



2018 Coulee Cruiser

Technical Guide

May 5-6, 2018

behind Lethbridge College



Saturday May 5
Alpenland Come Ride With Us
Ascent Cycle Trailblazers Kids' Races



Sunday May 6
Coulee Cruiser: Bert and Mac's Alberta Cup Race



HEADWINDS...SIMPLY RIDE

2018 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 is the one you were meant to ride last year - but rain made us modify the course. This year's course uses the 2016 descent into a 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 downhill into a technical flat section before ascending to the finish line. It should be a challenging and exciting 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.

This year, 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).

The Coulee Cruiser is hosted by the Headwinds Cycling Club (est. 1986), in cooperation with Bert and Mac's Source for Sports, Alpenland Ski & Sports, and Ascent Cycle. We'd also like to thank our venue hosts Lethbridge College and the City of Lethbridge along with our sponsor, Subaru of Lethbridge.

Once again this year, the Coulee Cruiser will be a 2-day event, held on May 5 & 6, 2018.

On Saturday, May 5th, we will be running beginner and intermediate road and mountain biking sessions as well as a kids' mountain bike session. These sessions will include basic on-trail/road maintenance, riding skills, and guided rides and are sponsored by Alpenland Ski & Sports and Headwinds Cycling Club. The Ascent Cycle Trailblazer Kids' Races will run on Saturday afternoon, while participants in Sunday's races are invited to check out the course and pick up their plates/timing chips.

Sunday's Coulee Cruiser race is sponsored by Bert and Mac's Source for Sports and features races in all categories. This event is also the Zone 1 Qualifying Event for the Alberta Summer Games.

Both days will feature bicycle industry reps on site for brands like Specialized, Cannondale, Giant, and more!

PLATE and TIMING CHIP PICK UP for the Coulee Cruiser is AVAILABLE SATURDAY from 12:00 pm - 4:00 pm, in addition to SUNDAY MORNING beginning at 8:30 am

HEADWINDS...SIMPLY RIDE

2018 Coulee Cruiser Organizing Team

| | |
|--|-------------------------------|
| Coulee Cruiser Coordinators: | Alex Singbeil & Nicole Cooney |
| Volunteer & Marshal Coordinators: | Jason Kwasny & Murray Dueck |
| Venue Coordinator: | Shelagh Graham |
| Race Liaison: | Scott Kluczny |
| Medical Coordinator: | Dr. Peter Kwan |
| Prize & Sponsor Coordinator: | Derek Hacke & Keith Pushor |
| Ascent Cycle Trailblazer Coordinators: | Steve Leger & Adam Duel |
| Alpenland Come Ride with Us Coordinators: | Steve Leger & Adam Duel |
| ABA Coordinator: | Brad Fehr |

Contact the organizing team by emailing Headwinds Cycling Club:
couleecruiser@headwinds.ab.ca

For race information, updates, and changes visit the Headwinds Cycling Club website and the Coulee Cruiser event on the Headwinds Facebook page:

Headwinds Cycling Club website: <http://headwinds.ab.ca/>

Coulee Cruiser event on the Headwinds Facebook page:
<https://www.facebook.com/Headwinds-Cycling-Club-229277317089015/>

Event 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. You'll be making a right before you get to the main College building and following the road around to the back.

