



TECHNICAL GUIDE | GUIDE TECHNIQUE

2023 CANMORE COUPE CANADA CUP

Canmore, Alberta

Coupe Canada Cup

June 15-17th, 2023

UCI C1 XCO, UCI Jr. Series, UCI C3 XCC

Presented by/Présenté par:



CYCLING
CYCLISME
CANADA





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EVENT DESCRIPTION

The Canmore Canada Cup consists of 2 days of racing:

1. UCI and AB Cup XCC C3 Race – Thursday Evening, June 15, 2022
2. UCI XCO C1 Junior Series Race and AB Cup XCO – Saturday, June 17, 2022

This event is hosted in partnership between Cycling Canada, the Alberta Bicycle Association, and the Alberta Nationals Mountain Bike Race Association. The races are taking place at the Canmore Nordic Centre which has purpose-built mountain bike trails and facilities designed to host racing events. It is highly recommended that racers pre-ride the course prior to race day.

The Canada Cup series is designed to provide competitive opportunities to the next generation of cyclists, transitioning from provincial race series to international competitions.

New for 2023, we have partnered with Deadgoat Racing and the Ghost of Gravel on Sunday, June 18. Please see the last page of the Tech Guide for details.

ORGANIZER

Organizer:	Alberta Nationals Mountain Bike Race Association (ANMBRA)
Name:	Ron Sadesky
Telephone:	403-609-0677
Email:	ronsadesky@gmail.com
Website:	www.racecanmore.com



<https://www.facebook.com/CyclingCanada/>



<https://www.instagram.com/cyclingcanadaofficial/>



<https://twitter.com/CyclingCanada>

#CanCupMTB

About Cycling Canada

Cycling Canada is a National Sport Organization with one simple purpose: to share our love for cycling. No matter what gets you pedalling every day, we're here to provide support and help you turn each ride into an inspiring moment.

About the Alberta Nationals Mountain Bike Race Association:

We are a committed group of mountain bike racing enthusiasts. We love the spirit of racing and competition and want to do all we can to facilitate an annual race in Canmore. We also believe that technical skills are important in the development of a mountain biker and will continue to provide one of the most challenging courses on the circuit, but also one of the most fun.



ANMBRA is a refocusing of what was initially a two year project of organizing and hosting Mountain Bike National Championships in 2017 and 2018. We believe it is important to keep Canmore on the Canada Cup circuit and our mandate will be to remain on the race calendar.

Part of the reason we hosted National Championships was to give the youth of Alberta a chance to race in a National level event close to home. We continue to encourage youth to race mountain bikes and that is also a focus of our club. To that end, we will continue to help Alberta youth with scholarships, reduced race fees, and other initiatives, when financially possible.

EVENT RULES/LICENSES

[UCI regulations](#) and [CC-specific regulations](#) will be enforced for all Canada Cup Categories. The [Alberta Bicycle Association \(ABA\) specific regulations](#) will be enforced for all other categories.

REGISTRATION

Canada Cup XCC & XCO Race

All riders competing in Canada Cup categories must have a valid UCI license. All participants attending from out-of-country must possess a valid UCI license from their country of residence. 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. There will be no “One-Day” Licence issued for Canada Cup categories.

U17 and Junior riders must possess a UCI Racing License with the “Expert” ability designation, or the highest available designation in their issuing province/territory/country.

Alberta Cup XCC & XCO Race

All riders competing in the Alberta Cup categories must either have a valid UCI license or purchase a day license for the race. A maximum of 3 “day licenses” can be purchased by a racer in the year. After the 3rd day license, a full UCI license is required. A day license can be purchased for an additional \$10 per race.

Online Registration Link:	Link: https://zone4.ca/reg.asp?id=31646
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Zone 4 also allows for live results at the same link as above. Friends and family can watch the race unfold in real time.

