

CROSS ON THE ROCK
THE MASTER BLASTER GUIDE
TO THE COMPLETE 2012 RACE SEASON



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CROSS ON THE ROCK

VANCOUVER ISLAND CYCLOCROSS

**TECHNICAL AND RACE GUIDE FOR 2012
VERSION 1.1 (PUBLISHED SEPTEMBER 12, 2012)
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1. RACE SCHEDULE

This will be the series schedule unless otherwise noted in further edits of this guide, on the web site or in a newsletter. We will not mess with the order of races but occasionally might need to tweak start times.

10:00am-1:55pm Registration Open. Up to 20 minutes before your start.

10:15 (must be registered)	Beginner pre-ride
11:00-11:35	Beginner Race (race approx 30min for 1st person)
12:00-12:45	Intermediate Races. Men and then Women (approx 40min for 1st person)
12:45	'Lil Nutcase KIDS RACES. Push Bikes, Training Wheels...little kids... Anyone not old enough for Beginner
1:00-1:50	Open Women then Master Race (approx 45min for 1st person)
2:15-3:15	Expert Race (60 min for 1st person)

Awards soon after. (Always need a hand with tear down and clean up!)

Pre-Riding: Course open for pre-riding before the first race.

You can also pre-ride RIGHT after previous races as long as you **DO NOT PASS** any rider still racing OR cross the finish line.

Absolutely no pre-riding during other athletes races!

2. REGISTRATION

Cost for each event depends on the event. Most of our events are \$20 for all the main series categories and \$10 for beginners. If it is a series championship, if there is food included with registration OR if the venue costs more than average the race might be \$25 and \$15.

Here is the breakdown currently. Remember this could change at any time.

Date	City	Location	Name of Race	Reg \$	Lil Nutcase Race	Inc/Food
September 16	Victoria	Gorge Park	Condo Cross	\$10/\$20	Yes	No
September 30	Cumberland	Village Park	The Dodgey Cross	\$10/\$20	Yes	No
October 8	Nanaimo	Bowen Park	Kona Kup	\$10/\$20	No	No
October 14	Port Alberni	Thompson Farm	Farmer Bill X	\$10/\$20	Yes	No
October 28	Ladysmith	Transfer Beach	Crosstoberfest	\$15/\$25	Yes	Yes
November 11	Victoria	PISE	Pro City Grand Prix	\$10/\$20	Yes	No
November 24	Nanaimo	Beban Park	Series Championships	\$15/\$25	Yes	Yes

You will be able to register on-line for our events up until 24 hours before the event. The **ADVANTAGE** of on-line registration is that you don't have to fill out the paper work each time at the races. You can bypass the table with all the forms on it....and go straight to the registration table. Show your license and pick up your race number. Saves time....all for a nominal processing fee. Follow the link on our web page.

CASH ONLY AT RACE SITE

Remember.....there is also NO BANK machine, visa, MC, Amex or diners card.
Bring old fashion cash and everyone will be happy!

3. RACE VENUES and COURSE DESCRIPTIONS

COTR Race #1 Condo Cross, Gorge Park, Victoria September 16th.

VENUE:

The Condo Group Cross will be held in the Gorge Esquimalt Park on Tillicum Rd adjacent to the Gorge Waterway nearby the Tillicum Rd Bridge. Parking is located at the end of the long driveway and will be clearly marked. Washrooms and change rooms will be provided in the clubhouse near the parking lot and playground. Anyone using the park or surrounding area to “relieve” themselves will find themselves unwelcome at future events. This is a very beautiful and **WELL USED** park. Please be respectful of others who will be using the facilities. We want to be able to hold this race here again so need everyone’s help with that.

COURSE DESCRIPTION:

The course is a relatively new venue and was designed in consultation with Provincial CX Champions Tyler Trace and Rob Britton to be EuroCross in Canada.

A classically designed cyclocross course has varied terrain including grass (of mixed heights and sogginess), wood chips, a sandy beach section, hard packed gravel sections and some bike path pavement. The 2.5km course is twisty in spots with lots of doubling back on itself - great for spectating and keeping your eye on fellow competitors in the heat of battle. It's a balanced mix of high/low speed riding, wide open power sections, tight technical cornering, and flowing long radius turns snaking its way through out beautiful Esquimalt Gorge Park. A fun course for newbies and veterans alike, the main feature will be the searing pain in your legs and the smile left on your face. No maniacal sections of imminent doom or run ups through cesspool waterfalls... just majestic rainbows and flying unicorns the whole way through.

