

# Kicking Horse Cup Tech Guide

Golden, BC

July 27 & 28, 2013



Presented By  
Kicking Horse Cup

3 racing events to form an overall GC Points Series to find Western Canada's Best Men's and Women's Masters and Under 30 racers

In conjunction with countless volunteer hours, these races are graciously supported by:



# Welcome to the 2nd year of the Kicking Horse Cup!

3 road racing events forming a Overall GC Points Series to find Western Canada's Best all-around Road Racer.

The main goal is participation and the BC Masters Cycling Association (BCMCA) road racing format is the optimal way to begin the series given their low-key, yet highly competitive racing formats for both new and experienced road cyclists.

The BCMCA Mission Statement:

- BCMCA is a cycling club that organizes cycling events throughout BC, for men & women currently recognized as Masters.
- To provide relaxed, well organized competitive and non-competitive group rides
- Support, fun and recognition for all
- Always working as a team

Kicking Horse Cup BCMCA events have been granted 2 exceptions to further aid participation:

1. BCMCA has allowed an under 30 category for younger racers
2. Cycling BC has allowed Single Event Licenses

AWARDS: Given the participatory nature of BCMCA events, all prizing for the ITT, hill climb and road race will be non-cashed based\*, and will include volunteers in all prize draws. (\*Exception: Kicking Horse "DRILL IT" prize -\$100: 2 fastest males (under & over) the age of 30 to crack 30 minutes. \$100: 2 fastest females (under & over) the age of 30 to crack 35 minutes).

Our sponsors have generously donated over \$11,000 in draw prizes. The more races you enter the more chances you have of winning an amazing draw prize, or two... Draw prizes will be awarded after the Road Race on Sunday July 28th and will take place at the BCVC. If you are not there to claim your prize, we may mail it to you, unless it's difficult to mail or is perishable (i.e. beer). It is in your best interest to stay for the draw prizes!

Medals will be awarded to the top 3 racers overall, and to the top 3 racers in their respective 5 year age increment bracket (40-44, 45-49, etc.) after each race.

FRIDAY JULY 26<sup>th</sup> REGISTRATION & SIGN-ON: It is strongly recommended that riders, already in Golden, attend sign on and race package pickup Friday, July 26<sup>th</sup> 16:00 – 20:30 at the PEAKS BAR & GRILL, located in the KHMR Village. (Come for dinner as there is a \$5.00 coupon in your race package).

FOOD: In an effort to accommodate varying food restrictions, tastes, and reduce food waste, we have opted to keep it simple. At the races there will be bottled water, bananas, oranges, and apples and some pop. The race package will include Q Energy drinks, Honey Stinger Waffle, a \$5.00 off food voucher at Peaks Bar & Grill (at the Kicking Horse Resort) and a 20% off food coupon at the Whitetooth Bistro and Rockwater Grill in Golden. Please support these great restaurants.

CHARITY: A portion of the Kicking Horse Cup race proceeds will be donated to the Canmore Rotary - Flood Relief Fund. These funds go directly to support flood relief in the following communities: Canmore, Municipal District of Bighorn, Kananaskis Improvement District and Stoney Nakoda First Nations. Thank you for your support.

## GUIDELINES & RULES

Receiving permission to host road racing events is challenging, requiring Permits, Insurance, Association Agreements and no end to the motivation and time required to create these events benefiting the racers, the local communities, businesses and charities. BCMCA, Cycling BC and the race organizers 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 that will be outlined here. 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.

### CENTRE-LINE RULE

Riders, unless explicitly instructed otherwise or encountering a left turn or turn-around point, are to remain to the right side of the road. The right side of the road is defined as: To the right of, but not on, any painted median line, or; to the right of a virtual median line on a road without a painted median line. The penalty for a minor infraction may include one or more of the following: Warning, 30-second time penalty, \$50 fine, relegation, according to the race or event type and situation. The penalty for an infraction putting considered egregious, or a repeat infraction, will be immediate disqualification. An example of an egregious infraction is given by, but not limited to, crossing the centre line, virtual or otherwise, in such a way as to cause a direct and significant danger to the rider, other riders, or members of the public.