The following are the deadlines for registration:

Race	Pre-Registration Deadline (On-Line)	On-Site Registration Deadline
Canada Cup XCC	Wednesday, June 14, 23h59 MST	Thursday, June 15, 15h00 MST
Alberta Cup XCC	Wednesday, June 14, 23h59 MST	Thursday, June 15, 15h00 MST
Canada Cup XCO	Wednesday, June 14, 23h59 MST	Not Available
Alberta Cup XCO	Wednesday, June 14, 23h59 MST	Friday, June 16, 15h00 MST

ENTRY FEES

Categories	Pre-Registration Fee XCO (Prior to June 9)	Pre-Registration Fee XCO (After June 9)	Pre-Registration Fee XCC (Prior to June 9)	Pre-Registration Fee XCC (After June 9)	On-Site Registration Fee Short Track
CANADA CUP					
Cadet (U17) Expert	\$80	\$100	\$80	\$100	\$120 (cash only)
Junior (U19) Expert	\$80	\$100	\$80	\$100	\$120 (cash only)
Elite	\$90	\$110	\$90	\$110	\$130 (cash only)

Note: Members of UCI Elite Teams will be exempt from registration fees, as per UCI requirements.

Categories	Pre-Registration Fee XCO (Prior to June 9)	Pre-Registration Fee XCO (After June 9)	On-Site Registration Fee XCO	Pre-Registration Fee XCC (Prior to June 9)	Pre-Registration Fee XCC (After June 9)	On-Site Registration Fee XCC
ALBERTA CUP CATEGORIES						
U11/U13	\$25	\$30	\$40 (cash only)	\$25	\$30	\$40 (cash only)
U15	\$30	\$40	\$50 (cash only)	\$30	\$40	\$50 (cash only)
U17 Novice	\$40	\$50	\$60 (cash only)	\$40	\$50	\$60 (cash only)
U17 Expert	\$50	\$60	\$70 (cash only)	\$50	\$60	\$70 (cash only)
Novice	\$60	\$70	\$80 (cash only)	\$60	\$70	\$80 (cash only)
Sport	\$60	\$70	\$80 (cash only)	\$60	\$70	\$80 (cash only)
Expert	\$70	\$80	\$90 (cash only)	\$70	\$80	\$90 (cash only)

Note Regarding Alberta Cup Categories:

The Alberta Bicycle Association uses criteria, based on ability for registration at races, rather than based on age categories. The following provides some guidance in determining the appropriate category for registration. In all categories, except Expert and Elite, the racer may or may not have a UCI License. If a day license is required, an additional \$10 will be charged on top of the registration fee for each race signed up for (\$10 for either XCC or XCO and \$20 for both XCC and XCO).

AB Cup Category	Category Description	Min. Optimum Winning Time	Max. Optimum Winning Time
Men & Women			
U11/U13	All riders between 9 and 12 years old (mixed gender)	0h15m	0h20m
U15	All riders between 13 and 14 years old (mixed Gender)	0h25m	0h30m
U17	U17 Novice (U17 Expert race with Sport Men)	0h35m	0h40m
Novice	Junior Novice, Senior Novice, Master Novice, Master 40+ Novice	0h45m	1h00m
Sport	U17 Expert, Junior Sport, Senior Sport, Master Sport, Master 40+ Sport	1h00m	1h15m
Expert	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert	1h15m	1h30m
Elite	Elite	1h30m	1h45m

Optimum Winning Times – deviations plus or minus 15 minutes are allowed.

There will be no day-of registrations for U17, Junior and U23/Elite categories. Past the deadline noted, a fine of \$50 CDN will be charged by Cycling Canada on top of the registration fee.

PRIZES

UCI Prize money and points will be awarded as per the 2023 UCI regulations and [2023 UCI Financial Obligations](#) (see table below).

Canada Cup Series points and prize purse will be awarded as outlined in the [Canada Cup Series Regulations](#) and 2023 Organizer Financial and Competition Requirements. (See tables below.)