COTR Race #2 The Dodgey Cross Race, Village Park, Cumberland, September 30th.

VENUE:

At all times it is important to recognize that we are guests in the Village of Cumberland and to limit your impact on the Park and its surroundings. We have been given generous access to the Village park’s terrain and facilities for this event. All competitors should treat this venue with extreme care. If we can continue to show that we have a responsible group who respects the Village, we can expect to be invited back in years to come. Consider yourselves ambassadors for the sport of Cross and the series. We are very excited to have the support of so many local businesses and hope that you fall in love with our quaint little town! Come back to visit again!

COURSE DESCRIPTION:

This course winds its way through the Village Park of Cumberland. It is a relatively flat course but will make you work your bike!

It starts at the quad track (on 6th street and Keswick ave) adjacent to the Village Park and takes you through the Village Park and surrounding features, such as the bmx track and the pump track. There is a good mix of grass and gravel as well as minimal asphalt. The start will be a straight away of asphalt and gravel with a hairpin turn 100m down the road to enter the Park. Next, Racers will face the “whirly whirl” and then over barricades to the nearby close-knit trees, hillside and gravel. Riders will then be careened into the Coal Hills BMX track and will navigate around the track to a run-up and ride over to a sandpit. The course will then weave its way through the gopher holed, cobbled road beside the park and enter the pump track near the start line. The finish line will run out by the timing gates after the whirly whirl, near the bmx track.

After such a successful year last year, the Coal Hills BMX Track has been inspired to support us even more this year. They are keen to offer up their track as well as use their bathrooms (read: considerably easier to access this year!) and will have their

concession open for riders. Other refreshments will be provided by 2 local companies: Seeds Natural Foods and Organic Family Natural Home.

COTR Race #3 KONA KUP, Bowen Park, Nanaimo, October 8th.

VENUE:

Bowen Park is one of the largest parks in Nanaimo. Located less than 2 k from down town. Easy to get to from south, north, east and west.....hilly....grassy.....hmmmm...not sure what else to put in here.....food close by....??

We will not have a building but there will be quite a few tents that you can put stuff under if it is raining. Dress for the weather.

COURSE DESCRIPTION:

Corey Picket from Oak Bay Bikes in Nanaimo has come up with a challenging course that will test all of your cyclocross skills. Course measurements indicate that it is around 2.5k in distance but final distance will depend on how exactly it is marked for the race. The course has the following features: Long road section. Switchback Climbs. Dirt path decent. 2 sand sections (1 short and 1 longer), 1 set of stairs, LOTS of GRASS. Barriers....well we are not 100% sure on the barriers yet....we will lay things out and see if we can find a good spot for them or not. We look forward to racing on it for the first time and having you guys race on it.

COTR Race #4 Farmer Bill X, Thompson Farm, Port Alberni, October 14th.

VENUE:

This season's course is new and will be on the Thompson farm, The Thompson family have lived and run this Beautiful farm including McCoy lake for over a century. Farmer Bill's is Located on Highway 4 across from the Tseshah market 10km out of Alberni on your way to Tofino. There will be a Burger bus on sight serving up the usual greasy cross foods so bring cash. bathrooms on site and ample parking. Let's keep it clean and be respectful of this families property

COURSE DESCRIPTION:

The course will have a mix of dirt road, wide open speedy farm fields , cows, technical single-track descents and of course farm equipment obstacles !!! We are praying for monsoon type rain the night before like I know all of you are... legendary suffering.

COTR Race #5 Crosstoberfest, Transfer Beach, Ladysmith, October 28th.

VENUE:

We will be sharing this venue with the public so please be respectful as always. There are washroom facilities on site. Parking is spread out throughout the venue. Bring cash for snacks as there are no debit machines,

COURSE DESCRIPTION:

This was a new venue for the Cross on the Rock series in 2011. You can expect a fast course that will take you over smooth slopes, sand, gravel, pavement, rocky beach, grass, and stairs! You will not be disappointed with the sights or the challenge of this venue.

COTR Race #6 Binab Property Group GP, Western Speedway, Victoria, November 11th

VENUE:

COURSE DESCRIPTION:

CotR returns to Western Speedway for the second year. Expect a similar course to last year with a fast pavement start, twisty grass sections and epic mud on the motocross track. Changes from last year will break up the mud sections and add more gravel sections

COTR Race #7 Series Championships, Beban Park, November 24th.

