



PAN AMERI CANO DE ENDURO

COSTA RICA • 2023

TECHNICAL GUIDE





San José, Costa Rica March 1st, 2023

PAN AMERICAN ENDURO CHAMPIONSHIP 2023

Directors of the National Cycling Federations belonging to the American continent, the Pan American Cycling Confederation, the Costa Rican Cycling Federation and Avimil Enduro Series have the honor to send you the official invitation of the Pan American Enduro Championship 2023 which will be held on April 29th and 30th.

- On April 29th the race will start in Senderos Colon where 3 stages will be run.
- On April 30 will be held at Adventure Park, San Jose de la montaña where 4 stages will be run.

For us it will be a great privilege to have the participation of your athletes in our country where they will enjoy the beauty of the Costa Rican territory and its people. We look forward to hearing from you and do not hesitate to contact us if you require further information.

If you have any questions please contact these phone numbers/email: WhatsApp: +506 8912-3728, +506 8380-5290
E-mail: oscar@avimilcr.com

We look forward to everyone's participation and wish them every success.

Best regards,
Oscar Avila Kopper
President of the Costa Rican Cycling Federation



GENERAL INFORMATION

EVENT VENUES

CIUDAD COLÓN

Ciudad Colón is a district of the canton of Mora located in the province of San José, Costa Rica. The district is characterized by its geographical richness and nature and also for its recent tourism development.

It is characterized for being a warm place with high temperatures and has an average altitude of 840 m above sea level.

SAN JOSÉ DE LA MONTAÑA

San José de la Montaña is a district of the canton of Barva, in the province of Heredia. Originally the place was called “El Zanjón”, however, in 1911 its inhabitants wanted to build a chapel in honor of San José de la Montaña. This change was made in honor of the Royal Sanctuary of San José de la Montaña located in Spain, Barcelona.

In contrast to Ciudad Colón, San José de la Montaña has a lower temperature and an average altitude of 1438 meters above sea level.

AIRPORT

Juan Santamaría Airport

TRANSPORTATION

The organization will not provide transportation however, we have these options:

Option 1:

Transportation for delegations, groups or individuals:

The event offers shuttle service to book in advance private buses from the airport to the accommodation. For quotes and reservations please send an email to

avimilescazu@gmail.com



Option 2: Taxi

Approximate price **\$40** for lodging, the space of the bicycle should be taken into account when quoting the service as it is not common to transport this type of luggage.

Option 3: Vehicle rental

1. Toyota Corolla Cross Automatic, SUV 4X2, 2.0 L, four-door, air-conditioned, 5-passenger capacity.

Daily rate: **\$ 48.00 + Insurance** (daily basic insurance amount: \$ 15.00).

2. Toyota Rush Automatic, SUV 4X2, 1.5 L, four-door, air-conditioned, with capacity for 7 passengers.

Daily rate: **\$ 48.00 + Insurance** (daily basic insurance amount: \$ 15.00).

3. Toyota Hilux Manual, 4X4, 2.4 L, four doors, air-conditioned, with capacity for 5 passengers.

Daily rate: **\$ 75.00 + Insurance** (daily basic insurance amount: \$ 25.00).

Toyota Hilux Automatic, 4X4, 2.4 L, four-door, air-conditioned, with capacity for 5 passengers.

Daily rate: **\$ 90.00 + Insurance** (daily basic insurance amount: \$ 25.00).

For the rental of the vehicles, the client is required to present us with up to date documents such as Passport, Driver's License and Credit Card for the deposit.

You can contact them directly. Contact Francisco Montero E-mail:

francisco.montero@ehiglobal.cr

telephone: +506 2242-7729

CURRENCY

Our currency is the Costa Rican colón (CRC), represented by the symbol ₡. Currently the bank selling rate is 569 colones to the dollar and the buying rate is 553 colones to the dollar; but it is fluctuating. Some tourism-related businesses accept payments in dollars.

