

# KENTVILLE XC CANADA CUP 2018 TECHNICAL GUIDE



**TrailFlow**  
Outdoor Adventures

Kentville



# 2018 KENTVILLE CANADA CUP XC TECHNICAL GUIDE

## - TABLE OF CONTENTS -

ORGANIZER INFORMATION	
EVENT RULES . . . . .	.3
EVENT LOCATION	
DISTANCES AND TRAVEL TIMES . . . . .	.4
EVENT REGISTRATION / SIGN IN	
RACE CATEGORIES AND FEES . . . . .	.5
POINTS SCALE . . . . .	.6
UCI POINTS AND PRIZE MONEY	
COURSE LAYOUT . . . . .	.8
EVENT TIMING	
FEED AND TECHNICAL ZONES	
PARKING AND PIT ZONE . . . . .	.10
TRANSPORTATION TO EVENT SITE	
WHERE TO STAY	
VISITOR INFORMATION . . . . .	.11
EVENT SCHEDULE . . . . .	.12
HOSPITAL AND MEDICAL SUPPORT . . . . .	.14
MEMORIAL PARK SITE MAP. . . . .	.15
KEY EVENT PARTNERS . . . . .	.16



## TrailFlow Outdoor Adventures

2432 Greenfield Rd. Forest Hill,  
Nova Scotia, B4P 2R1

.....

Join us August 4 / 5, 2018 in Kentville Nova Scotia for the first Canada Cup race in Atlantic Canada in over a decade! This exciting event is hosted in partnership between The Town of Kentville, TrailFlow Outdoor Adventures and with support from Bicycle Nova Scotia and Cycling Canada.

This XCO format event takes place just minutes from the downtown of Kentville Nova Scotia, at “The Gorge”. Widely regarded as one of the most challenging XC courses in the province, The Gorge offers up a healthy dose of technical riding with steep climbs, rough descents, plenty of roots, rocks and good times!

***Guide updated February 2018 and is subject to revision.***

### ORGANIZER INFORMATION:

<b>Organizer / Organisateur:</b>	TrailFlow Outdoor Adventures
<b>Address / Adresse:</b>	2432 Greenfield Rd. Forest Hill, Nova Scotia, Canada B4P 2R1
<b>Name / Nom:</b>	Ryan Lindh
<b>Telephone / Téléphone:</b>	1 902 300 9449
<b>Email:</b>	race@trailflow.ca
<b>Website / Site Web:</b>	www.kentvillecanadacup.ca

### EVENT RULES:

UCI Regulations and Cycling Canada specific regulations will be enforced for all Categories. Valid UCI international licenses are required for all Canada Cup categories. 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.

This event is sanctioned as a UCI C2 event for the Cross Country Olympic format.

Unlicensed racers will be able to purchase a One Event Membership to Bicycle Nova Scotia for a fee of \$25.

## EVENT LOCATION:

Found just over an hour outside of Halifax, Nova Scotia, Kentville is home to a thriving mountain biking scene and will be host to Atlantic Canada's only Canada Cup race in 2018.



Main event staging, parking and registration will be held at Memorial Park - 125 Park Street, Kentville, NS, with the racing taking place across the road at The Gorge trails as well as on closed sections of paved roads and grass fields at Memorial Park.

## DISTANCES AND TRAVEL TIMES:

Below are the approximate distances and travel times by car to the race site.

<b>Halifax International Airport</b>	<b>110KM</b>	<b>1h05</b>	
<b>Quebec City, Quebec</b>	<b>1,000KM</b>	<b>10h30</b>	
<b>Montreal, Quebec</b>	<b>1,300KM</b>	<b>12h30</b>	
<b>Toronto, Ontario</b>	<b>1,900KM</b>	<b>18h00</b>	
<b>Fredericton, New Brunswick</b>	<b>510KM</b>	<b>4h50</b>	
<b>Charlottetown, Prince Edward Island</b>	<b>400KM</b>	<b>4h00</b>	(via bridge)
<b>St. John's, Newfoundland</b>	<b>1,200KM</b>	<b>22h30</b>	(via ferry)
<b>Bangor, Maine, USA</b>	<b>470mi</b>	<b>7h30</b>	

## EVENT REGISTRATION / SIGN IN:

Online registration will be available and linked from our main event site at [www.kentvillecanadacup.ca](http://www.kentvillecanadacup.ca) starting June 2018 and will remain open until August 3 at 11:55PM.

