

ARGOVIA
VITTORIA-FISCHER CUP

communal



Technical Guide

International XCO– C2 Race
May 14, 2023

Capriasca Challenge SUI

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1. Forward

The understated Technical Guide complements the UCI- and National Regulations for Mountainbike races and explains the particularities of cross-country events in Capriasca for the year 2023, such as presentation ceremonies and training times, route specifics, prize money, etc.

The Union Cycliste Internationale (UCI) holds jurisdiction for Mountainbike events, as well as SWISS CYCLING, the highest-ranking national institution for Swiss biking sports.

2. Organization

2.1 Cup-Organizer

IG ARGOVIA CUP

c/o Fischer Roland, Unterdorfstrasse 40
5703 Seon

2.2 Organizer Capriasca Challenge

Velo Club Capriasca

2.3 Organizing Committee / Organigram of the organizing committee

- President: Marco Bernasconi, Mezzovico
- Race/Safety Director: Gian-Paolo Lepori, Tesserete
- Finances: Michele Argenta, Lumino
- Communication: Alain Testorelli, Lugano
- Volunteers: Stefano Bubola, Lopagno
- Sponsoring: Michele Argenta / Marco Bernasconi
- Kids Cup: Luca Groppi, Lugaggia
- Logistic: Alessandro Chiussi, Bedano
- Canteen/Catering: Federica Zanetti, Camignolo
- IT/website: Graziano Oechslin, Vezia

2.4 Contact Information

Velo Club Capriasca
Postfach 321
6950 Tesserete

www.capriascachallenge.ch

info@capriascachallenge.ch

N.: Marco Bernasconi: +41 79 377 99 63 (Organizing Committee President)

N.: Gian-Paolo Lepori: +41 79 355 30 62 (Race Director)

2.5 Timekeeping-Thomas Andres

Timekeeping has been held by a Chip System since 2014. The transmitter is attached to the start number, which is fastened to the handlebars.

A mat with a loop is used as a receiver, which the rider crosses over at the race's finish. All riders who cross the finish line are registered, through which every lap time can be identified. A rank list is printed for every category. Elite riders have back and handlebar numbers, while non-licensed riders only have handlebar numbers.

Registrations are made through Argovia Cup's portal, where a link to the Capriasca Challenge website is posted.

- 2.6 Sound Equipment / Speaker
A sound system with 2 microphones and loudspeaker, containing music for silent moments, will be installed at the start/finish and in the manifestation center.
Capriasca Challenge Speaker (IT/ENG): Rigamonti Alberto
- 2.7 Radio System
Race Control, UCI Judge, Race Marshals, Ambulances, Doctors and Samaritans are provided with radios.
Logistic, parking and traffic control, will also be provided with radios with a different frequency.

3. Race

- 3.1 Regulation
The organizer agrees to follow the mandatory UCI / SWISS CYCLING regulations.
- 3.2 Insurance
The organizer agrees to close a liability insurance policy for at least 5'000'000.- CHF.
- 3.3 Event Type
International C2 MTB Cross-Country Race within the Argovia Vittoria-Fischer Cup Series.
- 3.4 Categories / Participants / Race Registration
Sunday, May 14, 2023, Race UCI
- 09.00 Hard U17 (2006/2007)
 - 10.15 Mega U15 (2008/2009)
 - 11.15 Rock U13 (2010/2011)
 - 12.00 Elite Women (2003+)
 - 12.00 Women (2004/2005)
 - 14.00 Elite Men (2003+), Amateur & Master
 - 14:00 Junior Men (2004/2005)
 - 16.00 Fun Men 1 & 2
 - 16.00 Fun Women
 - 16.00 Plausch
- Sunday, May 14, 2023, Technical Race Argovia Cup**
- 11.45 Cross U11 (Ability course; 2012/2013)
 - 12.15 Soft (Ability course; 2014 & Junger)
- 3.5 Victory Ceremony / Rank Announcement
Victory ceremony are scheduled at the end of each race. At the end of the ceremony all athlete and follower must leave the protected area.
- 3.6 Training times
Training on the course is forbidden during the race. Violators could be penalized by losing start position places.
Riders may train on the race course on Saturday, May 13 between 13.00 and 18.00, as well as on Sunday, May 14 between 6:30 and 8:15 and 11:15.
- 3.7 Start- and Finish line for all categories

Riders prepare themselves 20 minutes before the Start in the prestart zone, and are called and lined up individually.