VOLTAGE AND PLUG

In Costa Rica the common voltage is 120 V. Frequency is 60 Hz.



CLIMATE

The climate is tropical with a short and moderate dry season, but has a severe and long rainy period towards the south. The average maximum temperature is 31 oC (87.7 oF) and the minimum is 22.7 oC (72.8 oF).

Costa Rica has two climatic seasons: the dry season “summer” from December to April and the rainy season “winter” from May to November.

HOSPITAL

The organization will provide rescue, first aid and ambulance service when necessary. The ambulance will be in charge of transferring patients to the nearest public hospital. It is very important that each athlete provides the emergency contact information in order to be able to contact him/her in case of an eventuality. In this case, the closest hospitals to the venues are:¹

- San Juan de Dios Hospital
- Mexico Hospital
- St. Vincent de Paul Hospital

EVENT LOCATION

In the following links you can find the WAZE addresses:

- [Senderos Colón](#)
- [Adventure Park](#)



REGISTRATIONS AND DELEGATIONS

Registrations will be made online at our web page www.avimilenduroseries.com or at the Avimil Store located in the Fuentes del Obelisco Shopping Center, San Rafael de Escazú.

- They must cancel the registration and fill out the entire form without exception.
- The registration fee for the event is 150 USD per participant. Registration includes an enduro jersey, participation medal, bag, license plate with its respective chip and sticker with schedules and stages. In addition, hydration and refreshments will be provided to runners both days of the event.
- Registration closes on Friday, April 21st, 2023.
- In the form we will ask for full name, date of birth, category, passport/identification, laterality, UCI ID and emergency contact.
- All registrants must be in good standing.
- Athletes in the UCI Junior, Under 23 and Open (Pro) and non-UCI categories must present their current license issued by their National Cycling Federation.
- It is an indispensable requirement that each participant has a valid accident insurance policy, both nationals and foreigners (applies to all runners).
- Each delegation/athlete/individual groups must be responsible for providing for themselves: airfare, hotel/accommodation, food, transportation and other expenses.
- The delegate of each country must present the official list of their National Team on stamped paper, with the signature of the corresponding National Federation, the updated license (if applicable), the medical assistance policy and passport/identification of each athlete.
- Each Delegation must bring its flag and national anthem engraved.

MODALITY

Being a race of the Enduro modality, it consists of different timed sections which are joined by several links with established times and a single final classification.

Enduro races are considered to be those made up of mostly downhill sections known as “timed special sections” and liaison sections. The liaison sections must be made by pedaling where asphalt roads can be found. Participants are obliged to comply with the Road Safety Regulations. If they do not, the athletes will be excluded from the event if they are denounced by the competent authorities.

CATEGORIES



Being a UCI event we will have the categories by regulation in both genders:

The UCI categories are:

- **Junior:** Runners between 16 and 18 years old.
- **Under-23:** Riders between 18 and 23 years old.
- **Elite:** All riders 23 years of age and older.

We will also have the following non-UCI categories:

CATEGORIES	DESCRIPTION	Female	Masculine
Junior	Runners between 11 and 16 years old	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Master A	Runners between 31 and 40 years old	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Master B	Runners between 41 and 49 years old	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Veteran	Runners between 50 years of age and older	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Novice	Riders who have never participated in an Enduro or Downhill competition or season or who have been inactive in the last 4 years. ATTENTION this modality (novice) only includes the male category and the organization reserves the right of registration.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E-Bike Junior	Runners between 11 and 18 years old	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E-Bike Open	All runners 19 years and older.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E-Bike Master	Runners between 35 and 49 years old	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
E-Bike Veteran	All riders 50 years and older.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

In the UCI categories there must be a minimum of 5 riders and 3 nationalities per category to compete for the Pan American Championship.
In the case of not having 5 runners per category, they will be moved to the next category according to the organization's criteria.

REGISTRATION AND ASSIGNMENT OF LICENSE PLATES

All participants must register at the following website www.avimilenduroseries.com or at the Avimil store in Escazú. It will be necessary to fill in all the information requested in the form and to have paid the registration fee for it to be valid.