VENUE:

Beban park is one of the largest parks in Nanaimo and located pretty much in the center of town. It was the site of our first cross race in 2004, our first BC Cup race in 2005 and the National Championships in 2006. Beban park has many facilities including a pool and skating rink. The park has several areas that are good for warming up: off course. Registration will be in the RED BARN. Same location as last year. There is lots of parking for our race and it will not be an issue. Please park in the general parking by the Ice Rink or by the golf course or tennis courts. If you are parking at the golf course PLEASE do not park right in front of the golf course so that people using it can park close to it.

Beban park is under 15mins to the B.C. Ferries Departure Bay terminal and under 20 minutes to Nanaimo Airport and the Duke Point Ferry terminal.

Club and Sponsor Tents

We will have an area for sponsors to have their tents set up on the opening straight away. We will also have an area for clubs and/or individuals to set up tents for warming up or working on bikes in the second part of the opening straight away.

COURSE DESCRIPTION:

We have come up with a challenging course that will test all of your cyclocross skills. Course measurements indicate that it is around 3k in distance but final distance will depend on how exactly it is marked for the race. We have changed the course slightly from last year to make it flow a bit better and a bit shorter.....we will see how it goes. The course has the following features: the BMX track, 1 set of stairs, and one set of barriers. We look forward to racing on it again and having you guys race on it.

We will try to have the course pre-marked the day before the race and on race day we will have the course REALLY well marked. **The race starts on pavement.** We will have a proper starting grid and call riders at random as it is separate from the rest of the series.

4. ACCOMIDATIONS

IN CUMBERLAND

The Riding Fool Hostel is situated in the Heart of Dodge City (Cumberland) and is located alongside the course and walking distance from the Village Park. They have a great common area complete with couches and a cozy fireplace. For reservations call **1-888-313-FOOL** or **visit them on the web at www.ridingfool.com**

IN NANAIMO

The Howard Johnson Harbourside Hotel is proud to be the host hotel.

Howard Johnson Harbourside hotel is proud to be involved with COTR and is happy to offer all racers a room rate of \$69.00. Rate is single occupancy. Add \$ 10.00 for second person. Ask for the Cyclo cross rate.

1-250-753-2241
1-800-663-7322
Hojonanaimo@shaw.ca

The phone number for the hotel is 1-800-663-7322

Our email address is hojonanaimo@shaw.ca and our web address is www.hojonanaimo.com

In regards to having your bikes in your hotel room, we would ask that common sense be used. Please do not scratch the furniture or walls and please make use of the rags and bike wash station that will be set up for you just outside the lobby entrance. No dirty bikes are permitted in the hotel at any time.

IN VICTORIA

The Howard Johnson Hotel and Suites/ Elk Lake is proud to be the host hotel.

Howard Johnson Hotel and Suites is proud to be involved with COTR and is happy to offer all racers a room rate of \$79.00 per night. Rate is single occupancy. Add \$ 10.00 for second person. Ask for the Cyclo cross rate.

www.hojovictoria.ca
suites@hojovictoria.ca

Don't have a write up from the Parkside but also a GREAT place to stay!

5. DIRECTIONS to EACH RACE VENUE

COTR Race #1 Condo Cross, Gorge Park, Victoria September 16th.

From the Mainland:

- Please check www.bcferries.com for up to date sailing times

From the Swartz Bay ferry terminal

1. Follow the Patricia Bay Hwy/BC-17 S toward Victoria.
2. Take exit 7 for McKenzie Ave W toward Nanaimo
3. Follow McKenzie Ave for approx 2 Kms
4. Turn Left at Burnside Rd W
5. Turn right to stay on Burnside Rd W
6. Turn right at Tillicum Rd
7. Follow Tillicum Rd over the bridge
8. Take the first right after the bridge, across from the Gorge Pointe Pub
9. Continue down to the lower parking lot.

From Nanaimo / Up-Island (Incl. both mid-island ferries)

1. Follow Highway One south to Victoria
2. Turn right at the lights onto Tillicum Ave.
3. Continue on Tillicum past Gorge Rd and over the Tillicum Ave Bridge.
4. Take the first right after the bridge, across from the Gorge Pointe Pub.
5. Continue down to the lower parking lot.