Canada Cup Points Table

Elite/U23				Junior/U17	
PLACE	200 POINT SCALE	PLACE	200 POINT SCALE	PLACE	100 POINT SCALE
1	200	41	35	1	100
2	175	42	34	2	85
3	155	43	33	3	70
4	140	44	32	4	60
5	130	45	31	5	50
6	120	46	30	6	45
7	115	47	29	7	40
8	110	48	28	8	37
9	105	49	27	9	34
10	100	50	26	10	32
11	95	51	25	11	30
12	90	52	24	12	29
13	85	53	23	13	28
14	80	54	22	14	27
15	75	55	21	15	26
16	71	56	20	16	25
17	69	57	19	17	24
18	66	58	18	18	23
19	64	59	17	19	22
20	62	60	16	20	21
21	60	61	15	21	20
22	58	62	14	22	19
23	56	63	13	23	18
24	54	64	12	24	17
25	52	65	11	25	16
26	50	66	10	26	15
27	49	67	9	27	14
28	48	68	8	28	13
29	47	69	7	29	12
30	46	70	6	30	11
31	45	71	5	31	10
32	44	72	4	32	9
33	43	73	3	33	8
34	42	74	2	34	7
35	41	75	1	35	6
36	40			36	5
37	39			37	4
38	38			38	3
39	37			39	2
40	36			40	1

UCI MTB XCO Points Table

PLACE	ELITE C1	ELITE C3 XCO & XCC	U23* C1	XCO JUNIOR SERIES	XCO JUNIOR
1	60	10	15	90	20
2	40	6	10	70	18
3	30	4	5	60	16
4	25	2	3	50	14
5	20	1	1	40	12
6	18			35	10
7	16			30	8
8	14			27	6
9	12			24	4
10	10			22	2
11	8			20	
12	6			18	
13	4			16	
14	2			14	
15	1			12	
16				10	
17				9	
18				8	
19				7	
20				6	
21				5	
22				4	
23				3	
24				2	
25				1	

* in case of split event / en cas d'épreuve séparée

UCI Prize Purse

Elite		
Place	UCI C3	UCI C1
1	\$283.95	\$851.84
2	\$212.96	\$709.86
3	\$141.97	\$567.89
4	\$106.48	\$425.92
5	\$70.99	\$354.93
6		\$283.95
7		\$212.96
8		\$177.47
9		\$141.97
10		\$70.99
TOTAL	\$816.34	\$3,797.77

Junior		
Place	UCI C3	UCI C1
1	\$92.28	\$184.56
2	\$70.99	\$141.97
3	\$42.59	\$113.58
4	\$35.49	\$92.28
5	\$28.39	\$78.08
6		\$63.89
7		\$56.79
8		\$42.59
9		\$35.49
10		\$28.39
TOTAL	\$269.75	\$837.64

U17		
Place	UCI C3	UCI C1
1	\$70.99	
2	\$42.59	
3	\$35.49	
4	\$28.39	
5	\$20.00	
6		
7		
8		
9		
10		
TOTAL	\$197.47	

UCI JUNIOR SERIES CATEGORY

UCI Junior Series Category

Please see the below entry criteria for the UCI Junior Series event, as mandated by the UCI. The full UCI Junior Series Criteria can be found [here](#).

Canadian-licensed riders	Riders who possess a license issued in Canada will need to meet the following criteria: <ul style="list-style-type: none"> – Must hold a UCI Junior License, with the “Expert” ability designation
Non-Canadian Licensed riders	Riders licensed outside of Canada will need to meet the following criteria, as mandated by the UCI: <ul style="list-style-type: none"> – Must hold a UCI Junior License; – Must have at least 20 UCI points (for riders in Europe) or 1 UCI point (for riders outside of Europe) in the latest UCI XCO individual junior ranking; or, – Must have been entered by their National Federation (maximum of 5 supplementary riders per category) – Riders belonging to a UCI elite MTB team or a UCI MTB team

RACE PACKAGE PICK-UP

Package pick-up will be available at the registration office on June 15 to 17 (see schedule). Race packages can be picked up by the rider or a representative; however, the rider’s UCI license must be presented to pick up the package. If the package is being picked up by a representative, they must have a valid UCI license. See the full weekend schedule below for Race Office hours of operation.

OFFICIAL TRAINING PERIODS

The course will be open to competitors for official training only during designated official training times listed below.

Event	Date	Start Time	End Time
XCC	June 15	14:00	16:00
XCO	June 15	9:00	14:00
XCO	June 16	9:00	17:00

SCHEDULE

See the below tables for a full listing of the weekend's events. Please note that schedules are subject to change at the approval of the event's President of the Commissaire Panel.

