

## RULES AND CODE OF ETHICS

- The Quebec Singletrack Experience (QSE) is sanctioned by the Quebec Cycling Sports Federation (FQSC). FQSC regulations are available at <https://fqsc.net/reglements>. In addition to the FQSC regulations, here are some details concerning the QSE. These rules apply to both racers and riders.

### Registration and mandatory meetings

- For participants in the 5-day package, mandatory check-in will take place on Sunday, July 9, 2023, from 3:00 p.m. to 6:00 p.m., at the base camp located at Auberge du Mont, 200 Boulevard St Sacrement, Saint-Gabriel-de-Valcartier, QC G0A 4S0. Participants in the 3-day package can also check in at this time.
- For participants in the 3-day package, mandatory registration will take place on Tuesday, July 11 from 4:30 to 6:30 p.m. at the base camp located at Auberge du Mont, 200 Boulevard St Sacrement, Saint-Gabriel-de-Valcartier, QC G0A 4S0.
- For 1-day participants, mandatory registration will take place on the morning of the VBN - Shannahan stage, Friday, July 14, from 8:00 to 9:00 a.m., at the start site near the Shannahan reception, 2180 rang Saguenay Saint-Raymond, QC, G3L 3G3, in the Vallée Bras-du-Nord.
- A video summarizing the instructions for all participants will be posted online during the week of July 3. Viewing this video is mandatory to participate in the event.
- It is also compulsory to view the daily briefing. It will be available in person at the base camp and online on the QSE Youtube channel, and will be e-mailed to participants.

### Eligibility

To be eligible to take part in the event, you must :

- Complete the FQSC registration form. Non-Canadian participants will need to show proof of insurance covering this type of activity on or before the day of registration.
- Have duly completed and submitted your medical questionnaire and participant form;
- Have completed the Spherik bike registration form, for participants in the 3 and 5-day packages only, upon arrival at base camp.
- Confirm that you have read the safety standards and code of ethics (see below), and that you will always carry the mandatory equipment (see below).

## Code of ethics

- Greet and thank volunteers as you pass by. Without them, there's no event;
- We ride for fun. Respect, politeness and courtesy;
- The health of Qué-Bikers is more important than your ranking. You'll feel much better and get much more recognition if you help someone rather than trying to win the race by ignoring a participant in difficulty;
- You have an obligation to help anyone who is injured or in a dangerous situation. Notify a member of the medical team or the S'Quad as soon as possible. If you stop to help in an emergency, the time lost will be compensated. Mechanical failure is not an emergency;
- Racers and riders must at all times respect the Highway Code and the instructions of police officers, marshals and/or volunteers on the course;
- Always ride under control and take the time to look at the signs... and the scenery;
- At any given moment, you may come across pedestrians, other cyclists, cars, canoeists, trucks, etc. You must always prioritize safety over the environment. You must always prioritize safety over your bottom line;
- For the faster riders, ask for the trail courteously when it's safe and be patient. Thank the person who gave way to you;
- A technical pass is not a safe place to ask for passing;

- If you have to stop to repair your bike or for any other reason, move out of the track to leave the way clear, but remain visible at all times;
- Having a bad day is part of the experience. The definition of experience also includes this chapter.

## Medical / Safety

The safety of our participants is the #1 priority of the QSE organization, which is why:

- You must complete and sign the medical questionnaire and the participant form;
- The QSE reserves the right to prevent a participant from continuing the competition on the recommendation of its medical team;
- Participants with special medical conditions must supply and transport their own medication, and must have indicated this on the medical questionnaire beforehand. (e.g. EpiPen).
- All non-Canadian participants must provide proof of accident insurance that covers high-risk activities such as running and mountain biking for the duration of the event. No participation without proof of accident insurance!

## Traffic on roads, forest roads and trails

- Runners must at all times respect the Highway Code and the instructions of police officers, marshals and/or volunteers on the course. We do not have exclusive use of roads, forest roads or trails.

