



2023 PCC Cyclo-Cross Series

Presented by



SHIMANO



Technical Guide

CONTENTS:

- SCHEDULE
- GOALS OF THE PCC CX SERIES
- RACE START TIMES
- CATEGORIES
- **** NEW**** QUALIFIER EVENT - RACE #1
- SERIES POINT STRUCTURE REGISTRATION
- COURSE DESCRIPTION COURSE LOCATIONS YOUTH RACE
- EVENT RULES
- MEDICAL / HOSPITALS
- PRIZES

QUESTIONS-

Please contact (Jeff Faulds) fauldsjeff@gmail.com or (Ben Pye) large2milk@gmail.com

SCHEDULE:

Races Series runs on Sundays (2 EXCEPTIONS) from Sept 24th – Nov 19th: (See below for event times and dates)

- 8:30 am – Timing tent open for daily check in. Please check in BEFORE your start time.
- 8:30 am – Course opens for pre-riding
- 9:00 am – First Race start (see category start times below) 11:35 am - Last Race finished
- 11:40 am – Podiums for all start times
- 11:50 am – Course take down

CYCLOCROSS TRAINING DAY SEP 17th

On Sep 17th we won't have traditional racing. We will have a special one-day event of cyclocross training. There will be a course set up for free practice and training. We will have experienced riders on hand offering formal and casual coaching and tips. We will also have some informal racing practice. This is the perfect chance to get prepared for the season and ready for the first race. It's also a very low key setting to try cyclocross out for the first time!

GOALS OF THE PCC CX SERIES:

Cyclocross is a cycling sport requiring technical bicycle handling skills and hard short efforts of speed. It's not an endurance sport of long efforts or relies on fitness alone. It is head to head racing on a tight and twisty course on many mixed and challenging surfaces. Features are added to the course to make it more exciting and more challenging, often requiring you to get off your bike and run.

Our Goals for the series are as follows;

1. To create a fun and welcoming experience in a competitive event.
2. To develop youth racers and foster growth.
3. To introduce new racers to the awesome sport of cyclocross.
4. To provide a competitive racing experience for the most number of riders.
5. To provide an environment for riders to develop technical skills and speed that is needed for cyclocross racing.
6. Competition, but in a light hearted and very fun way.
7. To have a safe and respectful environment for everyone with no tolerance for rude and non-respectful behavior.

Your 2023 Cyclocross Committee

- Jeff Faulds (Chair)
- Kathy Eggenberger
- Ben Pye
- Stu Cureton
- Rod Pierce

RACE START TIMES (with the exception of Race #1 on Sept 24)

Start 1 - 9:00AM

Wave 1 – M&F – 40 min.

Suggested for beginner and intermediate riders (bottom 40% of Race #1)

This group will start at 10:15AM for only Race #1 on Sept 24th

Wave 2 – M&F – 30 min.

Suggested for youth and recreational riders

Start 2 – 10:15AM – M&F – 40 min.

Suggested for advanced riders 3 (top 60% of Race #1)

Start 3 – 11:20 AM – M&F – 15 min. (Note: all waves will start together)

Wave 1 - Suggested for 7 to 10 year old, fastest most able kids M&F – 15 min.

Wave 2 - Suggested for 5 to 8 year old, slower less experienced kids race M&F –15 min.

Wave 3 - Suggested for 6 and under, young and or new racers, riders who may need assistance to complete a lap. Wheel size under 20” should be in this start

CATEGORIES:

Start 1 Wave 1 – Riders strong enough and fast enough to keep pace for 40 min of racing. This category is for the slower 40% of the entire group of 40 min racers.

Start 1 Wave 2 – Aimed for youth and recreational riders. Riders who are less experienced and or are best suited to 30 min of racing.

Start 2 – Riders strong enough and fast enough to keep pace for 40 min of racing. This category is for the faster 60% of the entire group of 40 min racers.

Start 3 - (all Waves) Aimed at our youngest riders. These racers will race on a modified version of the standard race course for 15 minutes.

YOUTH CATEGORY – There are no age specific categories. All categories are skill specific only. Suggested 10 to 16 year old's race in the Start 1, 30 min race unless they are skilled, experienced, responsible, and fast enough to race with the adults in the 40 min races. Kids under 10 as of Dec 31 do need permission from the cyclocross committee to race in any race other than the 11:20 am races. Use your best judgment or talk to the cyclocross committee for advice.

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WOMEN'S CATEGORY – There are no gender specific categories. All categories are skill specific only. We will recognize the fastest 3 women of the day regardless of category or start time for a podium though.

*****NEW*** QUALIFIER EVENT - RACE #1**

With the goal of more balanced racing and giving every rider more people to compete against we will qualify everyone for the two 40 min race categories (Start 1 and Start 2).

