# TECHNICAL GUIDE



COPACI
2025 Pan American
Championships
GRAVEL
GUANACASTE, COSTA RICA

















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#### WELCOME

The Costa Rican Cycling Federation and the Organizing Committee of the 2025 Pan American Gravel Championship warmly welcomes you to our beautiful Costa Rica, a land of peace and nature. We will enjoy our natural beauty on a dream tour filled with our wildlife.

It is an honor to welcome all the delegations that will be part of this great cycling celebration.

Costa Rica will once again be part of the development of cycling on the continent by becoming the first country in history to host the first Pan American Gravel Championship.

We will feature athletes from across the Americas in pursuit of the coveted title. This championship will be a spectacle and challenge of strength, technique, endurance, perseverance, and determination that reminds us of our ability to push our limits.

The success of this competition is due precisely to the commitment and dynamism of the authorities, sponsors, and collaborators linked to the sport of cycling. Without a doubt, one of the population segments that will benefit from the participants' edifying example will be our youth, who will be able to enjoy these types of healthy entertainment events, inspiring them to excel and compete, without neglecting the physical and mental health of our young people, whose potential and energy find in these types of activities an excellent role model to emulate.

It's not just a competition, but also a way to demonstrate the growth we've experienced in recent years and project ourselves into a promising future.

Enjoy our country.

Best wishes to everyone.

See you at the finish line.

#### **Oscar Avila Kopper**

President of the Costa Rican Cycling Federation



# **ORGANIZATION**

Federación Costarricense de Ciclismo (FECOCI)

Grupo PEDREGAL

#### Contact info

Phone: (506) 4000-1696 procesodeportivo@fecoci.net panamxcocr25@gmail.com





ORGANIZER COMMITTEE			
Oscar Ávila Kooper	President		
Oscar Herrero Suma	Vice president		
Marco Taylor Garino	Secretary		
Luis de Ezpeleta Aguilar	Treasurer		
Evelyn Rodríguez Castillo	Spokesperson		
Viviana Madrigal Cubillo	Spokesperson		
Kattia Garita Segura	Spokesperson		
Geovanny Castillo Artavia	Fiscal		

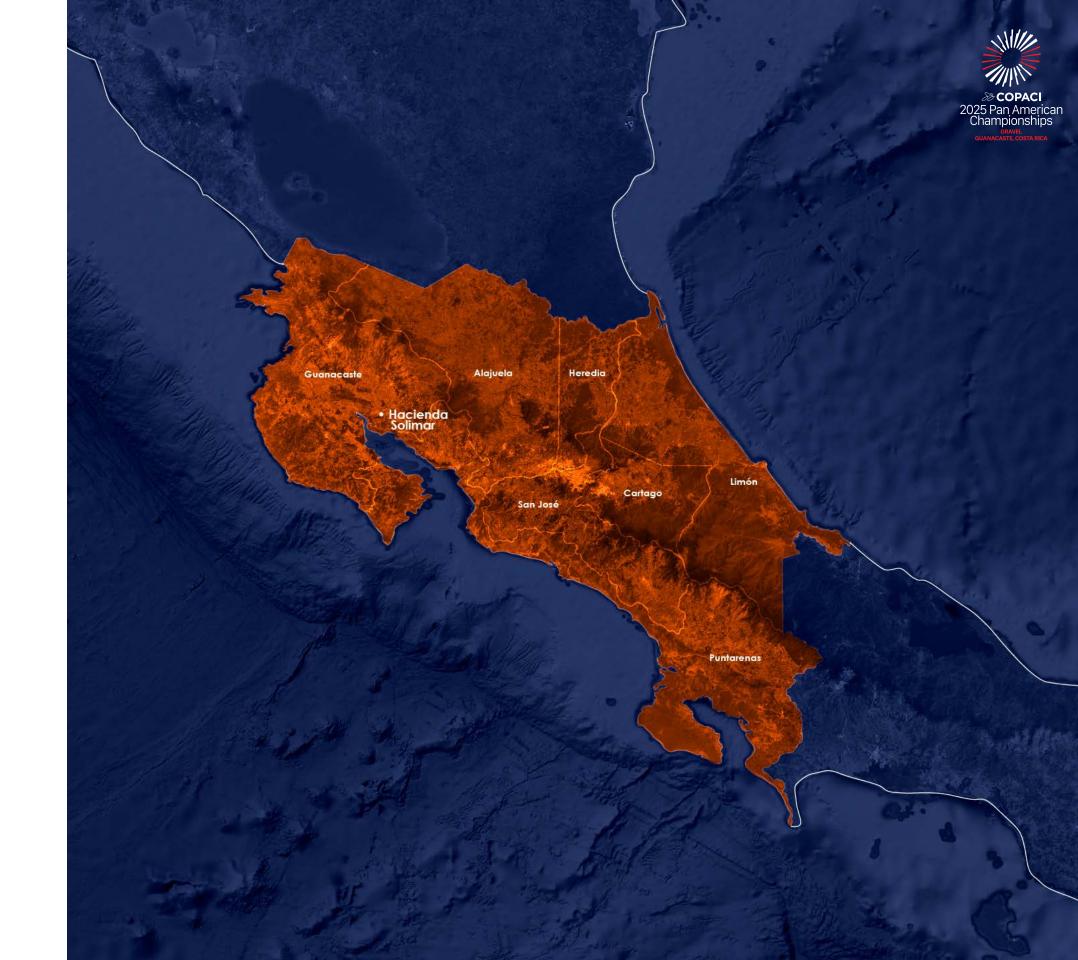
OFFICIALS			
PCC	Ana María Acosta		
Timekeeper	Diego Mena		
Timekeeper	Ivan Wong		
Timekeeper	Kattia Garita		
Timekeeper	Alexandra Ávila		
PC	Diego Ulloa		



