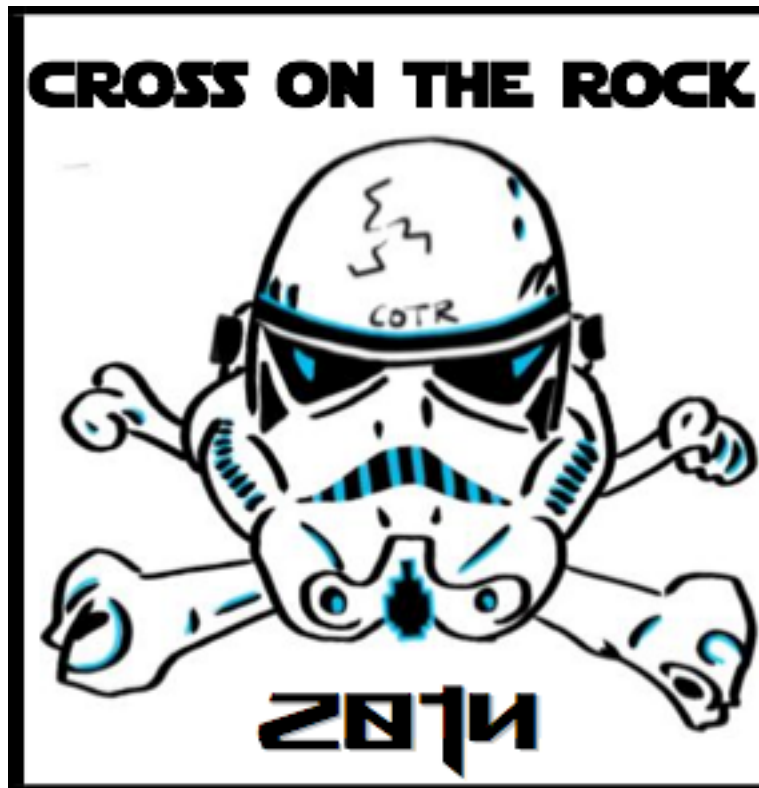


THE SUPREME MASTER GUIDE TO THE COMPLETE 2014 RACE SEASON



SPONSORED BY





CROSS ON THE ROCK

VANCOUVER ISLAND CYCLOCROSS

Technical and Race Guide for 2014 VERSION 1.0
Published September 12, 2014

Index

- 1. EVENT and RACE SCHEDULE**
- 2. REGISTRATION**
- 3. RACE VENUE and COURSE DESCRIPTIONS**
- 4. ACCOMODATIONS**
- 5. DIRECTIONS TO EACH RACE VENUE**
- 6. EVENT CATEGORIES**
- 7. REGISTRATION and LICENSE INFORMATION**
- 8. EVENT AND SERIES RULES**

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	Expert Women then Masters 40-54 and 50+ 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

The preferred registration method is online via raceonline.ca. It makes everything so much faster and easier, but day of registration is still available.

- 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	Inc/Food
September 14	Cumberland	Village Park	Coal Cross	\$10/\$20	Yes	No
September 28	Victoria	Bear Mountain	Bear Crossing	\$10/\$20	Yes	No
October 13	Nanaimo	Bowen Park	Kona Kup Provincial Champs – See separate race guide			
October 19	Port Alberni	Thompson Farm	Farmer Bill's	\$15/\$25	Yes	No
November 2	Victoria	Western Speedway	Binab PG GP	\$10/\$20	Yes	No
November 9	Shawnigan Lake	Shawnigan Lake School	Ronde Van Hogwarts	\$10/\$25	Yes	No
November 23	Nanoose	Arbutus Equestrian	My Little Pony Cross	\$15/\$25	Yes	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, bitcoins, 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 14th.

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. The Bear Crossing, Bear Mountain, Victoria, September 28th.

VENUE:

A new venue for 2014 at the Bear Mountain Golf Resort & Spa. Should be a fun course with stunning views. Babysitting will very likely be on offer. Food and beverage to be available from bear mountain restaurants, etc. Expect more details as the date approaches.

COTR. Race #3. Farmer Bill X, Thompson Farm, Port Alberni, October 19th.

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. Binab Property Group GP, Western Speedway, Victoria, November 2nd

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."

COTR. Race #5. Ronde Van Hogwarts. Shawnigan Lake School. Shawnigan. November 9th.

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.

