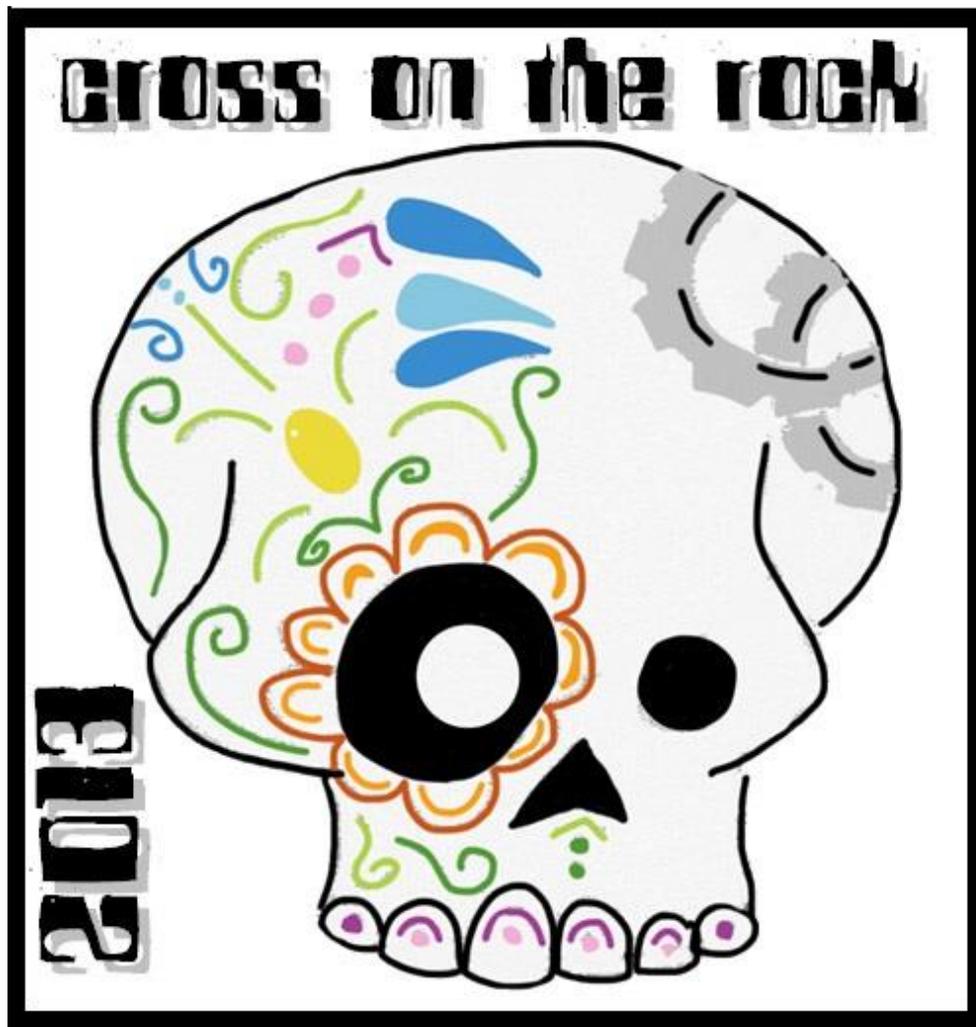


# THE SUPREME MASTER GUIDE TO THE COMPLETE 2013 RACE SEASON (V.I.)



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## **CROSS ON THE ROCK**

### **VANCOUVER ISLAND CYCLOCROSS**

**Technical and Race Guide for 2013**

**VERSION 1.0 (Published: September 22, 2013)**

**VERSION 1.1 (Edited: October 30, 2013)**

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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 each race 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

**BIG CHANGE THIS YEAR:** We tried on-line pre-registration last year. Dabbled in it a bit. We just can't deny HOW MUCH EASIER it was to use and for each race. It makes organizing SO MUCH EASIER. Sorry....we just can not ignore it. SO.....we are pumping it up more this year for sure. We will have one price for pre-registration and day of race registration will be \$5 more. Please pre-register when ever you can.

