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A Waterloo Cycling Club Presentation

WCC WATERLOO CYCLING CLUB

SATURDAY, October 26, 2019

Web: http://www.kwcx.ca
Facebook: http://facebook.com/kwcxracing
Twitter: @kwcx

Sanctioned by the Ontario Cycling Association

Technical Guide - Version 1.5. 21-Oct-19

Sponsors

The Waterloo Cycling Club would like to thank the following sponsors. Ziggy's Cycle and Sport is our title sponsor this year. They are providing mechanical support on race day and $1000 worth of merchandise prizes for podiums.

General Information

The Waterloo Cycling Club presents the first annual KWCX, finally bringing cyclocross racing to the Region of Waterloo. The race will be held at Bingaman's, a family-oriented facility featuring an indoors kid play area and arcade both open at 10am. The course contains a sand pit, two short but tough gravel climbs, off-camber descents and a mixture of surfaces through a campground. We will have a beer area by the barriers and team tents. These areas provide a great view of the action on the hill and are a short walk to the sand pit.

Centrally located only one-hour west of Toronto and one-hour east of London, KWCX will challenge racers with a technical course across grass, gravel, pavement, and sand.

If you're new to cyclo-cross or if you're wanting to see what this side of cycling is all about, this is the race for you! **All bikes** and **all ability levels** are welcome!

Event Organizers

Lead Organizer	Mark Buckaway (cxracing@waterloocyclingclub.ca)
Course Designers/Organizers	Mark Weymouth and Kevin Gibson
Sponsorship	Joanne Beattie
Timing	RaceTiming.ca

Questions regarding the event should be directed to cxracing@waterloocyclingclub.ca.

Registration Information

	U19	**19+**	**Youth (9-16)**
Online Registration up to Oct. 18, 11:59pm	$25	$40	$10
Online Registration up to reg close	$30	$50	$10
Registration at event	$50	$70	$25
Second Race (ie. Single Speed)	$10	$10	N/A

Registration will be available through CCN and will be available starting mid-September.

Cash day-of registration will be available up to 45 min prior to race start time. Come early or miss out.

As per OCA policy, one day permits will only be available online and not at the event. All racers must have a citizen's permit or UCI license to register at the event. Any bicycle can be used in any race with the exception of the M1/E1/E2 race where a UCI legal CX bicycle is required. The Single speed race requires a single speed bike. Full details in Event Rules.

Because this is a regional event, we are providing race numbers. **Please leave your OCA numbers at home**.

Results

Results will be posted online after each race at http://racetiming.ca and through our website at http://kwcx.ca. Start lists will be posted shortly after registration closes at http://racetiming.ca. In order to run a greener event, no paper copies will be posted onsite. It is your responsibility to check the online results before protocol ceremonies begin.

Categories/Schedule

Start Time	Sign-On Closes	Est. Finish Time	Category	Approx. Duration
8:00AM	Registration Opens			
9:30AM	9:00AM	10:20AM	M3 Men	40 mins
10:30AM	10:00AM	11:20AM	E4 Men	40 mins
11:30AM	11:00AM	12:10PM	Youth A, B	4 laps
11:30:30AM	11:00AM	12:10PM	Youth C, D	3 laps
12:15PM	N/A	12:40PM	Kids	15mins
12:40PM	12:10PM	1:25PM	M2/E3/U19 Men	45 mins
1:55PM	1:25PM	2:45PM	Elite 1/2/3	40 mins
1:56PM	1:25PM	2:45PM	Master Women	40 mins
3:05PM	2:30PM	4:05PM	M1/E1/E2 Men	60 mins
3:06PM	2:30PM	3:55PM	Single Speed	45 mins
4:15PM	Racing Finished			

Notes:

- **SIGN ON CLOSES 30 MINS PRIOR TO THE NEXT RACE. DAY-OF REGISTRATION CLOSES 45 MINS PRIOR. NO EXCEPTIONS.**
- Estimated Finish time is an estimate for last rider across the line if they are 10 mins behind the leader (however, all lapped riders finish on the same lap as the leader)
- The kids race requires no registration races however all kids MUST wear a helmet. The kids race will be on a separate course outside the main course.
- Podium presentations will be held approximately 15 mins after the end of the race when the finish results have been finalized by the Chief Commissaire.
- There will be no fat bike race this year.
- Youth categories will race a shortened course such that finish times will be as close to 30 mins as possible.
- Youth C/D riders will start 30 secs after the A/B riders. A/B riders will start ahead of C/D riders
- Master women will start one minute behind the Elite women and will stage behind that group.
- Single speed racers will start one minute behind the E1/2-M1 field and will stage behind that group.