From Victoria

1. Take Douglas street out to Highway One North
2. Turn left at the lights on Tillicum Ave.
3. Keep on Tillicum Ave until you pass Gorge Rd and start to cross the Tillicum Bridge.
4. Take the first right after the bridge, across from the Gorge Pointe Pub.
5. Continue down to the lower parking lot.

COTR Race #2 The Dodgey Cross Race, Village Park, Cumberland, September 30th.

The race course and venue is the same as 2010 and 2011. NOT the same as 2007-2009.

For maps and more detail, please use this Google Maps link:

http://maps.google.ca/maps?f=q&source=s_q&hl=en&geocode=&q=6th+and+dunsmuir,+cumberland,+bc&sll=49.815377,125.081918&sspn=0.692947,2.045517&ie=UTF8&hq=&hnear=Dunsmuir+Ave+%26+6+St,+Cumberland,+Comox-Strathcona+Regional+District,+British+Columbia&z=17

Registration is located at the BMX Track, just off of Dunsmuir Ave and 7th Street.

From the Mainland via Departure Bay Ferry Terminal:

Get off your boat and follow the flow of traffic north to Hwy 19A/Island Hwy N. Travel north for approximately 60 minutes or 100km.

Take exit- EXIT 117 toward Cumberland/Courtenay/Comox

Turn LEFT onto Cumberland RD

Veer/Turn slight left onto 4th street (at the Cumberland Peace Park sign).

Turn Left onto Dunsmuir, Continue along Dunsmuir through town to 7th Ave. You will see the Coal Hills BMX track and parking lot on your right.

Please park along Dunsmuir or at the Coal Hills BMX track, as the race organizers will need to keep 6th Ave open for the race course.

From Victoria/Down Island:

Start out going NORTH on DOUGLAS ST / PROVINCIAL ROUTE 1 / TRANS CANADA HWY. Continue to follow PROVINCIAL ROUTE 1 N / TRANS CANADA HWY N.

Stay on the Island HWY until you reach Nanaimo and hwy turns into Provincial Route 19N inland island hwy. Travel for approximately 100km or 60 minutes.

Take exit- EXIT 117 toward Cumberland/Courtenay/Comox

Turn LEFT onto Cumberland RD

Veer/Turn slight left onto 4th street (at the Cumberland Peace Park sign).

Turn Left onto Dunsmuir, Continue along Dunsmuir through town to 7th Ave. You will see the Coal Hills BMX track and parking lot on your right.

Please park along Dunsmuir or at the Coal Hills BMX track, as the race organizers will need to keep 6th Ave open for the race course.

DIRECTIONS TO COTR Race #3 KONA KUP, Bowen Park, Nanaimo, October 8th.

For maps and more detail, please use www.mapquest.com

The park is SUPER-EASY to access by riding from the departure bay ferry terminal. You could easily do it with your main bike and your spare wheels tied to your nap sack. You could also do it if you are skilled with a 2nd bike pushing it with your hand on the stem. There is one short uphill and downhill from the ferry.....if you are not comfortable pushing your bike you can easily walk these.....otherwise it is completely flat.

From the Mainland: Please check www.bcferries.com for up to date sailing times. You might want to consider making a reservation.

From the Departure Bay ferry terminal you can ride or drive to the race venue in under 10 minutes from the Departure Bay terminal.

1. Leave Terminal and go straight down Stewart Avenue
2. Travel up to set of lights at the Island Highway. TURN LEFT.
3. Turn right at the next set of light. Comox Street.
4. Turn right on Wall street.
5. Turn left into the parking lot at the bottom of the Wall street hill.

From the Duke Point ferry terminal.

1. Follow the Duke Point Hwy to the junction (north) with the Island Hwy.
2. DO NOT Take the Comox-Cambell River exit.
3. Instead travel straight into the heart of Nanaimo and right on through on the old Hwy.
4. Turn left on COMOX street.
5. Turn right on Wall street.
6. Turn left into the parking lot at the bottom of the Wall street hill.

From Duncan/Victoria or the Nanaimo Airport

1. Follow the Island Hwy North to Nanaimo
2. DO NOT Take the Comox-Cambell River exit.
3. Instead travel straight into the heart of Nanaimo and right on through on the old Hwy.
4. Turn left on COMOX street.
5. Turn right on Wall street.
6. Turn left into the parking lot at the bottom of the Wall street hill.

From Parksville/Courtenay or Comox Airport

1. Follow the Island Hwy South & stay on the Hwy - turns into Nanaimo Parkway.
2. At the Northfield Road exit turn left.
3. Take the next RIGHT onto Bowen Road.
4. Follow Bowen road through all the traffic lights until you hit Wall Street.
5. Left on Wall street.