- Cost for each event depends on the event.
- Most of our events are:
  - Pre-Registration: \$20 for all the main series categories and \$10 for beginners.
  - Day of Race Registration: \$25 for all the main series categories. And \$15 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 for pre-registration and \$30 and \$20 for day of race registration.

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

Date	City	Location	Name of Race	PreReg \$	Lil Nutcase Race	Inc/Food
September 29	Cumberland	Village Park	Coal Cross	\$10/\$20	Yes	No
October 14	Victoria	Western Speedway-Binab Property Group	GP	\$10/\$20	Yes	No
October 20	Port Alberni	Thompson Farm	Farmer Bill X	\$10/\$20	Yes	No
October 27	Ladysmith	Transfer Beach	Crosstoberfest	\$15/\$25	Yes	Yes
November 9	Nanoose	Arbutus Equestrian	My Little Pony	\$10/\$20	Yes	No
<b>PROVINCIAL CHAMPIONSHIPS: (NOT PART OF THE SERIES BUT A GREAT EVENT)</b>						
November 10	Nanaimo	Bowen Park	Look for a separate guide for this event.			
November 24	Shawnigan Lake	Shawnigan Lake School	Ronde Van Hogwarts	\$15/\$25	NYD	No

You will be able to register on-line for our events up until 18 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 also save a couple of bucks. Plus 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.

If you do not have a Cycling BC license or equivalent and are registering on-line you will need to have your day-of-race insurance form and \$10 to pick up your race number.

#### CASH ONLY AT RACE SITE

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

### 3. RACE VENUES and COURSE DESCRIPTIONS

#### **COTR: Race #1. Coal Cross Race, Village Park, Cumberland, September 29<sup>th</sup>.**

##### **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!

The start chute is a long drag strip straight-away on 6th Ave. (Anti-freeze will be provided at the start line for brakestands.) Entering the park, there will be a sweeping right hand turn into an off-camber up hill and arcing down the bank towards the Evil Knievel canyon jump - WEATHER PERMITTING. (There will be an alternate time-sucking line for ninnies, sissies and road riders.) The canyon jump will be followed by a whirly whirl so I can take the holeshoot, bottleneck everyone, and win the first lap beer prime. After that, racers go into the woods to everybody's favorite choose-your-own-adventure lines. Next up are the barriers and the BMX track, followed up by the sandpit of despair and onto the pump track. REPEAT.

The Coal Hills BMX Track has been inspired to support us again 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 #2. Binab Property Group GP, Western Speedway, Victoria, November 11<sup>th</sup>**

##### **VENUE:**

Established in 1954, Western Speedway is the longest operating race track in Western Canada. The track consists of a 4/10 mile oval and 1/8 mile drag strip. Behind the Oval is the Westshore MX Motocross track. The Binab Property Group GB will mix these two tracks into a test of skill and endurance. Westshore MX will provide a concession on-site.

##### **COURSE DESCRIPTION:**

A slightly modified version of last years course -- the 50 wide motocross start and the flyover return. Expect more motocross track, dual lines through the tire slalom course, and a few surprises we can't reveal until race day. Be prepared to navigate around barrels, walls of tires, over motocross jumps. Thankfully this fall has had rain, so there will be mud. The epic dirt mound is unfortunately gone, but it will be replaced with something equally as stamina testing.

Peter's tip: "Leave your expensive carbon rims at home."

Site Map: Look at the back of the guide for a ROUGH map of the course and a site map for the Venue.

### **COTR. Race #3. Farmer Bill X, Thompson Farm, Port Alberni, October 14<sup>th</sup>.**

#### **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 Tseshaht 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 #4. Crosstoberfest, Transfer Beach, Ladysmith, October 28<sup>th</sup>.**

#### **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. Bratwurst (meat and veggie), drink and cookie included in registration fee. Please bring cash for the WOLF Brewery Beer Garden and seconds... No bank 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 #5. My Little Pony Cross, Arbutus Meadows , Nanoose, November 9<sup>th</sup> .**

#### **VENUE:**

PLEASE Note: On November 9<sup>th</sup> we will be sharing this venue with soccer who rent the BIG barn. Please park only in designated areas and be respectful and polite to other users of the facility.