Elite/ U19 and U17 Expert category racers **MUST** register by end of day Friday August 2. No day of registration will be offered for these riders.

Sign in, late registration, race plate and event welcome package pick up will be at Memorial Park (125 Park St, Kentville, NS) directly across from Gladys Porter Dr. and the main trails at "The Gorge". Pick up times are listed in the event schedule on pages 12 / 13.

## RACE CATEGORIES AND FEES:

Ages refer to riders age at end of calendar year (December 31, 2018)

### Canada Cup Categories

Category	Finish Time	Online Registration Fee	On site Registration Fee
Elite Men	1h20 - 1h40	\$60	\$80
Elite Women	1h20 - 1h40	\$60	\$80
Junior (17-18) Expert Men	1h00 - 1h15	\$50	\$70
Junior (17-18) Expert Women	1h00 - 1h15	\$50	\$70
U17 (15 - 16) Expert Men	0h45 - 1h00	\$35	\$50
U17 (15 - 16) Expert Women	0h45 - 1h00	\$35	\$50

### Challenge Categories

Category	Finish Time	Online Registration Fee	On site Registration Fee
U11 (9-10) Boys / Girls	0h20 - 0h30	\$15	\$20
U13 (11-12) Boys / Girls	0h25 - 0h45	\$25	\$30
U15 (13-14) Boys / Girls	0h30 - 0h55	\$25	\$30
U17 (15-16) Boys / Girls	0h45 - 1h00	\$30	\$40
Senior Expert Men (17+)	1h00 - 1h15	\$50	\$60
Senior Expert Women (17+)	1h00 - 1h15	\$50	\$60
Master Men 30 - 39	1h00 - 1h30	\$50	\$60
Master Women 30 - 39	1h00 - 1h30	\$50	\$60
Master Men 40 - 49	1h00 - 1h30	\$50	\$60
Master Women 40+	1h00 - 1h15	\$50	\$60
Master Men 50+	1h00 - 1h15	\$50	\$60
Senior Sport Men (17+)	0h45 - 1h00	\$40	\$50
Senior Sport Women (17+)	0h45 - 1h00	\$40	\$50

## POINTS SCALE:

Canada Cup Series points will be awarded based on finishing positions as outlined in the below chart.

### Elite Points Allocation

Place	200 Point Scale
1	200
2	175
3	155
4	140
5	130
6	120
7	115
8	110
9	105
10	100
11	95
12	90
13	85
14	80
15	75
16	71
17	69
18	66
19	64
20	62
21	60
22	58
23	56
24	54
25	52
26	50
27	49
28	48
29	47
30	46
31	45
32	44
33	43
34	42
35	41
36	40
37	39
38	38

Place	200 Point Scale
39	37
40	36
41	35
42	34
43	33
44	32
45	31
46	30
47	29
48	28
49	27
50	26
51	25
52	24
53	23
54	22
55	21
56	20
57	19
58	18
59	17
60	16
61	15
62	14
63	13
64	12
65	11
66	10
67	9
68	8
69	7
70	6
71	5
72	4
73	3
74	2
75	1

## POINTS SCALE CONTINUED:

Canada Cup Series points will be awarded based on finishing positions as outlined in the below chart.