Left at the parking lot at the bottom of Wall street.

COTR Race #4 Farmer Bill X, Thompson Farm, Port Alberni, October 14th.

From north island or south island you must make your way to the Port Alberni Hwy. From there travel through the stunning Cathedral Grove and over “the Hump”. Near the bottom of the Hump and onto your way into Port Alberni you will pass the amazing Coombs Country Candy...which is not in Coombs.

After passing Coombs Country Candy stay to the RIGHT (this is Johnson St.)

Hang a right when you can't go any further.

Access from highway 4 across from the Tseshah market,

1 km from Sproat river bridge.

There doesn't seem to be a physical address for this farm...it might be in the twilight zone?

If you want to Google Map it use: Sproat lake fire department pacific rim highway port Alberni B.C

The farm entrance and staging is directly across the highway

COTR Race #5 Crosstoberfest, Transfer Beach, Ladysmith, October 28th.

From the North (Nanaimo)

Head south on the Trans Canada highway to Ladysmith. Turn left at the second set of lights (Transfer Beach Boulevard). Stay to the right until you come to a stop sign at the entrance to the park. Look for parking signs.

From the South (Victoria)

Head north to Ladysmith on the Trans Canada Highway. Turn right at the second set of lights (Transfer Beach Boulevard). Stay to the right until you come to a stop sign at the entrance to the park. Look for parking signs.

COTR Race #6 Binab Property Group GP, Western Speedway, Victoria, November 11th

From Upisland:

Head south on Highway #1. Take a left on exit 14 to Millstream Rd. Turn right into Western Speedway at 2207 Millstream Rd.

From Victoria:

Head north on Highway #1. Take a right on exit 14 to Millstream Rd. Turn right into Western Speedway at 2207 Millstream Rd.

COTR Race #7 Series Championships, Beban Park, November 24th.

For maps and more detail, please use www.mapquest.com

Directions to Beban Park

From the Mainland: Please check www.bcferrries.com for up to date sailing times. You might want to consider making a reservation.

From the Departure Bay ferry terminal you can ride or drive to the race venue in under 15 minutes from the Departure Bay terminal.

6. Leave Terminal and take the first right up Brechin Road Hill
7. Travel up to the second set of lights at the Island Highway. (If you are riding travel across the Island Hwy via the crosswalk and pop onto the E&N Trail and turn right. If you are driving turn right onto the Hwy.)
8. BY BIKE: Turn left at Dorman Road where the Fire hall is. Turn right at Labieux Road and cut through the park until you locate staging in the middle of the park.
9. By CAR: Turn left on Bowen Road and turn left at the entrance to Beban Park after the first set of lights. Park after the soccer field and across from the pool parking.

From the Duke Point ferry terminal.

7. Follow the Duke Point Hwy to the junction (north) with the Island Hwy.
8. Take the Comox-Cambell River exit onto the Nanaimo Parkway.
9. Follow this to the Northfield Road Exit and turn right off the Hwy.
10. Take the next Left onto Bowen Road.
11. Turn into Beban Park and look for parking on your right after the tennis courts.

From Duncan/Victoria or the Nanaimo Airport

7. Follow the Island Hwy North to Nanaimo
8. Take the Comox-Cambell River exit onto the Nanaimo Parkway.
9. Follow this to the Northfield Road Exit and turn right off the Hwy.
10. Take the next Left onto Bowen Road.
11. Turn into Beban Park and look for parking on your right after the tennis courts.

From Parksville/Courtenay or Comox Airport

6. Follow the Island Hwy South & stay on the Hwy - turns into Nanaimo Parkway.
7. At the Northfield Road exit turn left.
8. Take the next Left onto Bowen Road.
9. Turn into Beban Park and look for parking on your right after the tennis courts.

6. EVENT CATEGORIES

BEGINNERS: This is someone that is new to bike racing. New to cross racing. Young. Old... Does not really fit into any of the other categories.....putting their toe into the water....trying it out. As with all of our categories if you are TOO fast we will give you a gentle nudge.