Arbutus Meadows Equestrian Centre is situated on about 500 acres of forested and open meadow land just South of Parksville. The site slopes up and then down from the west side and includes a number of features that make it ideal for cyclocross. There are several barns including a huge indoor arena and a smaller building that lends itself to changing and registration. There are several cross camber runs, numerous paved, grass, dirt and gravel trails including a number through the trees. The owners, Culverdon Holdings Ltd. Have proven to be very cycling friendly and have donated the use of their property for weekly criteriums and now the My Little Pony Cross.

#### **COURSE DESCRIPTION:**

The circuit starts on a paved, uphill section and after the first turn of about 70 deg. It remains paved for another 200 metres. Then it turns right onto a grass/dirt trail. After another 250 metres, course turns left along another dirt trail and

then left again into a treed area. With a couple more turns on forested trails. Once in the open, there is a cross camber section and then down onto a graveled section that includes several right and left turns through some steel caged horse stalls. Soon after exiting these, the riders will pass the pit area on their left and then continue on a fast gravel and dirt trail and around the end of an outdoor arena to enter the tough, sand section. This weaves up and back a couple of times before exiting to a grassy trail, around a tree and back towards the second cross camber. A left turn brings the riders back to the finish of the lap.

### **COURSE MAP:**

<http://www.daftlogic.com/projects-advanced-google-maps-distance-calculator.htm?showroute=22721&verify=e39bef1e2c354c34072082c14808f6c7>

### **REGISTRATION:**

In small barn to south of large arena

## **COTR. Race #6. Ronde Van Hogwarts. Shawnigan Lake School. Shawnigan. November 24<sup>th</sup>.**

### **VENUE INFORMATION:**

Parking and use of the Facility (refer to the attached campus map at back of the guide)

- a. Parking is available adjacent to the Hyde-Lay Pavilion (bldg 12), which is located beside rugby pitch #1.
- b. Refer to the attached map to locate the parking and pavilion
- c. **Please refrain from riding your bikes on any of the fields. You will be immediately disqualified.**
- d. We have been given the use of the pavilion. You will be required to remove your shoes when entering the main part of the building.
- e. There are washrooms on the main floor of the pavilion and the locker rooms below.
- f. When riding about the campus please respect the students and staff.

### **COURSE DESCRIPTION:**

Weighing in at just under 2.5 kilometers, this race course is similar to the last time Dumbledore granted us the privilege to race here. With some mild climbs and longer straight-away and road sections, this can be one of the faster Cross on the Rocks courses in recent years! Starting off on a gravel roadway, racers will sprint off into battle for position, funnelling into the leg-sapping and twisty Portable Swamp sector. Once across the weather dependently swampy field riders dive downhill into a thrill-ride through the Forbidden Forest replete with newly added Hagrid built trails that bypass the previous iteration's dastardly pebble stoned Realm of Deflation. The course continues downhill, beckoning riders to fly through the woods like a Hippogriff back towards the outskirts of the school grounds. Riders then gradually ascend through more of the grounds, past Hogwarts Castle and the Quidditch field towards the start/finish chute. Subsequent laps will forgo the long gravel road and instead head into another short wooded section before climbing up to the top of the school grounds circumnavigating a Quodpot field and then descending through a few twists and turns back to the Portable Swamp.

## **4. ACCOMODATIONS**

## **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](http://www.ridingfool.com)

Stansbury Guest House - <http://www.stansburysguesthouse.com/>

Cona Hostel (Courtenay, BC) - <http://www.theconahostel.com/>

Waverley Hotel (if there isn't a gig playing here the night before, it is very clean and surprisingly pleasant according to some good friends from North Van!) Accommodations aren't advertised on the website, but they do rent rooms!  
<http://waverleyhotel.ca/>

Cumberland Lake Campground - <http://www.cumberlandcampground.com/index.php>

## **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](mailto:hojonanaimo@shaw.ca) and our web address is [www.hojonanaimo.com](http://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](http://www.hojovictoria.ca)

[suites@hojovictoria.ca](mailto:suites@hojovictoria.ca)

