



MUNICIPALITY OF
SAINTE-CATHERINE-DE-HATLEY

RACE NOTICE

ROLLER SKI

CHALLENGE ESTRIE 2016
MUNICIPALITY OF STE-CATHERINE DE-HATELY
17 SEPTEMBRE 2016

TRAIL RUNNING CIRCUIT TRAINING
17 AND 18 SEPTEMBRE 2106

Competition name

Challenge Estrie2016

Host club

Club de ski de fond parc du Mont-Orford

Sites

Race :

Parc Honoré –Langlois, 121 rue du Vallon
Coin Chemin Forand et Rue du Vallon
Municipality of Ste-Catherine de Hatley, Chemin
Ayers Cliff, Québec

Coach's meeting and Trail circuit training site

Centre d'entraînement des Sommets
249, chemin des Sommets
Sainte-Catherine-de-Hatley
JOB 1W0

**Access fees for race site and trail
running circuit training site**

IMPORTANT information:

For Saturday's race only:

Access to race site is free for everyone.

**For access to trail circuit training site (Saturday
afternoon and Sunday) :**

**All athletes must have their Zone 4 receipts on hand in
order to gain access to the Nordic center trails.**

Access and parking to the main site is free of charge for
everyone.

Trail running circuit training site

The circuit training trail is located at the CNDS (Centre Nordique Des Sommets), in the municipality Ste-Catherine de Hatley, (situated 15 min from Magog)
The trail running circuit departs from the main Nordic center building. The 4.5 km trail offers a variety of landscapes with height differences of + or - 200 m (climb). The circuit combines both aerobic endurance and strength training. 12 stations training station are scattered along the trail, they include, 7 upper body, 4 lower body and 1 torso stations. It is a demanding course with steep descents and magnificent views which should be completed in less than 60 minutes. The trail was recently build and was specifically designed to simulate Nordic skiing requirements.

Addresses

1-Municipality of Sainte-Catherine-de-Hatley

Parc Honoré –Langlois, 121 rue du Vallon
corner Chemin Forand et Rue du Vallon
Municipality of Ste-Catherine de Hatley, Chemin Ayers
Cliff, Québec

Hyperlink :

<https://www.google.ca/maps/place/126+Rue+du+Vallon,+Sainte-Catherine-de-Hatley,+QC+J0B/@45.2397703,-72.0707572,14z/data=!4m5!3m4!1s0x4cb6462328a3d67b:0x5d77d5fef9c3def!8m2!3d45.2370788!4d-72.0678127>

2-Centre Nordique des Sommets

49, chemin des Sommets
Sainte-Catherine-de-Hatley
J0B 1W0

Hyperlink :

<https://www.google.ca/maps/place/249+Chemin+des+Sommets,+Sainte-Catherine-de-Hatley,+QC+J0B/@45.2080069,-72.0335359,17z/data=!3m1!4b1!4m5!3m4!1s0x4cb645c8a41760db:0x6f91da08e6f2bcb5!8m2!3d45.2080031!4d-72.0313472>

Dates

17 and 18 September 2016

Sanctions

Ski de fond Québec, Cross-Country Ski
Canada.
Canadian points will be issued.



Admissibility



Provincial annual licences (SFQ) 2015-2015

As well as a **National (CCC) licence for the 2016-2017** are required for all categories from juveniles to senior. Day licenses for these categories will not be permitted or accepted. **US athletes will require licences issued by their respective national federation.**

For regional races : Provincial annual licence 2015-2016 or day licence from SFQ (5\$ par jour) is required for the Midget category. **US athletes will require licences issued by their respective national federation for this category.**

Day licences from SFQ (5\$ / jour) and CCC (5\$/ jour) = 10\$ / day are required for all Masters categories, including US athletes.