KIDS: Some of our events will have kids races for KIDS....meaning under 12. Run bikes. Half Lappers etc. IF your kids are up to it they can race the beginner category... if they get too fast for that they can move up to Intermediate. Kids over 12 can race Beginner or Intermediate but the kids races will probably be too easy/short for them. If you are unclear on what category to race...let me know. Speaking of kids racing and kids cross you might want to check out this bike from KONA. A 24 inch Jake. This bike has not been offered every year so if your kids needs a new bike OR this bike might fit them in the future...you might want to buy it now! http://konaworld.com/kids.cfm?content=jake_2-4

INTERMEDIATE AND EXPERT WOMEN: We rocked the intermediate women's category last year and want it to keep on rocking! WE NEED WOMEN TO KEEP COMING OUT AND RACE. In order to do these two categories we need to have at least 10 girls in each category.....if we don't see that at the first race we will merge the women's categories into an OPEN Women's category for race #2 and beyond. Get your girls out! Intermediate women will race with the intermediate men. Separate start behind the men. Open women will race with the Masters Men....before the Masters men. Separate start. We need 10 girls in each category.....we hope we can do it keep doing it!

MENS MASTERS: COTR Master races for this year will be again be 40 plus (age as of the end of 2012). IF you are over 40 and not quite fast enough to race Expert this is your category. We will also again recognize the first Masters that is 50+ in the results as well as hopefully series overall. Masters will all race together as usual with one start and points will be given out as one category with the Masters that are 50+ having a highlight in the age column. If you were one of the few people that were 35-39 last year racing Masters and aren't 40 this year....you will have to make a move to intermediate or to Open men.

SINGLE SPEEDERS: Sorry S/S not enough of you hard core riders to have a separate category BUT we are still going to recognize you on the results. You can race any category BUT we will have S/S beside your name in the results. You need to tick the box on the registration.....clear head....clear head that you are a single speeder. IF you beat all your other single speeders on the day. We might give you a 6 pack of Phillips beer....don't drink and drive.

INTERMEDIATE MENS: You have graduated up from Beginners. You are not old enough to race Masters. Getting Faster but not quite fast enough to race Expert....this is your category. Keep in mind that this is a fun and competitive category BUT **if we find out you are TOO fast or you are SANDBAGGING....well we will "politely" ask you to move up to Expert.** If you were racing Intermediate last year but are over 40 years old this year....you gotta move to Masters or Expert.

EXPERT: If you have raced Pro, Expert, Cat1, Cat2 or have finished in the top half of a Cat3 field.....Any age you should probably be racing Expert. Any Gender. Any Speed.....Races are a bit longer and a bit faster. If you have won a few Intermediate men's races or are coming out to race our series after winning a world championships or something like that in another cycling discipline...this is probably your category. IF you find you are really too slow you can move down....if you are too fast in another category you can move up.

OPEN WOMEN: Too fast or competitive for the Intermediate category but don't want to race the Expert Category.....Lets keep the COTR Open women's category the largest in Western Canada!! Bring the girls out to play! For 2012 you will be starting about a half lap INFRONT of the Masters....so game on like a pursuit!

YOUTH: (WHEN APPLICABLE). This will be run at the 11:00am Start time and on the course at the same time as the Beginners. We will be giving the YOUTH or the Beginners (depending on field) about a half lap head start and the race will be about the same time as the beginners so around 30-35 minutes.

This will be open for any YOUTH that are what is considered U17 which really means they are 16 or younger for the entire 2012 year. All the youth that want to race in this category are free to do so. Girls and Boys will be started at the same time. We will score: 15/16 year olds, 13/14 year olds and 12 and Under.

7. REGISTRATION and LICENSE INFORMATION

THERE IS ONE THING THAT YOU HAVE TO REMEMBER and that is YOUR CYCLING BC LICENSE! PUT IT WITH YOUR BIKE. PUT IT IN YOUR WALLET. PUT IT IN YOUR CAR....WHERE EVER YOU WILL NOT FORGET IT. IF you forget your license....NOTHING can save you.....so don't ever argue with our registration person. IF YOU FORGET YOUR LICENSE you WILL be paying an extra \$10 to race. I don't care if I have known you for 15 years.....it does not matter....to race you have to have your license OR you have to have \$10. NO EXCEPTIONS. NONE! Ok I think the point has been made.

You can register on-line for each of the events up until 24 hours before. The advantage of registering on-line is SPEED on race day. All you have to do is show your license and pick up your race number and you are on your way.