For nationals, before completing and sending the form, the deposit must be made in the following bank account:

Bank Name: **Banco Bac San José**
 Account Name: **EVS Protección S.A.**
 Legal ID: **3-101-217133**
 Account No.: **918291899** IBAN
 Customer Account No.: **CR40010200009182918992**

Amount
\$150

Send proof of
payment to
+506 8912-3728



- The runner who does not pay the indicated amount will not be given the badge, therefore, he/ she will not be able to participate in the competition.
- Registration closes on April 21, 2023.
- The collection of the packet, the license plate, control card (starting times of each timed section) and chip will take place at the AC Hotel on Avenida Escazú, on Friday, April 28 from 10 am to 5 pm.
- The list of registered riders with their respective badge number and start times will be published on the Friday before the race on the website www.avimileenduroseries.com and on FB Avimil Enduro Series. Those riders who have registered and do not appear on the list must notify the organization by email to oscar@avimilcr.com the same Friday that the list is published.
- The starting order for the first day will depend on the UCI ranking and the other categories will be accommodated by organizational criteria

LICENSE

As it is a UCI endorsed event, each competitor is required to have the UCI 2023 License issued by the country he/she represents and a photo ID.

UCI license for Costa Ricans must be processed directly with the Costa Rican Cycling Federation. The telephone number is: 2231-7814 or visit the page <https://fecoci.net/>. The FECOCI is located in the Sabana Metropolitan Park in front of the Princesa Marina.

BICYCLES AND FOOD AND MECHANICAL ASSISTANCE



- Only one bicycle per participant will be allowed during the entire competition.
- Use of pedals of the rider's choice.
- E-bike category:
 - The UCI regulations will be applied, which indicate that bicycles may be assisted by a motor of no more than 250 watts and the maximum speed allowed is 32 km/h.
 - No change of bike or battery is allowed during the race.
 - ECO or TRAIL mode is recommended for the E Bike during the links.
 - Double crown suspensions are not allowed.
 - All riders with E-Bikes must leave their bicycles in the area designated by the organization for their respective revision once they have passed the finish line.
 - Failure to comply with this provision will result in disqualification.
 - The list of motors may vary according to UCI specifications.
 - The organization reserves the right to check the condition of the bicycle to verify compliance with the rules in order to be able to previously deny the participation of bicycles in poor condition or disqualify any rider who has modified after the check components of the bicycle and that it is not in accordance with the rules.
 - No outside mechanical assistance will be allowed during the start of the race.
 - It is recommended to carry the spare parts and tools that each rider deems appropriate for the competition.
 - Those riders who use external support in the liaison sections or timed sections will be penalized.
 - The organization guarantees liquid and solid refreshments for all participants at an easily identifiable point.

EQUIPMENT

Helmets and gloves will be mandatory both in timed and liaison sections. Knee pads will be mandatory in the timed sections. The use of a hydration backpack with a basic tool kit is recommended.

The use of the closed helmet is recommended in the timed sections, so it is allowed to wear both types of helmets, however, the rider who so chooses, must wear these helmets throughout the competition.

The use of other means of protection such as elbow pads, bibs, goggles, etc. is also recommended.

The number plates must be placed in a legible manner, respecting at all times the advertising inserted in them. No modification to this is allowed.

CIRCUIT RECOGNITION

- Runners are advised to recognize all sections.
-
- Stages will be announced and released on Monday, April 24.
-
- As it is a day of reconnaissance of the circuit where the responsibility is at the risk of the participant.
-
- No recycling is allowed from Thursday, April 27th, nor on the day of the race, whoever does so will be penalized.





COMPETITION

The license plates will be handed out at the AC Hotel on Avenida Escazú, on Friday, April 28 from 10 am to 5 pm.

