjacent to the Stadium.

- **Team Rooms:** Wax rooms adjacent to the race course can be rented for \$20 per day. Please contact the Nordic Centre Information desk for details [\(403\) 678-2400](tel:403-678-2400)
- **Garbage Policy:** please be prepared to pack out your own garbage from your team tents. Garbage is an animal attractant and there is zero tolerance for littering.
- **Littering Policy:** as stated above, garbage (gels etc.) is an animal attractant and anyone seen or caught littering on course will be disqualified from the race and face additional fines and penalties
- **Bear Spray / Course Marshals:** Marshals will be carrying bear spray on course and equipped with whistles to alert riders and other marshals if there is an animal in the area or on course. Be prepared for the race to be stopped in the event of an animal on course or in the area. There will be a mandatory wildsmart talk before the start of each event.
- **Day Lodge Policy:** the day lodge will be open from 8:30 am until 5 pm. **Do not enter the day lodge if you have muddy shoes.** Please remove your shoes in the event of dirty shoes. **BIKES ARE NOT PERMITTED IN THE DAY LODGE.**
- **Bathrooms:** are available in multiple locations at the Canmore Nordic Centre.
- **Bike wash** station is located on the North side of TrailSports, across from the Day Lodge.

3.2 Parking + Kananaskis-Country Conservation Pass

- Parking is available in multiple locations at the Canmore Nordic Centre.
- Do not park along Hwy 748.
- Please note that parking at the Canmore Nordic Centre requires an annual or daily parking pass. For details on purchasing a pass please visit [Kananaskis Conservation Pass | Alberta.ca](https://www.kananaskisconservation.ca/Pass/Alberta.ca)

3.3 Team Areas

Please contact the Event General Manager James Kendal jhkendal@gmail.com 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 in the Stadium.

3.4 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.

- There will be no official pre-riding the day prior to competition as the course will be built in the afternoon and we have no medical support available during that time.

- The Course is open each morning for pre-riding. Please refer to 2.0 for scheduled pre-riding times.
- Do not enter the course between races unless permitted to do so. Additional pre-riding opportunities (i.e. between races) are not guaranteed and are at the discretion of the race officials.
- Warming up on the course while races are in progress are prohibited and will result in disqualification from your event.
- You must wear your bib number and helmet at all times while on the course.

3.5 Technical Pit Area

The course will have **two** clearly marked mechanical zones in which racers may leave spare wheels, bikes, tools, or any other supplies they might need during the race. The First pit will be positioned near the finish line which will give access to a bike washing station behind Trail Sports so this would be the best location for pit bikes. A second wheel pit is located at the 2.2 km point on the course. Technical pits are not neutral. Please label all items left in the pit area with your name. To keep the pit area as clear as possible for racers, please remove all equipment from the pit area immediately following your race. The event organisers, volunteers, and race officials are NOT responsible for any lost or stolen items. Please do not spectate from within the pit area.

4.0 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, CMC and the race organisers 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.

4.1 UCI/ABA Cyclocross Rules

If you are not already familiar with the rules of racing and athlete conduct please update your knowledge 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 (bars no wider than 50cm, tires no wider than 33mm) must be used in the following categories: All WCCX categories, as well as Sport Men, Expert Men, Open Men and Open Women. Commissaires will ensure only that bikes conform to the Regulations and accept no liability for the condition of the bike.

4.2 General Highlights

- A helmet shall be worn whenever travelling on a bike. ABA/CCA does not approve helmets. Commissaires will only ensure that (a) the helmet is intended for cycling use; and (b) the helmet has been approved by some regulatory body.
- 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. The 80% rule may apply. Racers being lapped shall graciously neutralise themselves to minimise interruption to the front of the race.

4.3 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, organisers, volunteers, other participants, and local residents.

5.0 Technical Information

5.1 Challenge Points for the Western Challenge - WCCX

As this is a national Challenge competition, points will be awarded for the Master and Junior categories that can be used to improve your call up order at the national events, including the Canadian National Championships. Points will be awarded in the following Categories which are in alignment with Canadian Championship Categories

- Junior M/F
- Master M/F 35-44
- Master M/F 45-54
- Master M/F 55-64
- Master M/F 65+

Points will be available for the top 15 in each category, based on the points distribution for challenge competitions (Schedule "C")

5.2 Schedule C Points Scale - National Challenge

Position	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Points	100	60	40	30	25	20	17	15	12	10	8	6	4	2	1

Challenge Points expire the day of the first Challenge race of each new season. Previous season challenge points will, however, factor into the call-up for the first challenge race of each season.

