

2024

Technical Guide Argovia Cup Lostorf



Table of Contents

1. Preamble 2

2. Organization 2

3. Race 4

4. Locations..... 8

5. Profile 10

6. Security 12

7. Communication / Marketing 14

1. Preamble

This Technical Guide is a supplement to the UCI (Union Cycliste International) and National Rules for mountain bike races and illustrates all special features for the Cross Country event in Lostorf in 2024 such as race-, award ceremony- and training times, race course, prize money, etc.

Mountain Bike Sport Events are under the responsibility of UCI (Union Cycliste International) and the national institution, the Swiss Cyclist Federation SWISS CYCLING as the top authority of Swiss cycling.

2. Organization

2.1 Host Cup

IG ARGOVIA MTB CUP
p.A. Fischer Roland Zweiradsport
Unterdorfstrasse 40
5703 Seon / Switzerland

2.2 Host Lostorf

Bike - Group Lostorf

2.3 Committee

President: Stefan Spielmann, Lostorf, rep. Thomas Christen, Lostorf
Race manager: Stefan Spielmann, Lostorf / Thomas Christen, Lostorf
Start-Finish-/ Festival area: Stefan Spielmann / Thomas Christen, Lostorf
Safety: Michael Gundlach, Lostorf
Finance: Stefanie Meier, Lostorf
Communication: Stefan Spielmann, Lostorf
Sponsoring: Patrick Meier, Stüsslingen
Kids Cup: Michael Gundlach, Lostorf / Benedikt Holzer, Lostorf

2.4 Coordinates

Bike Group Lostorf
Postfach 234
4654 Lostorf / Switzerland
Stefan Spielmann: 079 23918 50 (President of the Committee / head track)

2.5 Timing

Since 2014, time is taken via a transponder that is integrated into the number bib. Race numbers have to be fixed on the handlebars. The receiver is integrated in the finish line. Each passing of the finish line will be recorded. Therefore, lap times are available.

The ranking will be printed for each category.

Shirt numbers and handlebar numbers for elite riders, handlebar numbers only for non-licensed races.

Registrations via the registration portal of Argovia Cup (linking the webpage Bike & Running Group Lostorf).

2.6 Sound Engineering / Speaker

There is a sound system installed in the Start-Finish area (two microphones, several loudspeakers with music during breaks).

The sound engineering is provided by IG ARGOVIA MTB CUP

- Speaker: Will be announced

2.7 Radio system

The race director, marshals, first aiders as well as the local traffic service are equipped with radio equipments.

3. Race

3.1 Regulations

The organizer is following the rules of UCI and SWISS CYCLING. Its technical requirements will be implemented strictly.

3.2 Insurance

The organizer is obligated to take out a general liability insurance in the amount of CHF 5,000,000 minimum.

3.3 Event type

International C2 MTB Cross-Country race within the Argovia Vittoria-Fischer Cup series.

3.4 Categories / Participants / Licenses

Sonntag, 28. April 2024

09.00 Hard U17 (2008/2009)

10.15 Mega U15 (2010/2011)

11.00 Sightseeing Parcours

11.15 Rock U13 (2012/2013)

11.45 Cross U11 (Parcours; 2014/2015)

12.15 Soft (Parcours; 2016 und jünger)

12.00 Elite Damen (2005 und älter), Juniorinnen (2006/2007)

14.00 Elite Herren (2005 und älter)

14.00 Junioren (2006/2007), Amateure/Master (2005 und älter)

16.00 Herren Fun 1 (1975-2007), Fun 2 (1974 und älter)

16.00 Fun Damen (2006 und älter), Plausch Damen + Herren (frei)

3.5 Winners ceremonies / Giveaway presents

12.00 Uhr Hard / Mega / Rock

12.45 Uhr Cross / Soft

15.00 Uhr Elite Damen / U23 Damen / Juniorinnen

17.00 Uhr Elite Herren / U23 Herren / Junioren / Amateure/Master

18.00 Uhr Herren Fun1 / Herren Fun 2 / Fun Damen / Plausch

3.6 Training schedule

It is strictly forbidden to practice along the course during the competition. Contraventions may cause a disadvantage in the starting line up.

Practicing along the course is allowed at Saturday 27. April 2024 between 14.00 and 16.00 h. The Start-Finish area will be closed after 17.00 h for the running event.

Additional the track can be used between 06.30 and 08.15 h (without the Start-Finish area) and between 11.15 and 12.15 h on the race day.