Bib Numbers

- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of the competition
- Bibs are to be placed on both arms and the right back side of the jersey. Please refer to below diagram.

Interested in Volunteering?

If you can assist in course marshalling, registration, or any other means, please contact the organizers at cxracing@waterloocyclingclub.ca or sign up online at http://signup.com/go/rfxqusG

Course Map

The course is a mix of grass, gravel, pavement, and sand. The intended course length will be between 2.5-3.0km with intended lap times in the range of 7-9 mins.

***Course subject to change based on race day conditions and opinion of race organizers/commissaries.**

PLEASE: No course pre-riding other than event day. This is private property. Anyone found pre-riding will be disqualified and not receive a refund.

Course Safety

In case of emergency, the Canadian Ski Patrol from Chicopee will be on site at registration located near the sand pit behind the start/ finish line. If there is an emergency that will require more than Canadian Ski Patrol can help with, see below for maps to the closest hospital or call 911.

Prize List and Protocol

Prizes will be awarded to the top three racers in each category. Merchandise prizes will be provided! A full list of prizing will be published at a later date.

- **Podium presentations will be held 15 mins after the race has finished and the race results have been finalized by the Chief Commissaire**.
- Top 3-finishers are required to attend award presentations or risk forfeiting their awards and possible additional penalties.
- Riders are to wear their competition uniforms for the presentation. No jeans, sunglasses, or hats are permitted on the podium or risk fine.
- Women's categories will have a podium for Masters, E1/2 and E3.

