



EVENT SCHEDULE and FORMATS

DUAL SLALOM

Friday, August 6	5pm – 8pm	Training (closed course – only registered competitors)
Saturday, August 7	9:30am – 11am 11:30am – 12:30pm 12:30pm – 1pm 1pm – 4pm 3:30pm – 6pm 6pm - 8pm 8pm	Training (closed course – only registered competitors) Time Trials (amateurs) Time Trials (pros) Complimentary Physio/Massage Services provided by Peak Performance – GLC Deck Amateur Elimination Finals (live webcast) Pro Elimination Finals (live webcast) Award Ceremony at Main Stage

Course: between mountain road and Giant Slalom course. Separate parallel courses. No merging.

Format: Time Trials – 2 runs, combined time. Number of riders advancing to the Elimination Finals and seeding will be determined for each category based on registration totals and results of Time Trials.

Finals – Winner of the head to head two run differential-time race will advance to next round.

MONSTER ENERGY GARBANZO DH

Saturday, August 7	10:30am – 2:30pm 1pm – 4pm	Training (closed course – only registered competitors) Course open for balance of day – open to public Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck)
Sunday, August 8	10am – 11am 11:30am – 3:30pm 3pm – 6pm 3:30pm – 6pm 6:15pm	Training (closed course – only registered competitors) Race – Amateur Categories Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck) Race – Pro Categories (live webcast) Award Ceremony at Main Stage

Course: (same course as 2009). Start behind the Garbanzo lift hut -> Original Sin (including the uphill section) -> exit Original Sin at the step down/step up tree island on the Dave Murray flats -> proceed down Blue Velvet -> traverse and proceed into In Deep -> after Triple Hump/Fatcroat junction turn left down toward Container -> from Container into No Joke/ Duffman -> remain on Duffman until merges with Golden Triangle -> continue on World Cup Singletrack -> Ho Chi Min -> Longhorn -> Monkey Hands to finish

Format: one run

CANADIAN OPEN ENDURO

Monday, August 9	10:30am – 2:30pm	Training (course marked but open to public)
Tuesday, August 10	11am – 1pm 12:30pm – 1:15pm 1pm – 4pm 1:30pm	Race – Amateur Categories Race – Pro Categories (live webcast) Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck) Award Ceremony at Main Stage

Course: 2010 course (*subject to change*):

[Garbanzo portion of course has been changed. Mid Station (Raven's Nest) to finish same as 2009.

Start : Located on Upper Whiskey Jack, about 250 meters uphill of Chic Pea.

- Down open ski run and pedal by Chic Pea on the skier's left of the building
- Proceed up open ski run towards Garbanzo Chair
- Enter Original Sin and proceed to Blue Velvet once you crossed Orange Peel
- Down Blue Velvet to the Freight Train bridge, take the left lane No Joke
- Exit with hard right onto Pony Trail and head down to Original Sin
- Enter Original Sin (hike a bike) and stay on Original Sin (2 sections)
- Exit Original Sin and slightly head up hill on the over slope toward Blue Velvet
- Enter Blue Velvet and stay on it until Mid Station (Raven's Nest)
- Balance of course same as 2009:
- all lines from Raven's Nest to Containers are open (except Freight Train) -> exit at Containers -> up In Deep -> exit and down Little Alders -> up Expressway to Containers -> down No Duff -> hard right at Golden Triangle -> up to Easy Does It -> down Easy Does It -> exit at Crabapple Corners -> down Crabapple ski run (Crabapple Corners taped wide) -> down Samurai Pizza Cat -> up Main and Old Oly Roads to exit of Smoke and Mirrors -> traverse ski run (taped with 2 -3 turns) -> down Old Whistler DH -> exit at Autobahn -> down to exit to Joyride -> back on ski trail to Main Road -> up Main Road to first bench only -> down to Double Vision to finish

Approximately 80% downhill and 20% pedaling. DH sections will be designed for 6+6 bikes. 2009 winning times: pro men 19mins; pro women 24mins.

