

CANADIAN BIRKIE SUMMER EDITION

BIKEN BENDER

SEPT. 14, 2024



TRY A NEW BIRKIE EXPERIENCE

**Blackfoot Lake Staging Area, Cooking Lake
- Blackfoot Recreation Area**



#CdnBirkie #Bikenbender #BikingLikeAViking



CanadianBirkie.com

Graphic design: WingspanStudio.com

The Canadian Birkebeiner Society presents the Bikenbender, Saturday, September 14th, 2024.

The **Bikenbender** is designed for both new and experienced riders of off road cycling. Come and try out this exciting type of riding in one of our favourite places to exercise, the Cooking Lake /Blackfoot Recreation Area. The event is ideal if you are new to gravel or cross country riding. It can be completed using a cyclocross, gravel or mountain bike.

The ride will take you along the undulating grass trails, gravel and double tracked roads within the Cooking Lake/Blackfoot Recreation Area. Participants will encounter a hilly and technically challenging course which, for the most part, they can ride at a comfortable pace. The racing occurs over three timed segments within the route. The placings will be determined by the sum of the times for the three timed segments. The race course is a large loop, with riders also finishing in the same location as the start.

Distance

37 km

Elevation Gain

545 m

(Note: Course may change due to trail or road conditions in the park)

Categories

Open Men

Open Women

Registration / Entry Fee

\$115* for all categories. ABA Race License holders are eligible for a \$20 discount when registering on Zone 4.

(* Registration prices change on July 15 and August 15)

Register Early!
Only 175 spots available!

[Register online at Zone 4](#)

Registration closes

Midnight, Tuesday, September 3

Race Contact

Dan Leskiw

dleskiw@shaw.ca

Technical Delegate

Tom Lee

tomjlee314@gmail.com

Land Acknowledgment

The Canadian Birkebeiner Society would like to acknowledge that this event and the space we maintain, work, and recreate within is the traditional lands of Treaty 6 territory, home to a diverse group of Indigenous Nations, including nêhiyaw, Metis, Niitsitapi, Saulteaux and Nakoda Sioux peoples. We honor those who have stewarded these lands throughout the generations and time immemorial and have contributed to this beautiful space we use for our annual Birkie; connecting culture and communities in nature.

We continue to commit to learning how to be better stewards of the land while enriching and understanding our vibrant communities and cultures together.

Race Number pickup:

Thursday, September 12, 2024
Mud, Sweat and Gears
2030 Sherwood Drive,
Sherwood Park, AB.
5:00 - 7:00 PM

(Race numbers can also be obtained at the Race Headquarters on the morning of the race)

Venue / Race Start and Finish

Blackfoot Lake Staging Area at the North Eastern corner of Cooking Lake/Blackfoot Provincial Recreation Area. The area is 4 km south of Highway 16, using RR 195.

Parking will be in the lot and along the access road to the Staging Area. Parking attendants will be present to assist you.

Participants are encouraged to carpool. There will be a draw prize for all riders who participate in carpooling.



There is **no** overnight camping allowed in the Cooking Lake - Blackfoot Recreation Area.

Race headquarters opens 8:00 AM

Race Course (see next page)

(Note: Course may change due to trail or road conditions in the park)

Format

The racing occurs over three timed segments (red) within the route. Prizes for fastest time in each segment, and lowest overall combined time.