### Junior & U17 Expert Points Allocation

Place	100 Point Scale	Place	100 Point Scale
1	100	21	20
2	85	22	19
3	70	23	18
4	60	24	17
5	50	25	16
6	45	26	15
7	40	27	14
8	37	28	13
9	34	29	12
10	32	30	11
11	30	31	10
12	29	32	9
13	28	33	8
14	27	34	7
15	26	35	6
16	25	36	5
17	24	37	4
18	23	38	3
19	22	39	2
20	21	40	1

## EVENT OFFICIALS:

<b>Organizer / Organisateur:</b>	TrailFlow Outdoor Adventures - Ryan Lindh, Michelle Marcinkiewicz
<b>Chief Commissaire</b>	Gal Alon
<b>Asst. Chief Commissaire</b>	Pierre-Olivier Neault
<b>Secretary</b>	Andre Ouellette
<b>Start Judge</b>	Christian Coté
<b>Finish Judge</b>	TBD

## UCI POINTS AND PRIZE MONEY:

Points for UCI standings and prize money will be awarded in the Elite racers in both the Women's and Men's categories. The below chart outlines the allocations.

Currency conversion done using UCI set rate of 1.5034 Canadian Dollar = 1.00 Euro.

### UCI C2 Elite

Place	UCI Points Awarded	Min. Prizing (€ EURO)	Min. Prizing (\$ CAD)
1	30	250	375.85
2	20	200	300.68
3	15	150	225.51
4	12	125	187.93
5	10	100	150.34
6	8	90	135.31
7	6	80	120.27
8	4	70	105.24
9	2	60	90.20
10	1	50	75.17

## COURSE LAYOUT:

The map on the following page shows the proposed course layout for our 2018 race. Each lap will be approximately 5.25 - 5.50 KM depending on final layout and have roughly 160M of climbing. U11 and U13 racers will use a modified shorter course.

Start / Finish segment is 300M long and has 20M climbing / descending.

Lap counts to be announced closer to event date once the course is finalized.

