



RACE THE RANCH BC CUP XC AND DH

June 6 & 7, 2009 Kamloops, B.C.

Course Description:

The XC course is the established BC Summer Games and Canada Cup course which takes advantage of benchlands for great sightlines along with valleys for climbs and descents. An additional kilometre of technical singletrack has been built to make the course more challenging and fun, making it a total of 7.2 km long. There's a good mix of single and double track to provide for lots of passing opportunities with a double feed zone serving both directions at the mid-point of the course..

The DH course is 1.4 km long, dropping 143 meters, using established DH trails in the Kamloops Bike Ranch. A short paved shuttle will move the racers to the top of the course. This is a fun DH course that is extremely popular with local riders. Electronic timing to 1/100 sec.! Shuttles provided both days.

Pre-Registration:

Pre-register online with credit card at www.karelo.com until 6:00pm, Thursday, June 4 or faxed in by 6:00pm, Wednesday, June 3.

On-site registration:

See Schedule Below

- No day of race registration (package pickup only)
- (Payment Cash only - No credit card, debit or cheques)
- \$10 per event onsite surcharge

Registration Policy:

Payment must accompany the registration, or entry will not be processed.

Refund policy:

No refunds once a rider has ridden on the course, even in the case of injury or mechanical problem. \$5 administration fee charged for early refunds.

Required at Package Pickup:

During package pickup all riders will be asked to fill out a form listing medical information, emergency contact information and sign a waiver. Underage riders will require a parent or guardian signature. Licensed riders will be required to present UCI license and picture ID.

Non-Licensed Riders Rule:

Riders that do not have either a 2009 UCI License or a BC Citizen License must purchase a one event membership (either a \$5 or \$10 non-insured or a \$30 insured. Insured is advised for out of province riders but not mandatory).

Foreign Riders Rule:

UCI-International licensed riders can register in any event in the category listed on their license. US Residents are now able to purchase one-events but must sign a declaration that adequate out of country travel insurance has been obtained.

DH Shuttles:

DH shuttles will be provided on both days (cost of shuttle is included in DH entry fee)

Schedule:

Friday:

DH Course closed for maintenance – walking inspection only
 XC Course open for riding (unsupervised)
 2:00pm to 7:00pm – Registration & Package Pickup (last day for XC)

Saturday:

9:00am to 12:00pm – XC Pre-registered package pickup (no reg.)
 9:00am to 4:00pm – DH Registration & Package Pickup
 10:00am XC Start (U17M, U15M, U15W, All Citizen)
 11:45am XC Start (Senior and Master Men and Women)
 2:00pm XC Start (Elite Men, Elite Womens, Jr. Men, Jr./U17 Women)
 12:00pm, 2:30pm and 4:30pm – XC Awards
 10:00am to 4:00pm – DH Course open for training, with shuttles

Sunday:

9:00am to 10:00am – DH pre-registered package pickup (no reg.)
 10:00am to 12:00am – DH Riders Pre-run
 12:00am to 1:00pm – Course closed for maintenance
 1:00pm to 4:00pm – DH Races
 4:30pm – (or asap after last rider) DH Awards

Cross Country Laps:

Category	Optimum Minutes	Laps	Distance km
U15men	30-60	2	14.4
U15Women	30-45	1	7.2
U17Men	75-90	3	21.6
Jr Women	60-90	2	14.4
Jr Men	75-105	4	28.8
Sr Men	90-105	4	28.8
Sr Women	75-90	3	21.6
Elite Men	90-135	5	36.0
Elite Women	90-120	4	28.8
Master 30-39 Men	90-105	4	28.8
Master 30-39 Women	75-90	3	21.6
Master 40+ Women	60-75	2	14.4
Master 40-49 Men	90-105	4	28.8
Master 50+ Men	75-90	3	21.6
U19 Citizen Men	60-75	2	14.4
19-29 Citizen Men	75-90	3	21.6
30+ Citizen Men	75-90	3	21.6
U19 Citizen Women	60-75	2	14.4
19-29 Citizen Women	60-75	2	14.4
30+ Citizen Women	60-75	2	14.4

Contact Info:

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