Format: one run - mass start based on individual categories. (not a Le Mans). Start line on Whiskey Jack should be wide enough to accommodate all the racers within a category. If there are more than 50 riders in a category, organizers will seed front row riders based on 2009 Canadian Enduro results and other select SuperD / Enduro races from 2009 / 2010.

AIR DOWNHILL

Tuesday, August 10	2pm – 5pm 1pm – 4pm	Training (closed course – only registered competitors) Course open for balance of day – open to public Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck)
Wednesday, August 11	9:30am – 11am 11:30 am – 3:30pm 3pm – 6pm 3:30pm – 5:30pm 5:45pm	Training (closed course – only registered competitors) Race – Amateur Categories Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck) Race – Pro Categories (live webcast) Award Ceremony at Main Stage

Course: A-Line commencing at Olympic Station, finishing below GLC drops. **Format:** one run

ULTIMATE PUMPTRACK CHALLENGE

Wednesday, August 11	5pm – 7pm	Training (only registered competitors)
Thursday, August 12	9am-11am 11:30am – 1pm 7pm – 8pm 8pm – 10pm 10pm	Training (only registered competitors) Time Trials Training (finalists only) Finals (live webcast) Awards at Pumptrack venue

Course: Whistler Mountain Bike Park Pump Track – Top of the Boneyard

Format and Rules: Bike Restriction: 26-inch wheels (minimum). Helmets mandatory (full face optional)

Qualifying:

- Single timed run for first 60 men and first 25 women to register. 32 men and 8 women advance to finals
- Open / Drop in Time Trials 11:30am-1:00pm . 2 runs – best time counts for qualifying / seeding
- Top 31 men and top 7 women advancing to ladders (join wild card winners from July event)

Finals:

- Dual heat formats with single elimination ladders (seeded by morning time trials).
- Riders start going off opposite sides of center start platform. Lefts or Rights choice of riders – if not in agreement, coin toss by the referee
- Start Procedure/ Face Off – feet on ground, hands off bars. Starter confirms riders ready to pump, bell rings and riders touch knuckles then drop onto course
Finish – first one back to platform after one full lap (to be verified by electronic eye)

GIANT SLALOM PRESENTED BY GIANT BICYCLES

Wednesday, August 11	5pm – 7pm	Training (only registered competitors)
Thursday, August 12	930am – 1230pm 1pm – 4pm	Training (closed course – only registered competitors) Course closed for balance of day Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck)
Friday, August 13	9:30am – 11am 11:30am – 12:30pm 12:30pm – 1pm 1pm – 4pm 3:30pm – 6pm 6pm - 8pm 8:15pm	Training (closed course – only registered competitors) Time Trials – Amateurs Time Trials – Pros Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck) Amateur Elimination Finals (live webcast) Pro Elimination Finals (live webcast) Award Ceremony at Main Stage

Course: (new for 2010) Double Vision bikercross course. Different individual start / finish lanes but no separate courses. Merging / passing on course permitted - but deliberate interference will result in disqualification.

Format: Time Trials – 2 runs, combined time. Number of riders advancing to the Elimination Finals and seeding will be determined for each category based on registration totals and results of Time Trials. Shuttles will be available during Elimination Finals. Finals – Winner of the head to head two run differential-time race will advance to next round.

CANADIAN OPEN DH presented by Kona

Saturday, August 14	10am – 2pm 1pm – 4pm	Training (closed course – only registered competitors) Course open for balance of day – open to public Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck)
Sunday, August 15	9:30am – 11am 11:30am – 3pm 3pm – 5pm 3pm – 6pm 5:15pm	Training (closed course – only registered competitors) Race – Amateur Categories Race – Pro Categories (live webcast) Complimentary Physio/Massage Services (provided by Peak Performance – GLC Deck) Award Ceremony at Main Stage

Course: same as 2009 course / route with new features. Start with Joyride, exit to the left and proceed towards the lift tower that is just below the Schleyer drop, continue down the Fitzsimmons Chair lift line, cross Old Olly Road, remain on Fitz Chair lift line to reconnect with Joyride, continue to rock face then cross the Mountain Road below 1.0 mileage marker, across the flats to Monkey Hands, over a new feature to the finish.