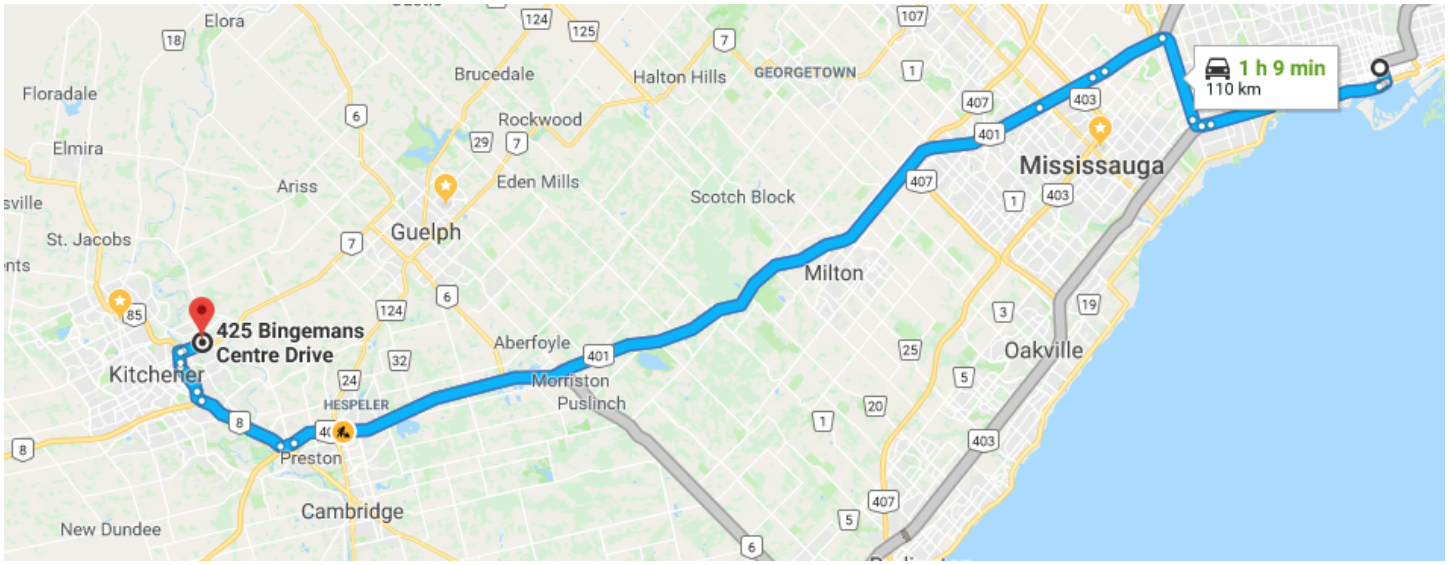
Directions to Event

Bingemans Grand Experience
425 Bingemans Centre Drive
Kitchener, Ontario, Canada
N2B 3X7
http://bingemans.com/

Bingemans is a large property. Use the main entrance, and drive down the hill to the lower complex. When you see the waterslides, you are in the right place.

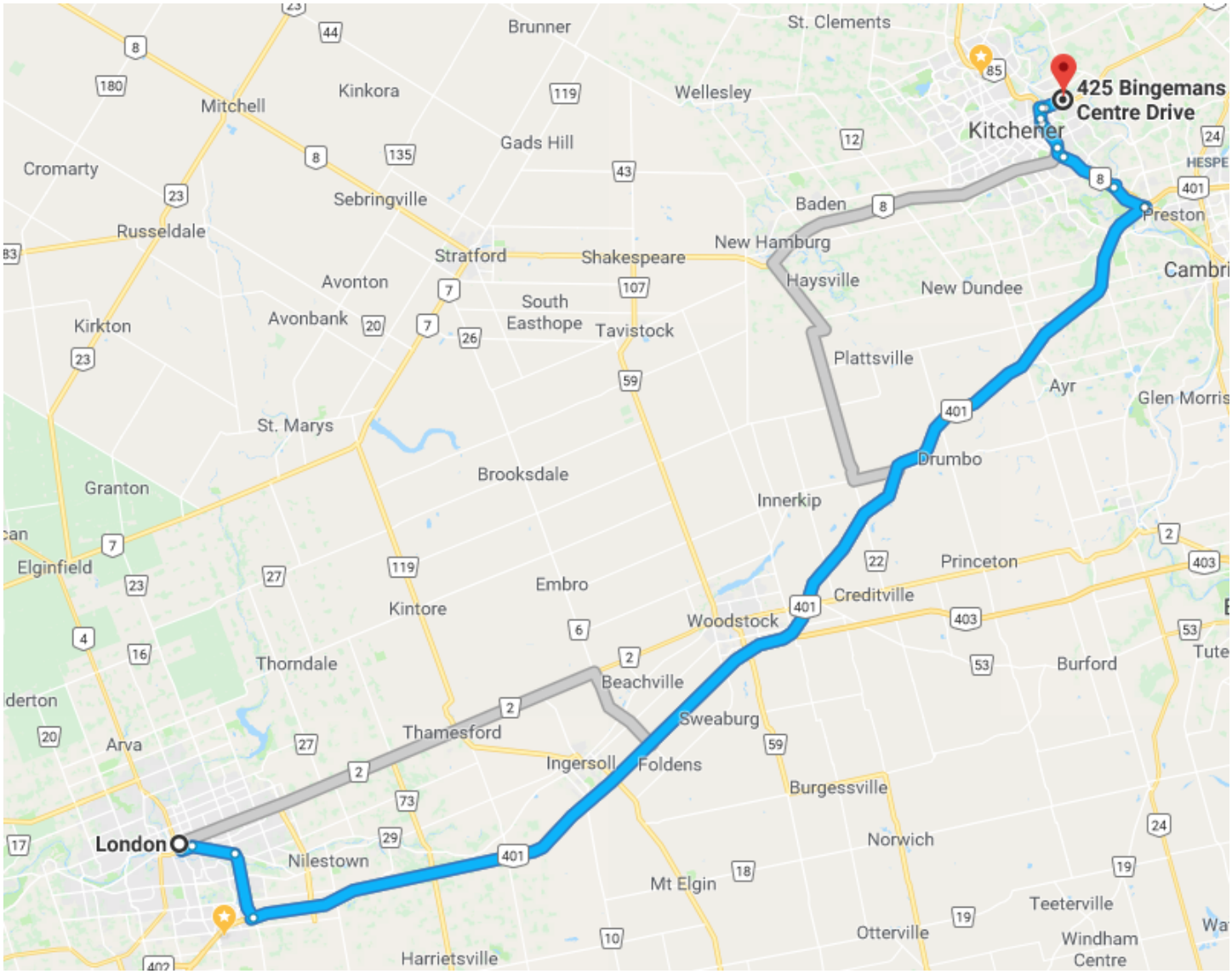
From Toronto:

Take the 401 to HWY 8 north towards Kitchener. Exit at Victoria Park and take Victoria to Wellington and turn left. Due to ongoing construction the Wellington exit from HWY8 is closed. You must exit at Victoria.



From London:

Take the 401 to Cambridge and exit 278B to King St. E. Continue on King St. E. and take the exit to HWY 8. Exit at Victoria Park and take Victoria to Wellington and turn left. Due to ongoing construction the Wellington exit from HWY8 is closed. You must exit at Victoria.

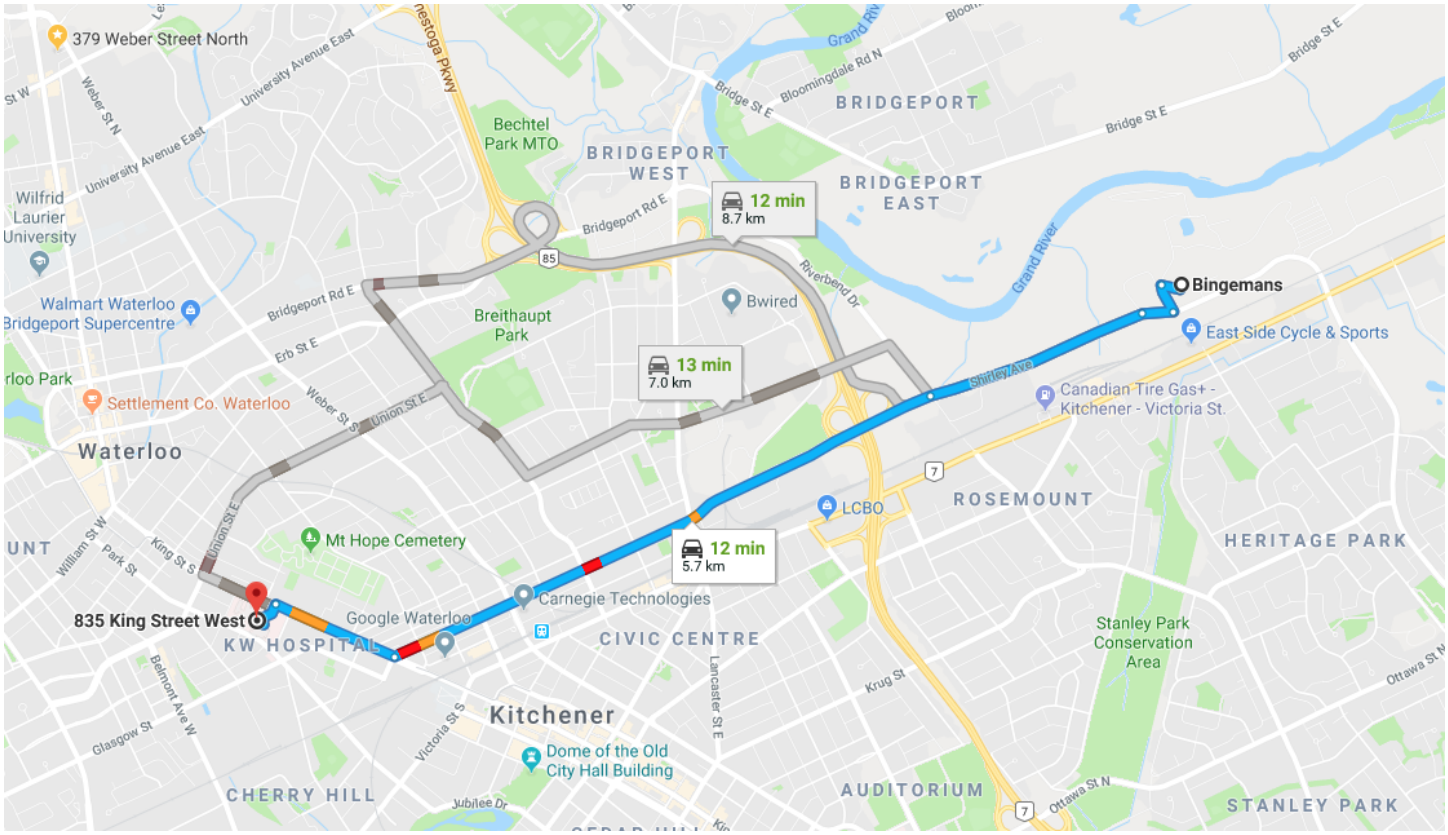

425 Bingemans Centre Drive
London
Kitchener
Preston
Cambri
Baden
New Hamburg
Haysville
New Dundee
Plattsville
Ayr
Glen Morris
Drumbo
Innerkip
Princeton
Creditville
Woodstock
Burford
Tute
Beachville
Sweaburg
Ingersoll
Foldens
Burgessville
Norwich
Teeterville
Otterville
Windham Centre
Mt Elgin
Thamesford
Arva
Thorndale
Nilestown
Harrietsville
Embro
Kintore
Brooksdale
St. Marys
Granton
Elginfield
Kirkton
Avonbank
Avonton
Stratford
Shakespeare
South Easthope
Tavistock
Russeldale
Sebringville
Cromarty
Mitchell
Kinkora
Brunner
Gads Hill
Wellesley
St. Clements
401

DIRECTIONS TO THE HOSPITAL

The Grand River Hospital is located at 835 King St. West in downtown Kitchener ad is approximate 12 mins from the race course.

http://www.grhosp.on.ca/

Tel: 519-742-3611



Event Rules

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OCA. CC and OCA rules are available online at: http://www.ontariocycling.org/commissaires/commissaire-rules
- The UCI penalty scale with CC and OCA modifications will be used for any infractions
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders must produce a letter of permission from their country's federation. This must be submitted to the OCA in advance of the event and a copy must be provided on race day to the Chief Commissaire.
- Riders must have a valid citizen permit (where applicable) or UCI license to participate.
- An OCA representative will be present at the race to assist with rider licensing issues. Licenses will not be sold on race day.
- Proof of license purchase (i.e. receipt) is not a sufficient proof of license and will not be accepted on race day.
- All riders (or parents/guardians) are required to sign the OCA and CC waivers prior to participating.
- Races will start promptly at the indicated start times.
- There will be no team managers meeting.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please courteous to other racers above all else.
- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you forfeit your starting position.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A double wheel 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 back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- The 80% rule will be enforced at the discretion of the Chief Commissaire.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- The prize list will be displayed at registration and is subject to change based on field size. Additional primes may be announced on the start line.
- Results will be posted near registration shortly after each race. Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled.

Call-Ups

- In the event of multiple categories starting in the same start wave, each category will be called to the line separately.
- The first five racers in each category registered before Oct. 5 midnight.
- The top eight (8) racers from each category will receive a call up and then the remaining racers in that each category will be called to the line.
- Call-up order for the youth categories will be by the following order – A grade, B grade, C grade, D grade.
- Call-up order will be determined as follows:
    - National Champion
    - UCI Points
    - Outgoing Provincial Champion
    - Top 10 riders in Ontario Cup series standings
    - Random draw
- If you are not present for call-up you forfeit your starting position.

Equipment Rules

- Cyclocross bicycles conforming with UCI regulations are required in the Elite 1/ 2 and Master 1 Men categories. In particular:
    - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
    - Mountain bikes or bikes with flat-bar handlebars are not permitted.
    - Width of the tire shall not exceed 33mm and it may not incorporate any form of spike or stud.
    - All other categories allow the use of any bicycle; including mountain bikes provided bar end are removed to be used.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.

Lightning Policy

Local weather should be monitored by the event organizer/club representative and events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado.

The Ontario Cycling Association highly recommends that each event have a ***daily weather update*** posted in strategic positions throughout the registration and entrance area.

Participants and commissaries will be informed of these policies, and the following policy is posted in multiple areas.