#### **COSTA RICA**

Costa Rica is a coastal paradise, famous for its stunning beaches, all along the Pacific and the Caribbean coast. Each coast has unique characteristics that make exploring them, a real adventure. From a laid-back vibe, Afro-Caribbean culture, and calm, clear waters in Puerto Viejo and Cahuita at the Caribbean coast, to stunning cliffs, golden sunsets and surfeable waves in Tamarindo, Santa Teresa and Manuel Antonio at the Pacific Coast. These beaches are some of Costa Rica's most attractive elements, which bring many tourists wanting to explore its natural beauty, and engage in some recreational activities, such as surfing, jungle exploring as well as ecological tourism and more.

Nestled along the Pacific coast in Guanacaste, Hacienda Solimar (Solimar Lodge) can be found; one of Costa Rica's more secluded beach areas, known for its raw and rugged charm. Hacienda Solimar is dedicated to cattle ranching in search of the best Central American genetics, with wetlands where you can spot crocodiles and varied fauna. Its climate makes it perfect for appreciating the best flora and fauna and a break for tourists.







# SCHEDULE



 <b>7</b>   _	A	$\mathbf{V}$	_	
		VV		

08:00 - 12:00	Course inspection by the UCI Commisaire
12:00 - 17:00	Unofficial Training session
14:00-17:00	Accreditations delivery
17:00-17:30	Local press conference
18:00-18:30	Technical Manager Meeting

# SATURDAY, JULY 5<sup>TH</sup>

06:00	Men elite
06:01	Women elite
06:02	Men & Women Age Groups
06:15	Solimar Challenge MTB
12:00	Award ceremony

TEAM MANAGERS MEETING ROOM AND RIDERS BRIEFING ROOM



https://maps.app.goo.gl/3MNkrYp1QrWQDFEq7



# PARTICIPATION & ELIGIBILITY

#### **Participation**

The championship competitions will be held under the regulations of the UCI. All National Federations affiliated to the Pan American Cycling Confederation (COPACI) are eligible to participate.

# Art 15.3.003 UCI Eligibility and age categories

Gravel events are open to anyone aged 19 or above and holding a valid license. Race organizers are free to determine the age categories.



#### **CATEGORIES**

# Men Elite Women Elite Women Age Group 35-44 Women Age Group +45 Men Age Group 19-34 Men Age Group 35-39 Men Age Group 40-44 Men Age Group 45-49 Men Age Group 50-54

- Men Age Group +55
- 1. To open the category, there must be at least 5 registered riders; otherwise, they will be relegated to the previous category (it is at the discretion of the organization to award the prizes to the category that does not meet the minimum number of riders).
- 2. For a Continental Title to be disputed and the category to be crowned, it is necessary to have at least 3 countries present per category at the time of starting the respective event. If necessary and with the prior arrangement of the committee of commissioners in charge of the event, categories (age groups) may be grouped in order to comply with this requirement.

#### **PARTICIPANTS**

#### One-Day Gravel Race (Gravel UCI)

All cyclists in all categories in men and women must have a UCI 2025 license, which must be presented to commissaries at the time of formalizing their registration and retrieve their competition numbers. If the license does not have a photo, you must present an official identification document. If you have it, in addition, for foreign riders in UCI categories (Elite), the authorization provided by their corresponding federation will be requested, indicating him or the cyclists with their respective code.