Tuesday & Wednesday – June 13 & 14, 2023

Period	Description
Both Days	XCO Course marked with arrows for informal riding
Wed Afternoon	Course Inspections

Thursday – June 15, 2023

Period	Description
9:00 – 14:00	XCO Course Open for Official Training, XCC Course Closed
12:00 – 17:00	Race/Registration Office open – On-Site Registration -XCC – all categories -XCO – all categories
14:00 – 16:00	XCC Course Open for Official Training, XCO Course Closed
15:00 – 16:00	XCC & XCO Coaches Meeting (Bill Warren Training Centre – See Map on Page 11)
16:30	Race Start #1 XCC – ABA (No UCI Points) Junior & U17 Expert (Female)
17:10	Race Start #2 XCC – ABA (No UCI Points) Junior & U17 Expert (Male)
17:50	Race Start #3 XCC – ABA (No UCI Points) U17 Novice, U15, U13/11 (Male & Female)
18:30	Race Start #4 XCC – ABA (No UCI Points) U17 & 19+ Expert, Sport & Novice (Male & Female)
19:10	Race Start #5 XCC – Canada Cup Elite (Female)
19:50	Race Start #6 XCC – Canada Cup Elite (Male)
20:15	XCC Awards Ceremony (Top 5 in each Canada Cup category, Top 3 for ABA categories)

Friday – June 16, 2023

Period	Description
9:00 – 16:45	Race/Registration Office open – On-Site Registration -XCO – all categories
9:00 – 17:00	XCO Courses Open for Official Training

Saturday – June 17, 2022		
Period	Description	
7:30 – 15:00	Race/Registration Office Open	
08:15	Race Start #1 – XCO – Alberta Cup	- U17 Novice (Male & Female) - U15 (Male and Female) - U11/U13 (Male and Female)
9:15	Race Start #2 – XCO – Alberta Cup	- Expert (Male) - U17 Expert (Male) - Sport (Male) - Expert (Female) - U17 Expert (Female) - Novice (Male) - Novice (Female)
11:15	Awards Ceremonies Alberta Cup – Top 3 in each category	
11:00	Race Start #3 – XCO – Canada Cup	- Junior (Female) - U17 Expert (Cadet) (Female)
12:45	Race Start #4 – XCO – Canada Cup	- Junior (Male) - U17 Expert (Cadet) (Male)
14:30	Race Start #5 – XCO – Canada Cup	- Elite (Female)
16:30	Race Start #6 – XCO – Canada Cup	- Elite (Male)
18:30	Awards Ceremonies Canada Cup – Top 5 in each category	

Notes:

1. Laps and Race Distances to be confirmed by the UCI Chief Commissaire. Details to be provided during the Team/Rider Meeting on June 15.
2. The starting order for each race will be in chronological order as listed above. For the XCC all starts will occur at the same time. For the XCO, depending on registration numbers, some categories may be combined. Otherwise, there will be a 2 minute gap between starts for the XCO.
3. Total registration numbers may affect the format and times for XCC races. High numbers may result in increasing the course length, separating combined starts and adjusting a start time to a slightly later start, or other strategies.

RIDER CALL UP

Rider call-ups will follow the order set forth by the UCI and Canada Cup Regulations. (See below.)

U17 (CC)

1. Top 16 of the current Canada Cup Ranking
2. Random order by plate number distributed

Junior (CC)

1. Top 16 of the current Canada Cup Ranking
2. Random order by plate number distributed

Junior (Junior Series)

1. As per the most recently published UCI XCO juniors individual ranking of the current season (or the final ranking of the previous season if no ranking has yet been published for the current season).
 - >> All riders with UCI points, regardless of how they have been registered or have met the entry criteria.
2. Unclassified riders by rotation:

The start order of the riders within the team must be confirmed by the teams during the rider's confirmation. The start order among the teams is determined as follows:

- First, national teams whose order is determined by the nations' classification of the concerned category from the most recent world championships.
- Second, unclassified national teams whose order is determined by drawing lots.
- Third, UCI Elite Mountain Bike teams whose order is determined by the most recent team ranking.
- Last, UCI Mountain Bike teams whose order is determined by the most recent team ranking.

The teams (in the order as mentioned above) are taken in turn with the teams' first riders starting in sequence, then the teams' second riders etc.