## Waste

- ZERO TOLERANCE! It can be recycled, composted, stored in a pocket or thrown in the garbage can, but never on the ground. Drop a piece of packaging on the run? Stop and pick it up. A time penalty could be applied to participants who are caught breaking this rule.

- Our rivers and lakes are precious. It is forbidden to clean a bike in a river or lake. Bike wash stations are available at each site.

## Mandatory equipment

- The following items are mandatory at all times on the course for each participant:
- Certified helmet
- Closed handlebar ends
- Jersey with sleeves (sleeveless jerseys are forbidden).
- A minimum of 750 ml of water at the start of each stage:
  - Saint-Raymond, July 10
  - Empire 47, July 11
  - Sentiers du Moulin, July 13
- and a minimum of 1l of water for the following stages:
  - Mont Saint-Anne, July 12
  - Shannahan, July 14
- Plan to fill your tanks in the morning before you set off, as drinking water is not available at the start in all destinations.

## Other suggested equipment

- Long gloves (covering fingers)
- Hydration bag
- Odometer or GPS
- Glasses / sun glasses
- Chain tool
- Spare tube
- Tire levers
- Pump or CO2 cartridges

## Participant identification

- Your bike number plate must be mounted on the handlebars of your bike and your pin-on race number must be visible on the back. If you are wearing a backpack, please attach the number to the backpack.
- It is forbidden to modify, cut or advertise on the number plates.

## Start

- Start areas open 30 minutes before the start of each stage;
- Two starting corrals will be formed: the first for racers and the second for riders. In these corrals, the first to arrive will be the first to be placed on the starting line.
- Each participant must ensure that his or her presence is noted when entering the corral.
- Starting areas will close 10 to 15 minutes before the start;
- Participants who are not at their respective corral 10 minutes before the start must leave at the back of the pack;
- A pre-race meeting will be held each day 10 minutes before the start;
- A participant who is unable to start on time must notify the race steward to request a late start or an alternative;
- No participant may start after the start of the stage without the approval of the race steward.

## Checkpoints / finish

- All racers must present themselves at the checkpoints located at the feed zones. It is the responsibility of each racer to ensure that he/she has registered with the official in charge. Each participant must ensure that his or her number is noted at the checkpoint. Without this registration, they will be considered not to have completed the stage.

- If a participant wishes to abandon the stage, he/she must inform the official and be accompanied by a volunteer, a member of the S'Quad or the medical team to leave the course.

## Rankings / results

### Podiums and categories

- In the “competition” mode, you can enter solo or in teams of two. In the riding mode, it's possible to enter solo only.
- Team categories (pairs): the team time is that of the second team member to cross the finish line.

The following categories are open :

<b>5-day competition</b>	<b>Daily podiums<sup>1</sup></b>	<b>Cumulative podiums<sup>2</sup></b>
Women Solo Open	Top 3	Top 5
Men Solo Open	Top 3	Top 5
Team Open	To be confirmed	Top 3

<b>3-day competition</b>	<b>Daily podiums<sup>1</sup></b>	<b>Cumulative podiums<sup>2</sup></b>
Women Solo Open	Top 3	Top 5
Men Solo Open	Top 3	Top 5
Team Open	To be confirmed	Top 3

<b>1-day competition</b>	<b>Daily podiums<sup>1</sup></b>	<b>Cumulative podiums<sup>2</sup></b>
Women Solo Open	Top 3	-
Men Solo Open	Top 3	-
Team Open	To be confirmed	-

- <sup>1</sup>Daily podiums will take place directly at the destination, approximately 1 hour after the finish of the 1st.
- <sup>2</sup>Cumulative podiums will take place at the Centre multifonctionnel Rolland Dion in Saint-Raymond (160 Pl. de l'Église, Saint-Raymond, QC G3L 1G4), during the closing dinner and Qué-Bikers ceremony.
- Daily and cumulative rankings will be published for categories in "competition" mode, as well as for participants registered in riding mode. Times for participants in riding mode will be published for information purposes only in a single category called "out-of-competition", and these will not be eligible for podium finishes.
- Shorter alternative routes will be offered at each stage. Participants in riding mode may opt for these shorter courses. Competitors in "competition" mode will have to complete the entire course. Competitors from the "competition" mode taking a shortened course will receive a time penalty.

