

**CX Ontario Cup #1
Technical Guide**

We Need More Cowbell XI - Double Wide



Sunday, September 26, 2021

Big Valley Camping Resort

2211 King Street, St. Catharines



Registration – Pre-Registration only

Available online only at <https://ccnbikes.com/#!/events/cowbell-cross-2021>

Youth (under 19 years of age) \$30 + taxes and CCN fees

Adults 19+ \$50 + taxes and CCN fees

Registration closes Wednesday September 22nd at 11:59pm Midnight – No Exceptions

There will be no day-of on-site registration

Licensing

New for the 2021 season

Citizen Permits and UCI licenses will be accepted for all OCup races and Provincials

Non-member permits can also be purchased

Youth (under 19 years of age) \$10 + taxes and CCN fees

Adults 19+ \$15 + taxes and CCN fees

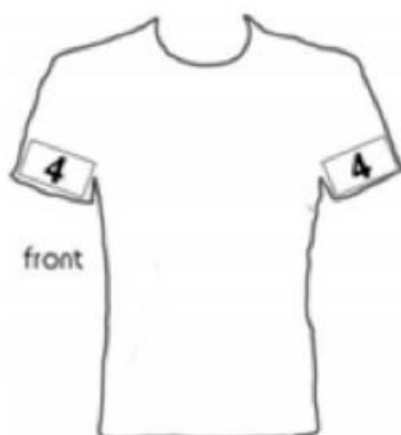
Participants 17+ years of age wishing to purchase non-member permits will be eligible to race in the following categories:

- E4 Men
- M3 Men (35+ years of age)
- E3 Women
- Master Women (35+ years of age)
- Single Speed

Bib Numbers

Series bib numbers will be available for registered participants at the race office on the day of the event approximately 1 hour before each wave start beginning at 8am.

- These are your numbers for the 2021 CX OCup season and must be worn at every OCup Race you participate in
- A fee of \$10 will be charged for bib number replacement at future events
- Please ask for a second timing chip for your pit bike
- See diagram below for bib placement



Youth Category Selection

CATEGORY	SUGGESTED SEEDING
A Grade Boys	<ul style="list-style-type: none"> • Returning A Grade riders from previous season and top 50% result in B races in 2019. • U17 Expert MTB athletes racing CX for the first time • Youth Road A Grade athletes
B Grade Boys	<ul style="list-style-type: none"> • Bottom 50% of B races and top 50% of C races in 2019 • U17 Sport & U15 (Minime) MTB athletes racing CX for the first time • Youth Road B & C Grade athletes
C Grade Boys	<ul style="list-style-type: none"> • Bottom 50% of C races, D races in 2019 • U13 (Peewee) and U11 MTB athletes racing CX for the first time • Youth Road D & E Grade athletes • New competitive cyclists & youth Non-Members
A Grade Girls	<ul style="list-style-type: none"> • Returning A & B Grade athletes and top 25% result in C races in 2019 • U17 Sport & Expert and U15 (Minime) MTB athletes racing CX for the first time • Youth Road A & B Grade athletes
B Grade Girls	<ul style="list-style-type: none"> • Bottom 75% result in C races, all D Grade athletes in 2019 • U13 (Peewee) & U11 MTB athletes racing CX for the first time • Youth Road C, D & E Grade athletes • New competitive cyclists and youth Non-Members

Schedule

Start Time	Category	Approximate Duration
9:30	M3 Men	40 minutes
10:30	E4 Men	40 minutes
11:30	Youth A	40 minutes
11:31	Youth B and C	30 minutes
12:30	M2 and E3 Men	45 minutes
13:45	E1/2 Women	50 minutes
13:46	E3 and Master Women	40 minutes
15:00	M1 and E1/2 Men	60 minutes
15:01	Single Speed Men and Women	45 minutes

Race updates regarding wave starts will be published by Saturday morning on the race facebook event page <https://facebook.com/events/s/we-need-more-cowbell-xi-double/194064126125019/> and on twitter @cxchown

Each start wave will be capped at 50 riders

- If the E3/M2 race is over 50 riders combined the field will be split.
 - o Last two wave starts may be moved back 1 hour each
 - o E3 men will move to 13:30
 - o Women's races would move to 14:45
 - o M1, E1/2 Men and Single Speed Races would move to 16:00

Staging

Rider staging will begin 10 minutes prior to race time and call ups 5 minutes prior. If you are not present for call up then you lose your spot and line up with the rest of the serfs.

- Masking and/or distancing is recommended while staging for the event

Course Info

NEW COURSE! NEW VENUE!

Rough map available here: <https://strava.app.link/Y44rVnJQwjb>

Do not warm up in the park when races are running

- Ride up the hill and go right on King Street then right on 13th street
 - o this a very quiet street that is great for warm up
- Warming up on the course is allowed between races only once permitted by the Commissaires
- Riders warming up on course between races will not impact the race currently taking place and will REMAIN BEHIND the final rider on course

Awards

There will be no scheduled podium or awards this year due to COVID. Racers are asked to pack up and exit the premises shortly after their race due to COVID gathering restrictions.

