

Kicking Horse Cup
Final Events:
HOSPICE CROSS &
KICKING HORSE VILLAGE CX

Golden, BC &
Kicking Horse
Mountain
Resort

SEPT. 1st & 2nd
2012



Presented By
Kicking Horse Cup

“The multi-discipline cyclist showdown”

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



Welcome to the final race events of the inaugural Kicking Horse Cup!

These 2 CX races will conclude the 5 races that have been spread over 3 cycling disciplines that formed an Overall GC Points Series to find Western Canada's Best all-around Road, XC Mountain & Cyclocross racers. Although you may only be joining us at the end of this search, for our final 2 CX races, we hope you are challenged, enjoy yourself, win some prizes and consider yourself a contender for the 2013 Kicking Horse Cup GC.

Kicking Horse Cup's main goal has been race participation in a low-key but highly competitive, sportsman-like, racing format for both new and experienced cyclists in their respective disciplines.

Thanks in advance for attending these races. Whether you are racing one or both CX events, or are challenging or defending your GC position, we wish you the best of luck and hope to see you back in Golden, BC next year.

FOOD & LODGING:

- Glacier Mountaineer has offered 15% their best rates through Bellstar Resorts & Hotels and has provided lodging for some out-of-town volunteers. <http://www.glaciermountaineer.com/> or www.bellstar.ca
Reservations: (250) 439-1160 x0
- FREE CAMPING: Self-contained, no service sites are available at KHMR Day Parking Lot #1. The Glacier Mountain has also offered \$10 Spa packages, giving those folks access to the exercise room with steam room, sauna, showers and outdoor hot tub.
- PEAKS BAR & GRILL: Located in the Kicking Horse Mountain Resort Village, The Peaks Bar & Grill, has generously offered all KH Cup participants \$5 off Food during the race weekends <http://peaksgrill.com/>

GUIDELINES & RULES

Receiving permission to host racing events is challenging, requiring Permits, Insurance, Association Agreements and no end to the volunteer motivation and time required to create these events benefiting the racers, the local communities, businesses and charities. 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.

If you are not already familiar with the UCI Cyclocross Rules, please do so prior to Sign-On:

<http://www.uci.ch/Modules/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type=FILE&id=34593>
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GENERAL

- No team or unauthorized personnel on the closed course or the Pit Area
- No Aero or Tri Bars in either Races
- MTB will be allowed in Open Class Races
- Given the short course nature, no feed zones will be available unless it is >20 Celsius, in which case the Pit Area may be used to feed.
- Pumps, seat bags, and patch kits will be securely stored in jerseys (not attached to bikes) while racing
- Do not 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 or risk DSQ.
- Riders should at all times follow the rules of the road, trail and general riding etiquette. please call out your passing lane, ex. "passing on yer left"
- 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 & volunteers. 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 road, park or trail side.

RACE PLATES: For the inaugural year, XC Enduro Race Plates will be used and zip-tied to the front of your bike MTB style and you will receive a number sticker for the right front corner of your helmet (above the right arm of your sunglasses).

WHEELS: Golden is mostly situated in a floodplain = dry conditions with exposure to ancient riverbed rocks. This might not be the perfect environment for Carbon wheel-sets, we leave that for your course pre-riding discretion. KHMR is a mountain environment, also exposed to rocks and non-forgiving terrain. Prudent racers might have training wheel-sets on board, preserving the Carbon for future races!

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

SEPT. 1: HOSPICE CROSS CHARITY: A portion of the race proceeds will be donated to the Golden Hospice & Palliative Care Society, who play a critical important role in our small community and are need of support. Donations are welcome.

SEPT. 2: KICKING HORSE ENDOWMENT FUND: A portion of the race proceeds will be donated to the Kicking Horse Endowment Fund, managed by the Golden Community Foundation whose purpose is to support programs which advance the widest ranging community improvements in such areas as arts and culture, health and social services, heritage preservation, community facilities and programs, education, sports and recreation. Donations are welcome.