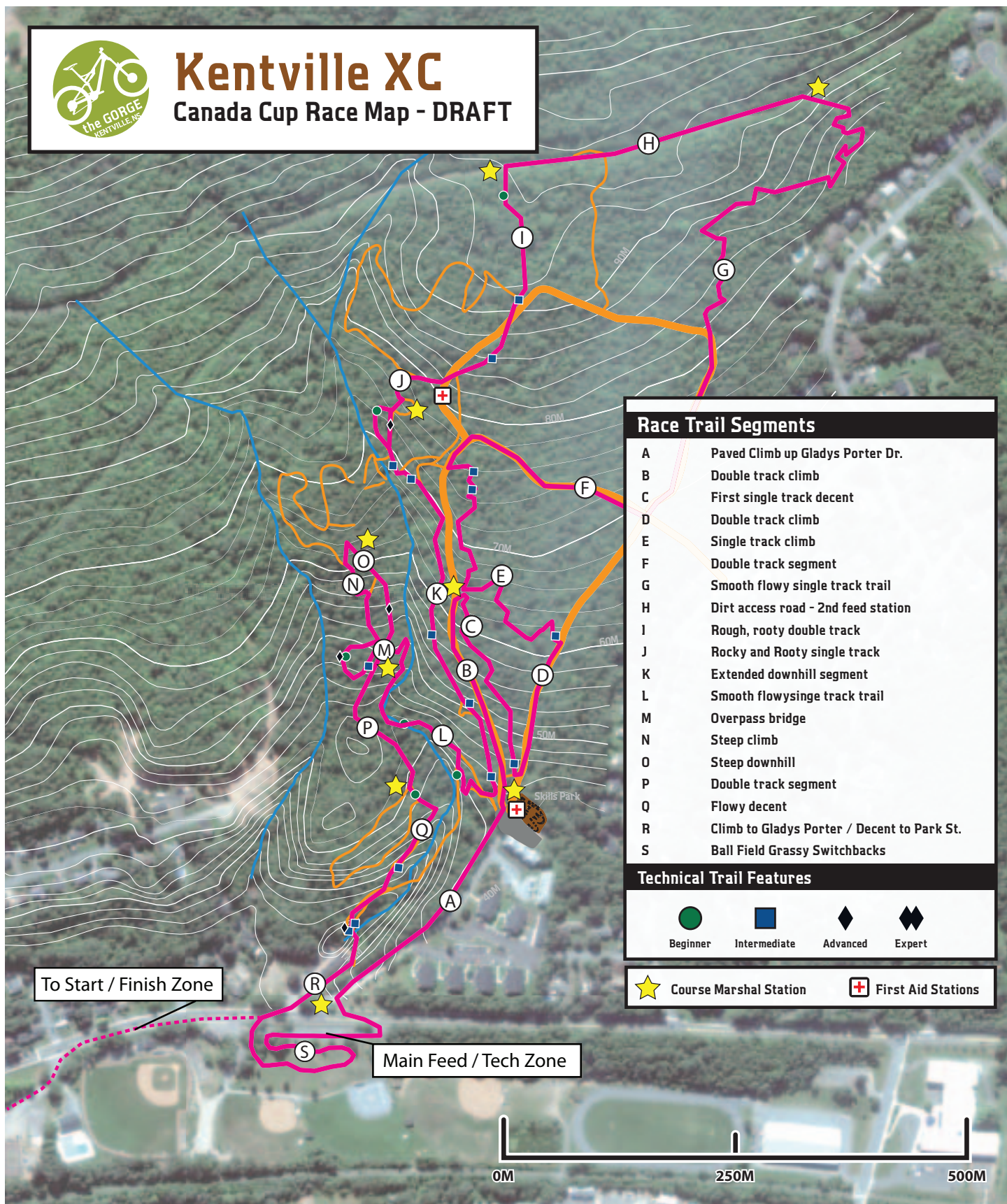






# Kentville XC

## Canada Cup Race Map - DRAFT





### Race Trail Segments

- A Paved Climb up Gladys Porter Dr.
- B Double track climb
- C First single track decent
- D Double track climb
- E Single track climb
- F Double track segment
- G Smooth flowy single track trail
- H Dirt access road - 2nd feed station
- I Rough, rooty double track
- J Rocky and Rooty single track
- K Extended downhill segment
- L Smooth flowysingle track trail
- M Overpass bridge
- N Steep climb
- O Steep downhill
- P Double track segment
- Q Flowy decent
- R Climb to Gladys Porter / Decent to Park St.
- S Ball Field Grassy Switchbacks

### Technical Trail Features

-  Beginner
-  Intermediate
-  Advanced
-  Expert

-  Course Marshal Station
-  First Aid Stations

### EVENT TIMING:

This race will utilize electronic chip timing with manual stop watch as a back up in the event of a lost or damaged chip or dispute in results. Cameras at the finish line will also be utilized for photo finish confirmations. Chips are to be attached to the bike on the fork legs using the provided strap.

A timing strip will be located at the start / finish zone as well as near the main feed / tech zone to record lap times.

### FEED AND TECHNICAL AREAS:

We have allocated the upper parking lot at Memorial Park for our main feed/tech zone, running towards the West and slightly uphill. Space will be available on both the left and right sides of the course for stations. Roughly 150M for stations will be available.

An additional feed zone can will be placed at the top of the course on the upper double track. Vehicle access to this dirt road is available for drop off's and a shuttle can be provided.

Feed / Tech areas will be split into three zones.

Zone 1: UCI Teams/CC Trade Teams/Provincial Teams

Zone 2: Provincial Club Teams

Zone 3: All other riders

### PARKING AND PIT ZONE:

Three parking areas will be available at the Memorial Park site with capacity for over 100 vehicles. Additional staff parking on site at The Gorge will be available for roughly 15 - 20 more vehicles.

Overflow and spectator parking will be available at the nearby soccer complex and Kings County Academy school, less than 1 KM from the main event site. A multi use trail connects the two spaces. Directional signage will be provided.

Space for team tents and pit areas will be allocated again at Memorial Park. Spaces will be on a first come first served basis and will be split into approximately 4 x 6 meter blocks. Any teams requiring additional space are encouraged to contact the event organizer at least two weeks in advance or the race to reserve a location.