Riders are immediately removed from the course at the finish line, where their start numbers and chips are removed and collected by race officials.

3.8 Registration options

Registration may be executed online up to 2 days before the race through, **registration on the race day are allowed:**

- Homepage Argovia Cup at: www.argoviacup.ch/anmeldung
- Homepage Capriasca Challenge at: www.capriascachallenge.ch with link to Argovia Cup

Registration fees can be paid online.

3.9 Registration Fees

For registration on race day (allowed up to 1 hour before Start), a late registration fee will be charged. Start number issue will begin at 7:30 AM on race day.

Start number issue will begin at 7 AM on race day.

Hard U17, Mega U15, Rock U13, Chat; **Fr. 20.-, late registration fee Fr. 5.-**

Cross U11 (Ability course), Soft (Ability course); **Fr. 15.-, late registration fee Fr. 5.-**

Plausch, **Fr. 25.-, late registration fee Fr. 5.-**

Fun 1, Fun 2, Fun Women, Junior Women/Men; **Fr. 30.-, late registration fee Fr. 10.-**

Elite Women/Men, Amateurs, Masters, Chat "Plausch"; **Fr. 40.-, late registration fee Fr. 10.-**

3.10 Race Duration / Round Length (Capriasca Challenge)

Categories	Race duration	Maximum Race	Round length	Observations
Junior Men	60	75	4,5	Definitive course up to 30 minutes
Junior Women	60	75	4,5	Same
Men Elite	90	105	4,5	Same
Women Elite	90	105	4,5	Same
Amateurs / Masters	75	90	4,5	Same

3.11 Prize table for non-licensed participants (Capriasca Challenge)

Awarding of prizes for all boy's and girl's categories: trophy for the first three places of each category Soft, Rock, Hard and Mega. All participants will receive a souvenir.

Awarding of prizes for category U17: trophy for the first three places, and a prize in merchandise.

3.12 Prize- und Premium table for licensed riders (**UCI Class 2**– Price will paid cash at the race)

Rank	Elite M/W	Amateurs	Masters	Juniors M/W
1.	250	230	90	80
2.	200	140	75	65
3.	150	90	55	50
4.	125	70		30
5.	100	45		25
6.	90			
7.	80			
8.	70			
9.	60			
10.	50			
Total (CHF)	1'175.50	575.00	220.00	250.00

3.13 UCI-Class 2 Points Table

Rank	Elite M/W	Juniors M/W
1	30	20
2	20	18
3	15	16
4	12	14
5	10	12
6	8	10
7	6	8
8	4	6
9	2	4
10	1	2

3.14 Argovia Vittoria-Fischer Cup Points Table

Rank	Elite M/W	U23 M/W	Amateurs Masters	Juniors M/W	Hard Mega Rock	Fun 1/2 M/W	Plausch
1.	100	100	100	100	100	100	100
2.	80	80	80	80	80	80	80
3.	70	70	70	70	70	70	70
4.	65	65	65	65	65	65	65
5.	61	61	61	61	61	61	61
6.	58	58	58	58	58	58	58
7.	56	56	56	56	56	56	56
8.	55	55	55	55	55	55	55
9.	54	54	54	54	54	54	54
10.	53	53	53	53	53	53	53
11.	Etc...	Etc...	Etc...	Etc...	Etc...	Etc...	Etc...

4. Start number distribution

The distribution of the starting number will begin at 7:30 on the day of the race and will follow a functional timetable at the starting time of the relevant categories

- 7.30 - 8.30 Hard U17
- 8.30 - 9.30 Mega U15
- 9.30 - 10.30 Rock U13 + Cross U11 & Soft
- 10.00 - 11.00 Elite Women, Junior Men/Women
- 11.30 - 12.45 Elite Men
- 13.00- 14.45 Fun

5. Location

5.1 Start- and Finish zone

Start- and Finish zone of the Argovia Vittoria-Fischer Cup Capriasca Challenge are located at the Arena Sportiva, Via alle Pezze 30, 6950 Tesserete, Switzerland.