#### **Required licenses**

Riders must have one of the following licenses with UCI (11 digits code) to sign up for the event:

- Elite license
- Masters license
- Amateur license
- Cycling for all license

Only riders holder of an elite license of a UCI registered team or who are nominated by their respective national federation can take part in the Elite category, other riders, even holder of an elite license, need to start in the age groups categories.

#### Registration link:

https://evolutionathletecr.com/listing/gravel-epic-campeonato-panamericano/

#### Irrevocable deadline and without exceptions:

Tuesday, July 1, 2025



Registration
Now Available
Scan the QR
Code



<sup>\*\*</sup> Refunds are not applicable in this event.



# FEED / TECHNICAL ZONE

**Art 15.3.006:** Feeding and technical assistance shall only be available in designated zones.

Feed and technical assistance zones should be available at minimum every 25 km.

#### Feed Zone from organization:

- Km 25
- Km 75
- Km 125

#### Intermediate points for coaches/helpers & Feed Zone:

- Km 50 \*\*
- Km 100 \*\*
- META

Elite riders get **2 bracelets** for helpers, coaches and team members to get access to these zones but also to the start and finish areas.

Age group riders get 1 bracelet for the same purposes.

Any attempt or type of assistance (feed, mechanical assistance, etc.) between riders in separate races is not allowed.

#### MECHANICAL ASSISTANCE

Riders are advised to bring their own spare tire or tubular to the race.

There will be mechanics in the feed zones. It's possible to change wheels in the feed zones/pit.

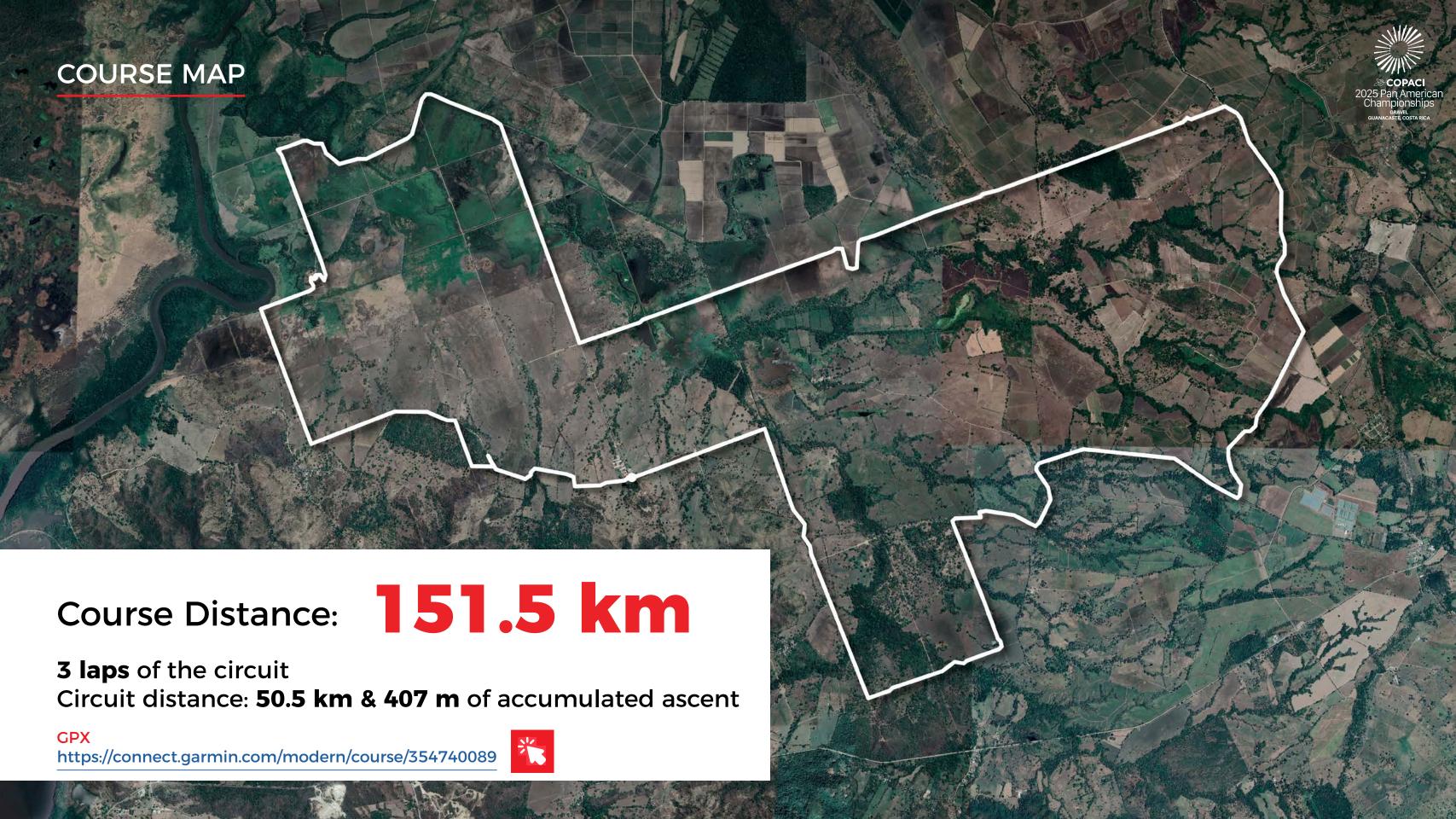
It's allowed to have mechanical help during the event and change wheels, but a bike change is not allowed. The rider must finish with the frame he used at the start.