Organising Committee

Race director

Competition secretary

Chief of course

Chief of timekeeping and data processing

Chief of stadium

Chief of control

René Pomerleau

Marie-Josée Grignon

Charles-Olivier St-Jean

Diane Meesen

Angelo Cristofanilli

Eric Bealieu

For information

René Pomerleau

819-571-0704

rpomerle@skidefondorford.qc.ca

<http://www.skidefondorford.qc.ca>

Members of the jury

Technical delegate

Race Director

Host club Representative

Daniel Bellerose

René Pomerleau

Jean Pinard

Registration fees

| Category | Free style roller skis: Saturday September 17,2016 MASS START | | Trail circuit training access Sat and Sun 17 and 18 of September 2016 | |
|--|--|----------|---|-----|
| Age category (Age on the 31 December 2016 .) | Cost | Distance | Cost | |
| Midget Girls (2003-2004- (2005)) | \$32 | 5Km | \$5 | |
| Midget Boys((2002) 2003- 2004) | \$32 | 5Km | \$5 | |
| Juvenile Girls (2001- 2002(2003)) | \$43 | 10Km | \$5 | |
| Juvenile Boys (2001-2002)) | \$43 | 10Km | \$5 | |
| Junior B Women (1999-2000 (2001)) | \$43 | 10Km | \$5 | |
| Junior B Men (1999-2000) | \$43 | 10Km | \$5 | |
| OPEN | Junior A Women (1997- 1998) | \$43 | 10Km | \$5 |
| | U23 W (1994-1996) | \$43 | 10Km | \$5 |
| | Senior elite W (1986-1993) | \$43 | 10Km | \$5 |
| | Junior A Men (1997-1998) | \$43 | 10Km | \$5 |
| | U23 M (1994-1996) | \$43 | 10Km | \$5 |
| | Senior elite M (1986-1993) | \$43 | 10Km | \$5 |
| Senior sport women 1986 and prior | \$43 | 10Km | \$5 | |
| Senior sport Men 1986 and prior | \$43 | 10Km | \$5 | |
| Masters Women (1985 and prior) | \$43 | 10Km | \$5 | |
| Masters Men (1985 and prior) | | | | |

Schedule

| DATE | ACTIVITY | SITE |
|--|-------------------------------------|-----------------------------------|
| FRIDAY 16 SEPT 7 PM | Coach's meeting | Centre d'entraînement des Sommets |
| SATURDAY 17 SEPT. | | |
| 6 :30AM to 9:00AM | Bib distribution | Tent Parc Honoré Langlois |
| 6 :30AM to 8:30AM  | Course recognition | Rue Forand |
| 9:00AM | Race start | Tent Parc Honoré Langlois |
| Noon | Lunch (distribution of lunch boxes) | Tent Parc Honoré Langlois |
| 1:00PM to 1:30PM | Medal ceremony | Tent Parc Honoré Langlois |
| 2 :00PM | Trail circuit training site opens | Centre d'entraînement des Sommets |
| SUNDAY 18 SEPT. | | |
| 9 :00AM to 3PM | Trail circuit training site opens | Centre d'entraînement des Sommets |
| 3PM | End of activities | |
| For more information please contact Angelo Cristofanilli. | | Cell : 514-377-5125 |

Regulations

The event will respect all current rules and regulations as issued by SFQ and CCC.

<http://www.cccski.com/getmedia/92ece87e-05d8-430e-9403-94758655a923/215RollerSkiingPolicy-April2012.pdf.aspx>

<http://www.cccski.com/getmedia/c0acef41-0549-4c60-b1d1-ed57565fa495/Rollerski-Tier-2-TP-Final.pdf.aspx>

http://www.skidefondquebec.ca/evenements/cahier_reglement_2015_final.pdf

<http://www.cccski.com/Events/Rules-and-Regulations.aspx>

Important information regarding roller skis and equipment



The Organising Committee will issue, **at no charge**, standard roller skis to all participating athletes, as per regulations set forth the by CCC.

The Swenor skis include both NNN and SNS binding. This policy was set forth to insure consistency and fairness for all Athletes. The skis will be arbitrarily being issued 15 minutes prior to start time.

Athletes must indicate the type of binding they require (NNN OR SNS) for the race (on the online registration module Zone 4).

The athletes will need to provide their own boots, helmets, protective eyewear, and poles, all of which are obligatory. Please see following for all details

<http://www.cccski.com/getmedia/c0acef41-0549-4c60-b1d1-ed57565fa495/Rollerski-Tier-2-TP-Final.pdf.aspx>

Extraordinary circumstances

Given the uniqueness of this event, the organizing committee reserves the right to cancel the event in case of force majeure or insufficient participation.

Terms of registration

Fees

Registration fees are indicated on the Registration fee table.

Online registration opens August 14, 2016.

Registration

<https://zone4.ca/reg.asp?id=12998>

non-refundable fees

Zone4 transaction costs are not refundable. Registration fees are non-refundable. Except in cases of force majeure (cancellation by the organization due to climatic conditions) or insufficient participation. 70% of the registration fee will be refunded to athletes if the cancellation is made 48 hours prior to the first race or before September 15, 9:00. If cancellation occurs the morning of the race, no fees are refunded.

Date limit

Tuesday September 13, 2016 at 11:59PM EDT

Course map

See annex

The course will be closed to motorized vehicles for the duration of the race

Road safety will be ensured by the Magog Police Service.

Stadium

Rue Forand

Course recognition and warm up

As of 6:30 am Saturday, September 17 at Langlois Honoré park. The route will be closed to traffic from 6:30 14:00. Please note that training outside these hours is not allowed. * The reconnaissance of the course can be done by bicycle, in the days preceding the event.

Athletes must have left the race course 15 minutes before the start of the races.

