

Preliminary Technical Guide – The Bicycle Café Presents: The Kananaskiker MTB SR 2011

Race Dates – June 4 & 5 2011

Entry Fee - \$80 on line www.zone4.ca or <https://zone4.ca/onlinereg.asp?id=3941> \$100 “last Chance” in person
It’s all or nothing – NO separate fees for each event

On-line Registration ends @ noon Friday June 3 -2011

Package pick up – Friday June 3 from 7 – 9pm in person at the Bicycle Café Canmore

Last Chance registration Friday from 7-9pm and Saturday morning from 7:45 to 8:15am

All Parking is at the Canmore Nordic Centre – you must ride down to the start for Saturday’s XC

Race Format – 3 Stage Mountain Bike Stage Race Omnium scoring (points accumulation)

Point Scoring – the points schedule is the same for each event and for each category – in the event of a tie the winner shall be determined by the faster time up the Stage III HC

Place Points

1	30
2	29
3	28
4	27
5	26
6	24
7	22
8	20

Place Points

9	18
10	16
11	14
12	12
13	10
14	8
15	6

All finishers after 15th place will receive 2 points

Categories

Open men

Men 40+

Sport men

Novice men

Open women

Women 40+

Sport women

Novice women

Categories may be combined if numbers warrant. Please use your ABA plate #'s for the race.

Do you have to complete each event to start the next? – The answer is no, you are able to start each event regardless if you started or finished the previous event.

Stage I – MTB XC – Marathon format – Start on Main St Canmore race up to Canmore Nordic Centre through a challenging xc course finish atop the high point of the course. 2-3hr races.

The course was designed with trail conservation in mind with 3 separate loops of the finest xc single track the Nordic Centre has to offer. **Pre-Race Washrooms will be at the Canmore Civic Centre**

KOM prize (TBA) will be offered for the first male and female to the top of the first climb from town + Plus 2 omnium points

Sign on 8am to 8:30am at the Bicycle Café

Staging 8:30 to 8:45am, race instructions at 8:45am

Race start 9am from in Front of the Bicycle Café on Main St. Canmore

Center Line Violation rules will be in effect – Please use the following links to preview course data – use player to view the route.

Garmin LAP ONE – <http://connect.garmin.com/activity/86912746> - Novice men, Novice women, Sport women, Women 40+, will all finish after LAP ONE – 22.2km and 736m elevation gain.

Garmin LAP TWO - <http://connect.garmin.com/activity/87655884> - Sport Men, Open women will finish after LAP TWO – an additional 8km and 291m elevation gain.

Garmin LAP THREE - <http://connect.garmin.com/activity/87655872> - Open Men, and 40+ Men will finish after LAP THREE – an additional 8.7km and 300m elevation gain. Total for 3 laps =38.7km & 1327m elevation gain

Stage II – Dirt Criterium – Main Stadium Canmore Nordic Centre – approx 20min races, around a flat (as un-selective as can be) course 800m to 1.2km in length.

One preem worth 2 points will be offered per category

Race Start times will be posted Friday Night and Saturday – Racing will begin at 9am.

Stage III – Once we have some fatigue in those legs – we present the final stage: a 3.5km uphill individual time trial which promises to test the riders’ stamina (those that have completed all previous stages anyway) Here is some course info via Garmin –

<http://connect.garmin.com/activity/80308466>

Riders will start at 30 sec intervals beginning at 12:00noon.

Start list will be posted at the Calgary Stampede Pancake Supper from 5 to 7pm at the Bicycle Cafe

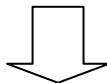
Inspired by The Criterium International Race Held in France (long race first, short ITT after a second RR in the morning on day two) only in the MTB discipline.

Of course this is preliminary info and may change – check back often especially as the date approaches.

Organizer: Forza Velo Cycling Productions – email: shawnttrain@hotmail.com

Organizing Club: Café Racers/Bicycle Café Canmore – www.bicyclecafe.com

Kananaskiker Event Schedule 2011

Date	item	comments
Sun May 29	volunteer meeting	
Mon May 30	course marking - 6:30pm - 8:30pm	start with less conspicuous areas first
	course marking evenings	
Thurs June 2	course marking 95% finished	leave major trails open till Friday late pm
Friday June 3	Packet pick up & license check at The Bicycle Café 7pm to 9pm Registration closes at 12noon	
Sat June 4	Race staging @ 8:30am on Main St In front of the Bicycle Café Mass "rolling & neutral start" at 9am Volunteers should be in place by 8:45am All racers should be finished by 12noon Pancake Dinner by Calgary Stampede from 5pm to 7pm	Washrooms located at Civic Centre All parking should be at the Nordic Centre two motos & two vehicle marshals location - Canmore Seniors Centre or Civic Centre ?TBC

Sun June 5	"Dirt Crit" races start at 9am completed by 11:45am Hill Climb first rider off @ 12:01pm race completed by 1:30pm Course tear downs should begin immediately following events	Categories TBC Cont. below Race intervals TBC
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Environmental Stewardship:

The Kananaskiker Mtb Stage Race is going to try to reduce, reuse, and recycle.

Reduce the trail impact by using approx 75% of the race course with only ONE pass – not multiple passes. Thus keeping the impact of the approximately 100 races to the bare minimum as far as trail damage, etc.

We will attempt to reduce the amount of paper products we will use by using online registrations, posting one big Technical Guide, and race results.

We will re-use all the course marking arrows from previous race events. Once the course has been unmarked the arrows will be available to be re-cycled in the next event at the Canmore Nordic Centre.

We will use paper plates for the Calgary Stampede Pancake Supper instead of the “much cheaper” Styrofoam plates.

We will enforce the “no litter” policy – racers will only be allowed to discard items in the feed zone – anywhere else may result in penalties, etc.