## TRANSPORTATION TO EVENT SITE:

The main event areas at Memorial park are directly across the road from the trails at The Gorge and less than a five minute drive from downtown Kentville.

For those traveling to Nova Scotia via the Halifax International Airport, the race site is approximately a one hour drive. Airport shuttles, taxis and car rentals are all available. Please visit [\*\*halifaxstanfield.ca/transportation/\*\*](http://halifaxstanfield.ca/transportation/) for details.

## WHERE TO STAY:

There are many great options for lodging near the Kentville area with several motels, hotels, bed and breakfasts located within a short drive from the race site. Camping is also an option with multiple campgrounds nearby. Visit [\*\*www.kentvillecanadacup.ca/event-details.html\*\*](http://www.kentvillecanadacup.ca/event-details.html) for a list of near by accommodations.

## VISITOR INFORMATION:

The Town of Kentville where the race is held has all the amenities required to support your stay while in Nova Scotia. The downtown includes a grocery store, banks, coffee shops, restaurants, a bike shop, motels and more. To learn more about Kentville, visit [\*\*www.kentville.ca\*\*](http://www.kentville.ca)

The surrounding area in ***“The Annapolis Valley”*** has much to offer with great riding, hiking, paddling and other outdoor adventures to be found!

### Popular local riding and hiking destinations include:

- |   |                              |
|---|------------------------------|
| • The Gorge, Kentville                      | Your host Canada Cup trails! |
| • Burgher Hill Four Cross Course, Kentville | In town                      |
| • Kentville Ravine Trail                    | In town                      |
| • Miners Marsh Trail                        | In town                      |
| • Kentville Skate Park                      | In town                      |
| • The Links, Woodville                      | 20 KM from Kentville         |
| • Reservoir Park, Wolfville                 | 15 KM from Kentville         |
| • Anima Mundi, Gaspereau                    | 20 KM from Kentville         |
| • Irishman’s Road Recreation Site, Windsor  | 45 KM from Kentville         |
| • Cape Split Provincial Park, Scott’s Bay   | 35 KM from Kentville         |
| • Blomidon Provincial Park, Canning         | 30 KM from Kentville         |

Looking for a slower paced activity for your days off? Check out one of the many local wineries, breweries and farm markets. Also, be on the look out for our many great museums, historical sites and community parks. To learn more visit [\*\*www.valleytourism.ca\*\*](http://www.valleytourism.ca)

## EVENT SCHEDULE:

Racing will happen on Saturday August 4 and Sunday August 5, 2018. Our tentative schedule for the event is as follows and is subject to change. Please contact ***race@trailflow.ca*** for the most up to date information.

### *Thursday, August 2:*

<i>Course Inspection</i>	<i>9:00 AM - 12:00 PM</i>
<i>Open course practice (minus start/finish area/ road sections)</i>	<i>12:00 PM - 5:00 PM</i>
<i>Registration and event info booth open</i>	<i>1:00 PM - 5:30 PM</i>
<i>Guided Rides of the course (leaving every hour)</i>	<i>2:00 PM - 5:00 PM</i>

### *Friday, August 3:*

<i>Offical Training (full course, fully marked)</i>	<i>10:00 AM - 4:00 PM</i>
<i>Registration and event info booth open</i>	<i>9:00 PM - 6:00 PM</i>
<i>Riders meeting</i>	<i>5:00 PM</i>
<i>Bonus - Friday Night 4X at Burgher Hill</i>	<i>6:00 PM - 8:00 PM</i>

### *Saturday August 4:*

<i>Plate / package pick up, sign in, late registration (for Saturday races)</i>	<i>7:00 AM - 8:30 AM</i>
<i>Plate / package pick up, sign in, and registration (for Sundays races)</i>	<i>10:00 AM - 5:00 PM</i>

<i>Morning training</i>	<i>7:00 AM - 8:00 AM</i>
<i>Course closed for final inspection</i>	<i>8:00 AM</i>

