

# TECHNICAL GUIDE

ORGANISED BY : CLUB CYCLISTE DE SHERBROOKE  
PARC JACQUES-CARTIER, SHERBROOKE, QC

OCT. 20 | 21

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POWERED  
BY



**SIBOIRE**  
MICROBREWERY



FQSC



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# 1. GENERAL INFORMATION

## 1.1. EVENT OVERVIEW

**October 20 2018:** Sherbrooke CX Cyclocross, race 1

**October 21 2018:** Sherbrooke CX Cyclocross, race 2

Sherbrooke Cycling Club and Cycling Canada, as well as the Fédération des sports cyclistes and all of our partners and sponsors are proud to present the Sherbrooke CX cyclocross weekend.

The event is a two -day UCI C2 cyclocross festival: October 20th and 21st. This technical guide covers both days of racing.

## 1.2. VENUE

### **Race office**

Pavillon Armand-Nadeau,  
Promenades du Lac des nations  
220 rue Marchant  
Sherbrooke (Québec) J1J 3V2

**Stephane Vallières :** [vallieres.stephane@videotron.ca](mailto:vallieres.stephane@videotron.ca)

**Michel Hamel :** [michel.hamel6@videotron.ca](mailto:michel.hamel6@videotron.ca)

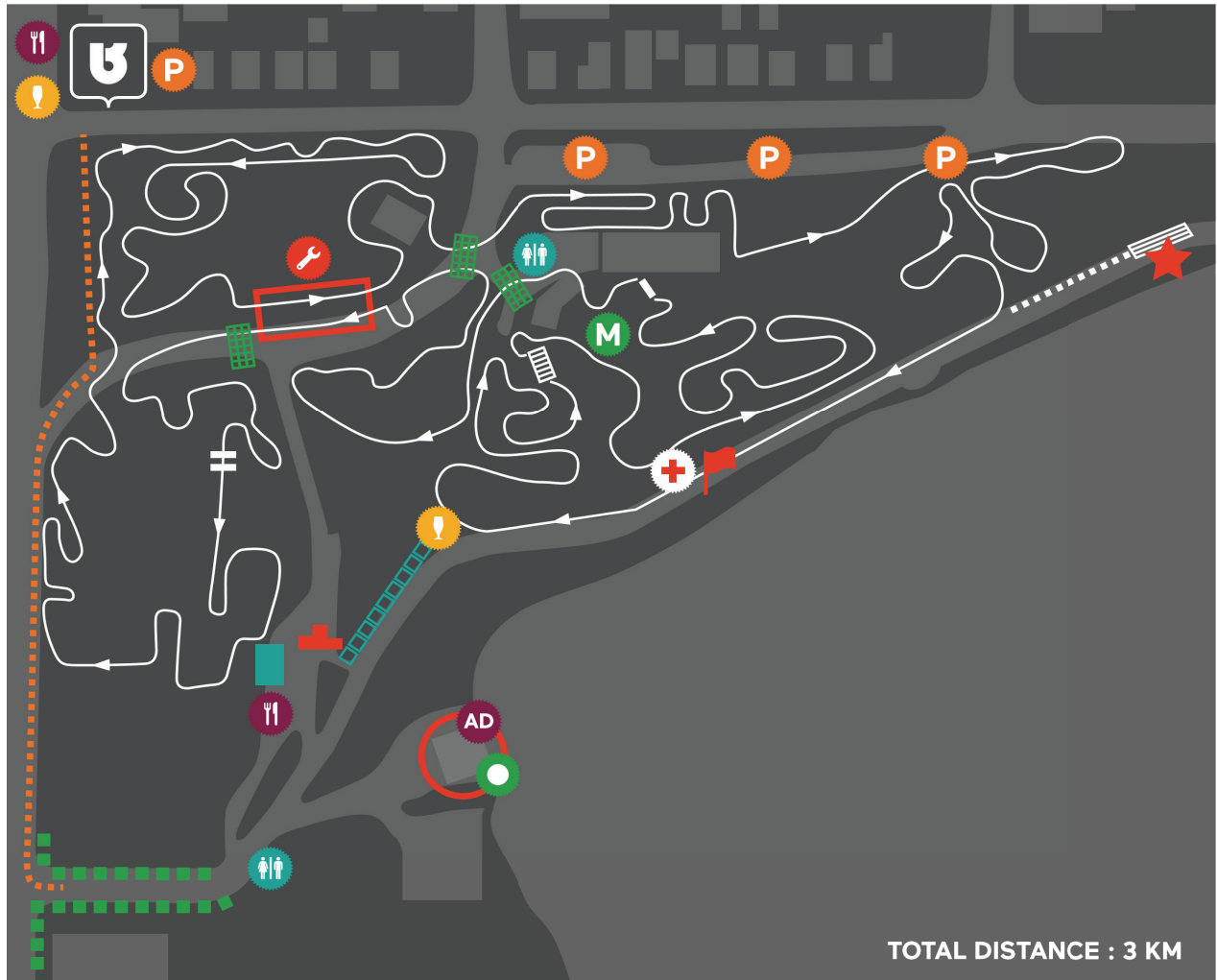
**Website:** [www.sherbrookecx.com](http://www.sherbrookecx.com)