We will have neutral assistance from Shimano.



<sup>\*</sup> The organization will serve drinks and food to all participants and Neutral Technical assistant (SHIMANO)

<sup>\*\*</sup> National teams/helpers can also serve drinks and food here and can give mechanical support.



# **TIMETABLES**



PUNTOS IMPORTANTES	LUGAR	ALTITUD	KM ACUM	KM A META
Corrales Hacienda Solimar	Salida	33	0	50
Cruce derecha	Paso	12	2.15	47.85
Cruce izquierda	Paso	24	6.23	43.77
Cruce izquierda	Paso	22	8.36	41.64
Cruce derecha	Paso	20	10.26	39.74
Cruce izquierda	Paso	25	11.61	38.39
San joaquin	Paso	31	13.27	36.73
Crucero	Paso	31	17.04	32.96
Cruce izquierda	Paso	38	18.35	31.65
Cruce izquierda	Quebrador	48	21.35	28.65
Puesto de asistencia	Paso	67	25	25
Cruce derecha	Paso	14	32.11	17.89
Cruce izquierda	Paso	7	36.45	13.55
Cruce izquierda	Paso	4	39.27	10.73
Cruce derecha	Paso	4	41.1	8.9
Cruce izquierda	Río Bebedero	4	42.53	7.47
El Corral (repecho)	Paso	31	43.95	6.05
Cruce izquierda	Paso	16	44.17	5.83
Porozal	Paso	16	45	5
Tiquirusas	Paso	36	48.7	1.3
Corrales Hacienda Solimar	Meta	33	50	0



# **AWARD**

All categories in women and men will be awarded as follows:

#### 1st Place

Gold Medal and Pan American championship jersey

# **2nd Place**

Silver Medal

# **3rd Place**

Bronze Medal





### **CLOTHING AND EQUIPMENT**



- The clothing will be in accordance with article 1.3.026 to 1.3.034, of the international regulations of the UCI. All cyclists must arrive at the starting point correctly uniformed, with the colors and designs of the jersey that represents their national team.
- The use of a helmet and bicycle plate will be mandatory for training and competition.
- The use of headphones and/or hands-free is prohibited.
- Athletes with pets, children, flags or signs are not accepted on the podium.
- The bike should be minimum 6.8kg (without bottles, GPS device)
- There is no minimum or maximum tyre width
- Riders may use any type of bicycle (road, mountain, urban, hybrid, cyclocross, etc.), except tandems, e-bikes, and recumbent bikes.
- Time trial road bikes are also prohibited.

During the Pan American Gravel Championship, all bicycles must have low-profile handlebars.

Mountain bikes are not permitted in the COPACI Pan American Gravel Championship.

Note: To be a Pan American champion, you must compete on a gravel bike.

#### DOPING CONTROL

The National Anti-Doping Commission, belonging to the National ports Institute, was requested to be present at the event for the respective controls under the UCI standard, being possible to apply in all categories, this control will be carried out near the arrival area.

The medical authorities sent for this purpose define the control.

#### PERMANENCE OFFICE

The permanence office will preferably be in an open space at the same finish line of the circuit, there will be the permanence of the organization's personnel, where the delivery of competition numbers will be carried out, review of licenses for the riders of the UCI categories, will supply general information. If there are changes, they will be notified in advance through Costa Rica Cycling Federation's Social Media (FECOCI).