COTR. Race #6. My Little Pon Cross. Arbutus Equestrian Centre. Nanoose. November 23th.

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

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

Hojonaimo@shaw.ca

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

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

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
For more info visit them on the web at www.shawniganlakebeachresort.com

5. DIRECTIONS to EACH RACE VENUE

COTR. Race #1. Coal Cross, Village Park, Cumberland, September 14th.

The race course and venue is the same as 2010-2013

Site Map: - 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 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.

COTR. Race #2. The Bear Crossing, Bear Mountain Resort & Spa, Victoria, September 28th

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 left onto Bear Mountain Parkway and follow the

signs.

Directions from Victoria:

Head north on Highway #1. Take a right on exit 14 to Millstream Rd. Turn left onto Bear Mountain Parkway and follow the signs.

COTR. Race #3. Farmer Bill X, Thompson Farm, Port Alberni, October 19th.

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. Binab Property Group GP, Western Speedway, Victoria, November 2nd

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 #5. My Little Pony Cross. Arbutus Meadows. Nanoose, November 9th.

From Victoria:

1. Head North on Hwy#1 & Hwy#19
2. Make a right at Dawson Rd. It appears almost completely unmarked and you'll probably miss it.

From Up Island:

1. Head South on Hwy#19
2. Make a left on Dawson Rd.

COTR. Race #6. Ronde Van Hogwarts. Shawnigan Lake School. Shawnigan. November 23th.

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>)

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

U13 / U15: For kids under 13 and under 15 who want more than the kids' race. Race with the beginners.

KIDS: 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 U13/U15/Beginner category... if they get too fast for that they can move up to U17/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 for the last three years and want it to keep on rocking! There has been strong support for the intermediate category but the expert women's category hasn't grown. Might be time for some of the faster intermediate women to move up. Intermediate women will race with the intermediate men. Separate start behind the men. Expert women will race with the Masters Men....before the Masters men. Separate start.

MEN MASTERS: New for 2014, the master men category will be split into **40 – 54** and **50+** (age as of the end of 2014). IF you are over 40 and not quite fast enough to race Expert these are your categories.

WOMEN MASTERS: 40+ Women have the option of racing Intermediate and being ranked for Masters women within that category. If you are a FAST 40+ women PLEASE feel free to move up to the Expert Women category. 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 MEN: 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 Men. Even though we call it expert men, it's open to **ANYBODY!** 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 any another category you can move up.

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.

U17 Men and Women: Will race with the Intermediate Categories and be ranked in with the Intermediates.

EVENT PRIZING:

We do prize 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 40 – 54
Top 3 in Masters Men 55+
Top 3 in Expert Women
Top 3 in Expert Men

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://www.raceonline.ca/events/registration/series/?id=ad1bef8d-555f-4fb7-832c-e60c120e76fb>

Links to the individual races are here:

Coal Cross - <http://www.raceonline.ca/events/details/?id=726>
Bear Crossing – <http://www.raceonline.ca/events/details/?id=727>
Farmer Bill’s – <http://www.raceonline.ca/events/details/?id=729>
Binab PGGP – <http://www.raceonline.ca/events/details/?id=730>
Ronde Van Hogwarts – <http://www.raceonline.ca/events/details/?id=731>
My Little Pony Cross - <http://www.raceonline.ca/events/details/?id=732>

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!**
- 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 3rd 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 1st to last.

1 st	150	16 th	82
2 nd	135	17 th	80
3 rd	123	18 th	78
4 th	115	19 th	76
5 th	110	20 th	74
6 th	105	21 st	72
7 th	100	22 nd	70
8 th	98	23 rd	68
9 th	96	24 th	66
10 th	94	25 th	64
11 th	92	26 th	62
12 th	90	27 th	60
13 th	88	28 th	58
14 th	86	29 th	56
15 th	84	30 th	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 Men
- Expert Women
- Intermediate Men
- Intermediate Women
- Masters 40-54 Men
- Masters 40+ Women
- Masters 55+ 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

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:

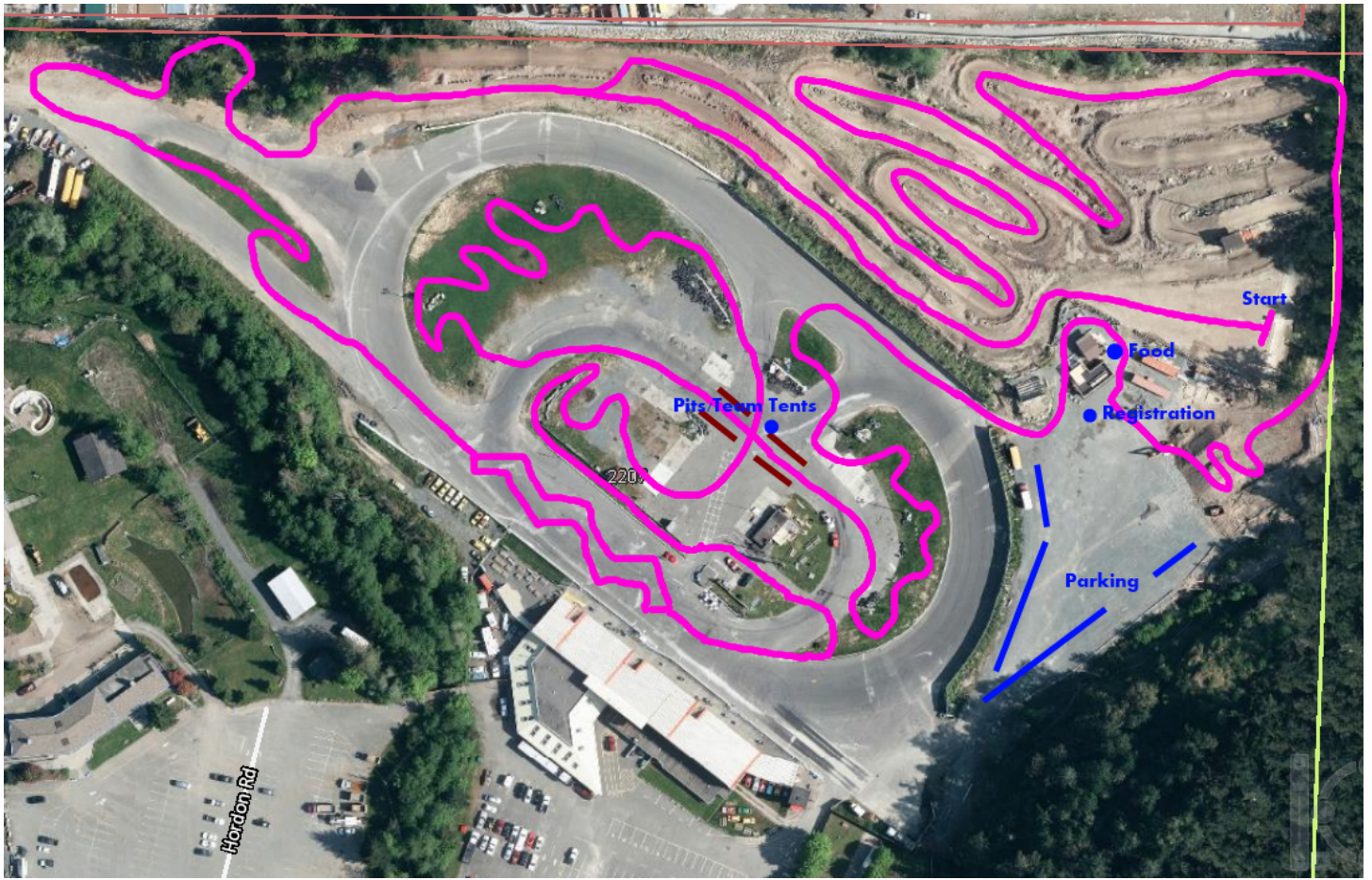
Oak Bay Bikes in Victoria, Westshore and Nanaimo
Trail Bikes in Courtenay
Experience cycles in Duncan
Cowichan Cycles in Duncan
Cycle Therapy in Duncan
Trek Bikes Victoria / Pro City Racing
Frontrunners in Nanaimo
Straight Up Cycles in Victoria
Dodge City Cycles in Cumberland
Ozzie's Cycles in Port Alberni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

Sanctioned and Supported by:

Cycling BC



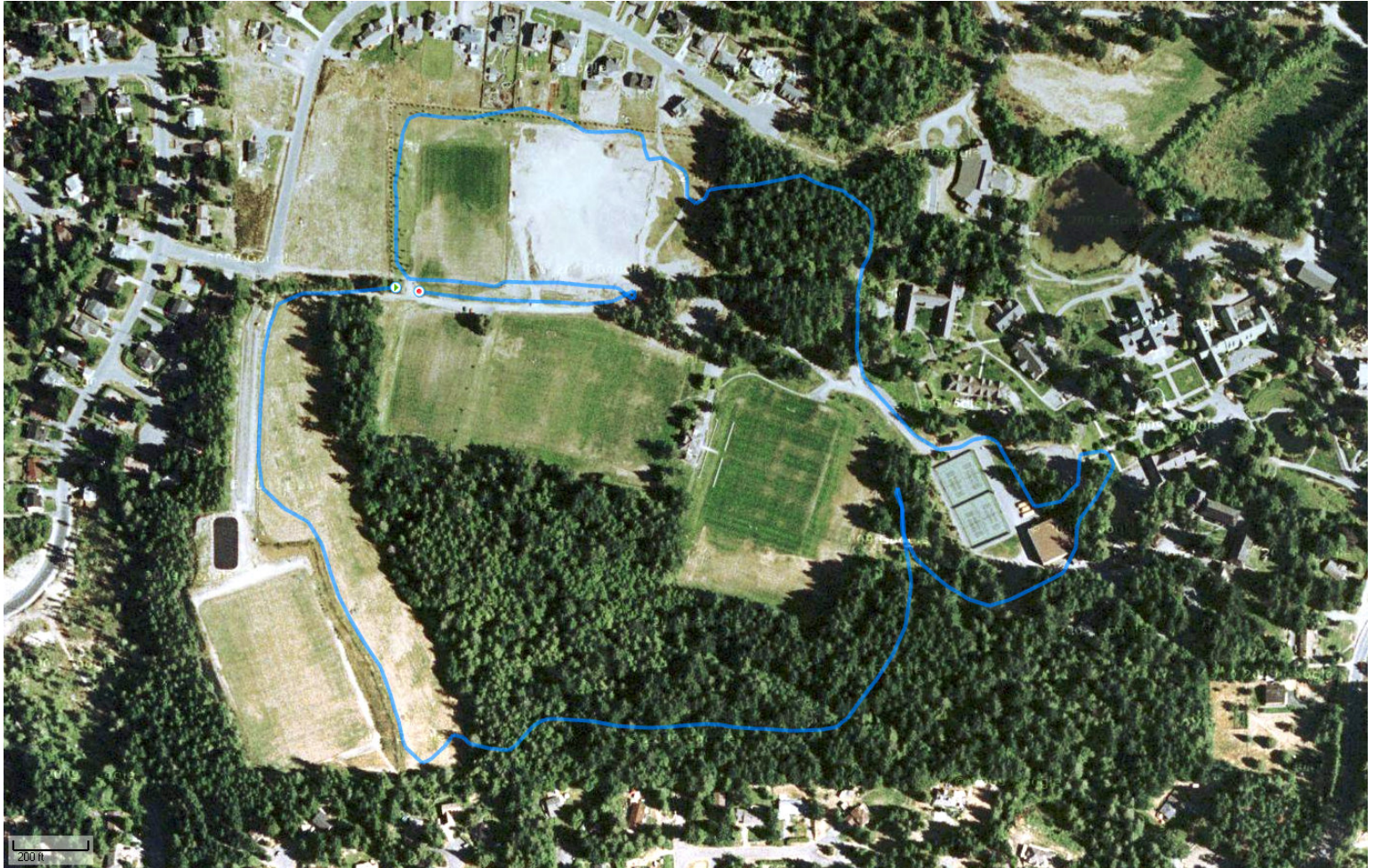
Binab Property Group GP Site Map and ROUGH Course Map 2013



COTR. Race #6. Ronde Van Hogwarts. Shawnigan Lake School. Shawnigan. November 24th.

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
- 2. Chapel
- 3. Marion Hall
- 4. Hobbies Building
- 5. Lake's House
- 6. Ripley's House
- 7. Deputy Head's Residence
- 8. Staff Quadplex
- 9. Renfrew House
- 10. Daycare
- 11. School Gym
- 12. Hyde-Lay Pavilion
- 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
- 22. Recycling Facility
- 23. High Performance Centre
- 24. Hart House
- 25. Lecky House
- 26. Assembly Hall
- 27. Deputy Head's Residence
- 28. Music Building
- 29. Alumni Gardens
- 30. Copeman's House
- 31. Groves' House
- 32. Headmaster's Residence
- 33. Read Crew House