### GENERAL

- No team or unauthorized following vehicles in any races
- Expect a motorcycle lead vehicle for larger pelotons, but not everyone. No drafting off the motorcycle escort, if the driver is too close please waive him/her forward
- Aero or Tri Bars are allowed for the ITT only. NO aero or tri bars for the Hill Climb or Road Race
- Given the short course nature, no feed zones or wheel cars will be available
- Pumps, seat bags, and patch kits will be securely stored in jerseys (not attached to bikes) while racing
- Do not re-cross the finish line, in either direction, more than once at the end of the race
- Please respect law enforcement, volunteers and locals. Do not antagonize.
- Riders should at all times ride single file when not racing and follow the rules of the road
- Please ride logically and defensively remembering it is an amateur bike race and although it may hurt, it should still be "fun"

**RIDER CONDUCT:** Unsportsmanlike conduct will not be tolerated, including but not limited to public urination, littering, use of profane language and verbal abuse of officials. Officials have the right to assess points penalties and/or disqualify riders from the race if deemed necessary. Bottles and trash are to be discarded in the trash only, not roadside.

**RACE NUMBERS:** Race numbers shall be pinned to the upper right torso with the numbers reading vertically (see racer #125 below). Please zip-tie the frame plate to the seat post so it is clearly legible from the right side of the bike. Please do not hesitate to make contact race if finish discrepancies arise, there will be a camera shooting group finishes. Please provide your own safety pins and frame plate zip-ties.

Placement is the key for proper pinning of your number and getting an accurate result. Race numbers need to be located so that officials can see them standing along-side the race course and so that the camera can also see it if needed. Luckily the ideal position works for both the camera and the officials.



As you can see in these examples, numbers that are further down on the side are easier to see, and as the number goes further up onto the back of a rider, the harder it is to see. Sometimes an official or camera positioned on a raised platform can see numbers placed higher on the back but not necessarily.

A good guide to use is the middle of your jersey's side panel—the bottom edge of your number should hit this mark. This will make sure the number is low enough to be seen from the side, but not so low that a camera positioned above couldn't see it. Rider number 125 (top-right) in this photo is a good example of this.

ACKNOWLEDGMENT : Bike Racing could not happen without the tireless support of volunteers hours and sponsors generosity! Please thank and support them whenever possible.

## July 27<sup>th</sup>, 2013 : Prologue ITT Golden to Nicholson

COURSE: Reflection Lake Road to Nicholson, 5.7 km on the shoulder of Highway 95 south. Course is just long enough to be painful but not too painful before the hill climb. Short and sweet.



DETAILS: The ITT takes place on the shoulder of Highway 95 South and turns right off the highway to enter Nicholson. The finish is uphill, past the school and general store. This is not a closed course, CAUTION must be used when crossing the highway to the race start. No more than 10 riders in the start zone at a time. Start times will be listed at the sign-on table. (Pending registration, start times may be available at the race package pick-up on Friday evening at Peaks Bar and Grill).

### ENTRY FEES:

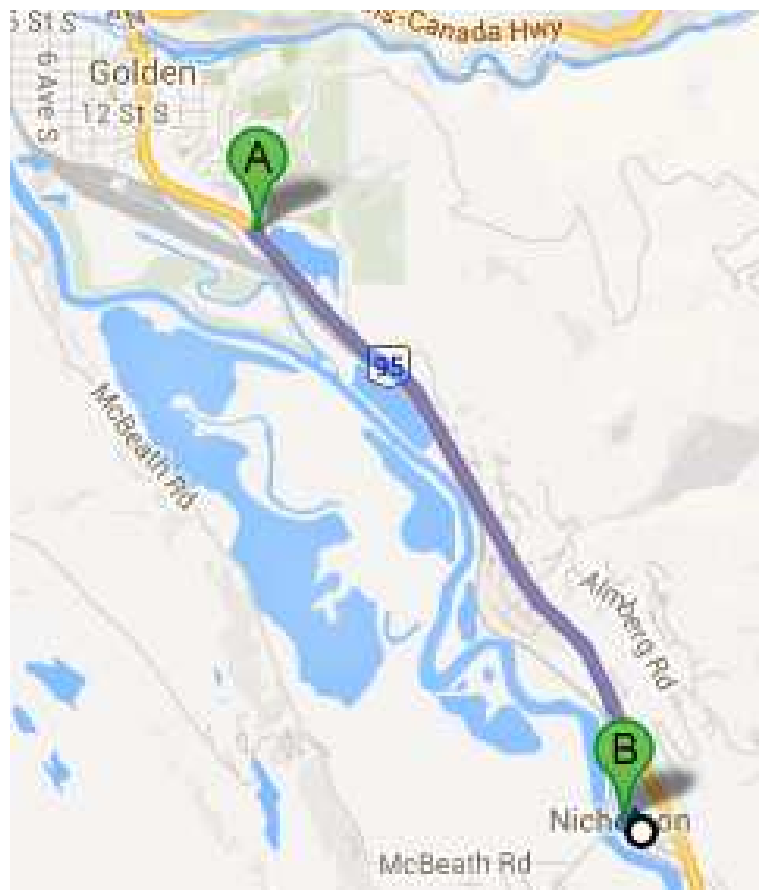
Licensed BCMCA Member	\$20
Licensed UCI/ Cycling BC >30	\$25
Licensed UCI /Cycling BC <30	\$25
UNLICENSED Racer >30	\$35
UNLICENSED Racer <30	\$35