At the first race we will race all 40 minute racers (Start 1, wave 1 and Start 2) together as 1 large group starting at 10:15 am for this one race only. At the end of the race we will split all racers into 2 groups. This will give us a fair and equal balance of racers into each Race (9 am and 10:15 am). The split will be the fastest 60% in the 10:15 am start or Start 2. The slower 40% will race at 9am for the rest of the season or Start 1. Along with the 30min racers this will give us a close balance or racers in both start times.

Racers who miss the first race are to start in the 9am Start 1 race and this is why attending Race #1 is important. Racers with previous race experience and results may request another option to the cross committee.

Any racer who ends up clearly outside of their appropriate group may be moved for the following race. The cross committee will decide on this as a group and notify you.

Racers who had a mechanical or abnormal result may let the cross committee know and a single result can be overlooked or placement adjusted if it is incorrect. The goal is to get the most people in the correct place and we know things don't always work out.

SERIES POINTS STRUCTURE:

The series consist of 8 events. The overall series winner will be the best 6 results of 8 race points totaled together. We encourage that you attend more than 6 races so you have more chances at your best 6 finishes. Series points will be awarded as follows

Finishing Position	Series Points	Finishing Position	Series Points	Finishing Position	Series Points	Finishing Position	Series Points
1st	45	11th	30	21st	20	31st	10
2nd	41	12th	29	22nd	19	32nd	9
3rd	39	13th	28	23rd	18	33rd	8
4th	37	14th	27	24th	17	34th	7
5th	36	15th	26	25th	16	35th	6
6th	35	16th	25	26th	15	36th	5
7th	34	17th	24	27th	14	37th	4
8th	33	18th	23	28th	13	38th	3
9th	32	19th	22	29th	12	39th	2
10th	31	20th	21	30th	11	40th	1

REGISTRATION:

All racers must have a 2023 PCC club membership. *CX add-on required*. The cost is \$25 (\$5 for kids/youth) for the membership, plus \$45 for OC affiliation license. Please pre-purchase your membership, as it **CAN NOT be purchased on site**. Racer package will be picked up at the first attended event.

Dirt Squad riders (who haven't already done so) will need to upgrade to an Ontario Provincial Race License as an OC Mini Membership doesn't permit for competitive events.

For more information email youth@peterboroughcc.com

Online registration for races will be facilitated through the "Cycle Club App" website or app www.cycleclubapp.com. This can be downloaded to a mobile device via the App store or Google play. It can also be used on a PC or Mac for non-mobile users. Registration through the app is MANDATORY. Email liam@cycleclubapp.com for assistance or technical support with this.

NOTE** PCC CX operates under a different club than normal PCC Events on Cycle Club App.**

COURSE DESCRIPTION:

CycloCross races typically take place in the autumn and winter (September–November) and consists of many laps of a short (2–3 km) course featuring pavement, wooded trails, grass, steep hills and obstacles requiring the rider to quickly dismount, carry the bike while navigating the obstruction, and remount.

EVENT DATES & COURSE LOCATIONS:

September 17th – TRAINING DAY Elmhirst's Resort - 1045 Settlers Line, Keene, Ontario

September 24th – Elmhirst's Resort - 1045 Settlers Line, Keene, Ontario

September 30th – (SATURDAY) Douro Park - 205 Douro 2nd Line, Douro, Ontario

October 9th – (MONDAY) Selwyn Beach - 2251 Birch Island Rd, Lakefield, ON K0L 2H0

October 15th – Elmhirst's Resort - 1045 Settlers Line, Keene, Ontario

October 22nd – Bridgenorth Community Hall - 836 Charles St, Bridgenorth, ON K0L 1H0

October 29th – Nichols Oval Park - 725 Armour Rd, Peterborough, ON K9H 2A1

November 5th – No PCC Race - PCC will support all PCC racers at Baseball cross in Barrie, O-Cup #4

(The is a qualifier event and racing at least one O-Cup is required to be eligible to race Provincial Championships)

November 12th – PROVINCIAL CHAMPIONSHIPS *NOT A PCC RACE* Nichols Oval - 725 Armour Rd

November 19th – Elmhirst Resort's - 1045 Settlers Line, Keene, Ontario PRESIDENT'S CUP

KIDS RACE: 11:20AM start (Children aged 3 -10)

The kid's race will be held on a modified version of the adult's course. Each child must have a PCC membership. Each child will get a number plate and timing chip when they sign up for the season.

EVENT RULES:

Cones and tape

We use cones or caution tape to close off and mark the course. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Cones or tape can show participants where not to go, or it can be used to outline the outside (or inside) of a corner, or to keep riders out of a certain area. Please stay within the intended and marked course during the race and during practice. Failure to do so can result in disqualification.

