

BY **ATEX**

**Riders Cup**

# WELCOME LETTER

## SHERBROOKE 2016



## YOU'RE A PART OF THE ACTION

Congrats ! You will be a part of the 2016 Sherbrooke Riders Cup ! Show us what you can do on skates. The first Riders Cup was a big succes at the Mont-Bellevue. For this reason, Sherbrooke will host for a second time the Riders Cup on February 11,12 and 13 2016.

Since the last few years the sport of Ice Cross Downhill is always developping and his popularity around the world is improving. This year, the Ice Cross Downhill World Championship has a new system. Athletes have to participate to the Riders Cup if they want to be qualified to the Red Bull Crashed Ice. Points earned during the Riders Cup and the Red Bull Crashed Ice competitions will determined the champion of the 2016 Ice Cross Downhill World Championship.



## THE BIG PRICE

The 3 best man of the Sherbrooke Riders Cup who is not yet on the list for the final will be invited to the **Red Bull Crashed Ice** that will be held on St-Paul, Minnesota on February 26 and 27 2016.

The best woman of the Sherbrooke Riders Cup who is not yet on the list for the final will be invited to the **Red Bull Crashed Ice** that will be held on St-Paul, Minnesota on February 26 and 27 2016.

## SCHEDULE OF COMPETITION

### 2016 February 11 - TRAINING AND QUALIFIERS A (Men)

4 :30 PM	Registration (You must register before getting ready)
6 :00 PM	Briefing (Athletes must be ready at this time)
7 :00 PM	2 rounds of training with coaches
8 :00 PM	2 rounds of qualifications (Best time counts only)

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### 2016 February 12 - TRAINING AND QUALIFIERS B (Men)

4 :30 PM	Registration (You must register before getting ready)
6 :00 PM	Briefing (Athletes must be ready at this time)
7 :00 PM	2 rounds of training with coaches
8 :00 PM	2 rounds of qualifications (Best time counts only)

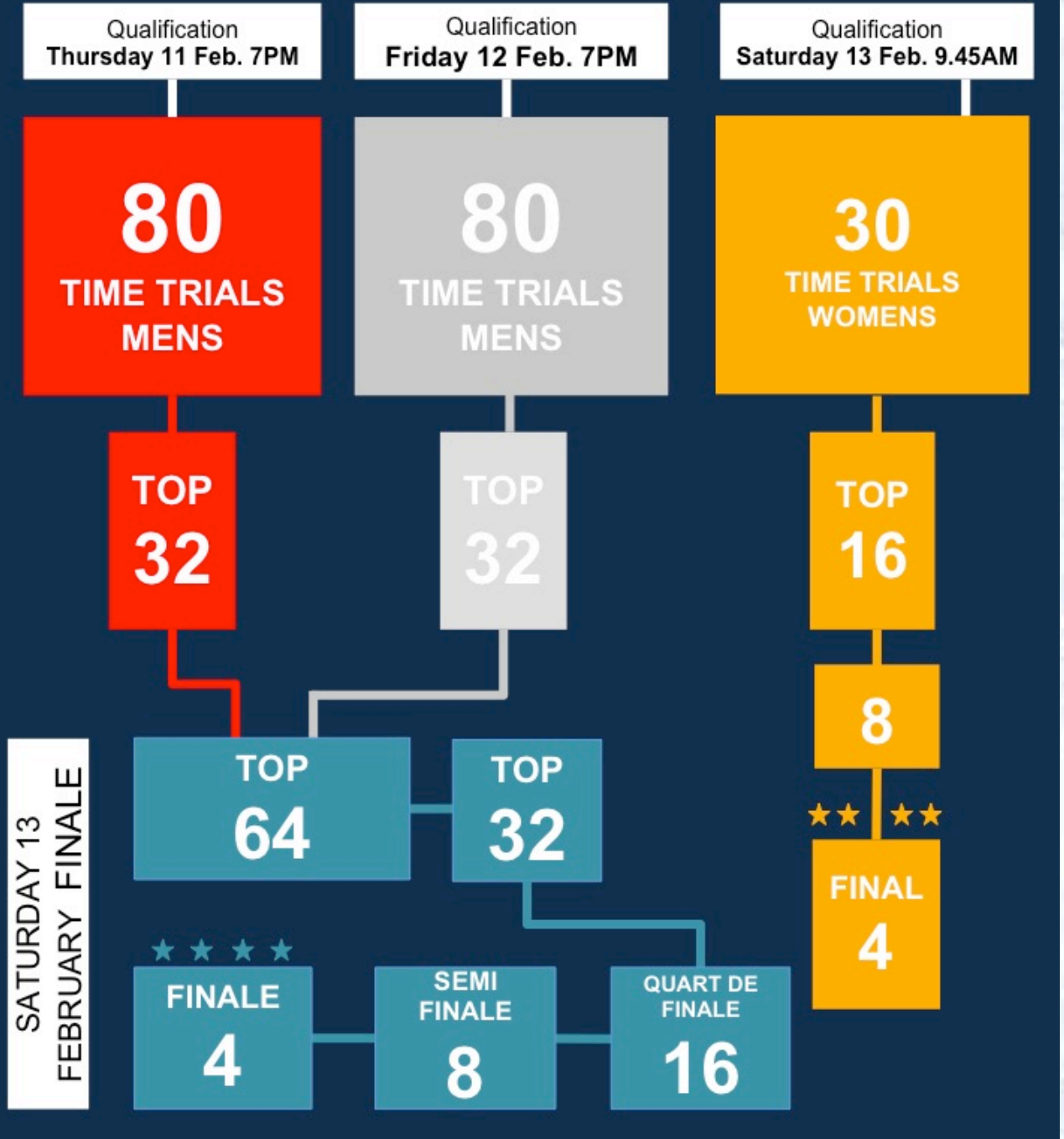
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### 2016 February 13th - TRAINING AND QUALIFIERS F (Women) AND RIDERS CUP COMPETITION