3.7 Start and Finish

All cyclists have to be in the area of the pre-start 15 minutes before the start of the appropriate race. There will be an appeal. The racing drivers have to line up at the starting line in accordance with the appeal.

Start numbers with the pinned transponder must be handed in after finishing immediately.

3.8 Registration

Online pre-registration up to 5 days before the race:

- Homepage Argovia Cup: www.argoviacup.ch/anmeldung
- Homepage Bike Group Lostorf; link to Argovia Cup: www.bikegrouplostorf.ch

The entry fee has to either be payed online or while the issuing of the starting numbers.

3.9 Entry fee

In case of a registrations on the day of the race, an additional fee of will be added (deadline 30 minutes bevor start). Issuing starting numbers begins at 07.00 am.

| | |
|---------------------------------------|---------------------------------------|
| Hard U17, Mega U15, Rock U13 | CHF 20.00 (+CHF 5.00 late fee) |
| Cross U11 (Parcours), Soft (Parcours) | CHF 20.00 (+CHF 5.00 late fee) |
| Juniors W/M; | CHF 35.00 (+CHF 5.00 late fee) |
| Fun 1, Fun 2, Fun W, Plausch; | CHF 30.00 (+CHF 5.00 late fee) |
| Elite W/M, Amateure / Masters; | CHF 40.00 (+CHF 5.00 late fee) |

3.10 Race Length / Lap Distance (Bike Cup Lostorf)

| categorie | Race duration (min.) | Race duration (max.) | Lap distance (km) | Informations |
|--------------------|----------------------|----------------------|-------------------|--|
| Juniors Men | 60 | 75 | 4.2 | Def track and changes till 30 min before Start at bulletin board |
| Juniors Women | 60 | 75 | 4.2 | do. |
| U23 Men | 75 | 90 | 4.2 | do. |
| U23 Women | 75 | 90 | 4.2 | do. |
| Elite Men | 90 | 105 | 4.2 | do. |
| Elite Women | 90 | 105 | 4.2 | do. |
| Amateure / Masters | 75 | 90 | 4.2 | do. |

3.11 Prize money chart licensed racing drivers (UCI Class2)

| | Elite M C2 | Elite W C2 | U 23 M C2 | U 23 W C2 | Juniors M / F | Juniors W / F | Amateure/ Masters |
|--------------|-------------|-------------|-----------|-----------|---------------|---------------|-------------------|
| 1. | 250 | 250 | | | 80 | 80 | 100 |
| 2. | 200 | 200 | | | 65 | 65 | 90 |
| 3. | 150 | 150 | | | 50 | 50 | 80 |
| 4. | 120 | 120 | | | 30 | 30 | 70 |
| 5. | 100 | 100 | | | 25 | 25 | 60 |
| 6. | 90 | 90 | | | 0 | 0 | 0 |
| 7. | 80 | 80 | | | 0 | 0 | 0 |
| 8. | 70 | 70 | | | 0 | 0 | 0 |
| 9. | 60 | 60 | | | 0 | 0 | 0 |
| 10. | 50 | 50 | | | 0 | 0 | 0 |
| Total | 1175 | 1175 | | | 250 | 250 | 400 |

3.12 UCI-Class 1 Points Table

| Rank | Elite C2 M/W | U23 M/W | Junioren M/W |
|------|-----------------|------------|-----------------|
| 1. | 30 | 30 | 20 |
| 2. | 20 | 20 | 18 |
| 3. | 15 | 15 | 15 |
| 4. | 12 | 12 | 14 |
| 5. | 10 | 10 | 12 |
| 6. | 8 | 8 | 10 |
| 7. | 6 | 6 | 8 |
| 8. | 4 | 4 | 6 |
| 9. | 2 | 2 | 4 |
| 10. | 1 | 1 | 2 |
| 11 | x | x | x |
| 12 | x | x | x |
| 13 | x | x | x |
| 14 | x | x | x |
| 15 | x | x | x |

3.13 Argovia Vittoria-Fischer Cup Point Table

| Rank | Elite W/M | U23 W/M | Amateure Masters | Juniors W/M | Hard/ Mega/ Rock | Fun 1/2 W/M | 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. | ... | ... | ... | ... | ... | ... | ... |

4. Locations

4.1 Start-Finish area

The start and finish area is based in Lostorf close to the school building "Kreisschule Mittelgösgen", Lostorferstrasse 55 in 4653 Obergösgen.