Please register at [www.zone4.ca](http://www.zone4.ca)

Online registration will close, July 26<sup>th</sup> at NOON.  
Day-Of Registration is only open to BCMCA Members only, please bring exact registration fee amounts in CASH.  
No cheques, IOU's or otherwise will be accepted.

FRIDAY JULY 26<sup>th</sup> REGISTRATION & SIGN-ON: It is strongly recommended that riders, already in Golden, attend sign on and race number pickup Friday, July 26<sup>th</sup> 16:00 – 20:30 at the PEAKS BAR & GRILL, located in the KHMR Village.

DAY-OF REGISTRATION & SIGN-ON: Riders must present a 2013 UCI or Cycling BC Citizen license at sign-on with photo ID and sign waivers as necessary. If you have registered incorrectly, you must pay the outstanding amount and resign the waiver prior to racing.  
Single Event Licensee will need to sign the waiver in person even if they have completed the waiver online. Bring photo ID.  
BCMCA members will be verified from the masters  
[www.kickinghorsecup.com](http://www.kickinghorsecup.com)



BCMCA list. Day-of sign-on is at the Reflection Lake parking lot. Reflection Lake is on the south side of Golden as you are traveling south on Highway 95 toward Invermere.

**PARKING:** All racers must park in the Reflection Lake Parking lot on the left side on Reflection Lake road. There is plenty of room in this parking lot for your team warm up tent. Look for the registration table beside the TCR tent.

**PUBLIC WASHROOMS:** Near the gazebo at Reflection Lake.

**TIMING CHART** (all times in MST):

8:30 - 9:30	Day of Registration & Sign On in the Reflection Lake Parking Lot
9:31	REGISTRATION, SIGN-ON & PRE-RIDING CLOSED (no exceptions)
10:00	ITT starts (30 second intervals)

**FINISH:** All racers must pass under the Finish area. Upon crossing the Finish Line, all racers will continue straight in a NEUTRAL NON-RACING state and stop at the sign before turning left onto Highway 95. Cyclists will continue back down Highway 95 toward Golden. Please do not cross the race course, please use the ride back into Golden as your cool down on Highway 95.

**AWARDS:** ITT awards will be held post the Kicking Horse Hill Climb just in front of Peaks Bar and Restaurant.



# Kicking Horse Hill Climb

COURSE: Downtown Golden, BC Spirit Square to Kicking Horse Mountain Resort being 14 km & 503 m elevation gain

UCI Category 2 - Kicking Horse Climb - Elevation Profile



DETAILS: Separate male and female mass starts from the Spirit Square will send racers directly to and along the Kicking Horse River, passing the confluence with the Columbia River. Upon crossing the Columbia River, the 11 km, 503 metre, UCI Category 2 climb to Kicking Horse Mountain Resort begins continue up, through the resort to the intersection of Kicking Horse Trail, with Hector Trail at the entrance of Purcell Woods Close (an finishing arch will be in place). A sub 30 minute time on this course would be record breaking! Pending registration and total number of racers, multiple starts may be required and will be allocated by gendre and age groupings.

## ENTRY FEES:

Licensed BCMCA Member	\$20
Licensed UCI/ Cycling BC >30	\$25
Licensed UCI /Cycling BC <30	\$25
UNLICENSED Racer >30	\$35
UNLICENSED Racer <30	\$35



Please register at [www.zone4.ca](http://www.zone4.ca)

Online registration will close, July 26<sup>th</sup> at NOON.

Day-Of Registration is only open to BCMCA Members only, please bring exact registration fee amounts in CASH. No cheques, IOU's or otherwise will be accepted.