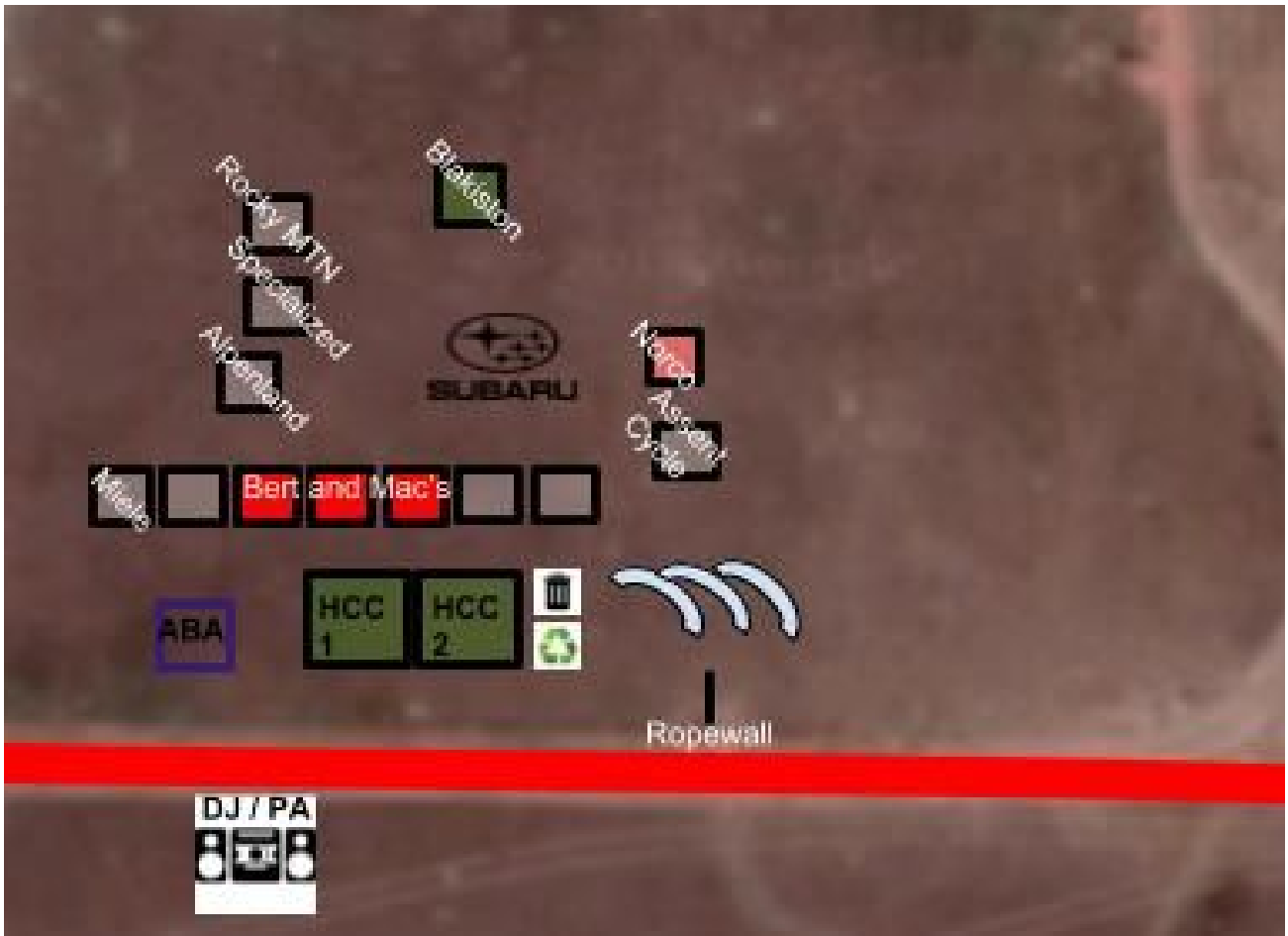
Parking: Please park only in Lots J1 and I (see map below). Absolutely no vehicles are permitted to drive or park on any grassed/natural areas.

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

Venue Map

Zoom in of start/finish area on the following page.





Saturday May 5th Alpenland Come Ride With Us & Ascent Cycle Trailblazers Youth Race

Alpenland Come Ride With Us Free mountain bike and road riding sessions



| | |
|---|--------------|
| Registration (on-site only) | 8:30 onwards |
| Headwinds MTB group rides | 9:30-11:00 |
| Headwinds Road Ride | 10:00-12:00 |
| Kids' Skill Session (introduction to basic bike handling skills and obstacle challenges) | 11:00-12:00 |

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 5th. The Trailblazers Youth Racing Series is open to all youth aged "I can ride my run bike" to 16 years old as of December 31st, 2018.



| Alberta South Region Trailblazers #1 | | |
|---|---|--|
| Cost | | \$5 per rider (<i>cash only!</i> on-site) |
| Sign-on / Registration / Pre-rides | | 12:00pm to 12:45pm |
| Race Time | | 1:00pm |
| Heat #1 | Strider Bike (kids who are not yet pedalling) | race length: around 10 minutes |
| Heat #2 | Little Rippers (beginner riders aged 8 and under) | race length: around 20 minutes |
| Heat #3 | Gnarly (beginner riders aged 9-12) | race length: around 25 minutes |
| Heat #4 | Geared & Dialed (intermediate riders aged 11-14 & riders aged 13-16) | race length: around 30 minutes |

Courses are modified to meet the level of the riders in each category. None of the Trailblazers 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. Course maps for each category will follow in an update to this guide. If you are new to racing, this is a great option over jumping right into the Cruiser.

If you are a more advanced youth rider, you may wish to compete in the Coulee Cruiser Novice categories on Sunday which consist of 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 Brad Fehr at (780) 427-6352 or bmxmlb@albertabicycle.ab.ca.

Coulee Cruiser sign-on & pre-ride

Riders registered for Sunday's Coulee Cruiser can pick up their race plate and timing chip at the registration table on Saturday afternoon from 12:00 pm - 4:00 pm. The Coulee Cruiser course will be available for pre-riding from 1:30 pm - 4:30 pm (time may be adjusted depending on completion of Trailblazers races).

Sign-on is also available on Sunday morning beginning at 8:30 am.