7 :00 AM	Registration
8 :10 AM	Briefing (Athletes must be ready at this time)
8 :35 AM	2 rounds of training with coaches
9 :45 AM	2 rounds of qualifications (Best time counts only)
7 :00 PM	RIDERS CUP COMPETITION

**\* You need to have your accreditation ALL THE TIME with you.**

# COMPETITION BREAKDOWN



## EQUIPEMENT NEEDED

An athlete's equipment shall consist of chest guard, shoulder protection, elbow pads, pants with plastic padding, knee and shinbone protection, and gloves.

It is forbidden to ride the track without a helmet. A rider who loses his helmet at any time on the track must stop, put the helmet back on, and fasten the chinstrap properly before he continues skating down the track. A rider who rides the track without a helmet will be disqualified and will get zero points for this competition. His participation in the next competition will be decided by the Competition Committee.

The complete protection equipment is mandatory whenever stepping onto the ice track, including:

- **Helmet** : On the track, every athlete shall wear a helmet at all times. MotoX or MTB Downhill CPSC Bicycle Safety Standard Certified, ASTM DH Certified, or CE EN1078 certified helmets are allowed. If the athlete wears a MTB or MotoX helmet, goggles are recommended. The chinstrap must be properly fastened. Also allowed are hockey helmets approved by CE Certification, Hockey Equipment Certification Council (HECC), or Canadian Standards Association (CSA), with cage (maximum mesh size 9 × 5 cm).
- **Shoulder protection**
- **Elbow protection/pads**
- **Gloves** : The gloves must be covered by protective pads on top of hand and wrist and the palm of the glove must not be removed to permit the use of bare hands.
- **Knee and shinbone protection**
- **Skates** : Only hockey skates are allowed. No skates with sharp points or any other feature that might harm others are permitted. There should be a knob made of plastic or similar approved material on the upper back part of the blades. An athlete appearing at the start without the mandatory equipment will not be permitted to start.