Runway

We often share park space where there is a game playing field (baseball, soccer, football, etc.), but at Elmhurst we are adjacent to an airfield with an active runway. Please do not, **at any time**, ride your bike on the runway. We have permission to use this property on the condition that we adhere to safe, responsible use of the land. If this is not respected, we may lose permission to hold events there.

Numbers

Each rider will receive a number (and timing chip) when they sign up. These are yours for the entire series. The number does not reflect your standing in the series, but might correspond to your start order. TBD.

The number is to be pinned on your ****Shoulder towards the front** so it can be seen for timing purposes.

****Shoulder** – Numbers are pinned on either the left or right side depending on the course and timing tent location. Please refer to the lead timer for day-of-race instructions.

The timing chip will be affixed to the Fork leg of your bike on the same side as the bib number.

Start / Finish Area

The Start/Finish line will be clearly marked, but the course direction can change from week to week. Take note of these changes on the day-of-race.

Feed Zones and Technical Assistance

There is no feeding or using water bottles during cross races unless the temp is above 20 degrees. You may have spare wheels, bikes or other tech assistance but can only be had in the tech zone. Our tech zone will be near the start/finish line.

Pulling Riders

Riders will not be pulled unless they have broken a rule and are being disqualified.

Pre-Rides

Pre-riding is permitted as soon as the course is open for riding. This is usually at about 8:30am, but this is not a set time. If you arrive before the set up is complete, please lend a hand in completing the course set up to allow it to be open sooner.

Bad Weather

This is cross so we ride rain or shine or snow etc. If there is severe weather that poses a danger to the riders the race may be cancelled. We will notify you as soon as possible if this is the case.

Bike

A proper cyclocross bike is recommended but this is a “for everyone” event so ride what you have. Any bicycle that is in proper working order, has working brakes, and is safe, is welcomed for use.

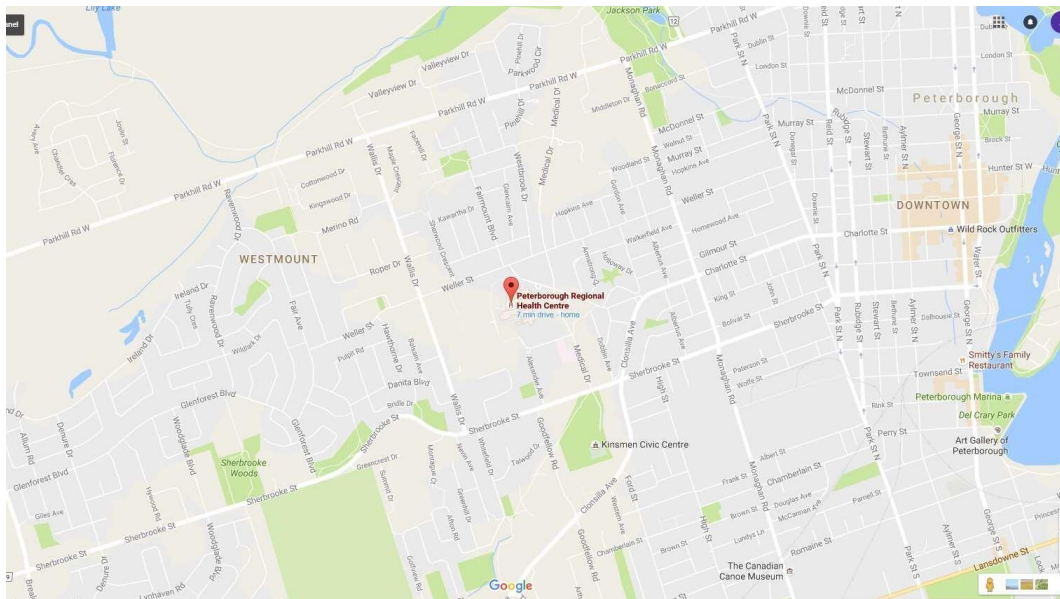
Respect

While this is racing it is all in the name of fun. Respect for the organizers and fellow racers must be maintained. Maintaining a level attitude and maintaining respect is a must. There is a Zero tolerance for poor attitude and behaviors while at these events. Immediate disqualification for the series will be given to those who can't do this. (Respectful heckling is permissible and encouraged)

MEDICAL / HOSPITALS:

PRHC is the closest hospital for all events. All medical issues are to be reported to an event leader immediately. The EAP (Emergency Action Plan) will be available on site at the timing tent.

1 Hospital Dr, Peterborough, ON K9J 7C6 ([705\) 743-2121](tel:7057432121))



PRIZE LIST

Prizes

Draw prizes will be presented at the end of the season at the President's Cup. Prizes will not be awarded at each race. Preems will be held, when available, at each race for extra entries for the draw prizes. Prizes are donated and we are looking for more prizes to give away, contact Jeff at fauldsjeff@gmail.com if you have prizes to donate.