FRIDAY JULY 26<sup>th</sup> REGISTRATION & SIGN-ON: It is strongly recommended that riders, already in Golden, attend sign on and race number pickup Friday, July 26<sup>th</sup> 16:00 – 20:30 at the PEAKS BAR & GRILL, located in the KHMR Village.

DAY-OF REGISTRATION & SIGN-ON: Riders must present a 2013 UCI or Cycling BC Citizen license at sign-on with photo ID and sign waivers as necessary.

Single Event Licensee will need to sign the waiver in person even if they have completed the waiver online. Bring ID. BCMCA members will be verified from the masters BCMCA list. Day-of sign-on is at the Spirit Square. The Spirit Square is a pedestrian area located behind main street along the river near the Timberframe bridge.

PARKING: All racers must park in the Golden Chamber of Commerce parking lot, located at 500 10<sup>th</sup> Ave North, Golden, BC (it is the large parking lot across from the 7/11). There is a small Saturday Farmer's Market in the Spirit Square, please be conscious of parking and space. Warm-Up rollers/or trainers are welcome in the parking lot area or the Spirit Square. Please contact [info@kickinghorsecup.com](mailto:info@kickinghorsecup.com) if your team intends to bring a warm up tent and we will arrange for Spirit Square space.

PUBLIC WASHROOMS: In the Spirit Square.

MANDATORY PRE-RIDE: All racers must pre-ride the race course section from the Spirit Square Start, along the river, crossing the railroad tracks and the single lane, wood planked bridge crossing the Columbia River. This is for both your safety and the safety of the racers around you. Please ensure you speed and comfort zones for these crossings. The course will be closed to all pre-riding at 2:30 pm, any riders on-course after that time will be immediately disqualified. Please use caution while pre-riding as the road will be open to traffic.

TIMING CHART (all times in MST):

14:30 - 15:30	Day of Registration & Sign On in the Golden Spirit Square
15:31	REGISTRATION, SIGN-ON & PRE-RIDING CLOSED (no exceptions)
16:00	Men's Start 1 (under 30 year)
16:05	Men's Start 2: All Masters (70's 60's & 50's)
16:10	Women's Start or Men's Start 3 (30's & 40's if needed)
16:15	Women's Start if Men's Start 3 required above at 15:10
18:00	Awards at PEAKS at KHMR (use your \$5 food coupon)