5.2 Start number Issue/Information

Start number issue and Information are located in P2 Camper (reference R), Via alle Pezze 18, 6950 Tesserete, Switzerland.

5.3 License Control

Licenses will be controlled during Start number issue, and those done for late registrations will be noted in writing.

5.4 Doping Control

Doping Control may be executed in a sanitary and discreet area in the elementary school building near the manifestation center.

5.5 Meeting Venue: „Team Manager Meeting “

The elementary school cafeteria is reserved for meetings and Press.

5.6 Podium / Ceremony Area

The location is very visible for the organizers, chronometers, race managers and announcers.

5.7 Race office

The Race office is located in the “Music Room” on the second floor of the elementary school. The office is set up with W-Fi connection.

5.8 Press Room / Press Conference

A section of the elementary school cafeteria is reserved for the press.

5.9 Locker Rooms / Showers

The locker rooms/showers are located in the Arena Sportiva next to the Football field (reference B)

5.10 Team- Area

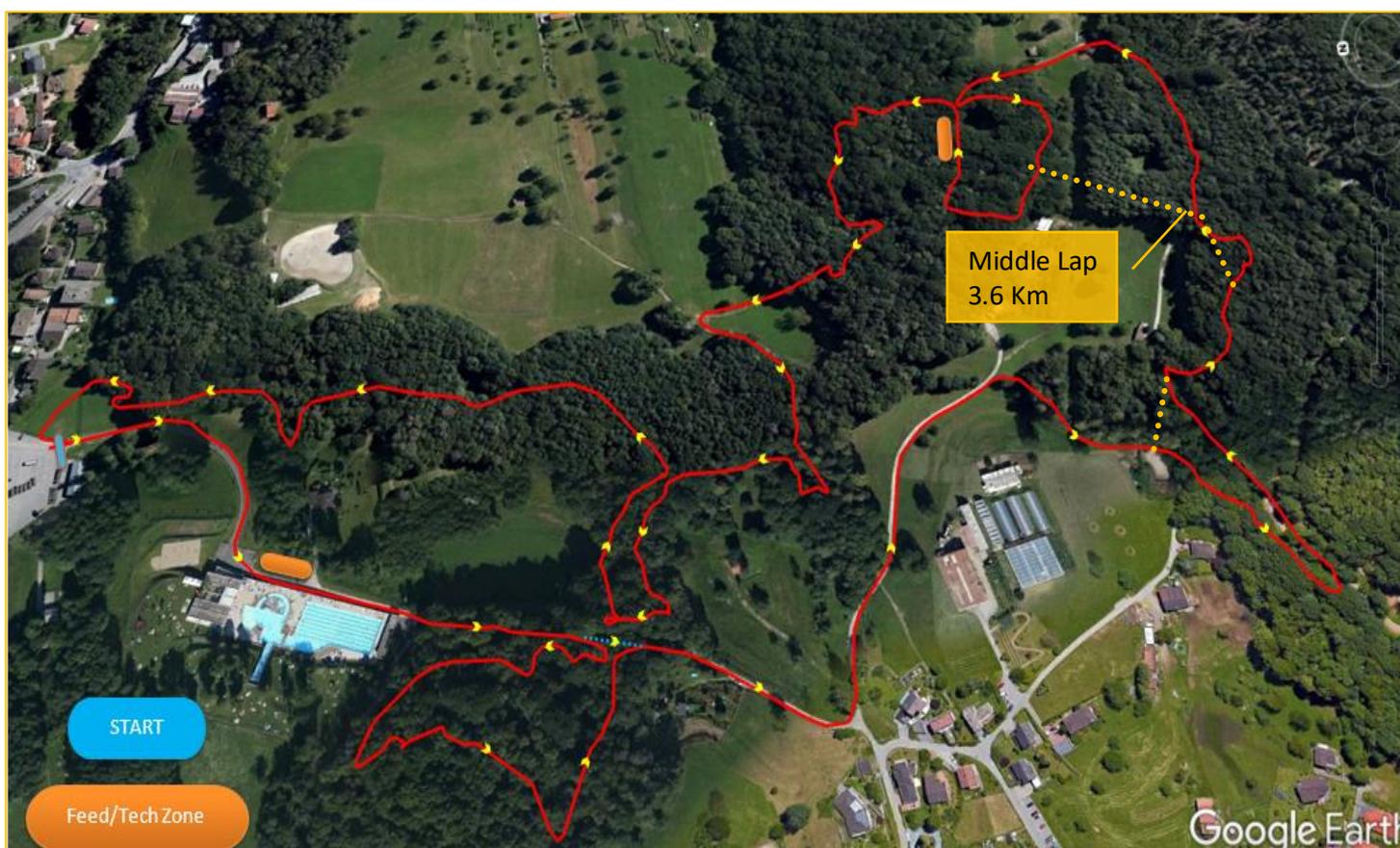
Exhibitors and Teams must reserve, on the webpage, a space (reference D) in the manifestation center for tents:

www.capriascachallenge.ch/team.html

- 5.11 Camper
Athletes & Teams must reserve, on the webpage, a Campers space. A designated Camper parking lot will be assigned:
www.capriascachallenge.ch/camper.html
- 5.12 Catering Area
Food and drink will be available in the manifestation center.
- 5.13 Travel to race
- From A2/E35 direction south take exit Rivera and follow direction Lugano/Taverne. In Taverne turn left direction Origlio. At the roundabout follow direction Tesserete. When entering Tesserete you see the Arena Sportiva on your right, and parking will be indicated.
 - From A2/E35 direction north take exit Lugano Nord and follow direction Vezia. In Cureglia at the roundabout, follow direction Tesserete. When entering Tesserete you see the Arena Sportiva on your right and parking will be indicated.
 - Parking lot is located at 2 minutes walking time from the race area.
- 5.14 Overnight lodging
Numerous possibilities for lodging can be found in Tesserete and the nearby Lugano region .

6. Courses

6.1 Course map

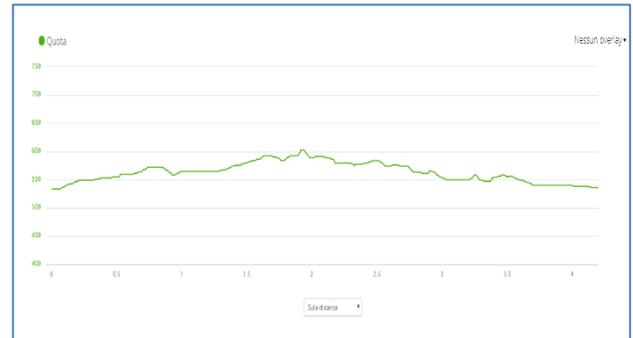


Depending on the category and weather, the route could be shortened, and individual sections could be removed from the route. The last route adjustments are announced up until 30 minutes before the start. Route modifications will be posted on the information board at the start / finish area and, if necessary, via loudspeaker.

6.2 Course description

Varied routes with interesting trails, track length (depending on the category) 4'500 m with a height difference of 131 m. Starting height is 534 m, maximal height 603 m. The start lap will follow the blue dotted line and skip the first technical part.

6.3 Specification of the Course Height Profile Height Profile - 131 meters



6.4 Ability course Cross/Soft/ Baby (blue track)



6.5 Danger Zones

Rocks in the forest (could cause accidents),
steep slopes/crossings (forest floors, slippery when wet)

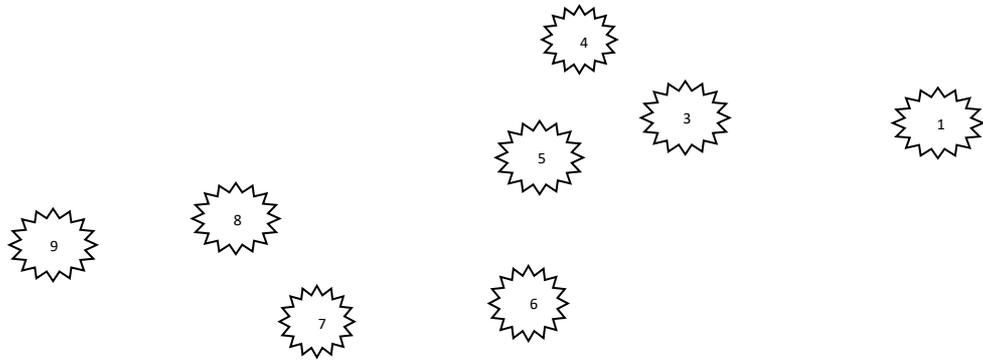
6.6 Stream Crossings

A water crossing is located just before the finish line (point 9 on description 5.6)