Format: one run



EVENT SCHEDULE and FORMATS

GENERAL

Registration: not available on race day (only plate pick up for preregistered competitors). Events will likely sell out in advance – preregistration strongly recommended.

Athlete Centre Aava Hotel – between the Whistler Golf Club driving range and Whitespot restaurant / across from the Whistler Conference Centre. Open daily August 7-14 from 9am-3pm (August 6 noon-5pm and August 15 9am-12noon).

Start Order: will be as follows for all competitions:

Junior Women, Amateur Women, Boys 13-15, Master Men 30+, Amateur Men 19-29, Junior Men 16-18, 4 Wheels (where applicable), Pro Women, Pro Men. **Start Lists** (indicating more precise start times) will be posted at the Athlete Centre and in the Finish Area on the morning of race day.

Lift Line Priority: Racers in the Monster Energy Garbanzo DH, Air DH, Canadian Open DH and Canadian Open Enduro will have lift line priority on the Fitzsimmons Chair on race day from 10am to 5pm daily. Priority only available on race day – not training days. The entrance will be next to the Singles Line. Race plates displaying event must be attached to bike.

Licenses / Insurance: None of the races/competitions are sanctioned by Cycling BC. Competitors will not require a license to compete nor will they be covered by their UCI insurance (if applicable) during training and competition. It is strongly recommended that all out of province competitors have emergency medical and health insurance.

Sports Massage / Physiotherapy: Registered Massage Therapists from Peak Performance will be providing complimentary taping, massage therapy and physiotherapy services on competition days – in a tent at the back of the deck of GLC (overlooking Skier's Plaza). Times listed on competition schedule. Sign up sheet (services available on a first come first serve basis) will be posted at the tent.

Peak Performance will also offer Local's Rate discounts to the Festival's elite athletes. Offices are located on the Village Stroll, next to Rocks&Gems in the breezeway behind the Starbucks. Call 604.932.7555 for appointments.

Full Face Helmets: With the exception of the Dual Slalom and the Ultimate Pumptrack Challenge, full face helmets must be worn during official training and during the race.

King and Queen of Gravity It's time to give props to those who do it all and do it all fast! With a total of 3 DH's, 1 Enduro and 2 Slaloms – we know that we need to recognize the top male and female athlete of all events. New for 2010 at Kokanee Crankworx, our data and timing team will be tallying records of results from each event to keep track of overall winners. Points will be assigned to each result that racers achieve in all categories (rankings will be weighted to give more points for better results) and we will keep a tally over the course of all open events at Kokanee Crankworx to be able to crown and King and Queen of Gravity. It could be a pro, amateur or junior as it's all about results within each rider's category. No need to sign up other than just entering the multiple events – if you are kicking butt, don't worry we'll be watching you! Prizes: A cool custom designed King and Queen trophy and a prize package from event sponsors.

Lift tickets: Discounted lift tickets will be available in the Athlete Centre for race and training days. Must be purchased at the same time that you collect your race plate.

YOUTH (13-18)	
Race Day	\$15
Individual Official Training Day	\$37
Triple Play Pass (Includes 3 days riding, additional days available at the discount rate of \$37)	\$113
Season Pass	\$499
ADULT	
Race Day	\$15
Individual Official Training Day	\$40
Triple Play Pass (Includes 3 days riding, additional days available at the discount rate of \$40)	\$129
Season Pass	\$499

Questions: email athletes@crankworx.com or call 604.905.2067