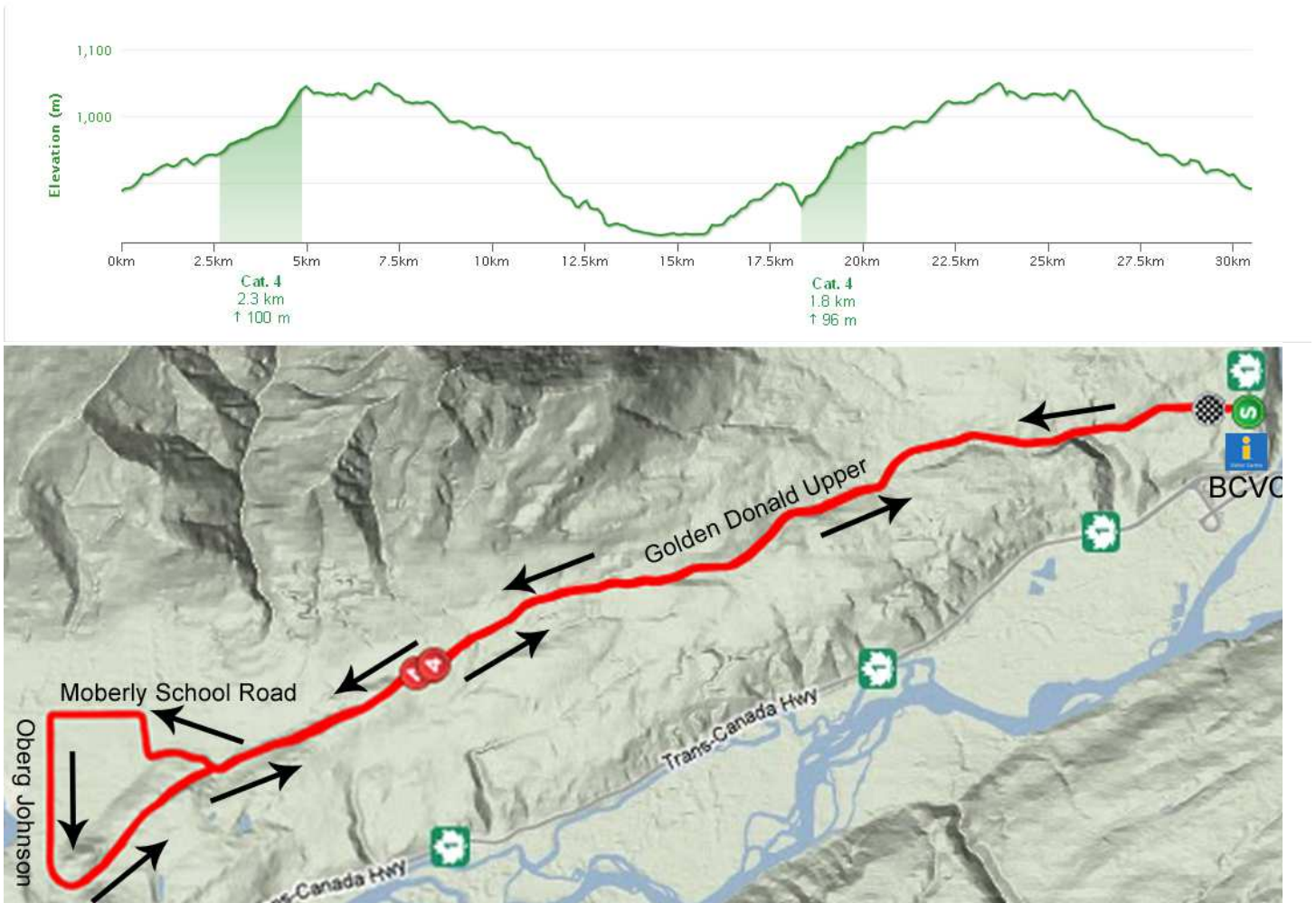
FINISH: All racers must pass under the Finish arch. Upon crossing the Finish Line, all racers will continue around Purcell Woods loop in a COUNTER CLOCKWISE DIRECTION and in a NEUTRAL NON-RACING state. Cyclists will continue back down Kicking Horse Trail and enter the Kicking Horse Resort Village at the Daylodge. Please do not cross the race course, please use Palliser Trail for cool down rides. Riders should make their way to the PEAKS for awards. There is a \$5.00 food coupon in your race package for PEAKS.

CLOTHING BOX: There will be a clothing box at the race start for each of the groups racing. Place any clothes you want to change into after your race in the box and it will go up the hill with race vehicle. Clothes can be picked up at the car on Hector Trail after you race. Please keep bags small and preferably labeled with your name on it. Kicking Horse Cup takes no responsibility for lost or stolen items.

# July 28<sup>th</sup>, 2013 : Golden Roady Circuit Race

COURSE: Starting at the BC Visitors Centre, riders will pass through the traffic circle and head northwest on Golden Donald Upper Road, veer right to Moberly School Road, Turn Left onto Oberg Johnson and regain Golden Donald Upper heading Southeast back to the BCVC, around the round-about for a second lap. This creates a total racing distance of 61 km with 968 m elevation gain (see map below).

Golden Roady 2 Lap Circuit Race - Single Lap Elevation Profile



DETAILS: This Eye-of-the-Needle race course will be run as a BCMCA Australian Pursuit, meaning that 70 yr old races will start first and start the race timing. 6 minutes later, the 60 year old racers will start, 5 minutes later the 50's, 4 minutes later that 40's, 3 minutes later the 30's and 2 minutes later the under 30 category. Regardless of time handicap by age, the first males and females to cross the finishing line will be the overall winners, with separate top 3 awards to 5 year age increment placements. Age groups will be forced to work hard together in an attempt to gap-up to the leading age groups up the road. The ride starts at 9:00 am so that there is a minimum of traffic on the road.

## ENTRY FEES:

Licensed BCMCA Member	\$20
Licensed UCI/ Cycling BC >30	\$25
Licensed UCI /Cycling BC <30	\$25
UNLICENSED Racer >30	\$35
UNLICENSED Racer <30	\$35

Please register at [www.zone4.ca](http://www.zone4.ca)

Online registration will close, July 26<sup>th</sup> at NOON.

Day-Of Registration is only open to BCMCA Members only, please bring exact registration fee amounts in CASH. No cheques, IOU's or otherwise will be accepted.

