

Bee's Knees Schedule

Friday Sept 8:

5:00pm-9:00pm Welcome campers to PPK

No package pick up available

Saturday Sept 9:

Race Package pick up from 8am to 5pm

Practice Stages 1,2 and 5 8am-1:00pm. Practice on stages 1,2 and 5 close at 1:00pm for Saturday Youth race. Practice on Stages 3 and 4 remain open all day.

12:45pm Racer Meeting at registration tent for Saturday Junior Racers (U12 and U15)

1:00pm Race start for U12 and U15

5:00pm Course Closes

5:15pm Awards for U12 and U15 categories

Racer Meals/Beverages available starting at 3:30pm

Sunday Sept 10th:

8:45am Race Meeting for E-Bike Men/Women and U15 boys/girls

9:00am E-Bike and U15 boys/girls Race Start

9:15am Race Meeting for U18 boys/girls, Open Men/Open Women

9:30am U18 boys/girls, Open Men/Open Women Race Start

9:45am Race Meeting for Masters Men/Master Women

10:00am Masters Men/Masters Women Race Start

4:00pm Course Closes

4:30pm Awards for all Sunday Categories

Sunday Racer Meals/Beverages available starting at 2:00pm

Courses:

Saturday Youth Course: <https://www.trailforks.com/ridelog/planner/view/421357/>

Stage 1: Electric Monkey

Stage 2: Lower Buck50

Stage 3: Nothing to Luge

Sunday Full Course: <https://www.trailforks.com/ridelog/planner/view/423760/>

Stage 1: Buck50

Stage 2: Electric Monkey

Stage 3: Berma-Grin

Stage 4: Spare Change - Roots of Hazard

Stage 5: Nothing to Luge

Rule Book:

LOCATION

Pass Powderkeg trail network September 9-10 2023

Registration, Start/Finish and Parking all at the lodge level at Pass Powderkeg. 12402 18 Ave, Crowsnest Pass, AB T0K0E0

COURSE MARKING

All stage starts and finishes will be clearly signed and stationed with a stage marshal

Arrows will be used along course to direct racers on the correct route

Caution or Slow signs may be used to mark technical or significant sections of trail. Riders are required to obey all marked signs

Course tape will be used for racers to follow on liaison and timed stages

HELMETS

1. Recommended that competitors must wear a helmet purchased/manufactured within the last three years, but will not be enforced. UROC does reserve the right to deny race entry if the helmet is visibly damaged or deemed unsafe in any other manner.

2. Riders must wear an approved helmet for mountain biking.

3. Mandatory Full Face helmets for all competitors. It is the competitor's responsibility to know this information.

4. Helmets with removable chin bars are acceptable

5. Helmets must be worn at all times while riding.

RECOMMENDED GEAR LIST:

- Suitable backpack
- Waterproof jacket
- Emergency blanket
- Sun Protection
- Spare tubes/ puncture repair kit
- Multi-tool
- First aid kit
- Trailforks Map
- Extra Food and fluids
- Eye protection (glasses or goggles)
- Emergency contact information
- Knee and Elbow pads are strongly recommended

PRE-RIDING AND TRAINING

a. 'Official Practice' is not offered. All courses/trails remain open to the public at all times, as such, full-race runs are not permitted.

b. Riders must be completely SELF SUFFICIENT during any pre-riding or training all days leading up to the event day. Services that are NOT AVAILABLE leading up to the race are:

- i. Medical Services and transport
- ii. Food, Water and Aid stations

iii. Shuttling is not permitted for practicing any stages for the Bee's Knees Enduro. We are trying to keep traffic on the Pass Powderkeg road to a minimum during the weekend.

Riders are solely responsible for themselves, and must be self sufficient

c. Racers are not permitted to impede the public at any time.

d. Trail Impacts

i. Racers are asked to limit their pre-rides and training runs to one or two laps of a trail where possible.

ii. Racers are asked during practice to stay on the established trail tread.

e. Trails will remain open to the public, there will not be closed course training

TRAIL NETWORKS

a. The Bee's Knees Enduro takes place on public trails. In instances where the event takes place on public trails, trails will not be closed to the public at any time. This means the public may be intermixed with racers and as such, it is the duty of the racer to yield to the public at all times. If the public impedes a race, a re-run will be permitted.

b. Racers must not negatively interact with any member of the public at any time.

c. Racers must be aware that there are other trail users (the public) and that intersections, road crossings and access roads may have members of the public on them at any time. It is the racer/rider's responsibility to ensure they do not impede the public.

d. At no time shall a rider impede, block, stop or attempt to do any of the aforementioned to a member of the public

SEEDING AND START ORDER

a. Riders at the stage start can seed themselves. The order is usually Fastest to Slowest.

b. Riders MUST depart the registration at their dictated DEPARTURE time

c. We do NOT use or allocate stage start times.

d. Riders are released at stage starts every 30 seconds (30s intervals)

e. Courses closes at stated time on the race schedule

EQUIPMENT REQUIREMENTS

a. Modern enduro bike with front suspension.

