

# ROCKIES



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## 2024

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*24 Hour Mountain Bike Race  
in Canmore Alberta*

**TECH GUIDE**





## About the Race

The Rockies 24 is located in Canmore, Alberta at the world famous Canmore Nordic Centre in Kananaskis Country Park. The Canmore Nordic Centre (CNC) is a 5 minute drive or short pedal from town center. The Rockies 24 is a 24 hour team or solo mountain bike event with a looped course approximately 13.4 km in distance, containing many classic trails that will satisfy all levels of riders.

The third annual Rockies 24 will take place on July 27-28. This is the perfect opportunity to take the family for a mountain getaway as the summer season hits its peak. A wide range of accommodations are available, including hotels, Airbnbs, and camping. Free Camping onsite for all solo racers and teams is included. This is something special to be found in Canmore in the peak summer months!

Canmore provides plenty of activities for those not racing, including hiking, rafting, tours, and golf. Local restaurants and coffee shops will keep your adventures fueled. [Canmore's public transit](#) offers several routes to popular hiking and sightseeing destinations in Banff and Lake Louise.

**The Rockies 24 is sanctioned by the Alberta Bicycle Association.**



## Location

### Canmore Nordic Center, Canmore AB

**How to get there:** It is very easy to get to Canmore AB, located in the beautiful Canadian Rockies, just over 100 km west of the city of Calgary, AB. From Calgary International airport (YYC) it is just over an hour and 20 minute drive. From Vancouver it is a 9 hour drive east. Once in Canmore, follow the signs to the Canmore Nordic Centre, a short 5-8 minute drive, or a very pleasant bike ride via a newly constructed bike path.

## The Venue

Open daily from 7 AM - 5:30 PM, the Canmore Nordic Centre's Day Lodge offers information, washrooms, showers, and a warm spot by the fire to meet up with friends. Enjoy a hearty breakfast, lunch, or snack at the [Cornerstone Cafe](#), which also provides full catering services for group meetings or events in the banquet room.

**For the race weekend, Cornerstone Cafe will be open from 9 AM - 7 PM on Friday, 7 AM - 7 PM on Saturday, and 7 AM - 5 PM on Sunday. They will have numerous specials on for race weekend including a pancake breakfast.**

Adjacent to the Day Lodge, [Trail Sports](#) offers ski and bike equipment sales, rentals, instruction and guiding services.

There are over a 100 km of trails on site for everyone to enjoy.





# The Course



Sitting at an altitude of 1,400 m (4600 ft), the Canmore Nordic Centre is a base for many of Canada's Olympic athletes, offering fresh air and expansive views of the Rocky mountain ranges. The race utilizes the fast and flowing cross country trail system. These are expertly constructed trails consisting of mainly blue level single track. You may feel the altitude as the course is nearly a mile above sea level!

**Course length:** 13.4 km

**Elevation gain:** 370 meters

**Timing:** Zone4 chip timing

**Aid stations:** 1 aid station will be situated in the stadium stocked with energy snacks, F2C Glyco-Durance sport hydration drink mix, water, and Squirt Lube.

**Check Points:** 1-2 checkpoints will be out on course with volunteers ready to cheer you.

## GPX of Course

\*In case of differences, on race day follow the markings and not the GPX track

The trails and roads are not closed to other traffic. Please use caution and follow the rules of our society. We do not have exclusive rights to use the Nordic Ski trails and they will remain open to others throughout the event. When (if) you come upon other trail users, be considerate and respectful. Other trail users may also include deer, rodents and bears.

**All riders are required to carry bear spray while on course.**





# Prizing



All competitors are eligible for draw prizes. Julbo, Squirt Lube, Jakroo, Wahoo Fitness, 4iiii Powermeters, Pink Weasel Coffee and the Bicycle Café in Canmore / Kamloops have all generously donated prizes for the weekend.

Ghostrider from Fernie has custom made medals for all podium winners.

There will be 2 sets of Julbo sunglasses up for grabs for the fastest Female and Male lap times!

We will also be giving away 4 Rockies 24 Jerseys from Jakroo.