Start zone is prohibited at all times

** According to the law on Road Safety Quebec, roller skiing is prohibited on the roadway. The violation of this directive may result in penalties and fines.*

Coach's meeting

Friday September 16, 2016

Centre d'entraînement des Sommets
249, chemin des Sommets
Sainte-Catherine-de-Hatley
JOB 1W0

Seeding

According to Canadian points (FIS for US athletes)

Bib distribution

Tent parc Honoré Langlois 6h30 et 10h00.

Medals

Medals will be awarded to the first three in each category. The athlete must be present to receive his medal. Medals will only be awarded to the athlete who actually won.

Athlete Services

Food service

Parc Honoré-Langlois
Lunch boxes will be served starting at noon
Saturday September 17, 2016.

Accommodation

For information on accommodation or other, contact the tourist information: 1-800-267-2744

Or visit the following link:

<http://www.tourisme-memphremagog.com/>

Parking

Race Site :

Prior to 6:30 AM 6h30 Parc Honoré Langlois et rue du Vallon, As of 6:30AM only on Forand street.

Trail Circuit training site and Coach's meeting

Centre d'entraînement des Sommets
249, chemin des Sommets
Sainte-Catherine-de-Hatley
Lots of available parking

Medical

First aid will be provided by St. John Ambulance. A doctor will also be available.

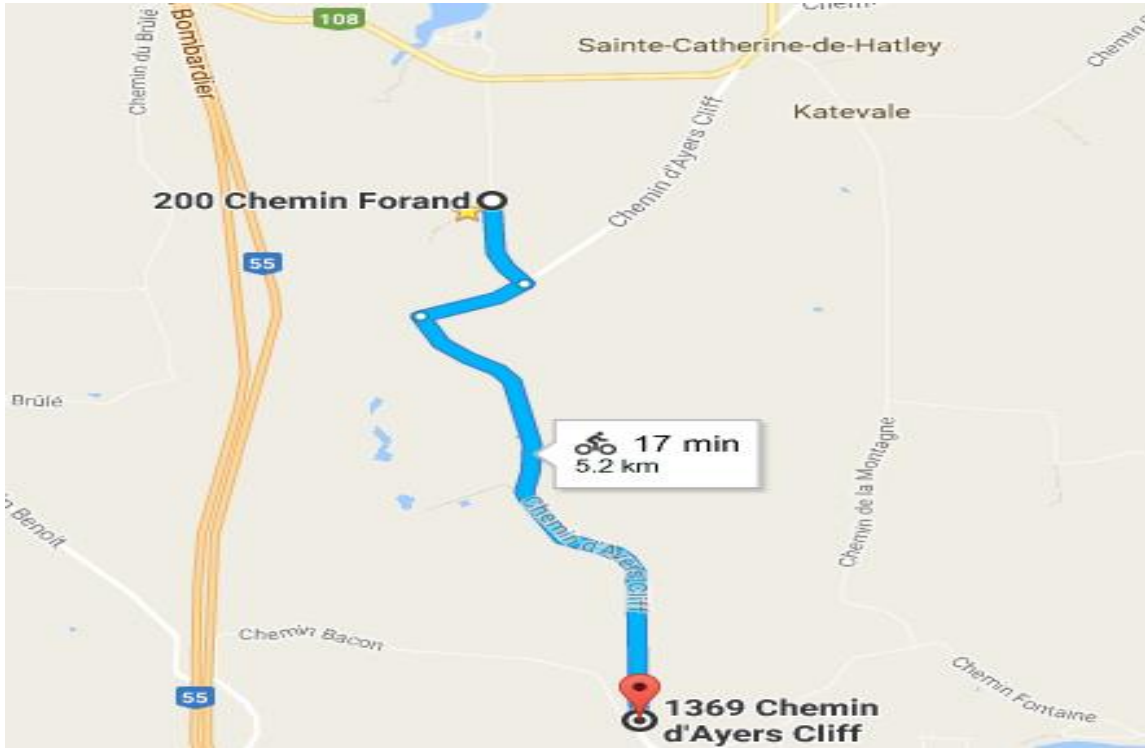
RACE SCHEDULE*

| Saturday 17 September (free style) | | |
|---|-------|----------------------------------|
| Mass Start | | |
| 9h00 | 5 km | Midget boys |
| 9h10 | 5 km | Midget girls |
| 9h 45 | 10 km | Open Men (Junior A, U23, Senior) |
| 9h50 | 10 km | Masters Men |
| 10h45 | 10 km | Open Women |
| 10h50 | 10 km | Masters Women |
| 11h45 | 10 km | Junior B et Juvenile Men |
| 11h50 | 10 km | Junior B et Juvenile Men |

** The schedule may be altered depending on the number of participants in each category and availability of the skis.*

ANNEXE

Course distance 10 km



Course distance 5 km