3. Unclassified riders team B of the national federation of the organizing country: drawing lots.

Junior (UCI)

1. All riders on the current UCI ranking
2. Top 16 of the current Canada Cup Ranking
3. Random order by plate number distributed

U23/Elite (W/F & M/H)

1. All riders on the current UCI ranking
2. All riders on the current Canada Cup Ranking
3. Random order by plate number distributed

EVENT OFFICIALS

Role	Name	Prov.
Organizer	Ron Sadesky	AB
President of Commissaire Panel	Gal Alon	USA
Asst. President of Commissaire Panel	Vitaliy Rudenko	AB
Secretary	Robert Armstrong	AB
Starter	Wally James	BC
Finish Judge	Richard Link	AB
Member	Steve Sleep	BC

VENUE & TRACK INFORMATION

Address	1988 Olympic Way, Canmore, AB
Directions	Canmore Nordic Centre - Google Maps

<https://www.albertaparks.ca/parks/kananaskis/canmore-nordic-centre-pp/>

The Canmore Nordic Centre Provincial Park is located within a 90-minute drive of Calgary's International Airport and is just a five-minute drive from Canmore. It offers a variety of recreational activities including cross country skiing, biking, hiking, disk golf and orienteering. Host site of the 1988 Olympic Winter Games Nordic events, the Canmore Nordic Centre continues to host regional, national and international events year-round.

The Canmore Nordic Centre is located in an area that is home to many species of wildlife including bears. **When recreating in bear country, your best strategy to avoid an encounter with a bear is to make lots of noise, stay in groups and be alert for signs of bears. In the rare case of an aggressive confrontation, bear spray is your best defense.**

The requirement to carry bear spray during the races will be dictated by Alberta Parks officials and will be disclosed at the Team Manager's meeting on June 15.



Kananaskis Conservation Passes

Alberta Environment and Parks have instituted a new parking pass requirement for the Canmore Nordic Centre. Participants, volunteers, sponsors and staff for all events **must** purchase the KCPass **ONLINE** and not in person for all events at the following link:

https://www.alberta.ca/kananaskis-conservation-pass.aspx?utm_source=google&utm_medium=sem&utm_campaign=AEP&utm_term=KCP&utm_content=v1&gclid=Cj0KCQjwu7OIBhCsARIsALxCUaN3aMqdJk9pXTDYmU6fqujkeS-CU4kHOAK0HjPh6J9nvJZyPHsY8SQaAk0YEALw_wcB

Enforcement is done on a daily basis and it is quite certain that a ticket will be received for any vehicle that has not purchased a pass.

ON-SITE TEAM SETUP INFORMATION

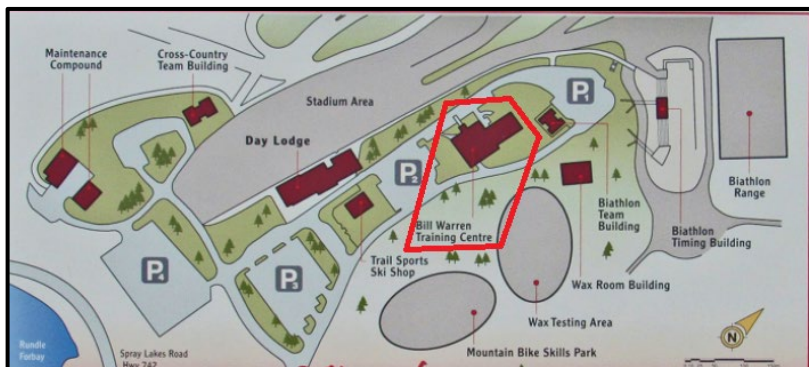
Cycling Canada affiliated Trade Teams will have access to a **55-meter square** technical space.
Les équipes affiliées de Cyclisme Canada auront accès à un espace technique de 55 mètres carrés.

All teams will have access to space, located in the middle of the stadium, to set up tents for a team area. Please contact Gieta Steingart (gietasteingart@gmail.com; 403 609 1515) to reserve your team's space. There is no charge for this space, but prizing donations are greatly appreciated.