Detailed information regarding the course and the Coulee Cruiser event follows.

Sunday May 6th

Coulee Cruiser: Bert and Mac's Alberta Cup Race

2018 Coulee Cruiser Race Registration and Fees

The race will cost \$60 for adult racers and \$40 for youth racers. There will be a \$10 administration fee for all cancellations prior to the registration deadline. Race registration fees are not refundable after the registration deadline. Register through Zone4 registration (www.zone4.ca) or follow the links from the ABA's Events page (<http://www.albertabicycle.ab.ca/events>).

**** PLEASE NOTE **** There will be **no** race day registration. All race entries must be complete and submitted by 11:59 p.m. on Thursday May 3. 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 3 Single Event Licenses (across all disciplines) per calendar year. Please note: a single event license allows a rider to compete only in the Citizen Category.

Racers are eligible for a \$10 discount provided they volunteer for one volunteer shift over the course of the weekend. Contact Dan Hagen for the discount code: ddc0oi@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 Dan for more information: ddc0oi@gmail.com

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 as per the regulations of the UCI.

Number Plates and Timing Chips

During the 2018 MTB season CrossMgr Chip timing will be used for Alberta Cup Races. Number plates and timing chips will be handed out at the first MTB race a racer does in the season. The racer will keep the plates and chip to use for the full 2018 season. It is suggested that each racer puts his or her name on the chip so chips don't get mixed up. If a chip is lost or damaged, the racer can purchase another for the cost of \$10.00 (like the plates) The chips need to be attached to the seatpost of the bike (with zip straps) for best detection when passing by the antennas at the Start/Finish line. Chips **WILL NOT** be detected in a jersey back pocket. If you put them there you will NOT get a chip time!!!! Once a race starts, the chips are live so it will be the RESPONSIBILITY of racers who are not

in that race start to stay away from the start line as chips can be detected and a false start and wrong time in the results will be recorded by the system.

2018 Alberta Summer Games Qualifying Event

This is the Zone 1 qualifying event for the 2018 Alberta Summer Games which will run July 18-22 in Grande Prairie. See <http://www.albertabicycle.ab.ca/ab-summer-games> for more information about the Alberta Summer Games, athlete eligibility and representing Zone 1 or contact Brad Fehr at (780) 427-6352 or bmxmtb@albertabicycle.ab.ca.

The Zone team will consist of male and female riders in the following categories corresponding to their age as of December 31, 2018:

- 1 Female U13 (aged 11 to 12)
- 2 Males aged U13 (11 to 12)
- 1 Female U15 (aged 13 to 14)
- 2 Males U15 (aged 13 to 14)
- 1 Female U17 (aged 15 to 16)
- 2 Males U17 (aged 15 to 16)

Riders must register in the following categories corresponding to their age as of December 31, 2018:

- U13 and U15 Females must register in the **Sport Youth Female (U13 Expert and U15 Expert)** Alberta Cup race category
- U13 and U15 Males must register in the **Sport Youth Male (U13 Expert and U15 Expert)** Alberta Cup race category
- U17 Females must register in the **U17 Expert** Alberta Cup race category
- U17 Males must register in the **U17 Expert** Alberta Cup race category

When signing on at the registration table, you must inform the ABA Technical Delegate, Brad Fehr, that you are racing to qualify for the Alberta Summer Games.

All athletes successful in qualifying for the team will be contacted after the race.

Team Alberta Selection Event

The 2018 Coulee Cruiser will also be one of two selection Events for the 2018 Alberta Provincial XC Mountain Bike Team. The Mountain Bike Provincial Team is open to male & female athletes aged 15-18 as of Dec. 31, 2018. For more information on athlete eligibility and selection criteria visit <http://www.albertabicycle.ab.ca/team-alberta-racing>

2018 Coulee Cruiser Race Categories

| Time: | Race Category | Who this includes | Laps | Approximate Time |
|-----------------|-------------------------------|--|------|------------------|
| 10:00 AM | Start #1 | | | |
| 10:00 AM | Novice Men | Junior Novice (U19), Senior Novice, Master Novice, Master 40+ Novice | 3 | 60 min |
| 10:00 AM | Citizen Men (19-29 and 30+) | ABA Citizen License holders / Single Event License holders aged 19 to 29 as of Dec. 31, 2018 and ABA Citizen License holders / Single Event License holders aged 30 and over as of Dec. 31, 2018 | 4 | 60 min |
| 10:01 AM | Novice Women | Junior Novice (U19), Senior Novice, Master Novice, Master 40+ Novice | 3 | 60 min |
| 10:01 AM | Citizen Women (19-29 and 30+) | ABA Citizen License holders / Single Event License holders aged 19 to 29 as of Dec. 31, 2018 and ABA Citizen License holders / Single Event License holders aged 30 and over as of Dec. 31, 2018 | 3 | 60 min |
| 10:02 AM | Sport Youth Men | U13 Sport and Expert, U15 Sport and Expert, U17 Sport | 3 | 50 min |
| 10:03 AM | Novice Youth Men | All new U13, U15, and U17 riders | 2 | 35 min |
| 10:03 AM | Citizen Men (U19) | ABA Citizen License holders / Single Event License holders aged 18 and under as of Dec. 31, 2018 | 3 | 60 min |
| 10:04 AM | Sport Youth Women | U13 Sport and Expert, U15 Sport and Expert, U17 Sport | 3 | 50 min |
| 10:05 AM | Novice Youth Women | All new U13, U15, and U17 riders | 2 | 35min |
| 10:05 AM | Citizen Women (U19) | ABA Citizen License holders / Single Event License holders aged 18 and under as of Dec. 31, 2018 | 2 | 35 min |