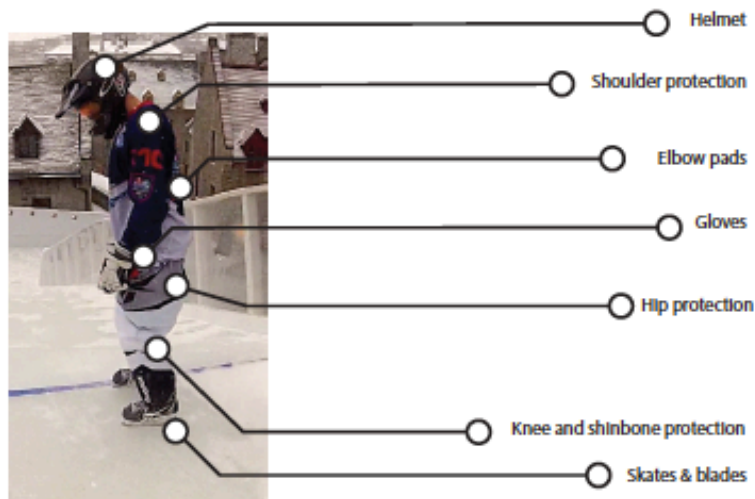
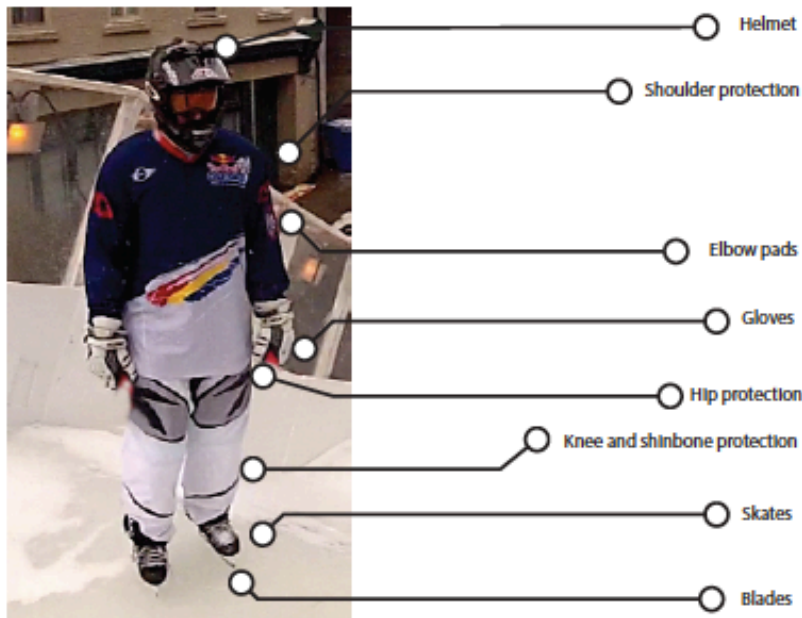
In addition, it is recommended to wear:

- **Neck protector**
- **Spine protector**
- **Throat protector**
- **Mouth guard**

## EQUIPEMENT NEEDED

- Chest and back protection shield

Course Marshalls may examine any piece of equipment at any time, on the track or at the finish area, at their own discretion. If a competitor is found to be lacking any piece of equipment at the start, he will be disqualified.



Additional highly recommended protection gear:  
 - Mouth guard - Back protection shield - Neck brace - Neck and throat protector



## GOING TO SHERBROOKE ?

### BY PLANE

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Most of the international flights arrive at the Pierre-Elliott Trudeau airport (about 90 minutes from Sherbrooke)

### RENT A CAR

You can rent a car directly on site. Most of the car rental companies are located on the main floor parking. Here a list of all the companies that can rent a car :

### TRANSPORT FROM MONTREAL'S TRUDEAU AIRPORT TO SHERBROOKE

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#### AERONAVETTE

Aéronavette is a shuttle specializing in travel needs between the Eastern Townships and Montreal's Trudeau Airport. They provide services 24/7.

#### Pricing

Round-trip: 120\$ + tx

One-way: 90\$ +tx

For more information or to book:

By phone: 1-855-NAVETTE

By email: [info@aeronavette.ca](mailto:info@aeronavette.ca)

Web site: [www.aeronavette.ca](http://www.aeronavette.ca)

### BY CAR

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From Gatineau Via Highway 50 E and Highway 10 E

From Quebec via Highway 20 and Highway 55 S

From Montréal via Highway 10

From Vermont via Highway 55 N

#### PUBLIC TRANSPORT

Take bus 747 from STM, (<http://www.stm.info/>) (Société de Transport de Montréal), and go to the centre ville of Montréal. You will stop at the terminus at the Gare d'autocars de Montréal. Please have 10\$ cash for the tickets. From there, take a bus to Sherbrooke (<https://www.limocar.ca/>). Cost from 70\$ and you can purchase online.

## WHERE TO EAT AND DRING ?

### SIBOIRE

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Le Siboire is a microbrewery where you will discover the malting products of the province of Quebec. Two places to go and you wont regret it!. 30% de rabais si vous êtes inscrit à l'expérience ICDH.

### CAFÉ ARAGON

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Near by the Mont Bellevue, this café offers nice breakfast.

<http://www.cafearagon.ca>

### CAFFUCINO

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Brûlerie Caffucinon menu offers a huge variety of panini sandwiches, European pizzas, fresh pasta and the famous desserts who made their reputation. The place also offers a beer menu and impressive wine list. Two facilities in downtown Sherbrooke: 1 Wellington Street and Thibault GM Sports Centre.