<i>First start - All U11 / U13 riders</i>	<i>9:00 AM</i>
---	----------------

<i>Second start - All U15 / U17 riders</i>	<i>11:00 AM</i>
--	-----------------

<i>Third Start - Masters Women 30-39, Masters Men 30-39</i>	
<i>Masters Women 40+, Masters Men 40-49, Masters Men 50+</i>	
<i>Senior Sport Men, Senior Sport Women</i>	<i>1:00 PM</i>

<i>Saturdays race awards</i>	<i>3:15 PM</i>
------------------------------	----------------

<i>Open course practice (full course, fully marked)</i>	<i>4:00 PM - 6:00 PM</i>
---	--------------------------



### *Sunday August 5:*

*Plate / package pick up, sign in, late registration* 7:00 AM - 8:30 AM  
(Late reg for Senior Expert/Sport only)

*Morning training* 7:00 AM - 8:00 AM  
*Course closed for final inspection* 8:00 AM

*First Start - U17 Expert Men, Senior Expert Men*  
*U17 Expert Women, Senior Expert Women* 9:00 AM

*Second Start - Elite Women, Junior Women* 11:00 AM

*Third Start - Elite Men, Junior Men* 1:00 PM

*Sundays race awards* 3:15 PM

### **RIDER CALL UP AND STARTS:**

Approximately 15 minutes before the start of each race riders will be called up to the start line where they will be ordered by the event Commissaire based on UCI and national ranking. Riders with no ranking will be ordered at random by number plate.

#### ***U17 (Canada Cup)***

- 1. Top 16 of the current Canada Cup ranking*
- 2. Random order*

#### ***Junior (UCI)***

- 1. All riders on the current UCI ranking*
- 2. Top 16 of the current Canada Cup ranking*
- 3. Random order*

#### ***U23/Elite W/F & U23/Elite M/H***

- 1. All riders on the current UCI ranking*
- 2. All riders on the current Canada Cup ranking*
- 3. Random order*