FRIDAY JULY 26<sup>th</sup> REGISTRATION & SIGN-ON: It is strongly recommended that riders, already in Golden, attend sign on and race number pickup Friday, July 26<sup>th</sup> 19:00 – 20:30 at the PEAKS BAR & GRILL, located in the KHMR Village.

DAY-OF REGISTRATION & SIGN-ON: Riders must present a 2013 UCI or Cycling BC Citizen license at sign-on with photo ID and sign waivers as necessary.

Single Event Licensee will need to sign the waiver in person even if they have completed the waiver online. Bring Photo ID.

BCMCA members will be verified from the masters BCMCA list. Day-of sign-on is at the BCVC located just off the highway into Golden on Golden Upper Donald Road. Look for the Golden British Columbia Visitor Centre.

PARKING: All racers must park in the gravel parking lot, adjacent to the Golden Days Inn, 1416 Golden View Road, Golden, BC. This is on the the south side of the Trans Canada Highway #1, at the top of hill, just east of Golden. From this parking lot it is a 300m ride to the BC Visitors Center (BCVC) via the HWY #1 overpass and through the traffic circle. Please no parking at the BCVC, or adjacent businesses or along the race course! Warm-Up rollers/or trainers are welcome at the front south-side on the patio of the BCVC or behind the BCVC by the Pony Express Café patio (please do not use a parking stall). Please contact [info@kickinghorsecup.com](mailto:info@kickinghorsecup.com) if your team intends to bring a warm up tent and we will arrange for BCVC space.

PUBLIC WASHROOMS: In the BC Visitors Centre.

PRE-RIDE: Pre-ride the course before 8:30 am on July 28th. Please use caution while pre-riding as the road will be open to traffic. The course will be closed to all pre-riding at 8:31 am, any riders on-course after that time will be immediately disqualified.

TIMING CHART (all times in MST):

7:30 - 8:30	Day of Registration & Sign-On at the BCVC
8:31	REGISTRATION, SIGN-ON & PRE-RIDING CLOSED (no exceptions)
9:00	Start 1: >70 yr old males & >55 yr old women
9:06	Start 2: 60 yr old males & 45 – 54 yr old women
9:11	Start 3: 50 yr old males & 35 – 44 yr old women
9:15	Start 4: 40 yr old males & 30 – 34 yr old women
9:18	Start 5: 30 yr old males & under 30 women
9:20	Start 6: under 30 yr old males
12:00	Awards & Door Prize Draws at BCVC Pony Express Patio

FINISH: The run-in to the Pine Drive finish line will be fast and furious, please be cautious & communicative with those around you after crossing the finish line as you re-enter the traffic circle, consider a straight shot through if you are carrying too much speed in lieu of heavy breaking (for those behind you) or a tight turn into the BCVC or around the traffic circle. COMMUNICATE YOUR INTENTIONS to those around you! All racers must pass under the Finish arch. Please use either Golden View Road & the bike path or Lapp Road for cool down riding, please do not clutter the traffic circle once your race is complete. 20% off discount on the Whitetooth Bistro and Rockwater Grill are in your rider packages.

## Kicking Horse Cup Contenders

GC Definition: The Kicking Horse Cup General Classification (GC) is the overall racing category that tracks total points for racers across the 3 road races. Each race will have a specific winner, but the overall winner in the GC is the rider who has the most points when all the individual stage results are combined. A Points Tie will be reconciled in a fair & equitable manner, using racing times and placements of the Tied cyclists against each other.

The GC Mission: To find Western Canada's best road racer, across the ITT, Hill Climb and Australian Pursuit race.

GC Points System: Racers will challenge a per race, results-based, points system.

Categories: All Kicking Horse Cup GC contenders will be placed into Men's & Women's, A & B categories based on their Alberta or British Columbia race license level, or as they self-declare should they not hold a current license.

GC Racers buying day licenses for each event will self-categorize themselves (no sandbagging - your past race results will be researched) and we reserve the right to move racers between A & B categories as necessary to be fair to all racers and prizing. Placement Points from each race are based on the UCI Tour de France model as follows:

NB: For those contesting the GC, the BC Masters Circuit Road Race will be normalized into the A/B categories and pointed based on actual, non-handicapped racing time.

Place	Points	Place	Points
1	200	11	40
2	150	12	30
3	120	13	24
4	110	14	20
5	100	15	16
6	90	16	12
7	80	17	10
8	70	18	8
9	60	19	6
10	50	20	4