### DÉLIA EGG'XTRA

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Délia Egg'xtra has been serving breakfast and lunch for more than 28 years! Try their delectable eggs Benedict or their copious fresh fruit crêpes!

### BISTRO TAPAGEUR

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Come taste our specialty dishes created with products from the region, prepared in front of you in our open kitchen, until 1

### LE CARTIER / PUB ST-MALO

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Savour an unique and varied cuisine on the side of the terrace you would like to be. À la carte menu, table d'hôte menus from Thursday through Saturday, our well-known breakfasts served on Saturdays and Sundays. Quick lunches, take-out orders and our great selection of desserts. An excellent choice of music, sometimes live, to accompan a variety of wine and beer.



## WHAT DO TO IN SHERBROOKE ?

### FATBIKE

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To initiate to this sport, share the trails with other pedestrians or those who practice snowshoeing. You will have the opportunity to choose 4 trails for beginners and intermediaries. You can also practice snow cycling at Mont-Bellevue, the trails are for experienced cyclists and you must bring your own equipment.

### VERTIGE ESCALADE

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Vertigo offers a unique concept indoor climbing in Quebec! Housed in a former church, followers can climb walls in breathtaking scenery!

<http://www.vertige-escalade.com>

### PROMENADE DES RAPIDES (The illuminated path)

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The incredible strength of the water accentuated by the dynamic lighting renders the majesty of the river 2km length.

### LHJMQ HOCKEY TOURNEMENT

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Sherbrooke Phoenix (L.-Drolet Sport Center)  
Blainville-Boisbriand, February 10 - 7 :00 PM  
Val-D'Or, February 13th - 4 :00 PM  
Québec, February 14th - 3 :00 PM

### MONT-BELLEVUE

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On top of offering many parks where it is possible to practice outdoor skating, Mont-Bellevue offers a variety of activities that will make sure to satisfy outdoor amateurs. You will discover 9 different alpine ski runs and furthermore, a snowboard park, walking trails and snowshoeing. It is the ideal place to have a good time and take some fresh air while enjoying the wonderful scenery.

### MONT-ORFORD

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Approximately 30 minutes away from Sherbrooke you can find Mont-Orford. It offers three different mountains, including Mont-Orford, Mont Alfrede DesRochers, and Mont Giroux where it will be possible for you to try out the 61 alpine skiing and snowboard downhill runs. The National Park from Mont-Orford offers 13 cross-country skiing with the 50km trails.

## FAQ'S

### **Where do I get my ATSX licence ?**

AT SX members will be at the Mont-Bellevue on February 11-12 and 13. You have to pay your licence for your registration. Bring the money with you (22\$CA ou 15Euros) you can pay by cash only.

### **Is it possible to try the track before the event?**

Of course! The track will be open to men and women on February 1st. Go on the web site [riderscup.ca/recreative](http://riderscup.ca/recreative) to subscribe and to experience Ice Cross Downhill.

### **If there are changes to the schedule where do I look ?**

Schedule is shown online at [ridercup.ca/schedule](http://ridercup.ca/schedule). If any major changes would applied shortly before the event, you would be notice by email.

### **Where do I park during the competition ?**

Parking places will be available in the streets around the Mont-Bellevue. We strongly recommande ride sharing. Parking places will be limited.

### **Is there an After-Party for athletes ?**

Yes ! The night keeps going on! All the registered athletes are invited to celebrate at the after-party. Free entry for all athletes. You need your accreditation to get in. Information about the location of the after-party will be revealed soon. Stay tune!

### **If I get hurt or if I can't make it to the competition can I get a refund ?**

Registration fees are NOT REFUNDABLE and NOT TRANSFERABLE WITHIN AN OTHER YEAR. Also, in case of emergency, without limitation, the bad weather, the Sherbrooke riders Cup's organizers, with the representatives of the City and the local police, have the authority to cancel every event's test. In that case, no refund would be possible because founds would already have been spent in preparation of the event.

## CONTACTS

For all information concerning hotel reservation, medias,  
transport or general questions:

**Celya Parent-Roy**  
[media@poductionsircus.com](mailto:media@poductionsircus.com)

For all informations concerning AT SX licence and  
Ice Cross Downhill World Championship:

**All Terrain Skate Cross  
Federation**  
[atsx.org](http://atsx.org)