b. Full-Face Helmet. Helmets with removable chin bars are accepted.

i. Helmets must be purchased/manufactured within the last three years. Random inspections are done. If a helmet does not meet this stipulation the rider will not be allowed to compete.

ii. Riders must wear an approved helmet for mountain biking.

iii. All races have Mandatory Full Face helmets for all competitors. It is the competitors responsibility to know this information.

iv. Helmets must be worn at all times while riding.

c. Two functioning brakes.

d. Riders must complete the race on the same frame they started with.

e. Outside assistance is not permitted unless approved by the race director

f. All bikes must be in good working order, and capable of competing in the event.

d. Proper footwear must be worn. No open toe shoes/sandals

FEED STATION

There will be a feed station located by the Pass Powderkeg Lodge that is accessible to racers.

The feed station will include snack type food, along with some fruit and water.

If you have dietary constraints, allergies or other food related requirements

it is expected that you will carry your required food with you at all times and have enough to complete the race as necessary.

SCHEDULE SUBJECT TO CHANGE

Schedules may change at any time for a number of reasons. Racers will be kept up to date with any changes.

GENERAL SAFETY

i. RIDER DOWN

1. If a rider encounters another rider on course, a verbal response is necessary before continuing. If no response between the riders is given, the rider must stop and assess the situation.

If the rider not responding is injured please call 911 if it is life-threatening, or notify the closest marshal. If you begin life-saving first-aid, send the next rider down to the marshal.

A rider who does not stop for an unresponsive rider will be disqualified
Riders who help injured riders (must be removed from race injury) will be given the opportunity to repeat the stage or to take an average of their other stage finishes

ii. EMERGENCY ACTION PLAN and FIRST RESPONDERS

Course Marshals will have a copy of the Emergency Action Plan for the event and First Responders will be on site to provide first aid if needed

iii. HEAD INJURY/CONCUSSION

A rider who has a positive mechanism for a head injury will be assessed by a first-responder of the race. If the first-responder deems the rider unfit, the rider will be removed from the course and forbidden to ride in the event for that day. When a first-responder deems a rider is unfit to continue, that rider must submit their number plate to the first-responder without question.

ENVIRONMENTAL

i. Rider's CANNOT intentionally drop anything (e.g. food wrappers, used inner tubes, broken equipment, etc) outside of a publicly available trash can. Any rider deemed to be abusing the environment will be disqualified. Riders must always aim to leave nothing on course.

ii. INVASIVE SPECIES

Riders are asked to wash their bikes before leaving their hometown and to ensure that at the end of every training day their bikes are washed thoroughly. Riders are also asked to inspect their equipment and clothing for burrs or seed contaminants, and to dispose of any seeds in trash containers. In addition, please avoid riding off-trail. We ask that you highly consider this whenever you ride your bike.

iii. Enduro mountain bike racing allows us to ride into remote, backcountry areas of natural beauty. It is of the utmost importance that all racers respect their environment and consider the impact they leave behind for the local riding community. The below rules have been put in place to protect our trails and our riding environments.

- No disposable goggle tear offs are allowed to be used.
- The disposal of food packaging on the trail is strictly prohibited.
- United Riders of Crowsnest reserves the right to penalize any rider whose actions are deemed to seriously damage the local environment.
- Riders must not store food and drinks or clothing and equipment on the trail (Food/Gear Stashes)

- Packaging left behind and uncontrolled food supplies may have a serious impact on local wildlife and the local environment. Any rider found to be hiding or retrieving supplies from unofficial feed / tech stations will be penalized.
- Riders must not store or drop clothing or equipment on the trail (Kit Stashes) during Official Training or racing. All riders must remain self-sufficient and carry off the mountain that they carry onto it.

TIMING

a. TIMING SYSTEM

- i. We do NOT use stage start times.
- ii. Stage restarts are forbidden.
- iii. Our timing system tracks you as you move through the start and finish zones. Once you are within the field, your time will be recorded. Do not enter a start or finish zone unless you are racing that segment. Stay 2 meters back from the start zone prior to starting the stage.
- iv. All competitors will wear a timing band. The timing is to be worn on the RIGHT-HAND WRIST.
- v. The timing band must be returned to the registration tent as soon as the rider finishes the last stage.
- vi. Riders will be charged for any timing band units not returned and are subject to additional fees from Zone4
- vii. Timing bands returned later than one hour after the course closes on race day are not eligible for results.

RESULTS

Results will be posted 30minutes after the course closes on each day. Results can also be found online at zone4.ca

MEDIA

Photographers and videographers will be present on course to capture the event. They will be present in staging areas, at awards and along stages. Photos or video of riders will be used from promotional materials for future UROC events.

VOLUNTEERS

- a. Our events are run with the assistance of volunteers. Our volunteers are not responsible for event delivery.
- b. Riders are not permitted to make any verbal requests, complaints, derogatory, insensitive or crude remarks to volunteers at any time. Failure to abide by this stipulation will result in a disqualification from the event.
- c. If you have a complaint or concern, please speak with the UROC race director directly.