4.2 Issuing Starting Numbers / Late Entries / Information

The number bib distribution, late entries, the information desk and the bulletin board are based in the Start-Finish area close to the school building "Kreisschule Mittelgösgen".

4.3 Licenses

Licences will be controlled during the issuing of the starting numbers.

4.4 Doping Control

A special room as well as the restrooms at the school building "Kreisschule Mittelgösgen" will be used for doping control.

4.5 „Team manager-Meeting“

The auditorium of the school building "Kreisschule Mittelgösgen" is reserved for meetings.

4.6 Flower Ceremony / Victory Ceremony

There will be a Flower Ceremony immediate after passing the finish line at the Start-Finish area. The same podium will also be used for the Victory Ceremony later.

4.7 Area for Journalists

An area is reserved for members of the print press in the auditorium of the school building "Kreisschule Mittelgösgen".

4.8 Changing rooms

The changing rooms are based at the school building "Kreisschule Mittelgösgen".

4.9 Team Area

Exhibiting companies and teams get their squares in front of the school building "Kreisschule Mittelgösgen", close to the changing rooms and the Start-Finish area.

4.10 Camping

Athlets and spectators travelling by camper are warmly welcome. The square will be provided by the local traffic service. Squares with electrical power supply are limited. The camping area is located in the area of Suissetec

4.11 Refreshments / Marquee

There is a marquee close to the Start-Finish area for meals and drinks. There will be a separate sector for VIP guests.

Further refreshments and toilets will be provided just after the first sharp climb before entering into the forest "Balmiswald" with its trails.

4.12 Traffic Situation

The Start-Finish area is clearly visible from the bus station "Kreisschule" and can be reached within 2 minutes by walking.

The area is clearly visible too if you are traveling by car. Parking next to the Start-Finish area is signed and attended by the local traffic service.

Directions:

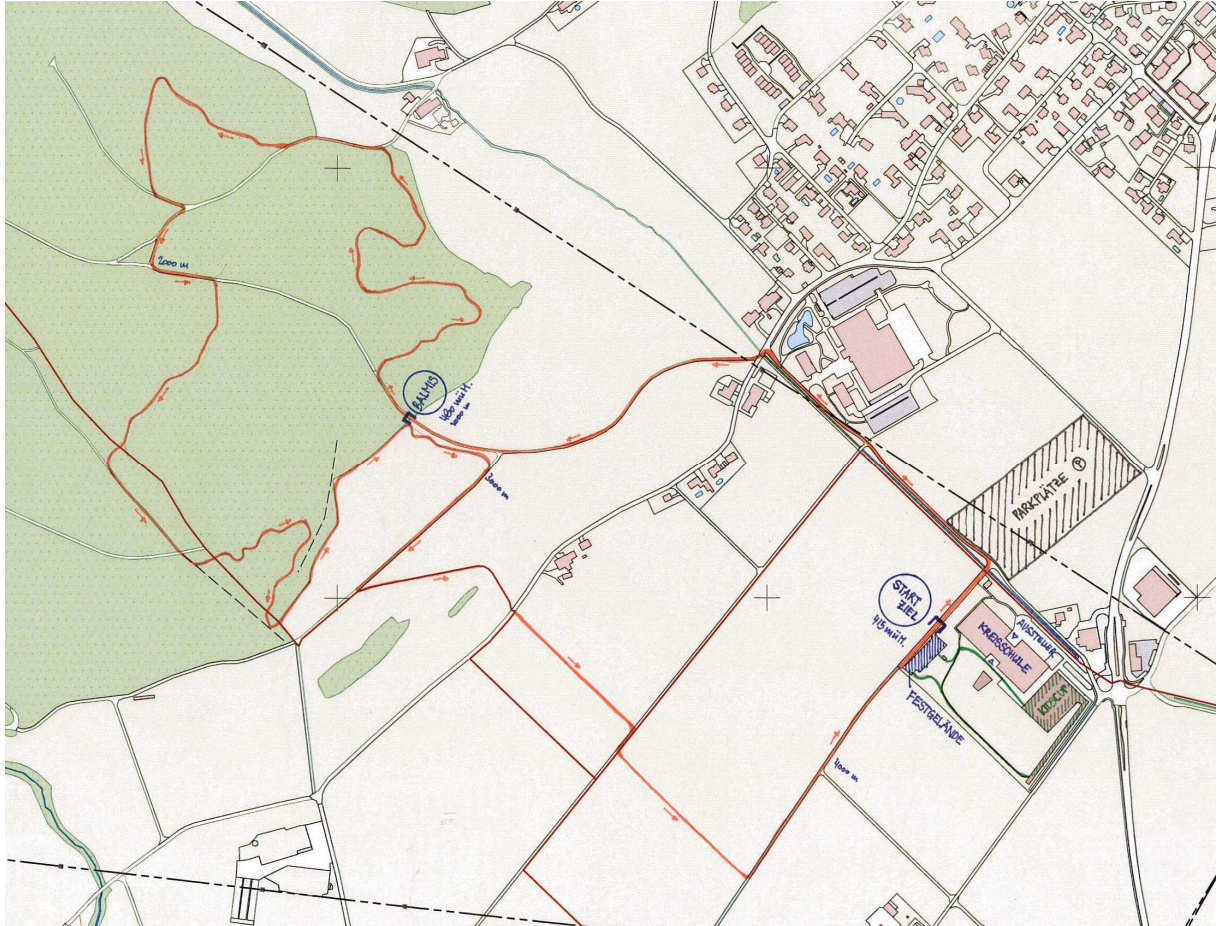
- Highway Exit Rothrist via Aarburg, Olten, Winznau, Obergösgen to Lostorf.
- Main Street from Aarau to Erlinsbach, Stüsslingen to Lostorf (drive through Lostorf in the direction of Obergösgen!)
- Main Street from Basel: Pass the Hauenstein to Trimbach, Winznau, Obergösgen to Lostorf.