- Please try to bring exact change and CASH.
- Entry fee is \$20 or \$25 for All categories
- EXEPT \$10 or \$15 for beginners
- FREE for Kids for the KIDS Under 12 in the kids race.
- RACE PLEASE BRING YOUR CYCLING B.C. LICENSE OR ELSE YOU WILL HAVE TO PAY \$10 MORE (FOR RACE DAY INSURANCE).
- There will be no pre-registration for this or any of our events.
- All registration will be done on-site up to 30 minutes before each event.
- For Beginners the race entry fee is \$10/\$15 with or without a cycling BC License. No license needed to race in Beginner category but if you have one please bring it.
- Sorry a Masters Cycling BC, Triathlon BC or other cycling association license does not cover you for this or any of our series events for this year.
- Learn to race cyclocross clinic is Free for all registered racers in any category.
 - **NOTE: You must be registered before you do the clinic**

8. EVENT and SERIES RULES

- **Good sportsmanship and fair play are our number one rule!**
- Our number 1 priority as a series is to have fun, competitive races. We don't like "attitude" at our events....we just want everyone to have some hard racing....but basically be able to share a parking lot pop afterwards with someone you just out sprinted for 10th place.
- In our opinion in order to have fun races everyone has to be on a level playing field....that means some rules.
- One rule that we have explained before but we should probably include in all the race bibles is with regard to pits and outside assistance. As it stands the rule is this. If you have a mechanical or problem on the course...such as a flat you proceed the direction of the course to the pits to receive help....change of wheel etc. You can not cut the course to the pits as that would not be completing the distance. Nor can you go backwards on the course to the pits if you have passed the entrance. If you cut the course or receive outside assistance outside the pit than we will rank you with a NOR which means Not Officially Ranked.
- You are free to continue in the race but you will not be in contention for prizes or points at that race. We also expect that if you cut the course etc. or receive outside assistance and we don't see you then you would let the timers know after the race to rank you NOR. Fair is fun....fun is better.
- These races are designed to be fun "club" level events. This is not to say that they will not be challenging or competitive BUT we are not as serious as some other events out there.
- Riders must possess a current Cycling BC license or pay for a one day Cycling BC license (\$10 at our events). Beginners exempt.
- All events are open to any type of bike; road, mountain or cross. A cross bike should be your first choice followed by a mountain bike....road bikes will not enjoy our courses... UCI cyclocross bike rules do not apply in our events. Run any tire width you like, flat bars are fine....if you have any questions please let us know.
- Call up at the first series event will be as follows: Last year series leader in that category and then RANDOM to give everyone an equal chance of getting the front line and also making it so you don't have to go to the line so early. From

event #2 onwards call up for up to the top 25 will be based on series points for those ranked and then random for all remaining racers.

- All riders will finish on lap following the leader finishing the race.
- Other than these specific rules regular cross rules and common sense will dictate everything else.
- The race organizer and or official have the final say in everything!
- At Cross on the Rock events racers are not pulled if they are lapped by the leaders of their event.
- All racers finish on the lead racer's lap so you are never more than one lap down nor do you race much longer than the leader of your race. IF you do not finish on the lead racer's lap then you will receive a DNF.

Points are distributed as follows:

- 2 Points will be given out to any finisher 25th and beyond.
- The rider must finish the entire race and cannot be a D.N.F.
- 6 out of the 7 races score for the series. Lowest/worst finish/points are dropped.
- The last race is double points and thus will be double the below point break down.
- Series Awards are given for the top 3 in the following categories: Expert, Open Women, Intermediate Men and Women and Masters.
- AS a BONUS this year we will also be giving out a series prize to:
 Top 50+ Masters racer in the Masters Category
 The Top Junior in the series....could be male or female

Placing	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Points	30	27	25	24	23	22	21	20	19	18	17	16	15	14	13

Placing	16	17	18	19	20	21	22	23	24	25					
Points	12	10	9	8	7	6	5	4	3	2					

- Series prizes and prizes at each event are will be presented on-siteyou must be there to claim them as we do not do mail outs.

As always:

This series is made by its racers and put on by racers. We count on you guys to bring new people to race and to grow the sport. To chat with people at the event. To leave any "attitude" at home. To be friendly to your fellow racers on and off the course....while racing HARD on the course. To be respectful of other park and venue users. We love our series because of the racers and depend on you guys to help keep it awesome!!



Any Questions?

Feel free to contact me at this e-mail address.
Normon Thibault at normont@islandnet.com

Cross on the Rock is brought to you by our awesome sponsors:

Series is Organized by the Cross Council:

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