



TEAM NEWSLETTER #1

The Local Organizing Committee is excited to be hosting you for the 2020 Pan Am Cross Country Cup in less than a month. Victoria is located on Vancouver Island, voted by CNN as one of the top 20 places to visit in 2020. So, in less than a month you can tick this destination off your “must visit” list.

There are a number of important notes that we want to draw to your attention.

Hotel and Training

Athletes and team staff will be housed at the Bear Mountain Golf Resort. The hotel lobby is approximately 200m from the finish line. There is a coffee shop, convenience store and pub next to the hotel.

The area around the hotel has trails for running, but they are hilly. We would kindly ask that athletes NOT train on the golf course outside of the course tour time (see below). We will try our best to accommodate athlete requests for transportation to flatter training parks on Thursday or Friday. Please understand that we do have other transportation priorities that may restrict our ability to accommodate all requests.

Expected Weather and Course Conditions

This has been a wetter than average January, and despite the recent sunny weather the ground will be quite moist. We expect mild temperatures (5-10C) and lots of mud. This is a demanding course and would be best described as a strength runner’s course. We recommend 9-12mm spikes.

Schedule Change

We have made some slight changes to the schedule to better package the event for live streaming. There are also local races before and after the streamed program. The revised schedule is:

- 10:00 am** - SHOW BEGINS (Welcome, Previews, etc.)
- 10:05 am** - Junior Women Pan Am XC Cup 6k
- 10:45 am** - Junior Men Pan Am XC Cup 8k
- 11:30 am** - Nations Cup (Kids Race + Interviews, etc.)
- 12:00 pm** - Senior Women Pan Am XC Cup 10k
- 12:45 pm** - Senior Men Pan Am XC Cup 10k
- 1:30 pm** - SHOW ENDS (Break for Volunteers + Officials)

Details of how friends and family can watch the race live (or delayed) will be circulated over the next two weeks.

Athlete Bios

Our media and announcers will need athlete bios for your top athletes in each race. Please send a few bullet points describing the accomplishments of your top athletes to Louise at media@panamxccup2020.com no later than February 20th.

Medical Room & Poly Clinic

There will be space for teams to treat athletes next to the dining hall. This will be an open and unsecured space and it is recommended that teams do not leave equipment or tables there overnight.

In the same room, we will have a poly clinic. The priority will be to provide treatment and medical services to countries that do not have team doctors or therapists. As hosts, we are pleased to treat those who require medical or therapy in order to compete or to address acute health issues that may have arisen during transit. Unfortunately, we do not have the capacity to deal with chronic injuries or provide medical imaging or tests beyond what team health insurance can cover in the case of an emergency.

The clinic hours are Thursday from 19:00-21:00, Friday from 10:00-13:00 and 17:00-20:00. Saturday medical services will be provided at the medical tent at the finish area.

The hosts will provide teams with treatment towels and ice. Please use treatment towels for treatment only as they are VERY expensive to replace if damaged. There are bath towels for showers, which if damaged or lost, will be charged to your team. Thank you in advance!

Overview of Friday

Friday is a busy day! The schedule is as follows:

- 6:30-9:30 Breakfast Buffet
- 9:30-11:30 Course Open for Training
- 11:30-12:15 Media Conference (by invitation)
- 12:00-1:30 Lunch Buffet
- 1:15-4:30 Optional bus trip to downtown
- 5:30-6:30 Technical Meeting
- 6:00-8:30 Dinner Buffet
- 7:00-8:30 VIP Reception (by invitation)

The Local Organizing Committee acknowledges that every athlete prepares for their races differently. It is our intent to offer the opportunity to visit downtown, but we fully recognize that many athletes will not want to attend.

A small representation of athletes and team staff will be asked to attend the media conference. It will be short...we promise!

Being former international athletes, we recognize that many athletes will want to run on the course in the afternoon. This will be the time that we will be setting up the course and we would kindly ask that you limit your running on the course to the morning. Thanks!

Doping Control

We will be having drug testing administered by the CCES and according to WADA regulations. A list of banned substances is found at https://www.wada-ama.org/sites/default/files/wada_2020_english_prohibited_list_0.pdf .

National Flags

Each delegation is requested to provide two national flags for the competition and awards ceremonies decoration. The flags should measure 1.20m x 0.80m and 3m x 2m respectively.

Souvenirs

NIKE hoodies (\$60) and drawstring bags (\$20) will be available for sale as event souvenirs. These will be sold out of the Technical Information Centre.

Awards

Award ceremonies for the top three finishers will happen immediately after the race near the finish line. Team awards will be given at the Saturday night dinner.

Closing Remarks

We are very pleased to host you. Please do not hesitate to contact:

Bruce (bruce@panamxccup2020.com) General Manager

Ulla (ulla@panamxccup2020.com) Team Services

Thelma (thelma@panamxccup2020.com) Federation Relations

Louise (media@panamxccup2020.com) Media

More information will be coming in subsequent newsletters.