- Best Dressed
- Worst luck
- Kindest Athlete
- Youngest Solo 24Hr finisher





# Fees & How to Register



We have simplified the registration process this year: Team captains can now purchase a team in advance. As you assemble your team, each rider can then complete their registration separately. Team captains will also be required to complete the individual registration after purchasing the team.

Team captains can purchase a team registration [here](#).

Each individual team member can complete their registration information after the team has been purchased [here](#).

**Solo racers simply purchase their registration and fill out their information [here](#).** No further steps are required.

**Registration will close 11:59 pm July 24th.**

**On-site registration is not guaranteed but we may try to accommodate you if we have time. Cash only**

We have purchased special insurance which allows ANYONE who wants to race to come out and try it! Day licenses are \$20 each

## **Registration Includes:**

- Rockies 24 t-shirt or Beer Mug
- Access to all Canmore Nordic Centre cross country trails from Friday to Sunday
- Friday & Saturday night camping for 24 Hour racers
- Accredited medical staff
- One aid station stocked with Squirt lube, water, and F2C Nutrition products
- Fully marked fun, fast and flowy single track
- Expert race timing by Zone4
- Extensive Rockies 24 awards and draw prizes.
- Entertainment by the one and only Crazy Larry.





# Parking / Camping

Parking and camping will be available in the designated areas as assigned by your registration. The Canmore Nordic Centre will remain open to other users throughout the event. Obey all volunteers to ensure access for emergency vehicles and other park users.

**Parking Pass:** Only one vehicle is allowed onsite at any time for solo racers, two person and 4-5 person teams. Corporate teams are allowed two vehicles onsite. This includes set-up and tear-down times. A pass system will be implemented at the front gate of the Canmore Nordic Centre to ensure vehicle restrictions are adhered to. This policy allows us to manage parking congestion.

We will have a “quiet” zone for camping as well as a “party zone”. There is also a bike wash station sponsored by Squirt lube. Potable water is available on site but to avoid lineups, it is recommended to bring your own water supply.

**Waste Management:** All waste and recyclable materials on site must be managed in the appropriate way. There will be recycle bins and trash bins throughout the CNC for the participants to use but please take what you can with you as these bins will fill up fast.

The Canmore Nordic Centre will be rocking this weekend as the Canadian Summer enters its peak season. Make a weekend of it and stick around for a good time in the Rockies while the sun is still shining!



## **Parking and Tent Allowances:**

### Solo Racers

- Tent camping - 10' x 10' on course pit tent
- One parking stall in the main parking area. This can include a camper van, but an RV is not permitted.

### Two Person and 4-5 Person Teams

- One RV parking stall
- One vehicle parking stall
- Tent camping

### Corporate Teams

- One RV parking stall
- Two vehicle parking stalls





## *Food & Water*

The Cornerstone Cafe located in the Day Lodge at the Canmore Nordic Centre provides a variety of food options and is open from:

9AM- 7PM on Friday

7AM - 7PM on Saturday

7AM - 5PM on Sunday

Potable water is available onsite.

## *Weather*

The Rocky Mountain weather surrounding Canmore can change many times a day. Our event is hosted in the prime summer season, but it is the Rockies so cool weather is very possible, especially during the night. Of course a heat wave is also possible this time of year so the participants will be well informed before the event on how to deal with potential extreme weather. Conditions will be evaluated and riders will be reminded to hydrate well if it's hot, and to dress properly if it's cold. Be prepared for any and all conditions.

## *Wildlife*

This event is taking place in an active Wildlife Corridor. A detailed plan to avoid wildlife interactions has been developed. We will be working closely with the Conservation Officers throughout the event and also riding the course ourselves at different times to lookout for wildlife and report any potential conflicts. All situations involving wildlife will be handled in conjunction with the Conservation Officers based on their expertise. Alternative trails to re-route the course will be identified before the race and will be used if necessary with volunteers on site to ensure everyone knows where to go.



# Bears

We are in Bear Country! The Canmore Nordic Center is home to resident Bears, and others passing through the corridor.