Sept. 1st, 2012 : HOSPICE CROSS

COURSE: Located at the Keith King Memorial Park (Selkirk Heights Ball Diamonds & Soccer Pitches), the smooth and fast 3.1 km course has ~40 m elevation gain per lap. It will be an entertaining course with the vast majority being visible from the covered concession area (with picnic tables and public restrooms). Expect a very tough "Water Tower Torture Run-Up" followed by a steep downhill single track, technical off-camber corners, smooth and fast oversized single traffic, a touch of pavement, hurdles, and a slalom course and maybe a surprise or two. It will be a course that keeps your mind thinking and your heart pounding. See Map below.

ENTRY FEES:

\$35: Online Race Entry Fee for Cycling BC/UCI licensed racers (\$50 for Day-Of Registration)

\$10: Non-Licensed, Cycling BC One-Event Race License Fee

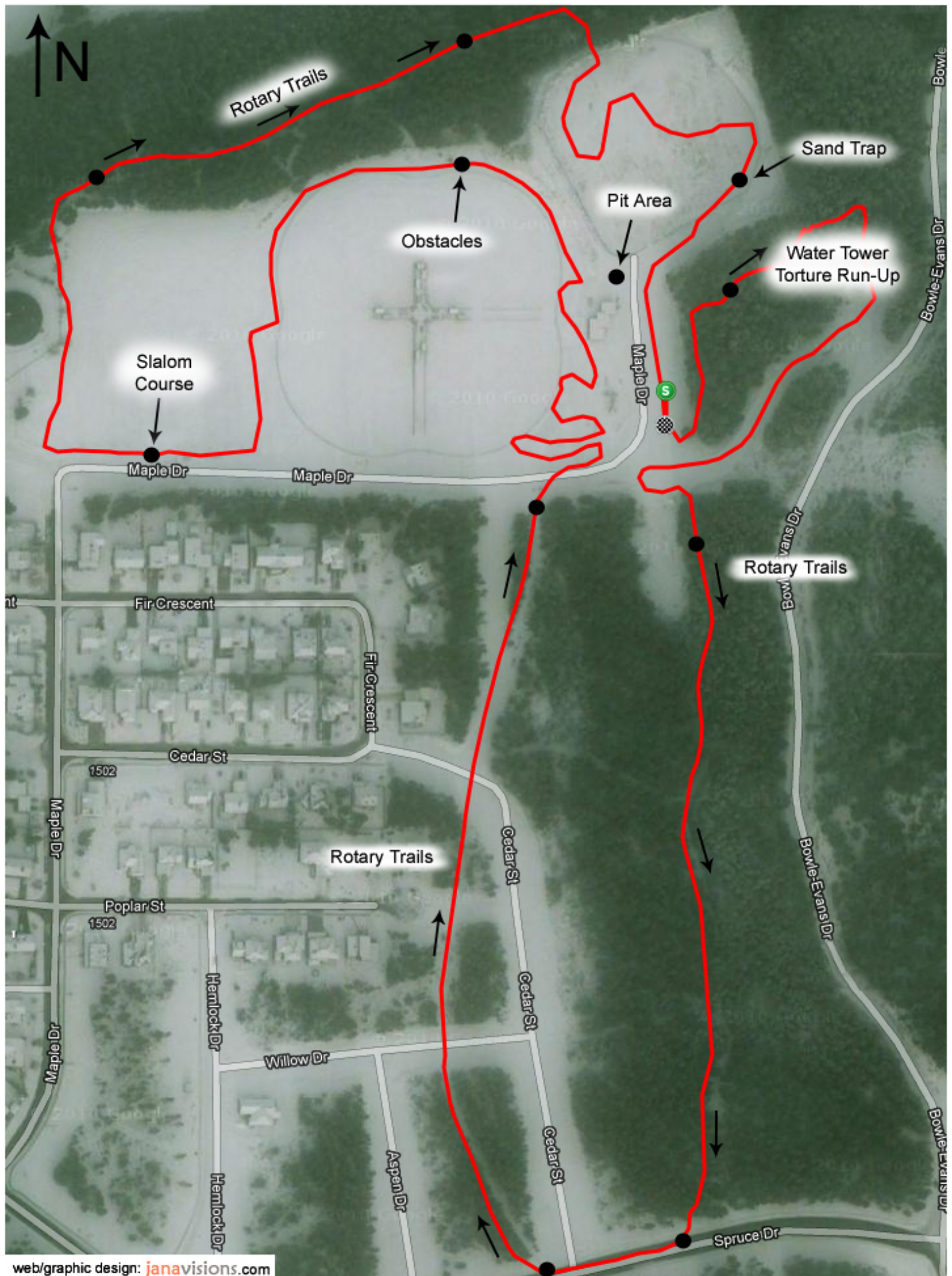
\$45 : Total Fees for Non-Licensed participant or