**Facebook :** <https://www.facebook.com/SherbrookeCX>

The Sherbrooke CX cyclocross will take place in the Jacques Cartier Park, where many events and festivals take place. It is located on the shores of the Lac des Nations and its Boardwalk, which circles the Lac des Nations.

Located a few steps from downtown, the Lac des Nations boardwalk is the green heart of Sherbrooke! It is above all an urban multipurpose path where people walk, bike or rollerblade. The path is surrounded by beautiful greenery and has rest areas and water fountains. Nearby, visitors can discover our local products at the Marché de la Gare, which is home to several specialized gourmet merchants. A few steps from the Marché you'll find the Tourist Information Office.

### 1.3. SITE MAP



- STARTS
- FINISH
- REGISTRATION
- BIG TOP
- SPONSORS TENTS (16)
- TEAM TENTS (20)
- CAR ACCESS
- MEDIA ZONE
- PIT ZONE
- PODIUM
- ANTI-DOPING CONTROL

- FIRST AID
- PARKING
- SIBOIRE MICROBREWERY
- BEER GARDEN
- FOOD
- WASHROOM
- BARRIERS
- STAIRES
- PEDESTRIAN CROSSING



PROPULEE PAR  SIBOIRE MICROBRASSERIE

## 1.4. REGISTRATION

- Pre-registration for Sherbrooke CX is available at <https://www.bikereg.com/sherbrookecx>
- Online registration opens on June 1st and closes on October 18 at 5:00pm EST.

Catégorie/Category	Départ/Start	Prix/Fee
<b>Sherbrooke CX UCI / C2</b>		
<b><u>Saturday and Sunday</u></b>		
U11,U13, U15 M/H & W/F	8:00 am (20min.)	50.00\$
U17 M/H & W/F	8:30 am (40min.)	50.00\$
Maître/Master 30-39 W/F & 40+ W/F	9:35 am (45min.)	70.00\$
& 40+ W/F 50-59 M/H & 60+ M/H	9:35 am (45min.)	70.00\$
Maître/Master 40-49 M/H	10:30 am (50min.)	70.00\$
Maître/Master 30-39 M/H	11:30 am (50min.)	70.00\$
Bibitte	12:30 am (10min.)	8.00\$
Junior M/ <b>H UCI</b>	13:00 pm (40min.)	70.00\$
Elite W/F UCI	14:20 pm (45min.)	70.00\$
Elite M/H UCI	15:45 pm (60min.)	70.00\$
<b>Tente d'équipe / Club Row</b>		
<b>Tente d'équipe / Club Row (10X20, deux jours/two days) * See event details</b>		50.00\$

- Registration requires the presentation of a valid CC/UCI license to be considered final.