4.13 Overnight Stay

There are several opportunities to stay in Lostorf or Obergösgen.

5. Profile

5.1 Track Profile

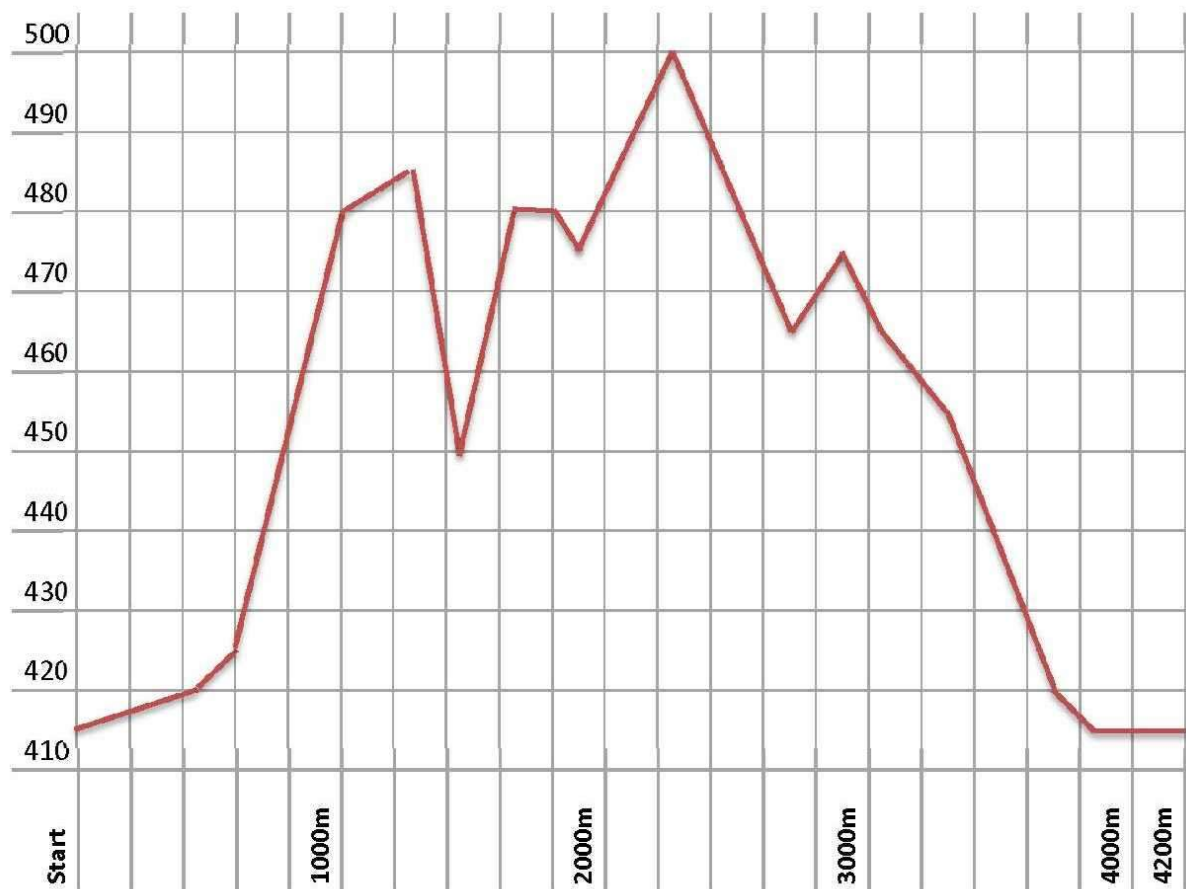


The course may be shortened depending on the category and weather conditions. Adjustments will be communicated no later than 30 minutes before the respective beginning of the race at the bulletin board and the speaker.

5.2 Roads and trails

Diversified Track with nice trails, total distance (depends on the category)
 4,200 m, Ascents 130 m, Descents 130 m
 Asphalted: Total 150 m (Start-Finish area)
 Natural surface: Total 1,500 m
 Forest Floor / Single Track: Total 1,400 m
 Grasland: Total 1,150 m

5.3 Elevation Profile



5.4 Dangerous Spots

Jumps in the forest (avoiding possible), abrupt slopes / drops / traversers (slippery when wet)

5.5 Creek Crossing

There is a creek crossing immediate after a brief climb in the forest (Schotter) which might be dried up in case of a period of low rainfall.

5.6 Obstacles

- Jump in the forest (Bärenfalle) → avoiding possible
- Drop in the forest (Wolfsgrube) → avoiding possible

5.7 Soil Conditions

The track is easy to handle in case of dry conditions. Forest floor and grassland may be slippery in case of humid conditions.

6. Security

6.1 Course Security

The entire route is clearly marked. Crossroads and partings of the ways will be supported by marshals. Dangerous or confusing road sections are marked according to the regulations of UCI and Swiss Cycling.

6.2 First Aid

6.2.1 First Aiders

- A well-trained team of first aiders will be ready to answer emergency calls (fix market position in the area)
- Several mobile first aiders around the route in case of medical emergency

6.2.2 Emergency medical services

- is on site with a team during the whole event
- will take care of patient triage if necessary
- provides medical care to patients in need on site
- does not provide any transportation to hospitals
- shall have discretion to decide whether further support through 144 is needed (e.g. for transportation or further assistance)
- stays in constant contact with the security chief as well as with the "Alarm Center Solothurn" through radio and/or cell phone during the whole event
