



RACE NOTICE

ROUGE ET OR INVITATIONAL

To be held at La Forêt Montmorency

November 28-29, 2009

Organized by La Forêt Montmorency / Université Laval

Sanctioned by Ski de fond Québec

Venue Forêt Montmorency

Organizing Committee:

Technical Delegate: Jacques Dumont

Chief of competition: Marie Gilbert

Chief of Stadium: Luc Germain

Chief of Timekeeping: Philippe Hamel

Race secretary: Dany L'heureux

Chief of Controlers: Jean-Pierre Sansregret

Chief of Volunteers: Denis Sansregret

Chiefs of Course: Cyrille Dussault and Louis-Guy Lafleur

Information : Marie Gilbert

Phone : (418) 656-2034 ext. 13714

Email : marie.gilbert@ffg.ulaval.ca

Web Site : www.fm.ulaval.ca

http://www.rougeetor.ulaval.ca/les_clubs/rouge_et_or/

Eligibility

Competitors from Quebec Province must have a regional, provincial or national (CCC) cross country racing license or pay a Supporting Member Day License for each race (cost \$3)

Competitors from outside Canada must have a valid state or national cross country racing license from their country of origin or pay a Supporting Member Day License for each race (cost \$3)

Registration

Registrations will be on line at www.zone4.ca

On line registration will be available from November 11, 2009

Deadline is 9pm Tuesday November 24.

No registration will be accepted after this deadline

Entry Process:

All entries and payment must be processed through Zone4: <http://www.zone4.ca>

Registration fees

Registration fees are \$20 per race for all participants, payable on Zone4

This price includes trail access.

Course and facilities

Course will be posted on the La Forêt Montmorency Web site as of Friday morning (November 27).

Team captains meetings

7 PM Friday November 27

Classroom of main building – Forêt Montmorency

bibs pick up (by team)

Saturday, November 28, from 8 to 9:30 AM

Sunday November 29, from 8 to 9:30 AM

A \$30.00 Can\$ will be charged for the replacement of bibs to the club of each competitor who does not return his bib at the end of each race.

Awards and trophies

Will be presented 1 hour after the end of the last race of the day.

Since this is an invitation by the R/O of Laval University to Canadian and American university teams, a ranking by best university as well as for best female and male university athlete will be established for the total of both races.

Points will be calculated only for athletes that are members of a university team. Points for both races will be totalized in order to determine best university athlete (male and female) of the Rouge et Or Invitational.

Points system will be as follows :

First place : 45 points; Second place : 44 points; Third place : 43 points; and so on to 45th place : 1 point.

Best university ranking at the R/O Invitational will be determined as follows :

Points awarded to the three best athletes (male and female) of each university registered in each race (Saturday and Sunday) of the R/O Invitational will be totalized.

Medals will be awarded to the three best competitors (male and female) of the University category.

Medals will also be awarded to the three best competitors (male and female) in the senior (1989, 88, 87....) and junior (1990-1991-1992-1993-1994-1995) categories.

Races schedule and format

Saturday, November 28 2009

Free technique, interval starts:

First start 10 AM

Men – 10 km (includes university, senior and junior)

women –5 km (includes university, senior and junior)

Sunday November 29 2009

Classic technique, mass start

First start 10 AM

Men – 10km (includes university, senior and junior)

Women –5 km (includes university, senior and junior)

(Final format will be established at the team captains' meeting)

Wax room

Dome at the site.

Only waxing teams will be allowed in the dome. Teams are required to bring their own wax benches and extension cords.

First aid

First aid will be offered by the Canadian Ski Patrol (CSPS).

Services available

Wax room

Cafeteria of the main building: lunch hours will be extended to accommodate participants: from 7 :30 AM to 9:00 AM and from 11:30 AM to 1:30 PM. Meals are \$8.34 for breakfast and \$13.14 for lunch and diner. Athletes who do not wish to use these services will be required to bring their own meals.

Accommodation

Condos :

Hébergement Stoneham - Condos / Cottages

61, chemin Des Neiges

Stoneham-et-Tewkesbury, QC G3C 1W4

Canada

1-866-238-3035 1-866-238-3035

418-848-3035 418-848-3035

Fax : 418-848-8252

<http://www.hebergementstoneham.com>

Condominiums Stoneham

600, rue du Hibou

Stoneham-et-Tewkesbury, QC G3C 1T3

Canada

1-800-463-6888

1-888-445-9197

418-848-2411

Fax 418-848-1133

<http://www.ski-stoneham.com/3>

Tourist Information for Québec city region

For more information on accommodation or other information:

<http://www.quebecregion.com/f/info.asp>

Live Monitoring of the race

25 university athletes/category will be chosen to wear transmitters. During the coach's meeting, approximately 2 to 4 athletes in each university team would be proposed.

During the competition, spectators will be able to watch the race on the Internet www.suiveznousalatrace.com/foretmonmorency and create some bonds on the Forêt Montmorency's web, R&O, UL, CGO and SADC.

This concept permits to know where the athletes are on the course, with the help of geometric coordinates relating their positions live.

It also permits to know the exact athlete's position on a map which you can find on the Internet.

Finally, this concept permits to identify instantaneously the leaders, the squads and the position's posting in real time on a map, to post informations to Internet spectator and to promote the event and the sport.

A short resume of chosen athletes should be complete by coach at the meeting.

Advantages for organizers

The development that the Quebec geomatic's center in this project permits accessibility to an affordable effective technology. Some advantages for organizers:

- International accessibility of the sport's event via Internet
- Spectators can see race unfolding from stadium or elsewhere.
- More publicity for event's partners.
- Identification of event's entrants.

To follow: www.suiveznousalatrace.com/foretmontmorency

Other information

La Forêt Montmorency is located in the Réserve Faunique des Laurentides. Access is by a side road branching from highway 175 at km 103. Main building is located 3 kilometers after junction.

Map :

<http://www.fm.ulaval.ca/cartes/FM-et-province-de-quebec.jpg>

<http://www.fm.ulaval.ca/cartes/fmetvilledequebec.jpg>

http://www.fm.ulaval.ca/cartes/FM_carte.pdf