| Time: | Race Category | Who this includes | Laps | Approximate Time |
|-----------------|----------------------|--|-------------|-------------------------|
| 12:00 PM | Start #2 | | | |
| 12:00 PM | Elite Men | Elite | 7 | 100 min |
| 12:01 PM | Expert Men | Junior Expert (U19), Senior Expert, Master Expert, Master 40+ Expert | 6 | 80 min |
| 12:02 PM | Elite Women | Elite | 6 | 90 min |
| 12:03 PM | Expert Women | Junior Expert (U19), Senior Expert, Master Expert, Master 40+ Expert | 5 | 75 min |
| 12:04 PM | U17 Expert Men | U17 Expert | 5 | 65 min |
| 12:05 PM | U17 Expert Women | U17 Expert | 4 | 60 min |
| 12:06 PM | Sport Men | Junior Sport, Senior Sport, Master Sport, Master 40+ Sport | 5 | 65 min |
| 12:07 PM | Sport Women | Junior Sport, Senior Sport, Master Sport, Master 40+ Sport | 4 | 60 min |
| 2:00 PM | Awards | | | |

Pre-Ride

Pre-riding of the course will take place on Saturday May 5th from 3:00 pm-4:30 pm and on Sunday May 6th from 8:30-9:45 am. During this time, medical staff will be available and a limited number of course marshals will patrol the course. Event signage will be up from 12:00-4:30 pm 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 Day Sign-on

All racers must sign-on prior to racing. Race sign-on and plate/timing chip pick-up will be available at the registration table from 12:00 pm-4:00 pm on Saturday May 5th and on race day (Sunday May 6th) from 8:30 am until 30 minutes prior to your race start time. Licensed racers must have their license with them at sign-on. If you forget your ABA license, we can look it up in the ABA database for a fee of \$10, so remember to bring your licenses!

For Start #1

Race Day sign-on from 8:30 am - 9:30 am.

For Start #2

Race Day sign-on from 8:30 am - 11:30 am.

Race Day Schedule

A detailed map will follow with a close-up of the start/finish/lap area and the Mechanical/Feed Zone. Please note, there will be a staging area near the start line. All racers must be at the staging area 15 MINS prior to their designated start time.

| | |
|-------|--|
| 8:30 | Sign-on |
| 8:30 | Course Pre-ride |
| 9:30 | Sign-on ends for Start #1 |
| 9:45 | Course closed / Staging for Start #1 |
| 10:00 | Start #1 (Citizen, Novice, Sport Youth) |
| 11:15 | Open course |
| 11:30 | Sign-on ends for Start #2 |
| 11:45 | Course closed / Staging for Start #2 |
| 12:00 | Start #2 (Elite, Expert incl. U17 Expert, Sport) |
| 2:00 | Awards |

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.

Food and Water

Post-race food and beverages will be provided to all racers. We do ask however that you bring all of your own race nutrition. Water will be provided for racers and volunteers, but please note that the site does not have water service, so bringing your own hydration is both recommended and appreciated.

Mechanical / Feed Zone

There will be a designated zone for feeds and mechanicals. Racers are responsible for their own mechanical work and feed zone assistance. The Feed/Mechanical zone will be clearly marked. Any help/feed outside of the feed zone will result in disqualification.

Bikes and Equipment

All your equipment needs to be in good, safe working condition, and you must wear an approved bike helmet at all times. Racers are reminded that helmet-mounted cameras are not allowed under ABA rules.

Emergency Medical Services

There will be an EMS person available all day, on-site. Please refer to the course map for the location of the EMS station.

Lodging

- **Comfort Inn** (3226 Fairway Plaza Rd S.) is also near the venue and is offering a preferred rate to participants for the Coulee Cruiser weekend AND anytime this season, in fact. Need to phone the hotel (403) 320-8874 and mention "Headwinds" to book.

<https://www.choicehotels.com/alberta/lethbridge/comfort-inn-hotels/cn424>