- location in the festival area is defined
- meeting point in case of a medical emergency on track is defined
- A landing site for helicopters in case of emergency is defined
- Access routes for additional ambulances are defined
- The rescue service "SoH Olten" as well as the "Alarm Center Solothurn" are informed about this event, its duration and the procedure of medical care in case it is needed

6.2.3 Alarm Monitoring Centre Solothurn

- In case of a medical incident in conjunction with the event, the alarm monitoring centre will be informed. Emergency medical services will be provided.

6.2.4 Fire Department

- Call 118 in case of fire or smoke, toxic incidents or corrosive substance
- Area, access roads and security model well-known by the local fire department
- Fire-extinguisher and fire blanket available at the marquee or grill at „Balmis“

6.2.5 Traffic Service

- is responsible for the parking lot organization
- regulates the traffic flow on the festival area
- is only responsible for the traffic on the festival area
- Parking lots are clearly marked

7. Communication / Marketing

7.1 Communication of the Organization

The teams Argovia-Cup and Bike & Running Group Lostorf are reporting both in their newsletters. Results will be provided by the organizer and published on the respective webpage immediately after the race.

7.2 Web page

The organizer will provide all relevant information in German on the web page. All results will be published immediate after the race.

7.3 Media (Promotion by TV, radio, printing press)

The organizer is providing an information guide to all close communities (hardcopies and electronic file).

There will be publications on all common social media web sites that will be updated frequently.

The organizer's most important journal is the newspaper "Oltner Tagblatt". Important information will be published supraregional too in the papers "Aargauer Zeitung" and "Solothurner Zeitung".

7.4 Crisis communication

Communication in a crisis will be appointed between the Organization and the organizer and is binding.