## **IN SHAWNIGAN LAKE AREA**

Shawnigan Lake Beach Resort is located about 650 m from the school grounds entrance. For reservations call 1.250.743.2360 or email [shawniganlakebeachresort@gmail.com](mailto:shawniganlakebeachresort@gmail.com)  
For more info visit them on the web at [www.shawniganlakebeachresort.com](http://www.shawniganlakebeachresort.com)

## **5. DIRECTIONS to EACH RACE VENUE**

### **COTR. Race #1. Coal Cross, Village Park, Cumberland, September 30<sup>th</sup>.**

**The race course and venue is the same as 2010-2012**

**Site Map:** - [https://mapsengine.google.com/map/edit?mid=z6Dvu0C2R2TI.k\\_IIISmdrQwE](https://mapsengine.google.com/map/edit?mid=z6Dvu0C2R2TI.k_IIISmdrQwE)

Directions to local Hospital (For you to print off in case you might need them): <http://goo.gl/maps/EYNDx>

**Registration:** Located at the BMX Track, just off of Dunsmuir Ave and 7<sup>th</sup> 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 7<sup>th</sup> 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 6<sup>th</sup> 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 7<sup>th</sup> 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 6<sup>th</sup> Ave open for the race course.

### **COTR. Race #2. Binab Property Group GP, Western Speedway, Victoria, October 14<sup>th</sup>**

#### **Directions to closest Hospital:**

Less than 10km from Nearest Hospital

1. Head southeast on Millstream Rd

2. Turn left onto the Trans Canada Highway
3. Take exit 8 and turn left onto Helmcken Rd N
4. Turn left onto Watkiss Way
5. Turn left onto Hospital Way

**Registration:** Follow the signs from the top of the parking lot to registration. Usually up by the Moto Track.

**Directions from Up-Island:**

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

**Directions 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 #3. Farmer Bill X, Thompson Farm, Port Alberni, October 20<sup>th</sup>.**

**Directions from out of town (anywhere but from the West Coast):** 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 Tseshaht 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 #4. Crosstoberfest, Transfer Beach, Ladysmith, October 29<sup>th</sup>.**

**Directions to closest Hospital:**

1. Exit Transfer Beach Park and cross the highway (heading west) onto Roberts Street.
  2. Take Roberts Street up, up, up, until you get to 4th Avenue (approx 0.5km).
  3. Turn right (heading north) on 4th approx 1.0km until you get to Symonds street.
  4. Cross Symonds and the Urgent Care centre is on the right.
- Ambulances are dispatched from the Urgent Care centre and also will transfer people to the larger centres if need be.

**Directions 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.

### **Directions 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 #5. My Little Pony Cross. Arbutus Meadows. Nanoose, November 9<sup>th</sup>.**

Coming from Victoria and Nanaimo:

- turn right off Island Highway at traffic lights 2km south of Parksville (top of hill, then turn right again immediately into the Arbutus grounds.

NOTE: This is the first set of traffic lights after you pass the Petrocan station on the hwy in Nanoose. Don't miss it!

Coming from Comox / Courtenay:

- Turn left at lights (First set of lights south of Horne Lake) 2 km south of Parksville and then immediately turn right into Arbutus grounds.

### **Parking**

Please park in the designated areas to west and south of the large arena.

Additional parking on south access road

### **Hospitals and Clinics**

Nanaimo Regional General Hospital

1200 Dufferin Crescent

250 755 7691

Take Island Highway south. Left on Northfield Road, right on Bowen Road, left on Dufferin Crescent

Parksville After Hours Walk-in Clinic

154 Memorial Avenue

250-248-5757

North from Arbutus Meadows bear right into Parksville, L. on Alberni Highway, R. on Memorial Ave.

### **COTR. Race #6. Ronde Van Hogwarts. Shawnigan Lake School. Shawnigan. November 24<sup>th</sup>.**

#### **Directions to Shawnigan Lake School – 1975 Renfrew Road**

**From Victoria:**

- Take HWY-1 North over the Malahat
- Turn left at Shawnigan - Mill Bay Rd
- Turn right at Shawnigan Lake Rd
- Shawnigan Lake Rd turns slightly left and becomes Renfrew Rd
- The school is marked by both a sign and large stone gates on your right.