# **ELECTRONIC TIMING SYSTEM**

For the event we will have disposable electronic timing for all categories provided by the company: Evolution Marketing.

# SERVICES IN THE LAYOUT FOR RIDERS

- Bathrooms
- Mechanics and sale of cycling products.
- Sale of Gel, Multivitamin, Isotonic Drinks, etc.
- Food sales.
- Car parking
- Post-race bicycle cleaning.





# **NEARBY ACCOMMODATIONS**

HOTEL	PHONE	DISTANCE
Limonal, Juntas, Colorado		
Cabinas Heliconias	8914-5500	30 km
Cabinas Los Genizaros	6183-0654	21 km
Cabinas Brisas del Golfo	8762-5585	13 km
Cabinas Jade	8382-9393	19 km
Cañas		
Hotel Caña Brava	2669-1294	41 km
Hotel Kam Tu	2669-1388	41 km
Hotel Cañas	8979-4005	41 km
Hotel Guanacosta	2669-9055	41 km
Pueblo Viejo		
Hotel Nacaome	2659-1474	36 km



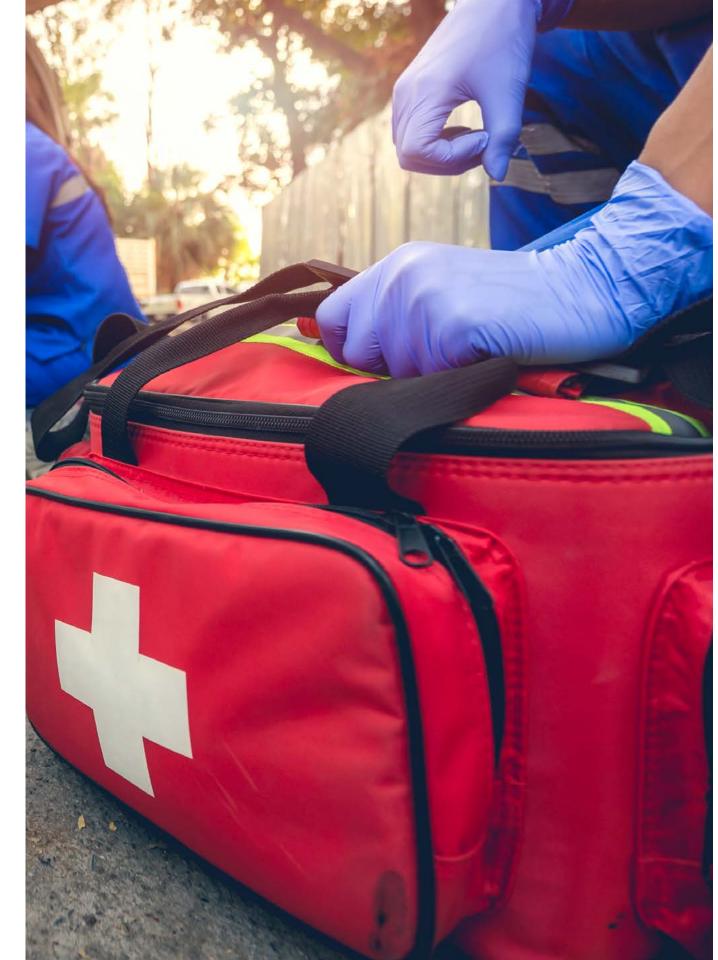


# **HEALTH CENTERS**

- Hospital Monseñor Sanabria (Puntarenas) (506) 2630-8000
- Centros médicos del Instituto Nacional de Seguros (INS). (506) 2284-8513
- Llamar al 800 Medical (INS)

#### **CAUTION:**

- It is not recommended to approach the waterways along the trail, crocodiles are present.
- The water in these waterways is also not suitable for human consumption.
- It is recommended to use mosquito repellent.





# **EVENT LOCATION**















HACIENDA SOLIMAR

https://maps.app.goo.gl/2pP9nZQSgBSuVPjx6

Juan Santamaría Airport

Daniel Oduber Airport

https://maps.app.goo.gl/Vcg4dKQHb9u1BwEc6

# **TRANSPORT**

- Shuttle airport
- Car
- Rent a car

Transportation from the airport to SOLIMAR will be available for international riders on Wednesday, July 2nd (only on that day).

Please contact the organizers to arrange transportation.

