- A technical meeting of the race will be held on Friday, April 28 at 5 pm at the AC Marriott Hotel, Avenida Escazú.
- It is mandatory and advisable to attend, since those who do not attend will not be able to claim, object or appeal on competition issues.
- The starter will be the one to validate the start of each participant.
- The departure times will be specified on the control cards that will be delivered together with the number plate on the page www.avimilenduroseries.com or on the FB page Avimil Enduro Series.
- The runners will start in the special sections with time intervals of 30 seconds, however, the organizer may reduce or increase the time, depending on the number of participants in the race.
- A start control will be established (point 0), where the commissaries will check the protections, clothing and bicycle.
- The runner who does not pass this control will be excluded from the race.
- The loss of the license plate, chip or control cards may result in the disqualification of the runner.
- Riders arriving at the end of a special stage without having passed through the start control of the stage will be penalized with disqualification from the race.
- If a rider is overtaken by another rider, he shall facilitate and allow the passage to overtake and not hinder the passage of the adversary.
- The advancing runner must ask for it in a respectful manner.
- It is the duty of every participant to help another runner who has suffered a serious accident and to notify the first control so that he/she can be attended by the medical assistance.
- The commissaires may suspend sections or annul times recorded in a section for detecting irregularities in the timekeeping.



- In case of accident, each runner is responsible for continuing to compete in the race, unless the Medical Services decide for safety reasons to exclude him/her from the race.
- A rider may abandon a “Special Stage” without prejudice to the remaining stages.
- The times of the disputed sections will be reflected in the provisional classification but will not be computed for the General Classification.
- A cut-off time will be established for each section.
- Late arrival at the start of a timed section will result in a penalty for the time elapsed since the scheduled start time.
- The runner must request permission from the person in charge of starting the race so that he/ she may be placed in the shortest possible time, respecting a 15 or 30 second delay between the start of the runner and the runner before him/her, according to the timing system established for each race. However, the runner who arrives 10 minutes late will be disqualified.
- All the starts of the timed sections must be on the ground, i.e. the competitor will not be able to propel himself or hold on to any object or balance. Failure to comply with this
- The following may result in disqualification.
- Competitors will not be allowed to compete with any kind of pet. In this case they will not be allowed to start and will be disqualified.

STREAMS

The circuits of the enduro format races are timed sections in the mountains where the negative slope is predominant and, in addition, in certain parts of the route it will be necessary to pedal due to its positive or null slope.

- The links between the timed sections will be properly marked.
-
- The circuits will be signposted at the start and finish line and there may also be areas marked with tapes, attention, caution and direction signs.
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- The organization reserves the right to modify the routes initially designed at the last minute for various reasons, always warning before the departure of each section and duly marking the new route.



RANKINGS

The winner of the race will be the rider who completes all the stages in the shortest time, taking into account possible penalties. In the event of a tie between two or more riders, the tie will be resolved in favor of the best positions obtained in the special stages. If the tie persists, it will be resolved in favor of the runner with the best time in the last special stage.

The event will follow the UCI Anti-Doping Regulations.

AWARD CEREMONY

Date and time: April 30, 40 minutes after the end of the race.



UCI category athletes must be present at the awards podium at the time stipulated by the organization and disclosed in the Technical Talk. It is important to mention that athletes must wear their competition uniform, closed shoes and maintain proper sportsmanship. Athletes may also pose with the flag of their country.

They will not be allowed to use dark glasses, caps or any other adornment that has the purpose of divulging brands such as banners and shirts that are not of their National Team. Neither will athletes be allowed on the podium with plaques, banners or anything similar, of their respective sponsors.



CLAIMS

- Appeals and complaints will be accepted only in writing through the country representative.
- These must be made up to 15 minutes after the arrival of the athlete or disclosure of the official results.
- Appeals will be analyzed by the College of Commissioners.
- The decisions of the College of Commissaires are final and not subject to appeal and only the penalty schedule of the UCI Regulations shall be used. Failure to comply will be decided by the Commissaires College based on the UCI Regulations.
- The amount defined by the College of Commissioners, if applicable, must be paid for each claim made.