**From Up Island:**

- Take HWY – 1 South

- Turn right at Cobble Hill Rd
- Continue onto Shawnigan Lake Rd
- Turn right at Renfrew Rd
- The school is marked by both a sign and large stone gates on your right.

Google Map Link of 1975 Renfrew Road:

Google map for Shawnigan Lake School (aka Hogwarts) - <http://goo.gl/maps/oi0G0>

**DIRECTIONS TO NEAREST HOSPITAL:**

FROM SHAWNIGAN LAKE SCHOOL (map - <http://goo.gl/maps/bxEIj>)

- |  |         |
|--|---------|
| <b>1. Head northeast on Renfrew Rd toward Hartl Rd</b>   | 850 m   |
| <b>2. Turn left onto Shawnigan Lake Rd</b>   | 4.4 km  |
| <b>3. Continue straight onto Cobble Hill Rd</b>  | 2.5 km  |
| <b>4. Keep left to stay on Cobble Hill Rd</b>  | 76 m    |
| <b>5. Turn left onto Island Hwy/BC-1 N (signs for British Columbia 1 N/Trans Canada Highway)</b> | 11.0 km |
| <b>6. Turn left onto Trunk Rd</b>  | 500 m   |
| <b>7. Continue onto Government St</b>  | 1.6 km  |
| <b>8. At the roundabout, take the 2nd exit onto Gibbins Rd</b>                                   | 300 m   |
| <b>9. Turn right</b>   | 32 m    |
| <b>10. Turn right</b>  | 95 m    |

Destination will be on the right

**Cowichan District Hospital**  
 3045 Gibbins Road  
 Duncan, BC, V9L 1E5

## 6. EVENT CATEGORIES and PRIZING

### 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](http://konaworld.com/kids.cfm?content=jake_2-4)

**INTERMEDIATE AND OPEN WOMEN:** We rocked the intermediate women's category for the last two years 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!

**MEN MASTERS:** COTR Master races for this year will be again be 40 plus (age as of the end of 2013). 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.

**WOMEN MASTERS:** 40+ Women have the option of racing Intermediate and being ranked for Masters women within that category. (same way we do Masters 50+ men in the Masters Men) If you are a FAST 40+ women PLEASE feel free to move up to Open Women or even Expert. If you are KILLING the Intermediate women we will probably initiate the "gentle nudge" policy.

**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 2013 you will be starting about a half lap INFRONT of the Masters....so game on like a pursuit!

### YOUTH CATEGORIES

There is a WIDE range of abilities and skills in kids (as also with Adults). We would like to foster young riders as best we can within the confines of a grass roots race series with very limited resources. We are going to try out Youth Rankings this year and see how it goes.

If you are a youth you are not LIMITED to racing these categories if you find that your ability, fitness or personal challenge would like to race up (similar to a Masters racer racing Expert). These are just the categories we are going to rank.

**U13 Men and Women:** Will race with the Beginners Categories and be ranked in with the Beginners.

**U15 Men and Women:** Will race with Beginners Categories and be ranked in with the Beginners.

## **EVENT PRIZING:**

We do prizing for each start at each event.

Top 3 in Beginners Men and Beginners Women

Top 3 in Intermediate Men and Intermediate Women

Top 3 in Masters Men

Top 3 in Open Women

Top 3 in Expert.

With regards to what we give out at each event it is usually a combination of local and series sponsors products. As we tell our kids it is, "You get what you get and you don't get upset". Which means we do the best with what we get....if it is not something you can use or need please pass it onto a friend, supporter, fan, youth, parent, training partner....etc.

PLUS Draw Prizes.

For Series Prizing please see "Series Rules"

## **7. REGISTRATION and LICENSE INFORMATION**

**Here are the LINKS if you want to register on-line prior to any of the events or the series:**

We are doing a SERIES DISCOUNT if you register for the whole series PRIOR to this Saturday at 7:00Pm.