## 1.5. RACE STAFF

POSITION	NAME
Co-president of the event	Michel Hamel / Stéphane Vallières
Registration coordinator	Stéphane Vallières
Finance director	Stéphane Vallières
Race director (course, equipment)	Michel Hamel
Equipment coordinator	Michel Hamel
Promotion & Marketing	TBD
Sponsorship coordinator	Pierre Olivier Boily
Volunteer coordinator	Anthony Lepage
Media coordinator	
RaceTiming.ca	Doug Pogue

## 1.6. OFFICIALS (QC and CCC)

<b>Organizers</b>	Stéphane Vallières et Michel Hamel	October 10 to 21	<a href="mailto:vallieres.stephane@videotron.ca">vallieres.stephane@videotron.ca</a> <a href="mailto:michel.hamel6@videotron.ca">michel.hamel6@videotron.ca</a>
			_____
<b>Chief commissaire</b>	Steve Eppel	October 20-21	
<b>Secretary</b>	TBD	October 20-21	
<b>Finish Judge</b>	TBD	October 20-21	

## 1.7. INCLEMENT WEATHER

- Race held rain, snow, or shine
- NO refund
- In the event of unsafe weather (e.g., lightning) on race day, race officials may delay or cancel racing

## 1.8. RACE HEADQUARTERS, AWARDS, PODIUM LOCATION, MEDIA

Race office will be located at:

### **Race office**

Pavillon Armand-Nadeau,  
Promenades du Lac des nations  
220 rue Marchant  
Sherbrooke (Québec) J1J 3V2

At this location, you will find registration desk, results, washrooms and showers.

The Awards/Podium location will be under the canopy.

Results will be posted following each event at the Podium/Awards Location and at Registration in pavillon Armand Nadeau.

Media work space: A separate room in the pavillon Armand Nadeau will be set aside for working media. Wireless internet will be available

## 1.9. USEFUL LINKS

[www.sherbrookecx.com](http://www.sherbrookecx.com)

[www.facebook.com/SherbrookeCX/](https://www.facebook.com/SherbrookeCX/)

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

## 2. SHERBROOKE CX -UCI-C2 October 20, 21 2018

### 2.1. Date, rules and racing format

- The UCI Races only will the UCI scales of penalties will apply
- The event(s) will be run under Cycling Canada/UCI regulations. [[www.uci.ch](http://www.uci.ch)]
- All riders must know the regulations.
- The Sherbrooke CX will take place on date and time as scheduled.

- There will be no extension of the Sherbrooke CX past Sunday October 21st, 2018, due to unforeseen delays or prolonged stoppages.
- Racing format may also be modified at the discretion of the chief commissaire in response to prolonged stoppages.

## 2.2. Eligibility

- All athletes must be in possession of a valid UCI license.
- All participants must be prepared to present their license upon demand at the event.
- All participants must be licensed to compete in the appropriate discipline.
- All categories other than Elite Men/Women and Junior Men may have access to day licenses as long as the FQSC permits.
- License must be presented during race package pickup.

## 2.3. Categories

### **THE FOLLOWING CATEGORIES ARE OFFICIAL *SHERBROOKE CX* CATEGORIES :**

- Ø Men/Hommes Junior (17-18)
- Ø Elite Men/Hommes
- Ø Elite Women/Femmes
- Ø Maître/Master 30-39 Women/Femmes
- Ø Maître/Master 40+ Women/Femmes
- Ø Maître/Master 30-39 Men/Hommes
- Ø Maître/Master 40-49 Men/Hommes
- Ø Maître/Master 50-59 Men/Hommes
- Ø Maître/Master 60+ Men/Hommes

- Note: The categories are defined as per UCI rules based on year of birth. Your racing age for the Sherbrooke CX is the age you would be on Dec. 31, 2019.
- Categories with fewer than 5 starters may be merged with another age or ability category at the discretion of the Technical Delegate or Chief Commissaire for the start, but will receive awards separately.
- The categories are defined as per UCI rules based on year of birth.
- Any inquiries about upgrades should be directed to Mathieu Boucher at [Mathieu.boucher@cyclingscanada.ca](mailto:Mathieu.boucher@cyclingscanada.ca)