- Be alert at all times, especially during the evening, night and early morning time periods when bears are most active.
- Make lots of noise to help avoid a surprise encounter.
- **Packing accessible bear spray is mandatory throughout the race.**
- Do not leave any food or garbage unattended at your camp.
- We will have bear dogs on site from Canadian Bear Safety which will help mitigate bear problems. We will be doing 1-2 dog patrol laps during the night portion of the event as well as a patrol every 4 hours by an experienced rider.

# Sign-on and Race Day Registration

All racers must sign-on Friday or Saturday July 27/28 during the following times at the Canmore Nordic Centre.

Friday sign-on times: 3-9 PM  
Saturday sign-on times: 8-10 AM

## Schedule

<i>Friday, July 26</i>	<i>Saturday, July 27</i>	<i>Sunday, July 28</i>
<p>1 pm: Course will be fully marked 1pm - 9 pm: Gates open for participants to move in 3 pm - 9 pm: Race package pickup 11pm-7am: Security gate closed</p>	<p>7am - 10am: Security gate opens for participants to move in 8 am - 10 am: Race package pickup 11:00: 24HR racer meeting 11:20: Volunteer meeting 12:00pm: All races start</p>	<p>10:00 AM: Free Kids Race 12 pm: 24 hour race ends 1:30 pm: 24 hour race awards</p>





# Rules

- You ride for the amount of hours you signed up for. After the time is up your lap won't count. For the 24 hour race your last lap must be done by 12 PM on Sunday.
- Pre-riding is available anytime. A GPX track is available to [download here](#). The course will be fully marked by Friday at 1PM.
- Once you have completed 1 lap your name will be shown in the results.
- Transition for team riders: there must be physical contact before the next rider is allowed out. High fives, punches, kisses etc. Transition must be in the transition zone, which is right after timing, unless otherwise stated in the rider briefing.
- If you are unable to complete a lap due to mechanical, sickness or injury, you can return the quickest way back to the race venue so a teammate can start the lap over again, or you can regroup and then head out again. You can also call back to the stadium via cell phone or radio to cancel your lap and let the next rider go out. The lap you were on will not count.
- No garbage policy: please don't litter out on the track. We will penalize you a lap if we see you do it.
- No cheating: you must follow the track. It will be clearly marked with arrows, bunting tape, flags and signs. If we see you cheating you are out.
- Rider down procedure – probably the most important rule of all: if you come to an accident out on the track you MUST stop and make sure the rider is ok. If he/she is not, stay with him/her and send the next rider straight back to the event centre to let us know what happened. If you lose time while helping an injured rider we will adjust your lap time at the end of the race.
- If a race is deemed unsafe because of a storm, bear, fire, etc., we will pause it, assess the situation and, if possible, restart it later.
- Our course is designed so it is easy to separate it into 2 separate loops. If needed, we may shut down one loop, and continue the race on the other loop.



### ***Rules continued...***

- Passing: being friendly out on the track goes a long way. Let the rider you are about to pass know when and on which side you are coming. If you are being passed find the next best place to move to the side and let them pass.
- Race numbers are to be displayed on the handlebars of the bicycle. The number plate must be readable and unaltered.
- All riders must wear a certified bike helmet.
- We will do our best to keep awards on time. If you must leave early and have a prize to collect, arrange for someone else to do so on your behalf.



# *Race Waiver and Liability Release*

By signing up to the Rockies 24 event you agree to the following:

- In consideration of Rockies 24 accepting my participation in any individual event organized by Rockies 24, which may involve a significant risk of physical harm, I agree to this release of claims, waiver of liability and assumption of risk.
- I accept that Mountain Biking is a hazardous experience or activity with varying surface and environmental conditions. It is different from road bicycling in that it is done on partially improved and unimproved trails and roads, as well as on naturally rugged terrain.
- I am aware that mountain biking is a recreational activity which may involve, in addition to usual and inherent risks, personal injury, obvious risk, danger to myself, the possibility of injury and harm and physical exertion for which I may not be prepared, remoteness to normal medical service, weather extremes subject to sudden and unexpected change and evacuation difficulties if I am disabled.
- I accept all of the inherent and obvious risks and that mountain biking is a dangerous recreational activity and the possibility of personal injury, death, property damage or loss resulting therefrom. I acknowledge that the enjoyment and excitement of mountain biking is derived in part from the inherent risks incurred by the activity beyond the accepted safety of life at home or work and that these inherent risks contribute to such enjoyment and excitement being a reason for my participation.
- I hereby acknowledge that I am aware of the nature of the course and am aware of the risks to person and property inherent in this activity and certify that I am medically fit and able to take part in the event.
- I hereby agree to abide by any rules, directions and instructions of any race officials and their assistants.
- I undertake to wear a Canadian Standards approved helmet at all times when racing and practicing the course.



### ***Race Waiver and Liability Release continued...***

- I undertake to practice the course before commencing the race, and if this is not possible, race with due regard to the knowledge that I have not examined the course.
- I hereby for myself, my heirs, executors or administrators, waive all and any rights of claims which I may otherwise have against Rockies 24, and release their officers, employees, volunteers, agents, contractors, public bodies, land holders, and sponsors from any and all claims, suits, demands, expenses, costs, damages or proceedings of any nature whatsoever arising from any personal injury, death, property damage or loss of description whatsoever which I may suffer or sustain in the course or the events or consequent upon my entry or participation in them.
- I hereby indemnify and hold harmless Rockies 24, their officers, agents, contractors, and sponsors from and against all claims, suits, demands, expenses, costs, actions, and proceedings of any nature whatsoever arising from any injury, loss or damage sustained by me or any injury, loss or damage suffered by any other person as a result of any act, omission, neglect or default on my part in connection with my participation in the event.
- I agree that if I suffer injury Rockies 24 can, at my cost, arrange medical treatment and emergency evacuation services as Rockies 24 deems essential for my safety. I hereby agree that I am responsible for my own medical and ambulance insurance and for medical and ambulance costs in the advent of an accident.
- I confirm that I am aware that a professional first aid medic will be on-site during the event and should I choose to complete a training ride any time before the race start I do that on my own risk.
- I agree to allow my photograph, video, multimedia, or film likeness to be used for any legitimate purpose by the organizers, sponsors, or others.
- I agree that my contact details can be used by Rockies 24 to keep me informed about upcoming events.





# *Safety & Emergency response*

## **Medical Coordinator:**

This role will be filled by a staff member of the Rockies 24. They will receive notifications of medical situations from participants/riders and volunteers, and will establish the location of the emergency to notify the EMT services in Canmore if necessary. We will be utilizing the first aid room on site to treat on site injuries. A medics will be on site from -Saturday 10am to Sunday 1pm.

- If an injury cannot be treated on site, Emergency Medical Services: will be contacted at 911.
- All Medical emergencies requiring a higher level of care than available on site will be treated by the Canmore Emergency Medical Services/Kananaskis Emergency Services.

Other numbers to contact in an emergency:

Naomi: 1-403-688-2818

Cory Wallace: 1-780-852-2741

If you come upon an injured rider, stay with them and contact our emergency response team. If this isn't possible, wait for another rider and send them to the nearest check point. We will then activate our emergency plan to rescue the fallen rider.

The most important thing this weekend is that we all have a good time and get home safely. If you need to stop your race to help in an emergency situation or an injured rider your time will be compensated. Ideally you should use Strava so we can adjust it accurately. Otherwise, it will be adjusted at our discretion.



# Closest Hospital

**Canmore General Hospital:** Local Advanced Medical Care

Canmore General Hospital is the closest hospital to the race site at 8-10 minutes away.

The address is: 1100 Hospital Road, Canmore, AB, T1W1N2  
Phone: 403-678-5536

For up to date information stay tuned to our social media channels on Facebook and Instagram at @canadian\_rockies24 and visit our website at <https://rockies24.com/>

Event Director  
Cory Wallace: 1 (780) 852-2741

**STAY SAFE OUT THERE  
AND ENJOY THE RIDE!**