URL - <https://raceonline.ca/events/registration/series/default.aspx?id=70fd74f3-3eb3-4e1e-ba6f-914911673d35>

Links to the individual races are here:

**Coal Cross** - <http://www.raceonline.ca/events/details/?id=466>

**Binab Property Group GP** -<http://www.raceonline.ca/events/details/?id=467>

**Farmer Bill's Cattle X-ing** -<http://www.raceonline.ca/events/details/?id=468>

**Crosstoberfest** - <http://www.raceonline.ca/events/details/?id=469>

**My Little Pony Cross** - <http://www.raceonline.ca/events/details/?id=470>

**Ronde Van Hogwarts Series Championship** - <http://www.raceonline.ca/events/details/?id=471>

**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.**

In order to race any of our COTR series races you must have a license OR you have to pay \$10 extra on race day.

With regards to "What type of license" I need to buy there are [three different types that will get you on the start line.](#)

**#1-FIRST TYPE: UCI International License** This license allows you to compete anywhere in Canada or the World, in the race category for each cycling discipline listed on your license.

A UCI License allows you to race any of the COTR races as well as Provincial Champs which are being held in Nanaimo this year and National Champs being held in South Surrey. You can race any cross race pretty much anywhere in the world.

THESE LICENSES JUST WENT ON SALE (PRO RATED) yesterday on the Cycling BC web site for the remainder of the year. Buy it now and you could still fit in a few MTB races or road races too!

You NEED TO HAVE THIS LICENCE TO RACE PROVINCIAL CHAMPS and or NATIONAL CHAMPS. This type of license is now on sale at a discounted rate on the Cycling BB web site for the remainder of the year.

**#2-SECOND TYPE: Citizen License.** This license allows you to compete in the citizen category at any race in BC, in the cycling disciplines listed on your license card. You are also able to use this license to enter club-level races.

**#3-THIRD TYPE: Day License.** IF you are only going to race COTR SERIES RACES and NOT the Provincial Championships you can purchase this license or you can pay \$10 per event extra. This License does NOT allow you to race Provincial Championships or National Championships.

You can register on-line for each of the events up until 18 hours before. The advantage of registering on-line is HUGE for us. For you it 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: See the chart earlier in the guide for event breakdown.
- On-Site registration is \$5 more for all categories.
- 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).
- 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!**
- Following the “good sportsmanship” rule. We don’t flag every thing on the course. Sometimes we just miss things....sometimes it is not practical. The rule is that the competitors need to follow the intention and direction of the course. That means if there is a barrier but the flagging goes down....you still go over the barrier. If there is a shortcut that show up because the tape went down on a corner....you still take the proper corner. You AND your bike must be between the tape or on the course....lifting your bike outside the course is not acceptable.
- If you ever go off the course by accident, or you pulled over to check something. Or you got lost. Re-enter the course where you came off OR enter as quickly as you can back in the original position you were in or lower. Gaining any advantage is not acceptable.
- 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 (NOR)
- If you are N.O.R. 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:**

We have changed our point distribution for the 3<sup>rd</sup> time this year. When our category participation increased we found that too many people were ending up with 2 points from each race even when they were competitive within their category. We want everyone to be able to battle with their friends for the series from 1<sup>st</sup> to last.

1 <sup>st</sup>	150	16 <sup>th</sup>	82
2 <sup>nd</sup>	135	17 <sup>th</sup>	80
3 <sup>rd</sup>	123	18 <sup>th</sup>	78
4 <sup>th</sup>	115	19 <sup>th</sup>	76
5 <sup>th</sup>	110	20 <sup>th</sup>	74
6 <sup>th</sup>	105	21 <sup>st</sup>	72
7 <sup>th</sup>	100	22 <sup>nd</sup>	70
8 <sup>th</sup>	98	23 <sup>rd</sup>	68
9 <sup>th</sup>	96	24 <sup>th</sup>	66
10 <sup>th</sup>	94	25 <sup>th</sup>	64
11 <sup>th</sup>	92	26 <sup>th</sup>	62
12 <sup>th</sup>	90	27 <sup>th</sup>	60
13 <sup>th</sup>	88	28 <sup>th</sup>	58
14 <sup>th</sup>	86	29 <sup>th</sup>	56
15 <sup>th</sup>	84	30 <sup>th</sup>	54
* Points continue decreasing by 2. All finishers receive at least 2 points			

- The rider must finish the entire race and cannot be a D.N.F.
- 5 out of the 6 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
- Intermediate Women
- Masters 40-49 Men
- Masters 40+ Women
- Masters 50+ Men
- U13Men and Women from Beginner Rankings-Sponsored by Triple Shot and Pro City Cycles
- U15Men and Women from Beginner Rankings-Sponsored by MIVA and T.B.A.