6.7 Description of Obstacles and intersecting spots: (see Annex-1 for details)

1. **GPM:** Max Height on the course is 603 m, it begins with a steep descent with roots
2. **Root Garden:** in a short but steep descent, the trail is covered by roots. The root garden can be avoided by using a chicken lane.
3. **Boulder (Big Rock):** in the forest after a flat trail a big rock can be biked down. The rock can be avoided using the chicken lane.
4. **S-Line:** Serpentine of trees in descent. It can be avoided by using a chicken lane.
5. **Josh Passage:** Steep descent with sharp turn and crossing of tree. It can be avoided by using a chicken lane.
6. **Steep-Line:** Steep line with roots and a sharp turn at the bottom. It can be avoided by using the chicken lane.
7. **Small Rock:** in the forest after a flat trail a small rock can be biked down. It can be avoided by using the chicken lane.
8. **Old shed:** crossing through a crumbling shed, rocks and narrow lanes.
9. **Stream V-Cross:** riding a steep descent, crossing through a stream and riding up a steep climb. Depending on weather conditions, the stream's flow can be weak or strong. It can be avoided by using the chicken lane.





6.8 Soil Quality

Due to recent dry weather, gravel, grass, and forest floor are dry and favorable for riding. In case of rain, forest floor and grassy areas are slippery.

7. Safety

7.1 Course Safety

The whole course is clearly marked! Race Marshalls will be present at crossings with pedestrian passages, in critical points and indicate the course direction. Dangerous or complicated course segments are marked according to UCI and SWISS CYCLING provisions.

7.2 Medical Service (see Annex-2 for details)

- Ambulance Service - On-site Rescue Service Team
- A clearly indicated First Aid Station will be available in the manifestation center
- A medical Post will be set up in the manifestation center behind the elementary school.
- An ambulance will be stationed next to the Medical post
- A doctor and Samaritans will be present at the Medical Post.
- A second ambulance will be strategically located on the course with quick access to the critical points
- A second Doctor/Anesthetist will be in the ambulance
- The Doctors will be in constant contact with the Race Safety Director via radio or cellular phone
- Access routes for multiple ambulances are defined
- An expert Marshall will be on the second ambulance to direct it through the fastest way to any part of the course
- In case of a medical event in the manifestation center or on the race course, the on-site rescue service team will provide first aid.
- One ambulance will transport injured athletes to the hospital and the second will guarantee the safety of the race

6.2.1 Samaritans

- Samaritans will be present at the critical points on the course
- Samaritans will be in contact with the doctor and safety director by radio

6.2.3 Fire Department

- Can be contacted at telephone number 118
- Is located below/adjacent to the football field

6.2.4 Traffic Service

- Is responsible for organizing parking
- regulates traffic direction in the manifestation area
- clearly marks parking places
- is responsible for traffic in the manifestation area

8. Communication / Marketing

8.1 Communication Association

Argovia-Cup, as well as Velo Club Capriasca, will publicize in their Newsletters. The organizer will deliver race results and post them on their website on race day.

8.2 Websites

The website of the organizer will:

- Provide information in Italian and German
- All important information concerning the race will be available on the website.
- Results will be posted on the website immediately after the race.

8.3 Media (TV-, Radio-, Media- und Advertisement Flyers)

The organizer will create a Manifestation Guide in printed or electronic form, which can be sent to nearby associations.

The organizer is present on common Social Media sites, and will continually update their information.

8.4 Crises Communication

In case of a crisis situation, communication between organizer and *Association* is binding.

Tesserete, April 10, 2023