SANCTIONS

- These penalties are referential and will be validated by the competition organization:
- Without helmet, gloves and knee pads in the enduro races, it is forbidden to start the race.
- Failure to follow the route marked by the organization to reduce time results in immediate disqualification.
- Start with your feet on the ground in the timed sections.
- Lack of courtesy or insulting other participants, members of the organization, media or public results in immediate disqualification.
- Competing with the mascot results in immediate disqualification.
- Dumping or leaving any debris or garbage on the route results in a call for public attention.

SUSPENSION OF THE TEST

The organization reserves the right to suspend the races or the timing of any of the enduro format races for reasons of force majeure such as unforeseen events beyond the control of the organization under the alert of the competent authorities and/or adverse weather conditions. In this case the registration fee will not be refunded.



ENVIRONMENT

Enduro is a competitive and leisure activity that takes place in the mountains in full contact with nature. It is everyone's responsibility to minimize the impact of this sport on the environment. Given the high ecological value of the scenarios where the event will take place, both participants and members of the organization should make an effort to preserve the natural environment by adopting respectful postures such as

- Avoid generating garbage, and in case of doing so, deposit it in the authorized places.
- Respect pedestrians.
- Be careful with animals on the mountain.
- Do not leave the naturally delimited route.
- Do not invade private property.
- Pay attention not to spill oils or leave spare parts of bicycle components.

AWNINGS AND ADVERTISING

- The organization will set up the area where all the runners and their canopies will be located.
- No advertising of any kind such as billboards, banners, brand names, pens, etc. or any type of advertising on the awnings is allowed unless it is sponsored by the event or authorized by the organization.
- Teams are entitled to place a 3x3 canopy of their sponsoring brand for every 3 runners registered.
- The runner shall have the right to display his sponsor's advertising on his uniform, bicycle, mechanic and companions.
- No sales points, exhibits or tastings of products that are not sponsors of the event are allowed



For any clarification or doubt about these regulations,
please contact the organization:

UCI Commissioner Jim Bratud..

Event Director: **Oscar Avila**
E-mail: **oscar@avimilcr.com ***
Tel: **+506 2288-1060 / 2288-1056**
Enrollment inquiries: **Sigrid Miller**
E-mail: **smiller@avimilcr.com ***
Tel: **+506 8912-3728**



Release of Liability Clause for Minors

PAN-AMERICAN ENDURO SERIES 2023

I _____ major, (occupation) _____
(marital status) _____, identity card or passport
number _____ neighbor (a) of _____,
in my capacity as mother, father or caregiver of the minor _____
declare, under oath and understood that if I incur in false testimony I may be
prosecuted for this according to Costa Rican law, that said minor is in complete
physical and mental health at this moment and therefore I release the Enduro
Cycling Association as organizer of the Avimil Enduro Series 2023 Costa Rica
Cup, from any injury or death due to illness or accident that may occur during
or after the race to said minor. Having read the foregoing, I hereby approve and
sign it in San José at _____ on this day _____. Month _____
of the two thousandth _____. Signature of father,
mother, foreman _____ Cédula _____
(Submit acopy of the identity card of the person signing)



OFFICIAL EVENT HOTEL

AC Hotel by Marriott

Dirección: Avenida Escazu Complex, Autop. Próspero Fernández, San José Province, Escazu, 10203

Codigo de reserva M-PNPQQGW

Contacto: +506 2588-4371, +506 2588-4316

Reservaciones: Kimberly Guzmán

Website: <https://www.marriott.com>



Alternative Hotel

Fairfield by Marriott

Address: Radial Francisco J. Orlich Plaza Los Mangos, Alajuela Province, Alajuela, 20109

Contact: +506 2429-2500

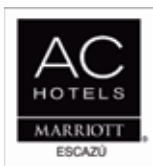
Reservation code M-PNPQQGW

Reservations: Kimberly Guzman

Website::: <https://www.marriott.com>



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