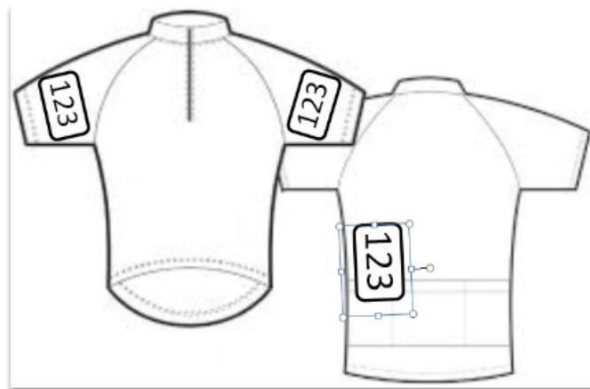


## 2.4. Registration and number pickup

- No registrations will be accepted on the day of the event.
- All categories other than Elite Men/Women and Junior Men may have access to day licenses as long as the FQSC permits.
- See section 1.4 – Pre-registration for Sherbrooke CX Cyclocross are available at <https://www.bikereg.com/sherbrookecx>
- Online registration opens on June 1st Online Registration closes on October 18 at 5:00 PM.
- Entry fees are nonrefundable.
- All competitors MUST enter their event class as shown on their license.
- The race office will be open for package pickup from 12:00pm – 7:00pm on Friday October 19th and 7:00am – 3:30pm on Saturday and Sunday October 20,21th
- Number pickup will close 60 minutes prior to the start of the race.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled :
  - complete the application form,
  - sign the waiver,
  - payment has been transacted,
  - rider’s license has been validated by the designated commissaire.
- Registration requires the presentation of a valid CC/UCI license to be considered final.

## 2.5. Race numbers and timing chips

- Race numbers and timing chips will be distributed at registration.
- Numbers must not be folded or modified and must clearly show all advertising.
- Numbers must be completely visible at all times during the race.
- Number placement: 1 body number left side lower back, 2 shoulder numbers facing forward as per the following diagram.
- Chip placement will be on your fork



## 2.6. Doping control

- All races are conducted under UCI antidoping regulations.
- It is the rider's and team manager's responsibility to know the rules
- Drug Test Facility for CCES Antidoping Inspector to be announced at each venue.
- Athletes who are selected for testing will be met at the finish line by a chaperone. Note to all athletes who DNF you must report to the finish line.
- Medical problems should be reported to a commissaire.
- Athletes participating at the requiring the use of a medication included on the Prohibited List must have a TUE prior to participating in the event.
- This applies to all categories of athlete: elite, junior, master, etc. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard, <http://cces.ca/tueforms>

## 2.7. Warm-ups/ pre-riding the course

- The course will be open for preriding starting on Friday October 19th from 1:00 PM to 5:00 PM.
- Please do not pre-ride prior to this day/time.
- On race day the course shall be open for warm up during the designated course inspection times, noted in the schedule.
- Warming up on the course while a race is in progress, or at any other unauthorized time, is strictly prohibited and will result in disqualification.
- Please respect the other racers by not warming up immediately behind the last place rider in the ongoing race.
- Helmets must be worn AT ALL TIMES when riding the course & failure to comply will result in disqualification.

## 2.8. Start order - UCI Elite women and men & Junior categories

- UCI rule 5.1.043: The start order for UCI races will be determined by the order of latest published UCI cyclocross point classification from the highest to lowest, as posted on the UCI website ([www.uci.ch](http://www.uci.ch))
- Riders with zero (0) UCI points will be ranked by random draw

## 2.9. Lapped riders

- Any rider whose time being 80% slower of that of the race leader's first lap will be pulled out of the race, at the decision of the president of the commissaires' panel after discussion with the Organizer, and in the zone provided for this purpose (80% zone)
- In the event that a rider is lapped by the leader, the lapped rider must complete the lap during which they were lapped and leave the course via an exit just prior to the finish line or in the 80% zone as described in article 5.1.052, if that rule applies.
- Their results will be listed in the order in which they were at the time they were pulled out of the race, plus the number of laps that had not been completed.

## 2.10. Equipment

- Equipment regulations, as per UCI Rules, to be enforced for ALL categories. There will be NO exceptions.
- Bicycle helmets are required to be worn by riders on the course at ALL times.