ATHLETE/TEAM MANAGERS MEETING

When: Thursday, June 15 @ 15h00

Where: Bill Warren Training Centre, Canmore Nordic Centre

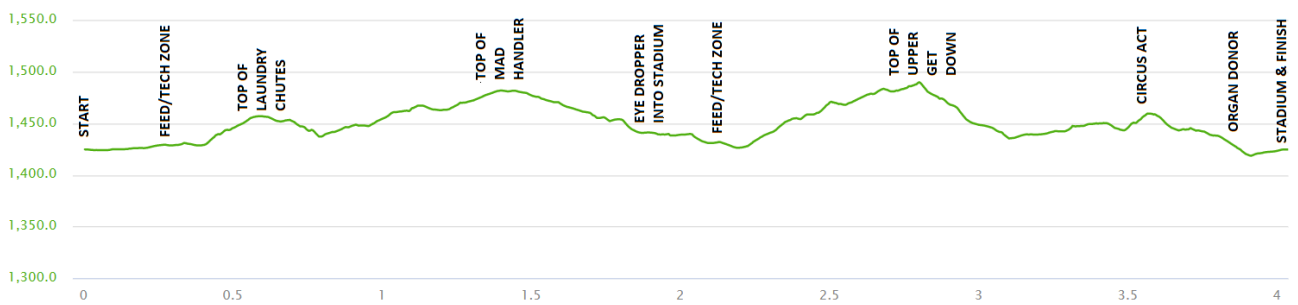


TIMING & RESULTS INFORMATION

Live results will be provided through Zone 4 at the following link : <https://zone4.ca/reg.asp?id=31646>

COURSE MAPS & PICTURES

UCI Canmore Canada Cup XCO Course: Elite, Junior and, U17 Expert Categories



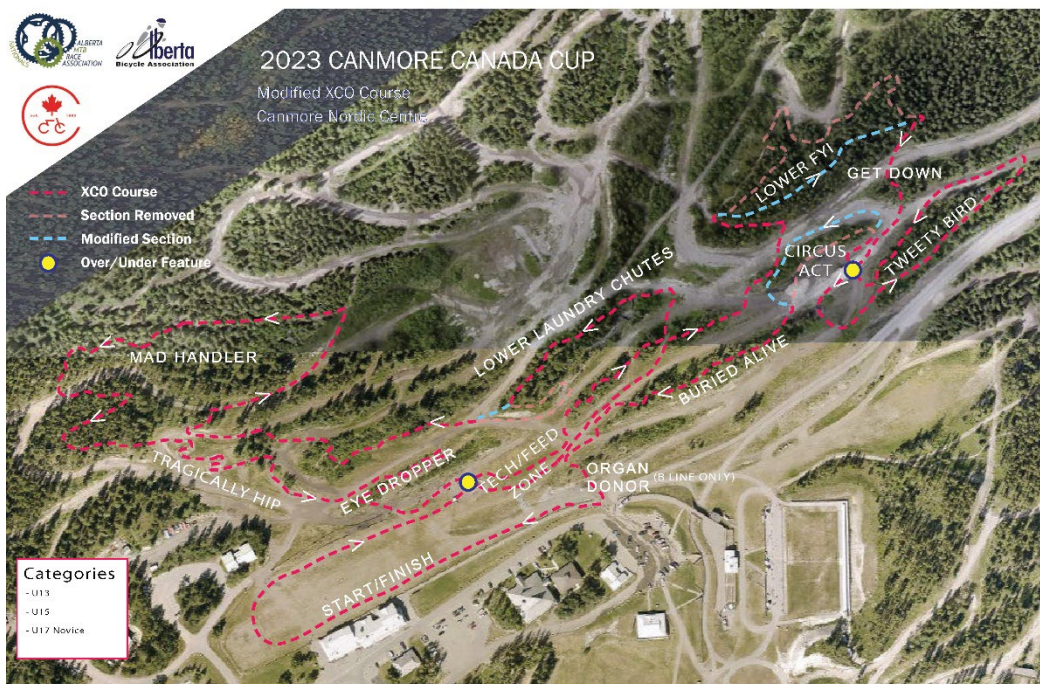
XCO Course Highlights:

- Course Length 4.0 km
- Vertical Climbing per Lap – 149 m
- Dual Sided Feed/Tech Zone (Twice per Lap)

UCI Canmore Canada Cup XCO Start Loop: Elite, Junior and U17 Expert



Canmore Alberta Cup XCO Course: U13, U15, U17, Novice, Sport, Expert, Categories (No Start Loop)



XCC Short Track Course



PICTURES OF THE COURSE



MEDIA

The Canmore Canada Cup at the Canmore Nordic Centre is proud to serve media representatives with a dedicated Communications director. This individual promotes the event, host venues, sponsors and teams to all media outlets, from local to provincial. The Communications director will help facilitate interviews and coordinate photo opportunities between media representatives and the professional athletes, as well as event organizers and sponsors.

