



2017 Coulee Cruiser

Technical Guide

May 6-7 behind Lethbridge College
Hosted by HEADWINDS CYCLING CLUB



May 6

Alpenland Come Ride With Us

(Free Mountain bike and road riding sessions)

Beginner 9-10:30, Intermediate 10:30-12:00, Kids 11:00-12:00



Ascent Cycle Trailblazer kids Races

Heats start at 1:00pm, \$5 fee

(run bike to 16 year old categories)



May 7

Coulee Cruiser: Bert and Mac's Alberta Cup Race

Heats start at 10:00am (all racers welcome)

For more Information and to Register for Sunday's Race
visit:

headwinds.ab.ca or zone4.ca

Both Days will have Bicycle Industry Reps such as Specialized, Cannondale,
Giant, and more

HEADWINDS...SIMPLY RIDE

2017 Coulee Cruiser:

Technical Package

Overview

The Coulee Cruiser, Alberta Cup Series XC #1, has one of the most scenic and spectator friendly courses Alberta has to offer. This year's course uses the 2016 descent into flowy, fun, punchy single track. Instead of the long tough climb, racers will ride along a beautiful river trail, then up a new flowy climb. There is a fun flowy downhill into a technical flat section before ascending to the finish line. It should be a challenging and fun course for all riders which encompasses a little bit of all the best mountain biking and racing has to offer. The course has great visibility from the start/finish area.

For the first time ever! Chip timing will be used for Alberta Cup races. Chips will be kept for the full season, any lost or forgotten chips will incur a cost of \$10 for another chip for future races (just like the plates). It is hoped that they are available and ready to go for the Cruiser.

This year's Coulee Cruiser is hosted by the Lethbridge Headwinds Cycling Club (est. 1986), in cooperation with Bert and Mac's Source for Sports, Alpenland Ski & Sports, Ascent Cycle, Lethbridge College, and the City of Lethbridge.

This year, in addition to being able to pre-ride the course, on May 6th we will be running beginner and intermediate road and mountain biking sessions. As well as a kids mountain bike session. Sessions will include basic on-trail-road maintenance, riding skills, and guided rides. The sessions are sponsored by Alpenland Ski & Sports and Headwinds Cycling Club.

The Ascent Cycle Trailblazer Kid's Races will also run Saturday.

Sunday's race is sponsored by Bert and Mac's Source for Sports.

PLATE PICK UP IS AVAILABLE SATURDAY

2017 Coulee Cruiser Organizing Team

Coulee Cruiser Coordinators:	Steve Leger & Kevin Iwaasa
Volunteer & Marshal Coordinators:	Jason Kwasny & Murray Dueck
Venue Coordinator:	Kevin Iwaasa
Race Liaison:	Scott Kluczny
Medical Coordinator:	Dr. Peter Kwan
Prize & Sponsor Coordinator:	Derek Hacke
Ascent CycleTrailblazer Coordinators:	Adam Duel & Paul Burke
Alpenland: Come Ride with Us Coordinators:	Steve Leger & Paul Burke
ABA Coordinator:	Taras Feculak

Contact the organizing team by emailing Lethbridge Headwinds: emailus@headwinds.ab.ca

For Race information, updates, and changes visit the Lethbridge Headwinds website and Facebook pages:

Lethbridge Headwinds website: <http://headwinds.ab.ca/>

Lethbridge Headwinds Facebook: <https://www.facebook.com/Headwinds-Cycling-Club-229277317089015/>

2017 Coulee Cruiser Race Registration

The race will cost \$60.00 for racers and \$40 for youth racers. The \$10 day licence fee is built into the \$60 cost for citizen class racers. There will be a \$10.00 administration fee for all cancellations. Register with Zone4 registration, www.zone4.ca, or <http://www.albertabicycle.ab.ca/events>

Headwinds Cycling Club members are eligible for a \$10 discount. Contact Kevin Iwaasa for the discount code: iwaasarn@gmail.com **Discount code must be used at time of registration!**

Non-headwinds members who race citizen class and later wish to join the club will be eligible for a \$10 membership discount. Contact Kevin Iwaasa for more information: iwaasarn@gmail.com

**** PLEASE NOTE **** There will be **no** race day registration. All race entries must be complete and submitted by midnight of Thursday May 4th. No registrations will be accepted after this time. Please register as soon as possible to allow funds for course maintenance and budgeting.