### 2.11. Other equipment regulations

- Riders are required to wear club or team jerseys corresponding to their license.
- Independent riders are required to wear a jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- The use of glass containers is strictly prohibited

### 2.12. Medals and prizes

- Ceremonies for all races will be held 15 minutes after the race. The first three in each category must be present.

#### **IMPORTANT**

- All athletes who have placed on the podium must attend the awards ceremonies. Failure to do so will result in a fine and loss of award (including prize money). Riders who cannot attend the awards ceremony must advise the Chief Commissaire or the Technical Delegate with a valid reason. Reasons such as, “I have a plane to catch” will not be accepted.
- Riders must wear cycling apparel to the awards ceremony. Failure to do so will result in a fine and loss of award (including prize money).

## 2.13. Results

- There will be electronic chip timing with photo-finish provided by Racetiming.ca.
- Live results will be available at [live.racetiming.ca](http://live.racetiming.ca) throughout the day.
- Full results will be available at [racetiming.ca](http://racetiming.ca) immediately after the finish.
- Results will also be posted on the results board by the podium and at the Race Office following each race.
- Chips to be placed on your seat post will be supplied at registration.
- If you require a second chip for a pit bike please ask at registration.
- Use the supplied cable tie mount the chip on your seat post with it parallel to the ground pointing straight back.
- If racing both days then please leave the chip on your bike for both days. You will use the same bib number and chip for both days.
- The timing chip does not need to be returned after the race.



## 2.14. UCI points

- UCI points will be allocated for the following categories and events.

Place	Elite Men	Elite Women	Junior Men
1st	40	40	10
2nd	30	30	6
3rd	20	20	4
4th	15	15	2
5th	10	10	1
6th	8	8	
7th	6	6	
8th	4	4	
9th	2	2	
10th	1	1	

## 2.15. Prize

For the winners of money prizes, a check will be emitted after the races.

NOTE: a 2% deduction applies to the prizes for the riders contribution to Anti-Doping.

Elite Men/Hommes		
Place	UCI EUR	UCI CAD
1 <sup>st</sup>	€ 350	\$526.19
2 <sup>nd</sup>	€ 180	\$270.61
3 <sup>rd</sup>	€ 120	\$180.41
4 <sup>th</sup>	€ 90	\$135.31
5 <sup>th</sup>	€ 85	\$127.79
6 <sup>th</sup>	€ 80	\$120.27
7 <sup>th</sup>	€ 75	\$112.76
8 <sup>th</sup>	€ 70	\$105.24
9 <sup>th</sup>	€ 65	\$97.72
10 <sup>th</sup>	€ 60	\$90.20
11 <sup>th</sup>	€ 55	\$82.69
12 <sup>th</sup>	€ 50	\$75.17
13 <sup>th</sup>	€ 45	\$67.65
14 <sup>th</sup>	€ 40	\$60.14
15 <sup>th</sup>	€ 35	\$52.62
16 <sup>th</sup>	€ 25	\$37.59
17th - 20th	€ 25	\$37.59
<b>TOTAL</b>	<b>€ 1,525</b>	<b>\$2,292.69</b>

Women/Femmes		
Place	UCI EUR	UCI CAD
1 <sup>st</sup>	€ 350	\$526.19
2 <sup>nd</sup>	€ 180	\$270.61
3 <sup>rd</sup>	€ 120	\$180.41
4 <sup>th</sup>	€ 90	\$135.31
5 <sup>th</sup>	€ 85	\$127.79
6 <sup>th</sup>	€ 80	\$120.27
7 <sup>th</sup>	€ 75	\$112.76
8 <sup>th</sup>	€ 70	\$105.24
9 <sup>th</sup>	€ 65	\$97.72
10 <sup>th</sup>	€ 60	\$90.20
11 <sup>th</sup>	€ 55	\$82.69
12 <sup>th</sup>	€ 50	\$75.17
13 <sup>th</sup>	€ 45	\$67.65
14 <sup>th</sup>	€ 40	\$60.14
15 <sup>th</sup>	€ 35	\$52.62
16 <sup>th</sup>	€ 25	\$37.59
17th - 20th	€ 25	\$37.59
<b>TOTAL</b>	<b>€ 1,525</b>	<b>\$2,292.69</b>