We will also be calling out the U17 riders in the Intermediate category-Sponsor T.B.A.

We will also be doing rankings for the beginner category this year to keep track of U13 and U15 points as well as a method to encourage those that are “no longer beginner” to move up to Intermediate or Masters.

Series prizes will be presented at the end of the series on site after race #6.

Race prizes at each event are will be presented on-site.

You must be there to claim them as we do not do mail outs. If you are not there or don't have a friend that is there to pick up your prize for you then your prize goes back into the prize pool to further cross on Vancouver island.

**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!!**

## **YOUR RACE NUMBER**

Placement of your race numbers is a simple thing...but even simple tasks can be messed up....which mess us up. PLEASE always check with the registration when you are signing up (IF THERE IS NOT A SIGN POSTED with INSTRUCTIONS or if it is not on your registration form) and ask where they want the numbers placed. For our races we always want the numbers lower to mid back. Placed on the side of the timing crew. Perpendicular to facing down is best. Ie. IF you are in your bars and passing someone that is beside you looking at you.....say someone timing your event....the number looks normal to them.

Do NOT mess up, fold down or cut your numbers....our job is hard enough already.

Penalty for first offence: We have decided that the penalty for anyone not getting their number placement correct will not be 10 times through the barrier.

Penalty for second offence: You will have to time the next event. You get a pass or fail.....fail for more than 0 errors....pass with 0 errors....and they can not race until they get a pass!

Get your numbers right!

## Any Questions?

Feel free to contact me at this e-mail address.  
Normon Thibault at [normont@islandnet.com](mailto:normont@islandnet.com)

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



## Series is Organized by the Cross Council:

With the following cycling clubs: MIVA, VICC, Trail Bicycles-Eatmore Sprouts Cycling Team, The Cowichan Cycle Cartel, ASS and Alberni Valley Riders