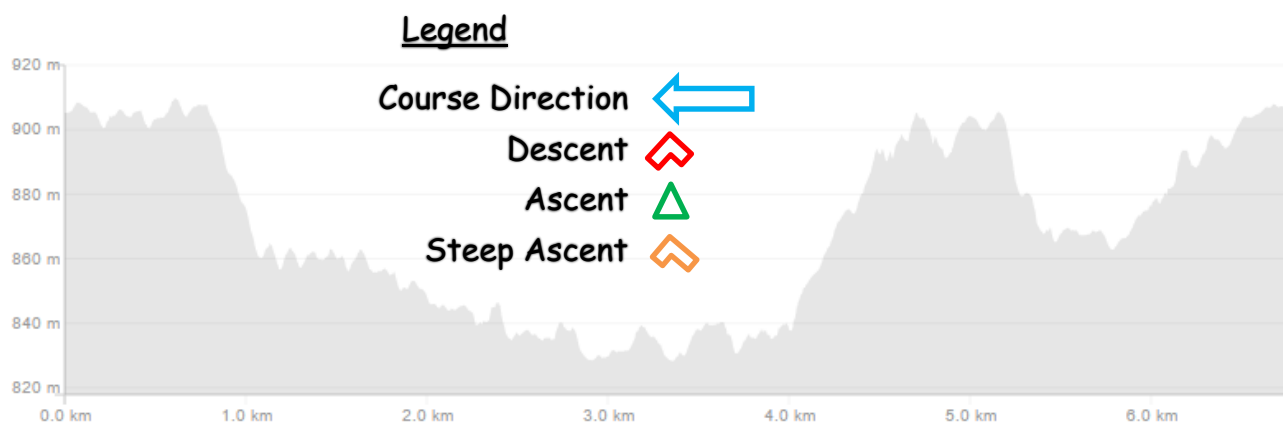
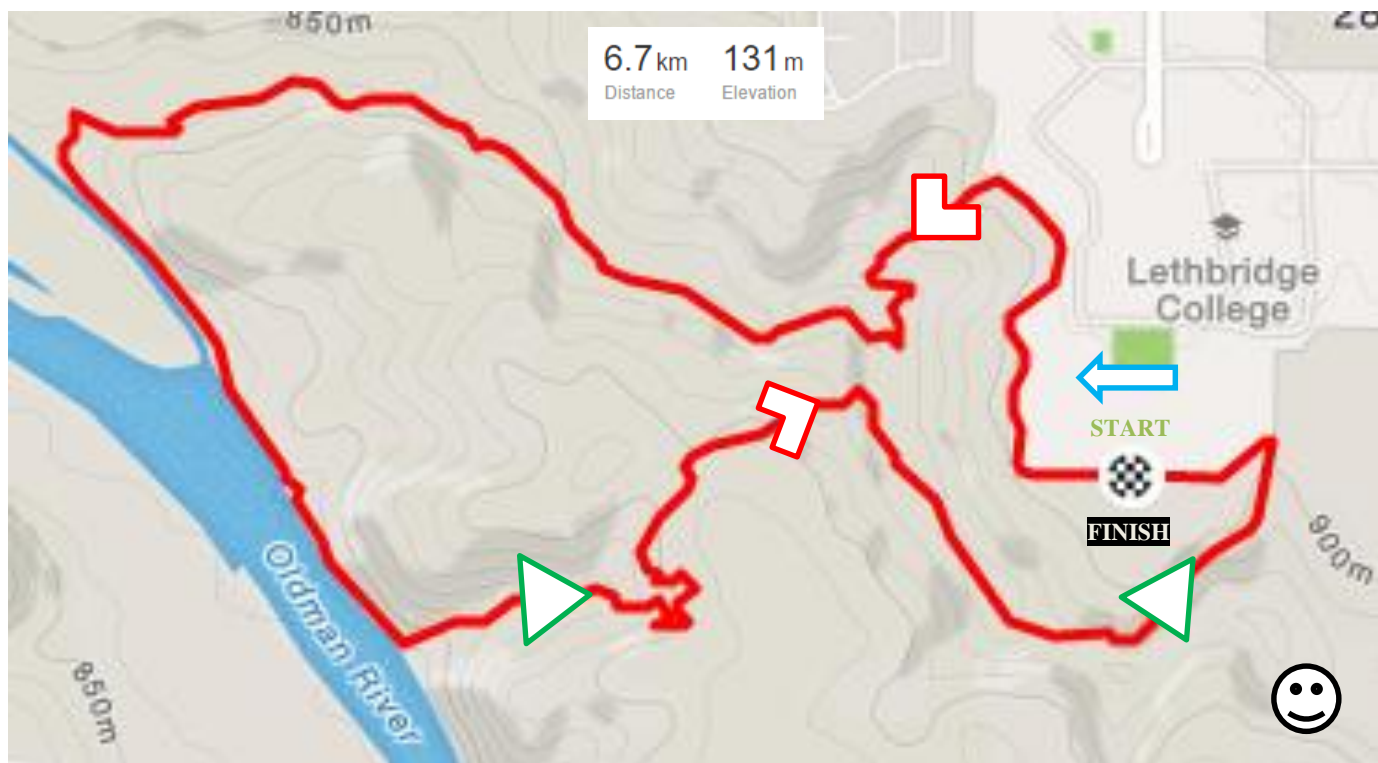
All participants must have a current ABA/UCI license, or purchase a Single Event License to race this event. Single Event Licenses are available to purchase at a price of \$10. Single Event Licenses should be purchased via zone4 – riders must sign the Single Event waiver on race-day. Those who plan to purchase a Single Event License are reminded that ABA Policy states that a rider may purchase a maximum of 2 Single Event Licenses (across all disciplines) per calendar year.