Junior Men/Hommes*		
Place	UCI EUR	UCI CAD
1 <sup>st</sup>	€ 150	\$225.51
2 <sup>nd</sup>	€ 100	\$150.34
3 <sup>rd</sup>	€ 70	\$105.24
4 <sup>th</sup>	€ 60	\$90.20
5 <sup>th</sup>	€ 50	\$75.17
6 <sup>th</sup>	€ 50	\$75.17
7 <sup>th</sup>	€ 50	\$75.17
8 <sup>th</sup>	€ 40	\$60.14
9 <sup>th</sup>	€ 40	\$60.14
10 <sup>th</sup>	€ 40	\$60.14
11 <sup>th</sup>	€ 30	\$45.10
12 <sup>th</sup>	€ 30	\$45.10
13 <sup>th</sup>	€ 30	\$45.10
14 <sup>th</sup>	€ 30	\$45.10
15 <sup>th</sup>	€ 30	\$45.10
16 <sup>th</sup>	€ 0	\$0.00
17th - 20th	€ 0	\$0.00
<b>TOTAL</b>	<b>€ 800</b>	<b>\$1,202.72</b>

## 2.16. Race services and amenities

### 2.16.1. Team Tent area, washrooms and showers

- Showers will be available to racers located in the pavillon Armand Nadeau.
- Team Tent area is available by the parking area. See course map, above. See website for fees and to reserve a space.
- Washrooms with running water are available at several locations throughout the site.

### 2.16.2. Pit and bike washing area

- One large two (2) sided UCI legal pit is located on the course. See course map for details.
- The Pit Area is for the exchange of race bikes and wheels during the course of a rider's event.
- On either side of the Pit Area is the exchange lane, which is for riders' entry and exit only. Do not stand in the exchange lanes during a race. Between exchange lanes is the median for storage of bikes, wheels, and riders' assistants.
- Only riders and riders' mechanics/assistants may be present inside the Pit Area during the race.
- Powered pressure washers will be located at the pits for mechanics and assistants tending to racers on course.
- Use of pressure washers by unauthorized personnel at unauthorized times will result in disqualification.
- Please remove your equipment out of the pit area immediately following your race.
- A general bike wash area is located near the pavillon Armand Nadeau. See course map for location.
- A neutral Bike Mechanic in the pit area will be provided by Shimano

### 2.16.3. Parking

- There is ample free parking available on site. (See map page 5)

### 2.16.4. First aid and medical

- A team of trained medical staff will be in place during the event, with primary location at the start/finish line.

- Medic/First Aid Supervisor is Ambulance St. Jean
- The area is served by 911 service
- The nearest hospital with full emergency/trauma capabilities is CHUS Hôtel-Dieu :

580, rue Bowen Sud  
Sherbrooke, QC.  
Phone: (819) 346-1110

#### 2.16.5. Security and policing

- On-site venue security will be in place for the duration of the event
- Security staff have mobile capabilities and emergency first aid training
- Municipal police will be briefed on the event and can provide assistance if required (nearest police station 3.2km away).

#### 2.16.6. Lodging and restaurants

- The Delta Sherbrooke Hotel is the Official Hotel of the event. Reservations can be made online at: [www.sherbrookecx.com](http://www.sherbrookecx.com)
- The Sherbrooke region is renowned for its quality and diversity of dining options.
- Participants will have access to more than 200 restaurants within a 10km radius of the race site.

#### 2.16.7. Directions from airport

The majority of domestic flights for the area arrive at either the Pierre Elliot Trudeau International Airport in Montréal (1h45 drive to Sherbrooke), or the Québec City Jean-Lesage International Airport (2h30 drive to Sherbrooke).

The “Aéronavette” shuttle company offers direct transportation between Montreal’s Pierre Elliot Trudeau International Airport and Sherbrooke. This service runs 24hrs a day, 7 days a week, 365 days a year. Furthermore, trailers are available on request for transporting sports equipment. Reservations can be made using the following link: [www.aeronavette.ca](http://www.aeronavette.ca).