\$60 : Total Fees for Non-Licensed Day-Of Registration participant

Please pre-register at www.kickinghorsecup.com whenever possible. It helps us know how many people to expect, and in turn, supply you with the best race possible. Online registration will close, August 31st at midnight. If you elect \$50 Day-Of Registration please bring exact registration fee amounts in CASH. No cheques, IOU's or otherwise will be accepted.

DAY-OF REGISTRATION & SIGN-ON: Located at the Keith King Memorial Park Ball Diamond Concession Stand OPEN: 11 AM -12:30. CLOSING 12:31 pm sharp. All Racers must present a 2012 UCI or Cycling BC Citizen license at sign-on with photo ID and sign waivers as necessary. \$10 Single Event Licenses are available and may be purchased at time of registration.

THE PARK & PARKING: There is plenty of parking at the Keith King Memorial Park along Maple Drive. On the East End there is a kids' playground, picnic tables and large soccer pitch (which will not be in the race) and **public restrooms**. At the West end, there is a covered Concession Area with picnic tables and restrooms. Team tents and warm-up/trainers are encourage to set-up near the West end Concession area. Please contact mike@kickinghorsecup.com if your team intends to bring a warm up tent and we will arrange for dedicated/reserved team space.



WASHROOMS & FINISH SHOWERS: Public washrooms at both ends of the park. For those not staying at KHMR, or camping or departing directly after the race, showers are available at the Golden Municipal Campground (1411 9th Street South). Glacier Mountaineer Lodge (at KHMR) have offered a \$10 Spa Package: access to the Lodge showers, steam room, sauna and hot tub.

PRE-RIDING: The full course will be ready for pre-riding at 11:00 am. However, parts of the course will set up and open to the public August 31st and Sept. 1 am, use at your own risk. If your club/team or you personally intend to practice specific CX skills, please be in touch with mike@kickinghorsecup.com and we will do our best to have those technical sections ready for you in advance. Pre-riding between races is only available if time permits – do not miss your start.

DETAILS: Pending Registration, separate male and female mass start races will begin at 1:00 pm. Gender Categories will only be further broken down if there are more than 15 racers per Gender Category. Kicking Horse Cup reserves the right to combine categories and gender as necessary pending enrolment. Open Categories will have Call-Ups by license level, in which case, One-Event & Citizen racers may be requested to start at the back of the line-up, or may be started 3 minutes behind Licensed Category racers. All participants are requested to neutralize themselves if/when passed/lapped.

TIMING CHART (all times in MST):

11:00 - 12:30	Day of Registration & Sign On @ the Keith King Memorial Park Concession Stand
12:31	REGISTRATION, SIGN-ON & PRE-RIDING CLOSED (no exceptions)
1:00	Men's Open Start 1 (Citizen/Sport or Cat 3/4/5) racing ~ 45 minutes
2:00	Men's Start 2: (Expert/Elite or Cat 1/2/3) racing ~ 60 minutes
3:00	Women's Open: Racing ~45 minutes
4:00	Awards & Door Prize Draws at the Concession Stand

* If Men's registration dictates ONLY an Open race it will be at 13:00 racing ~ 50 minutes. Women will then race at 14:00, awards at 15:00.