The ABA complies with and fully supports the UCI antidoping regulations, the clauses of the World Antidoping Code and its international Standards to which the UCI antidoping regulations refer and to the antidoping regulations of other competent bodies as per the regulations of the UCI.

2017 Coulee Cruiser Race Categories

Novice Youth Women	All new U13, U15, and U17 riders
Novice Youth Men	
Sport Youth Women	U13 Sport and Expert, U15 Sport and Expert, U17 Sport
Sport Youth Men	
Novice Women	Senior Novice, Master Novice, Master 40+ Novice
Novice Men	
Sport Women	Junior Sport, Senior Sport, Master Sport, Master 40+ Sport, U17 Male & Female
Sport Men	
U17 Expert Women	U17 Expert
U17 Expert Men	U17 Expert
Expert Women	Junior Expert, Senior Expert, Master Expert, Master 40+ Expert
Expert Men	
Elite Women	Elite
Elite Men	
U19 Citizen Women	Single Event License holders aged 18 and under as of Dec. 31, 2017
U19 Citizen Men	
19-29 Citizen Women	Single Event License holders aged 19 to 29 as of Dec. 31, 2017
19-29 Citizen Men	
30+ Citizen Women	Single Event License holders aged 30 and over as of Dec. 31, 2017
30+ Citizen Men	

2017 Cruiser Course



Strava Link: <https://www.strava.com/activities/929991918>

Location

[Lethbridge College \(3000 College Drive S.\)](#). The staging area is located in the south parking lot, behind the College. Just put Lethbridge College into your GPS systems - it's easy to find. Once at the College, follow the event signs.

Full Address: Lethbridge College, 3000 College Drive South, Lethbridge, AB. T1K 1L6

Pre-Ride

Pre-riding of the course will take place Saturday May 06th from 12:00pm-7:00 pm. From the same location above. There will be event signs up from 12:00-5:00pm for the Ascent Cycle Trailblazer races, vendors, and available demo bikes. The START/FINISH line is near the wooden obstacle rope wall. The course is set in a counter-clockwise direction.

Race Schedule

Race check-in will start at 8:30 am on race day – Sunday May 7th 2017.