## Supported by:

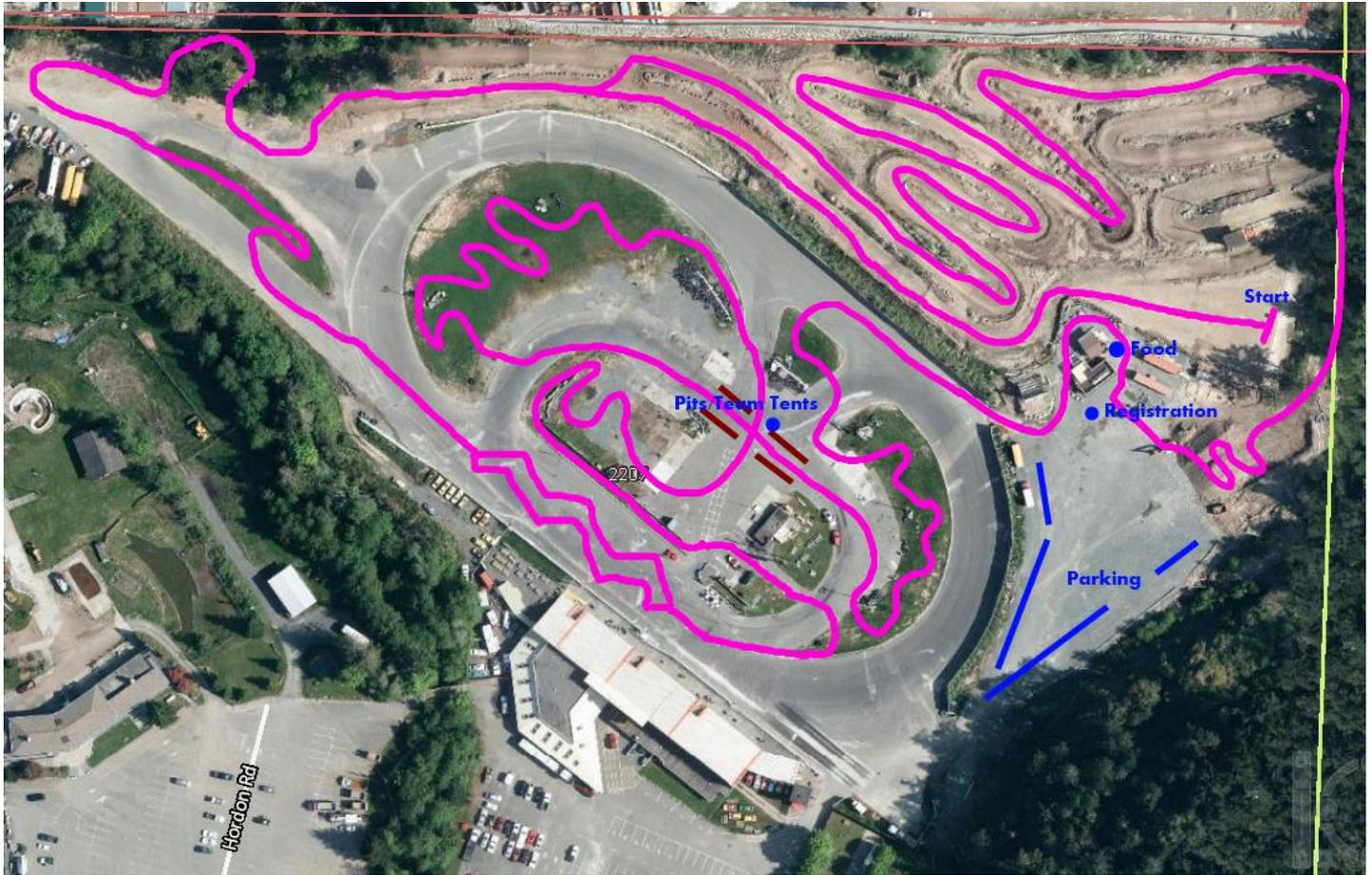
Oak Bay Bikes in Victoria, Westshore and Nanaimo  
Trail Bikes in Courtenay  
Experience cycles in Duncan  
Cowichan Cycles in Duncan  
Cycle Therapy in Duncan  
Fronrunners in Nanaimo  
Straight Up Cycles in Victoria  
Dodge City Cycles in Cumberland  
Ozzie's Cycles in Port Alberni  
City of Nanaimo

## Sanctioned and Supported by:

Cycling BC



**Binab Property Group GP Site Map and ROUGH Course Map 2013**



**COTR. Race #6. Ronde Van Hogwarts. Shawnigan Lake School. Shawnigan. November 24<sup>th</sup>.**

Actual set up course will be slightly different from what is shown in this map.....but close.

Traveling up the road and going counter clockwise to start.





# SHAWNIGAN LAKE SCHOOL

-  Road
-  Public Road
-  Pathways
-  Gate
-  Sports Fields
-  Parking



- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1. Main Building                  | 22. Recycling Facility      |
| 2. Chapel                         | 23. High Performance Centre |
| 3. Marion Hall                    | 24. Hart House              |
| 4. Hobbies Building               | 25. Lucky House             |
| 5. Lake's House                   | 26. Assembly Hall           |
| 6. Ripley's House                 | 27. Deputy Head's Residence |
| 7. Deputy Head's Residence        | 28. Music Building          |
| 8. Staff Quadplex                 | 29. Alumri Gardens          |
| 9. Renfrew House                  | 30. Copeman's House         |
| 10. Daycare                       | 31. Groves' House           |
| 11. School Gym                    | 32. Headmaster's Residence  |
| 12. Hyde-Lay Pavilion             | 33. Road Crew House         |
| 13. Kaye's House                  |                             |
| 14. Olsen Building                |                             |
| 15. Craig Building                |                             |
| 16. Duxbury House                 |                             |
| 17. Shaw Centre for Science       |                             |
| 18. Strathcona Lodge School House |                             |
| 19. Lonsdale's House              |                             |
| 20. Maintenance Workshop          |                             |
| 21. Grounds Building              |                             |