PR Media Contact:

Ron Sadesky

Email: ronsadesky@gmail.com

Phone: 403 609 0677

Interviews & Official Spokespersons

The PR team encourages each cycling team to be open to granting interviews with media at a convenient time. Additionally, the press team can assist in arranging interviews with cyclists and teams during the race, if time permits.

Photographers and Videographers

All photographers and videographers hired by the event must wear a media credential to avoid confusion with on-site staff. All photographers and videographers must sign in prior to the event in the Volunteer Race Office. Approved photo credentials may be picked up via contact with the PR Media director in the Volunteer Race Office.

MEDICAL & SECURITY SERVICES

On-site medical services	Andrew Young (403) 688 1243
Anti-doping	Anti-doping testing may be conducted on-site by the Canadian Centre for Ethics in Sport (CCES).
Nearest Hospital	Canmore General Hospital, 1100 Hospital Pl, Canmore, AB T1W 1N2

ACCOMMODATION & TRANSPORTATION PARTNERS

Local Accommodations:

- Basecamp Resorts – <https://www.basecampresorts.com> Promo code is BIKE. **Discount is 15%.**
- Rocky Mountain Ski Resort - www.banfflodgingco.com 11 hotels in Banff and 2 in Canmore. **Discount is 15%.**
- Stoney Nakoda Resort (33 km east on Highway 40) - www.stoneynakodaresort.com Mid week rate is \$269.10 and weekend is \$305.10 per room per night plus tax. Select "Alberta Residents rate" and make note that you are participating in the Canmore Canada Cup.

Transportation from Calgary Airport:

Receive a **20% discount** on the Banff Airporter's daily shuttle service between the Calgary Airport and the Canmore Coast Hotel. Click [Banff Airporter](#) and then Book Now. Proceed through the reservation and type - **canadacup** - in the "Promo Code?" section on the final payment page to receive the discount.

PARTNERSHIP WITH GHOST OF GRAVEL

National Off-Road Boss Omnium (NORBA)

In partnership with Deadgoat Racing, the NORBA is a competition that assigns points for 2 different races, the Canmore Canada Cup XCO on Saturday, June 17, 2023 and the Ghost of Gravel on Sunday, June 18, 2023. The rider with the highest combined points will be the winner of the Omnium. The cash prizes for the Omnium are the same for both female and male and are \$500 for 1st Place, \$300 for 2nd Place, and \$100 for 3rd Place. Points will be assigned as per the following table:

Placement	Canmore Canada Cup XCO				Ghost of Gravel
	Canada Cup Points		Alberta Cup Points		Scary Ghost Points
	Elite	Junior	Expert	Sport	
1	10	12	12	14	10
2	9	11	11	13	9
3	8	10	10	12	8
4	7	9	9	11	7
5	6	8	8	10	6
6	5	7	7	9	5
7	4	6	6	8	4
8	3	5	5	7	3
9	2	4	4	6	2
10	1	3	3	5	1

Additional rules are as follows:

- Total points will be calculated based on points assigned for the relevant categories in the above chart, each racer being registered in one of four Canmore Canada Cup categories and in the Scary Ghost category of the Ghost of Gravel. Please note that higher points are assigned to Junior, Expert, and Sport to provide a more “even playing field” when riding the Ghost of Gravel.
- In order to qualify for the Omnium, a rider must enter the Scary Ghost (118 km) category of the Ghost of Gravel.
- Riders must start each day to be eligible to start the next.
- In the case of a tie with points, the higher placing in the Ghost of Gravel will determine the winner.
- Prizes will be awarded at the conclusion of the Ghost of Gravel. Riders must be in attendance to receive the prize. If the rider is not in attendance, the final standings will be updated with the next placed rider being upgraded.