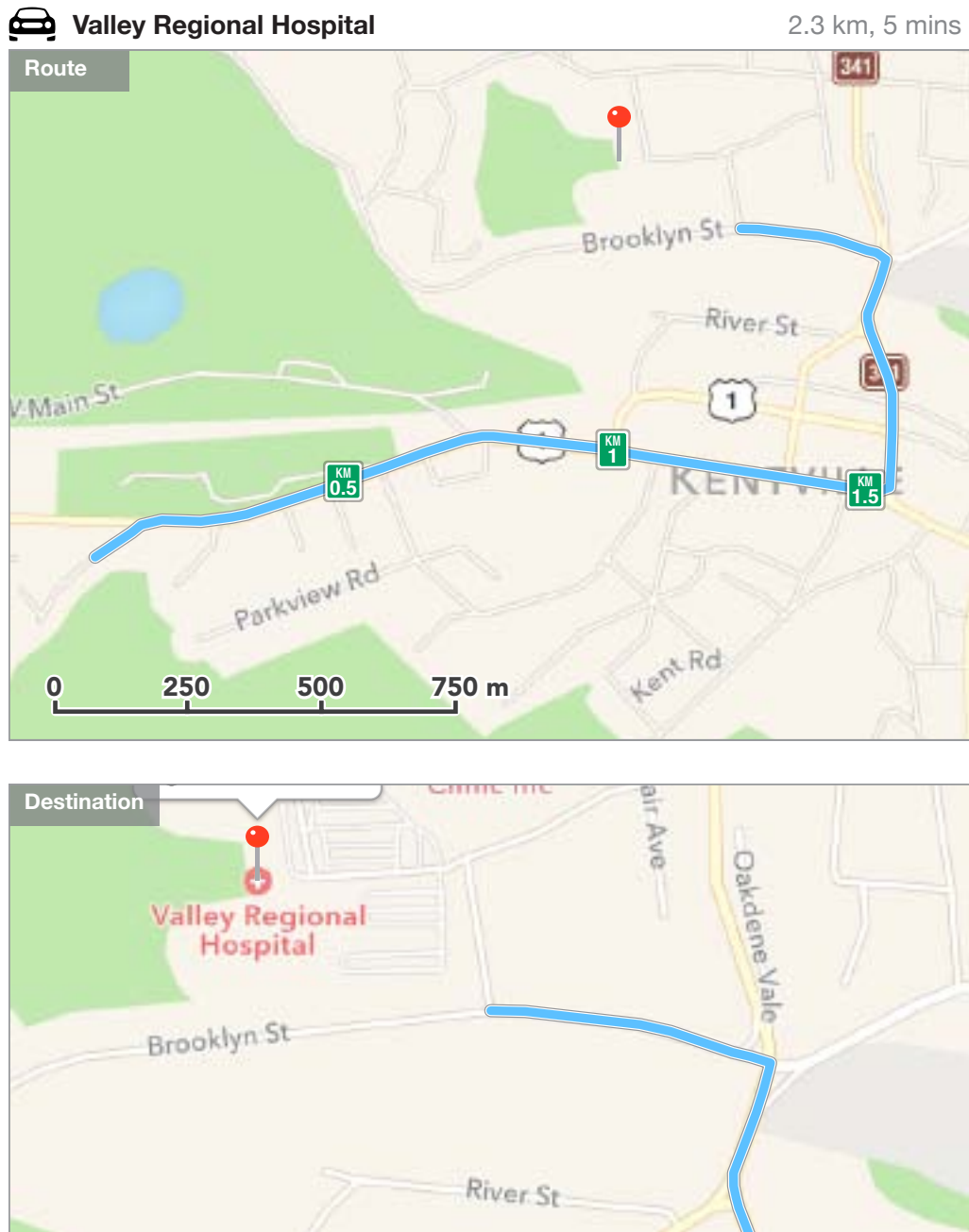
Racers will start in their categories in two minute intervals for each starting block. (IE: U13 starts at 9:00 AM, U11 at 9:02 AM)

## HOSPITAL AND MEDICAL SUPPORT:

Valley Regional Hospital is located 2.3 KM from the race site and is a roughly 5 minute drive.