The race will start at 10:00am for Youth, Novice & Citizen Class Categories. Senior Sport, Expert and Elite categories will follow at 12:00pm. Expect race to finish around 2:00pm.

Time:	Category	Laps	Approximate Time
10:00 AM	Novice Men	2	60 min
10:00 AM	19-29 and 30+ Citizen Men	2	60 min
10:01 AM	Novice Women	2	60 min
10:01 AM	19-29 and 30+ Citizen Women	2	60 min
10:02 AM	Novice Youth Men	1	35min
10:03 AM	Sport Youth Men	2	50 min
10:03 AM	U19 Citizen Men	2	60 min
10:04 AM	Novice Youth Women	1	35min
10:05 AM	Sport Youth Women	2	50 min
10:05 AM	U19 Citizen Women	1	35 min

12:00 PM	Elite Men	5	100 min
12:01 PM	Expert Men	4	80 min
12:02 PM	Elite Women	4	90 min
12:03 PM	Expert Women	3	75 min
12:04 PM	U17 Expert Men	3	65 min
12:05 PM	U17 Expert Women	2	60 min
12:06 PM	Sport Men	3	65 min
12:07 PM	Sport Women	2	60 min
2:00 PM	Awards		

Number Plates

Riders will receive their 2017 ABA number plate at sign-on. Riders are requested to bring their own zip-ties.

Prizing

All participants will be eligible for draw prizes. There will be cash prizes for Elite racers. Prizes will be presented after completion of all races. Total value of all prizes is approximately \$2000 donated by Bert and Mac's Source for Sports.

Team Alberta Selection Event

The 2017 Coulee Cruiser will also be one of two Selection Events for the 2017 Alberta Provincial XC Mountain Bike Team. The Mountain Bike Provincial Team is open to male & female athletes aged 15 to 18 as of Dec. 31st, 2017. For more information on athlete eligibility and selection criteria visit: <http://www.albertabicycle.ab.ca/prov-team>

Ascent Cycle Trailblazers Youth Race

As a means of encouraging local youth to give racing a try, the Alberta Bicycle Association will be hosting a Trailblazers Youth Race on Saturday May 6th. For more information, see the table below:

Alberta South Region Trailblazers #1	
Date	Saturday May 6th
Location	Behind Lethbridge College (follow the signs)
Cost	\$5 per rider (<i>cash only!</i> on-site)
Sign-on/Registration	12:00pm to 12:45pm
Race Time	1:00pm



The Trailblazers Youth Racing Series is open to all youth aged "I can ride my run bike" to 16 as of December 31st, 2017. Participants will have the choice to race in one of 4 Trailblazers race categories:

- ✓ Run Bike (recommended for kids who are not yet pedalling)
- ✓ Little Rippers (recommended for beginner riders aged 8 and under)
- ✓ Gnarly (recommended for beginner riders aged 9-12)
- ✓ Geared (recommended for intermediate riders aged 11-14)
- ✓ Dialed (recommended for advanced riders aged 13-16)

Courses are modified to meet the level of the riders in each category. None of the Trailblazer courses will be the same as the Coulee Cruiser course, but may include sections of it. Each course will challenge the riders in their categories. If you are new to racing; this is a great option over jumping right into the cruiser.

If you a more advanced youth rider, you may wish to compete in the Coulee Cruiser Novice categories. One lap on the main course.

For more information on the Trailblazers Youth Racing series, visit the [Trailblazers Webpage](#). Please note: there will be no pre-registration for this event. Anyone wishing to participate must register on-site during the posted sign-on/registration time. If you have any questions about participating in this event, please contact Taras Feculak at taras@albertabicycle.ab.ca.

Lodging

The city of Lethbridge has a number of lodging opportunities to fit budgets and needs. Please contact the Chinook Country Association at (800)661-1222 or go to www.chinookcountry.com.

Best Western Plus Inn & Suites is offering a Coulee Cruiser Rate. 403-329-6844

Lethbridge College has offered to house racers for the event, so why not have walk out access to the course?

- Kodiak house: contact 403-329-7218 or res.life@lethbridgecollege.ca