FINISH: All racers must pass under the Finish arch (if you have the ability to shout your race numbers as you cross the line please do so to help create accurate results). Upon crossing the Finish Line, all racers will exit the course and do their cool down rides will be on the pavement, in the adjacent subdivisions respecting normal traffic laws. Any riders found re-entering the closed course or riding on the soccer fields or ball diamonds will be immediately disqualified. Riders should eventually make their back to the course to cheer on other races and to the concession stand for post-race refreshments, awards and door prizes.

RACING PRIZES:

Great Canadian Heli-Skiing (www.canadianheli-skiing.com) has generously offered the following Placement Cash Prizes for each Gender Category. You have 3 shots at winning back your Entry Fees!

1 st Place: \$75	2 nd Place: \$50	3 rd Place: \$35
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Garibaldi Mortgage Inc. (www.garibaldimortgage.com) offers \$10 for each gender category Hole-Shot winner, just remember that Water Tower Torture Run-Up is right around the corner from the start! You may also see a few \$1USD bills stuffed into beer cans on your laps, up to you to stop and collect those GMI Bucks.

Kicking Horse Mountain Resort (www.kickinghorsesort.com) has offered one Winter 2013 Day Ticket (skiing or snowboarding) to the rider that locates the Golden Horse Shoe during his/her race and rides it through to the finish line and drops it off (please tuck it inside your jersey while riding).

DOOR/DRAW PRIZES:

- Kicking Horse Mountain Resort: 3 x Winter 2013 Lift Tickets & 1 Summer 2013 Lift Ticket
- Sunglasses: www.switchvision.com : one pair a magnetic interchangeable lens sunglasses. Prescription lenses can be ordered through your family optometrist (at your expense) for these frames.
- www.thesufferfest.com : 2 x Hell Hath No Fury Videos
- T-Shirts: Kicking Horse Cup: 1 x male and 1 x female Tee-Shirts
- Hammer Nutrition products
- Miscellaneous sponsor products

September 2, 2012: KICKING HORSE VILLAGE CROSS

COURSE: Located in the Kicking Horse Mountain Resort Village, this ~2.8 km Euro Styled course has ~70 m elevation gain per lap. It will be a unique and challenging course with the vast majority being visible from KHMR Village creating animation amongst fans on a busy long weekend. There will be a live band (Will Horse) playing as the CX course winds through the cobblestone village, around the farmers market and the Daylodge. Expect a solid long uphill track (on the ski-out trail) leading into a mud section, to off camber technical handling, Run-Ups and Obstacles with the village watching and the Jelly Bean Gyrator. A few more difficulties will make this a course to remember and hopefully one we can race again next year! Given the sensitivities of KHMR Downhill MTB operations, this course will only be available to view and pre-ride starting at 8:30 am, Sunday, September 2. No course outline will be provided in advance.

ENTRY FEES:

\$35: Online Race Entry Fee for Cycling BC/UCI licensed racers (\$50 for Day-Of Registration)

\$10: Non-Licensed, Cycling BC One-Event Race License Fee

\$45 : Total Fees for Non-Licensed participant or

\$60 : Total Fees for Non-Licensed Day-Of Registration participant

Please pre-register at www.kickinghorsecup.com whenever possible. . It helps us know how many people to expect, and in turn, supply you with the best race possible. Online registration will close, August 31st at midnight. If you elect \$50 Day-Of Registration please bring exact registration fee amounts in CASH. No cheques, IOU's or otherwise will be accepted.

DAY-OF REGISTRATION & SIGN-ON: Located at the KHMR DISCOVERY CENTRE (beside the General Store) in the KHMR village will close at 9:31 am sharp. Unless you have previously done so, all Racers must present a 2012 UCI or Cycling BC Citizen license at sign-on with photo ID and sign waivers as necessary. \$10 Single Event Licenses are available and may be purchased at time of registration.

THE PARK & PARKING: There is plenty of parking at KHMR. There are **public restrooms** in the Daylodge and you will have a \$5 Food Voucher for the Peaks Bar & Grill in the village (from where you can see the majority of the race). Team tents and warm-up/trainers are encouraged, please contact Mike@KickingHorseCup.com to secure your location for a warm up tent.