In the event of thunder or lightning the course will be evacuated and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle.

No outdoor activities will be initiated when thunder and/or lightning is present.

If thunder and lightning occur once activities have started, utilize the “flash-to-bang” method for determining the distance of lightning. Count the number of seconds between seeing the lightning and hearing the clap of thunder. If the time between “flash to bang” is 30 seconds or less it is time stop the event and seek shelter. A rough rule of thumb is lightning that is closer than 10km poses a risk to participants. The formula is roughly the time between “flash to bang” divided by 3 equals the distance away in KM. For example if the time from flash to bang is 30 seconds then the storm is 10 km away. For example 30 seconds / 3 = 10km.

The storm’s distance and your location will determine when there is a need for evacuation to a safe shelter. A safe shelter is defined as a sturdy building that has metal plumbing or wiring, or both, to electrically ground the structure. A shed or a shack is not a safe shelter.

Stay away from tall or individual trees, lone objects (flagpoles), metal objects, standing pools of water, and open fields. Avoid close contact with others by maintaining a distance of 15-20 feet.

Allow 30 minutes to pass after the last sound of thunder or sight of lightning before resuming any outdoor activities, INCLUDING WALKING OUTSIDE OF YOUR SHELTER

The Chief Commissaire in consultation with his partners will be responsible for making decisions regarding stoppage/delay/evacuation due to thunder, lightning or other extreme weather patterns.

License Requirements

Categories	Non-Member Permit	Citizen Permit	UCI License
Youth A Grade (9-16 years)	X	X	X
Youth B Grade (9-16 years)	X	X	X
Youth C Grade (9-16 years)	X	X	X
Youth D Grade (9-16 years)	X	X	X
U19 Men/Junior Men (17-18 years)			X
Elite 1,2 Men (19+years)			X
Elite 1,2 Women (17+ years)		X	X
Elite 3 Women (17+ years)	X	X	X
Elite 3 Men (19+years)			X
Elite 4 Men (19+years)	X	X	X
Master A,B Women (35+ years)		X	X
Master 1 Men (35+ years)			X
Master 2 Men (35+ years)			X
Master 3 Men (35+ years)		X	X
Single Speed Men/ Women (17+ years)		X	X
**** Non Member Permits are available during pre-registration only.**			

Non-member permits MUST be purchased online and cannot and will not be sold at the event.

Youth Categories – Suggested Seeding

New in 2019 the introduction of the youth ability system within the CX Ontario Cup series shall replace the age-based youth categories U13, 15, and U17. Athletes 9-16 years of age, can self-seed based on their 2018 results in the below youth ability categories.

CATEGORY	SUGGESTED SEEDING
A Grade	U17 Male/Female – finished top 5 in the 2018 Ontario Cup series
B Grade	U17 Male/Female – finished in the pack in the 2018 Ontario Cup series U15 Male/Female – finished top 5 in the 2018 Ontario Cup series **New U17 Riders**
C Grade	U15 Male/Female – finished in the pack in the 2018 Ontario Cup series U13 Male/Female – finished top 5 in the 2018 Ontario Cup series **New U15 & U17 Riders**
D Grade	U13 & U15 athletes who consistently finish in the pack **New U13 & U15 Riders**

Upgrade Points

Upgrade points will be awarded as follows for all Ontario Cup and Regional sanctioned events.

Category Size of 30+ Riders	
1st Place	15 Points
2nd Place	13 Points
3rd Place	11 Points
4th Place	10 Points
5th Place	9 Points
6th Place	8 Points
7th Place	7 Points
8th Place	6 Points
9th Place	5 Points
10th Place	4 Points
11th Place	3 Points
12th Place	2 Points
13th Place	1 Point
14th Place	1 Point

Category Size of 15-29 Riders	
1st Place	13 Points
2nd Place	11 Points
3rd Place	9 Points
4th Place	7 Points
5th Place	5 Points
6th Place	3 Points
7th Place	2 Points
8th Place	1 Point

Category Size of 6-14 Riders	
1st Place	10 Points
2nd Place	7 Points
3rd Place	5 Points
4th Place	3 Points

Category Size of 2-5 Riders	
1st Place	6 Points
2nd Place	3 Points