## RESULTS CORRECTIONS

- The first 5 places (per category) will be validated directly after the race, any other protest will be considered outside the race, but must be made no later than 2h00 after the last participant's finish.

## Cut off and penalty

- Here are the time limits and penalties for each stage. If a participant arrives at the "cut-off" after the time limit, he/she must take the short course and will receive the related penalty.
- Time limits apply to all participants: racers and riders.

### **Saint-Raymond, July 10**

The cut-off point is at the entrance to the short course.

Maximum time is 2h30 after the start.

Penalty is 45 minutes.

### **Empire 47, July 11**

The cut-off point is at the entrance to the short course.

Maximum time is 1h30 after the start.

Penalty is 75 minutes.

### **Mont Saint-Anne, July 12**

The cut-off point is at the entrance to the short course.

Maximum time is 2h00 after the start.

Penalty is 105 minutes.

### **Sentiers du Moulin, July 13**

The cut-off point is located at the entrance to the short course.

Maximum time is 3h30 after the start.

Penalty is 75 minutes.

### **Shannahan, July 14**

Two short-course options (short course #A and short course #B), which can be taken individually or added together:

Short course #A: the Nelson Nord. The penalty is 60 minutes.

Short course #B: the Aurore loop and La Legend. Penalty is 60 minutes.

The cut-off point is at the entrance to short course #B.

Maximum time is 3h30 after the start.

## **Abandon or rest day**

- If you decide not to take part in a stage or to withdraw from the competition, you must notify the steward as soon as possible;



- If a team-mate withdraws from the competition, the other team-mate may continue to compete, but the team will not be eligible for the cumulative stage ranking or the individual ranking.
- If a participant withdraws during the competition, he/she must remain on the course at all times. He/she may not leave the course without being accompanied by a volunteer, a member of the S'Quad or the medical team.

## **Adjustment to courses or stages**

- Routes and schedules are subject to change at any time depending on weather and terrain conditions. Other adjustments may also be made if the situation so requires. Safety will always come first over the race.
- In the event of severe thunderstorms or other problematic weather conditions, follow the instructions of volunteers, officials and S'quad on the trails.

## **Bike condition**

- Only mountain bikes in good condition and safe according to FQSC standards are accepted. A complete tune-up is strongly suggested before your departure for the QSE;
- Handlebar ends must be closed;
- Participants are responsible for all repairs to their bikes on the course;
- Participants must be prepared, equipped and self-sufficient to make routine repairs to their bikes on the course.

## **Bike management**

- Each participant must complete a Spherik bike form when registering. You must use the same bike for all five (5) stages, except in the event of major breakage, subject to approval by the steward;

- For participants with a bike transport package, bike logistics are handled 100% by the QSE. At check-in, you must hand over your bike to the logistics team, ready for use at the start the following day. You pick it up the next day at the start of the stage;
- At the end of each stage, after using the bike wash and carrying out any necessary maintenance yourself, you hand over your bike to the logistics team to collect it the next morning at the start of the next stage. You will not have access to your bike until the next morning at the start;
- If you have purchased the Wash and Lub package, at the end of each stage, hand over your bike to the Spherik mechanical workshop team, who will take care of maintenance and transport for the complete experience;
- Every morning, at the start site, you'll find self-service tools, pumps and lubricants. At the end of the stages, at the bike wash, you'll find brushes, soap, hoses and pumps and lubricant;
- At the end of each stage, if necessary, you can leave your bike at the Spherik mechanic's shop to have the usual repairs carried out at your expense;
- If you have a basic or local package, you are responsible for your own bike logistics. The bike wash and mechanical workshop services are at your disposal.

**Happy Quebec Singletrack Experience!**