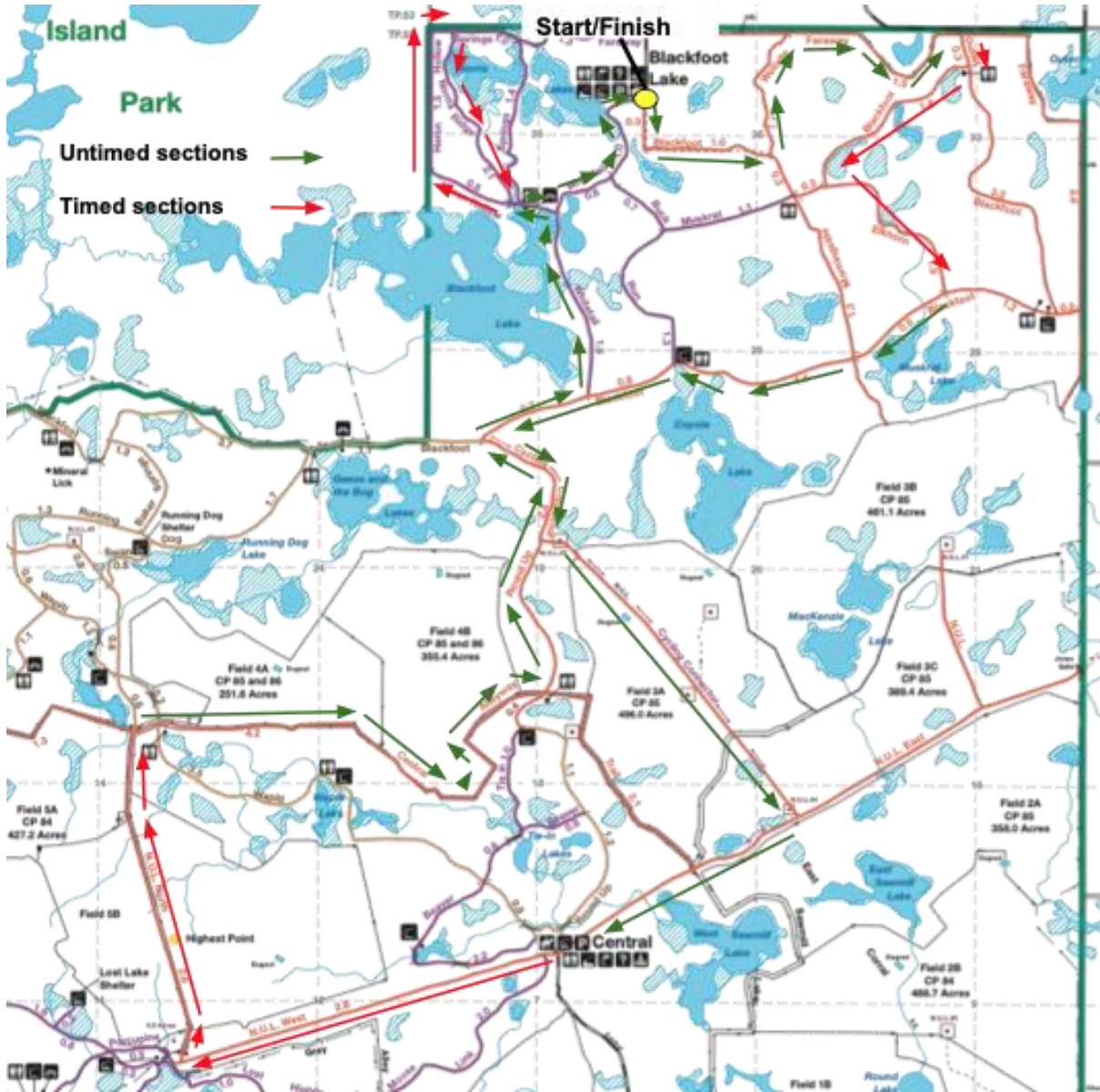
The course will be signed and have marshals at key intersections.

There are two sections on the course where two-way cycling traffic occurs. Please follow posted signs and marshal instructions.

One aid station will be located at Central Staging Area, midpoint of the course.

There is cell phone coverage throughout the race route.

An electronic version of the route is available here:
<https://connect.garmin.com/modern/course/271458438>



Schedule

Saturday, September 14, 2024

8:00 AM	Race Headquarters Open at Blackfoot Lake Staging Area
8:50 AM	Theme from "Rawhide" - Call for riders to assemble at start
8:55 AM	Pre-race instructions
9:00 AM	Mechanical bike start
9:10 AM	E-Assist bike start
12:40 PM	Finish Line Closes
1:00 PM	Awards

Rules and Regulations

Who can ride...

All registered participants can ride. **Riders wishing to use electric assisted pedal bicycles are welcome to register, but will not be eligible for competition prizes.**

Please register at [Zone4](#)

Race Numbers...

All registered riders will be provided with a frame plate number to be **attached to the front of your bike** (zip ties will be provided).

Timing chips...

All registered riders will be issued a timing chip, which must be attached to their bicycle during the race. The race timing chip will be securely attached to your cycle. Chips are not to be placed on the rider's body. Timing chips will be the sole means to determine rider placing during timed segments of the race. Riders losing their chip will not have their race times recorded.

Participants who lose their chip, or fail to return the timing chip, will be invoiced \$75 by the Canadian Birkebeiner Society for the replacement cost.

Regulations...

The event will be run in accordance with ABA regulations. Riders are responsible for knowing and understanding these regulations. They can be found online [here](#).

Riders have 3.5 hours to complete the course

Rules of the Road...

Although the event organizer has contacted groups representing other users of the park, riders need to know that **there is no road or trail closure for this event, so riders may encounter any of the following: hikers, recreational cyclists, horses, light-duty vehicles, or wildlife. Please exercise caution at all times.**

On the race course there are two sections on the course where two-way cycling traffic occurs. Please follow posted signs and marshal instructions.

Mandatory gear...