Master riders will retain points when graduating to an older category.

5.3 Call-up Order WCCX

Staging will begin 10 minutes prior to your scheduled race times. Some categories will be staged with time gaps as there may be multiple categories racing.

5.3.1 Masters WCCX

- National Ranking based on top 15 results from the 2019 Canadian National Cyclocross Championships.
- Random Draw

5.3.2 Juniors WCCX

- UCI Points
- Random Draw

5.3.2 Other Categories (Open)

- By Alberta Cup points from previous season
- Registration Order, Date and Time

5.4 Call-up Order Drie Zussen Super Prestige

- Staging will begin 10 minutes prior to your scheduled race times.
- Call-up for the Drie Zuissen Superprestige as per [ABA Cyclo-cross Regulation 5.5.1](#)

Riders in **Open Men** and **Open Women** categories will be called-up:

1. by greatest number of current UCI points
2. by greatest number of current Alberta Cup points
3. at random.

Riders in **Novice**, **Sport**, and **Expert** categories will be called-up:

1. by greatest number of current Alberta Cup points
2. at random.

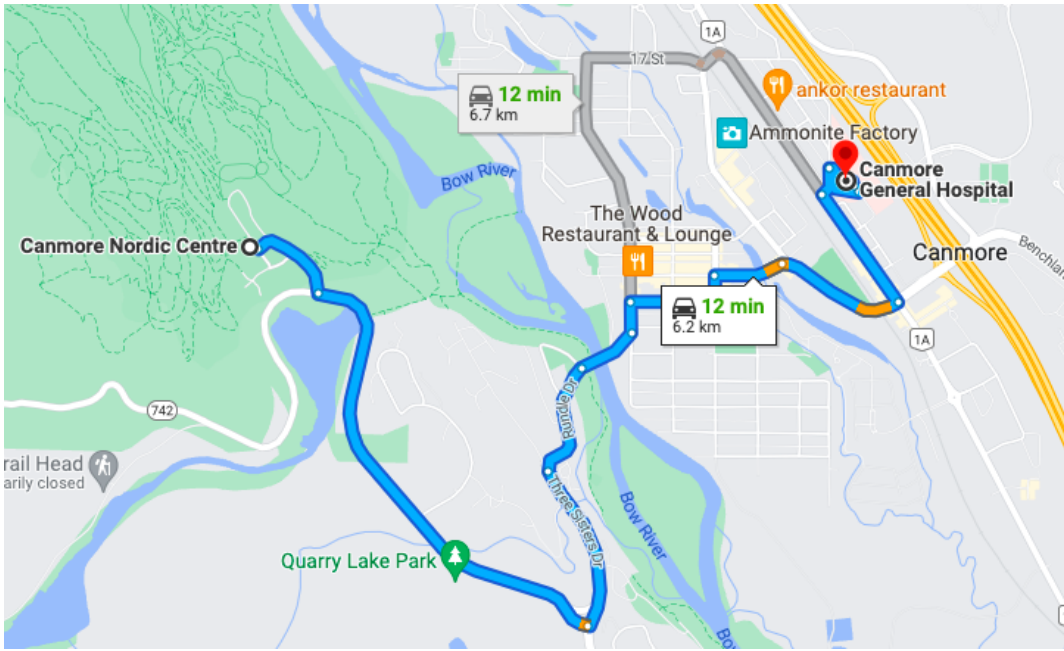
6.0 Emergency Plan

6.1 Primary Contacts

Saturday TBD
Sunday TBD

6.2 Name and address of nearest medical facility

Canmore Hospital, 6 km from the Event
1100 Hospital Place,
Canmore, Alberta, T1W 1N2
Tel. #: 403-678-5536



6.3 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 the race organiser and medical staff. Participants are informed to call 911 in the event of an Emergency.

6.4 First Aid Location

A stationary First Aid attendant and a First Aid Station will be available in the main Lodge on the west side of the building. Medical Aid volunteers will be onsite from 8:30 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.