COVID-19

Mandatory COVID Screening will be implemented by all participants, spectators, staff, and volunteers

- Upon arrival at the venue, present the green checkmark indicating completion of necessary COVID-19 Sreening
- Link for screening to be sent out to all race participants and posted on social media channels before event

Hand sanitizer will be available at restrooms and at registration

Masks are recommended to all while at the venue but not expected while actively racing

Medical

Odyssey Medical will be on site to administer first aid. They will be located near registration if not responding to an emergency on course. If you need to report an incident: please find an official or race volunteer (first responders, personnel at registration, or Nathan/Lesley Chown) and they will inform the necessary parties.

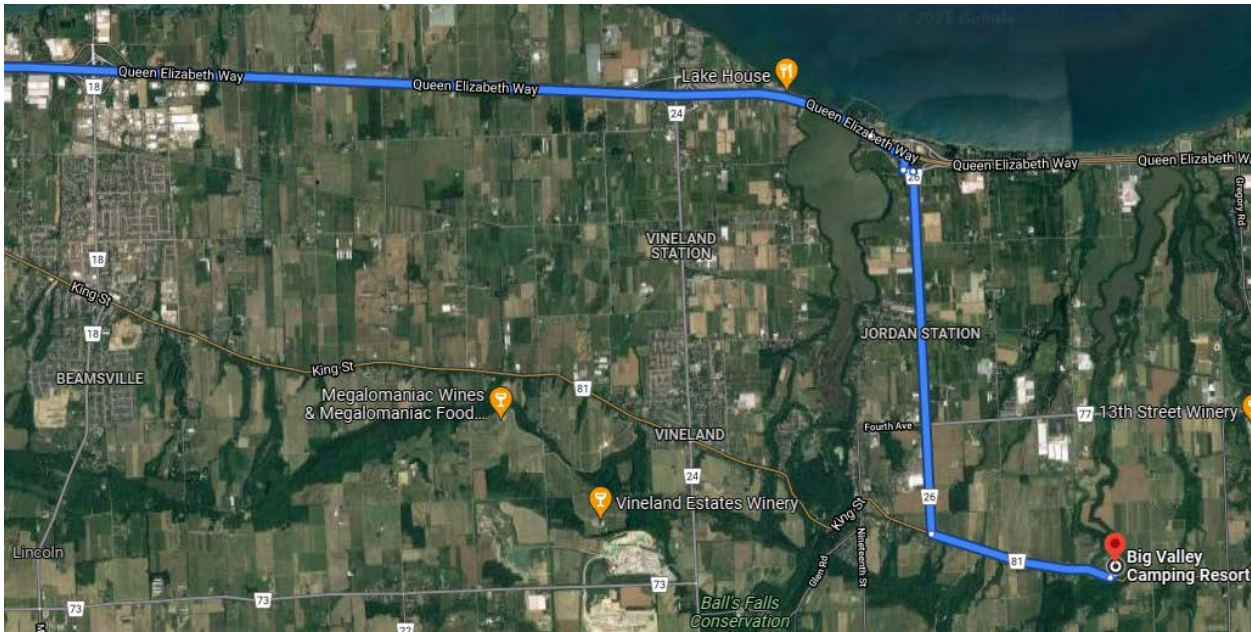
Event Rules

- The races will be held under the rules of the UCI/CCA with OCA modifications
- Registration is only available online before the event at <https://ccnbikes.com/#!/events/cowbell-cross-2021> and **closes on Wednesday Sept. 22nd at midnight** no exceptions
- All riders must sign on at the race office each day of competition at least 15 minutes before their start
- Registration will open at 8 am and remain open until 15 minutes before the final start wave
- An OCA representative will be present at the race to assist with rider licensing issues and questions
- Warming up on course while races are going on is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course **after** the finish line and must not interfere with racers completing their last lap. Please be courteous to other racers above all else.
- Cyclocross bicycles conforming with UCI regulations are required in the Elite 1/2/3 Men, E1/2 Women and Master 1 Men categories. All other categories allow any bicycle (i.e. mountain bikes) provided bar ends are removed.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- A double pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance with the exception of a mishap occurring AFTER the pit entrance but BEFORE the pit exit (travel backwards to pit entrance in this case)
- Lapped riders may be pulled at the order of the commissaires, either after being overtaken or just before being overtaken.
- Results will be posted online only this year on racetiming.ca
- All riders must show valid 2021 OCA CP or 2021 UCI license or purchase a non-member permit at an additional fee
- **Online pre-registration is the only way to participate in this event this year – no day-of registration**

Maps/Directions to Big Valley Camping Resort

From Toronto

- Take Queen Elizabeth Way/ON-403 W
- Take exit 55 toward Regional Road 26/Jordan Rd/Jordan Station (600 m)
- Follow Jordan Rd/Regional Rd 26
- Left on Niagara Regional Rd 81 (King St) to your destination (2 km)
- Big Valley Camping Resort will be on your left (look for signs and food truck)



Nearest Hospital

St Catharines General Hospital (9 min drive)

1200 Fourth Ave St. Catharines, ON

L2S 0A9

Tel: 905.378.4647

- Left onto Niagara Regional Rd 81 (4.9 km)
- Turn left onto First Street Louth (1.2 km)
- Turn left at Burbank Dr. - St.Catharines Hospital
- Hospital entrance is on the left over the train tracks at the light