**150 Exhibition St  
Kentville NS B4N 5E3  
Canada**

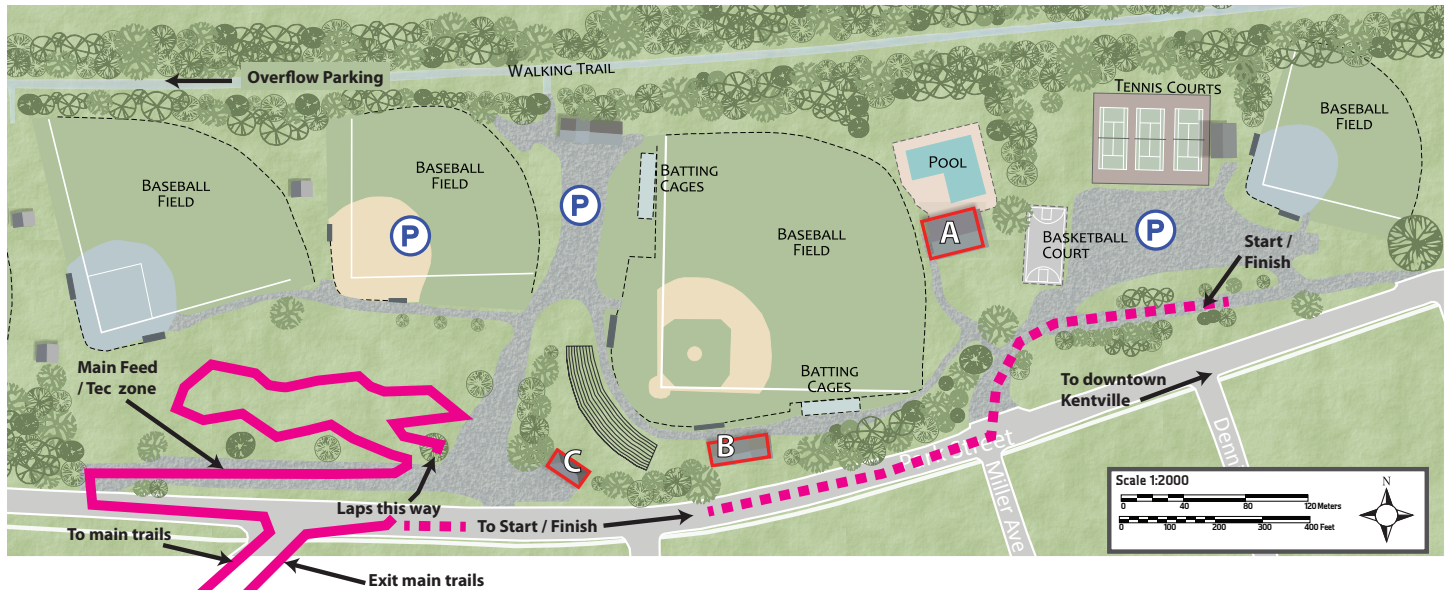
**1 902 678 7381**



In case of an emergency you may also call 911 for assistance. An on site first aid room will be located at Memorial Park as well there will be mobile first aiders on course and at the finish line during the event.

## MEMORIAL PARK SITE MAP:

All main event staging will take place at Memorial park, adjacent to the trails at The Gorge. Registration, race awards, first aid, media, etc, will all be housed at this park. As the event draws closer a updated site map with exact location of key areas will be released. All key buildings will be signed (*in English and French*) and directional signage will be in place on site.



### A: Pool Building

*This building will be available for racers to use to change and clean up post race. A bike wash station will be located here.*

- Washrooms / change rooms
- Storage
- Staff rooms
- Showers
- Public Pool access

### B: Canteen and Park Office

*Meetings and press events may be held in this building. Commissaires and first aid will be stationed here as well.*

- Food Services
- Washrooms
- Meeting rooms
- Announcers Booth
- Storage
- Bike wash station

### C: Kentville Tourist Bureaux

*Event registration, welcome package pick up and general info desk will be housed here.*

- Office space
- Meeting room

## EVENT SPONSORS

Thank you to all our event sponsors, we couldn't do it without your support!

PLATINUM SPONSOR - O'Regan's Subaru, Bridgewater



GOLD SPONSORS -

SILVER SPONSORS - Spindatt YouTube Productions, Custom Clean Atlantic



BRONZE SPONSORS - Valley Stove & Cycle, Kentville,



SUPPORTING SPONSORS

Sweet Ride Cycling, Mahone Bay, Grant Thornton LLP, [www.ecmtb.net](http://www.ecmtb.net)



## KEY EVENT PARTNERS



TrailFlow Outdoor Adventures aims to offer the highest quality outdoor recreational programming and facilities available within Atlantic Canada. Specializing in trail design and construction, mountain bike guiding, clinics, and event promotion we use our years of experience to bring our love of the outdoors to the masses.

**[www.trailflow.ca](http://www.trailflow.ca)**



The Town of Kentville is the host town and co-presenter of the 2018 Kentville Canada Cup XC! Located in Nova Scotia's Annapolis Valley, and just one hour outside the provincial capital of Halifax, Kentville has plenty to offer including great riding, outdoor recreation, hospitality and more!

**[www.kentville.ca](http://www.kentville.ca)**



Bicycle Nova Scotia is a provincial Sport Organization that represents the needs of cyclists in Nova Scotia for both sport and recreation.

**[www.bicycle.ns.ca](http://www.bicycle.ns.ca)**



Cycling**CANADA**Cyclisme

Cycling Canada is the national Sport Organization representing cycling in Canada and the administrators of the Canada Cup Series.

**[www.cyclingcanada.ca](http://www.cyclingcanada.ca)**