Our support crew will handle rider emergency situations. Flat tires are not an emergency. Riders should carry tools and spares to deal with mechanical issues along with extra layers in case of changing weather conditions. Riders should carry their own water and food.

Aid stations...

One aid station will be located at Central Staging Area (mid-point of the course). This aid station will have first aid, food, water along with mechanical support for bicycles.

First Aid / Medical Emergency...

A paramedic and ambulance team will be stationed at Blackfoot Lake Staging Area. First aid will be available on course. If you notice a rider needing medical attention, inform a marshal. **In the event of an emergency, incident, or injury call the Birkebeiner Emergency telephone number 825 977 7555 AFTER 911 HAS BEEN CALLED.**

Anti-doping...

The ABA complies with and fully supports the **UCI anti-doping regulations**, the clauses of the **World Anti-doping Code** and its international Standards to which the UCI anti-doping regulations refer and to the anti-doping regulations of other competent bodies per the regulations of the UCI.

Rider conduct...

It is a privilege to be able to use the Cooking Lake-Blackfoot Recreation Area for this event. Please acknowledge that you are in a Provincial Park and act appropriately. Littering and deliberate damage to habitat or wildlife will not be tolerated.

Medical Information / Hospital Location

If the Air Quality Health Index (AQHI) is above 8, the event will be cancelled.

An Emergency Medical Responder complete with vehicle will be on site at the Blackfoot Lake Staging Area.

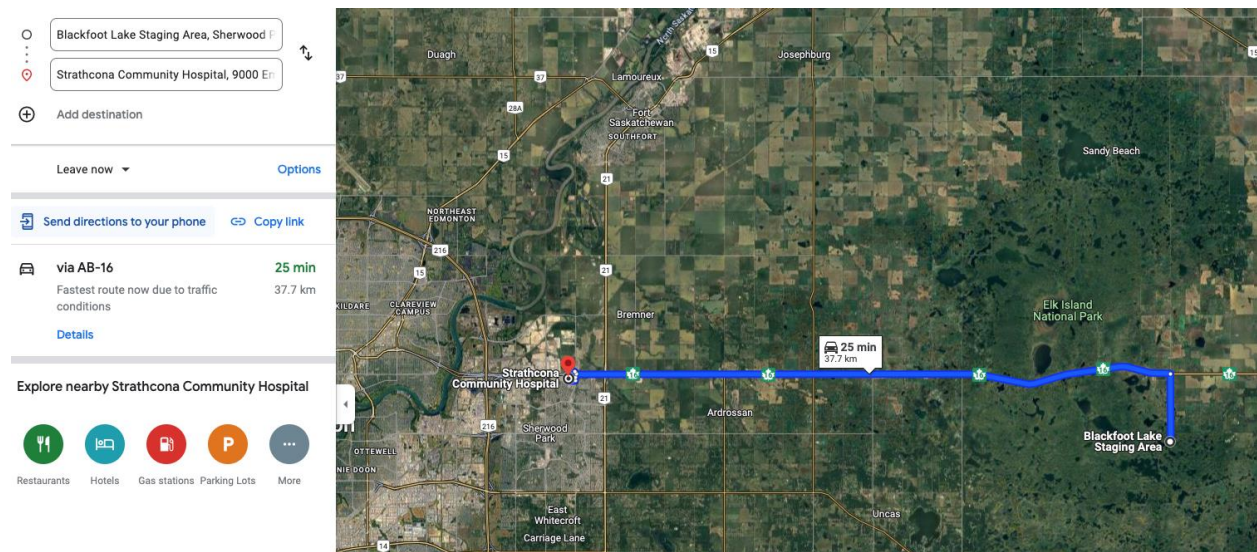
If there is an incident on course please let the nearest course marshal know so first aid personnel can be dispatched.

Local Ambulance:

Sherwood Park Ambulance (Ardrossan Fire Station) 780 467 4216

The nearest hospital is in Sherwood Park.

**Strathcona Community Hospital,
9000 Emerald Drive, Sherwood Park, AB T8H 0J3
780 449 5380**



Key Contacts

Dan Leskiw	Race Director	780 913 0523 dleskiw@shaw.ca
Charles World	Emergency Response Team Lead	780 660 9780
Ken Germaine	Chief of Course	780 966 9907
Dan Leskiw	Chief of Communications	780 913 0523
Victoria Lee	Chief of Timing	780 982 2564
Frank Potter	Registrar	780 257 4197
Medical		
On site Ambulance	Alberta Paramedical Services	(780 499 1280)
Nearest Ambulance	Ardrossan	780 467 4216
Beaver County Emergency Rescue	(Tofield)	780 336 3041
Tom Lee	Commissaire	tomjlee314@gmail.com