WASHROOMS & FINISH SHOWERS: Public washrooms are available in the basement of the KHMR Daylodge. Glacier Mountaineer Lodge have offered a \$10 Spa Package for access to the Lodge showers, steam room, sauna and hot tub.

PRE-RIDING: The full course will be ready for pre-riding at 8:30 am, Sunday, September 2, 2012. **Pre-riding before this time will result in immediate DSQ without refund.** The CX Course conflicts with on-going KHMR Downhill MTB operations, and these DH trails will only be closed for the pre-set pre-riding and racing times. Self-preservation should prevail, as it would seriously suck to be hit by a 250 lbs, fully armoured DH Mtn biker, traveling at 50 kh/h in the air. Just say'in?!

DETAILS: Pending Registration, separate male and female mass start races will begin at 10:00 am. Gender Categories will only be further broken down if there are more than 15 racers per Gender Category. Kicking Horse Cup reserves the right to combine categories and gender as necessary pending enrolment. Open Categories will have Call-Ups by license level, in which case, One-Event & Citizen racers may be requested to start at the back of the line-up, or may be started 3 minutes behind Licensed Category racers. All participants are requested to neutralize themselves if/when passed/lapped.

TIMING CHART (all times in MST):

8:00 - 9:30am	Day of Registration & Sign On @ the Keith King Memorial Park Concession Stand
9:31 am	REGISTRATION, SIGN-ON & PRE-RIDING CLOSED (no exceptions)
10:00 am	Men's Open Start 1 (Citizen/Sport or Cat 3/4/5) racing ~ 45 minutes
11:00 am	Men's Start 2: (Expert/Elite or Cat 1/2/3) racing ~ 60 minutes
12:00	Women's Open: Racing ~45 minutes
1:00	Awards & Door Prize Draws at the Concession Stand

* If Men's registration dictates ONLY an Open race, it will be at 10:00 am, racing ~ 50 minutes. Women will then race at 11:00, awards at noon.

FINISH: All racers must pass under the Finish arch (if you have the ability to shout your race numbers as you cross the line please do so to help create accurate results). Upon crossing the Finish Line, all racers will exit the course and do their cool down rides will be on the pavement, in the adjacent subdivisions respecting normal traffic laws. Any riders found re-entering the closed course will be immediately disqualified. Riders should eventually make their back to the course to cheer on other races and to the Discovery Centre for refreshments, awards and door prizes.

RACING PRIZES:

Great Canadian Heli-Skiing (www.canadianheli-skiing.com) has generously offered the following Placement Cash Prizes for each Gender Category. You have 3 shots at winning back your Entry Fees!

1 st Place: \$75	2 nd Place: \$50	3 rd Place: \$35
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- www.thesufferfest.com : 2 x Hell Hath No Fury Videos
- T-Shirts: Kicking Horse Cup: 1 x male and 1 x female Tee-Shirts
- Hammer Nutrition products
- Miscellaneous sponsor products

Sept. 3rd, 2012 : MT. 7 CX H.C. Hill Climb

OPTIONAL SELF-RIDE: For those traveling to Golden, and staying (or thinking about staying) for overnight on the long weekend, the next "best" ride to consider tackling (should your legs obey) is the climb up to the upper MT. 7 Launch Pad. Starting from the Spirit Square in Golden, ride over the Pedestrian Bridge and gain the smooth and fast Rotary Trails heading towards the Municipal Campground. This warm-up/shake-out will take you around the back of the campground and then up a natural Run-Up to the ball diamonds/soccer fields of the September 1 Hospice Cross race and along the back of the Keith King Memorial Park. Follow the Rotary Trails back down to Reflection Lake Kiosk where the Strava Segment and the climbing begins; 14.5 km/1,145m. If you're swift, you might organize a tandem paragliding trip with <http://www.altitudeadventures.ca/> off Mt. 7 for the "easy & scenic way" down (they can shuttle your bikes).

