



2016 PCC Cyclo-Cross Series

Presented by



Technical Guide

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QUESTIONS- Please contact fauldsjeff@gmail.com

SCHEDULE:

Races are every Sunday from Sept 18th to Nov 20th:

7:00am – Course is built (feel free to come out and help)

9:30 am – Registration/sign in opens

10:00am – Race start (everyone in mass start)

10:45am – Bell lap (1 lap to go)

11:00am- Race finished

11:10am – Podium (men, women, overall men, overall women)

11:15am – *Kid's race* (on events that have a kid's race)

11:15am – *Course take down (please stick around and help take the course down)*

SERIES POINTS STRUCTURE:

Series Points

The series consist of 10 events, the overall series winner will be the best 7 of 10 race points totaled together. We encourage that you attend more than 7 so you have more chances at your best 7 finishes. There will be a men's and women's over all top 3.

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

COURSE DESCRIPTION:

Cyclo-Cross races typically take place in the autumn and winter (September–November) and consists of many laps of a short (2.5–3.5 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.

This sport is very spectator friendly as riders are passing spectating areas every 6-8 minutes. So bring your whole family out to cheer and watch.

COURSE LOCATIONS:

September 18th Elmhirsts Resort

1045 Settlers Line, Keene, ON K0L 2G0

Parking on site

September 25th Cedar Grove Park

1420 Glenforest Blvd Peterborough, ON K9J 0B1

Parking on side of the road on Eagle Crescent or Hancox Ct.

October 2nd Nichols Oval

722 Ross St Peterborough, ON K9H 2C9

Parking on site

October 9th Armour

300 Hunter St E, Peterborough, ON

Parking at the top of the hill onsite

October 16 Bowers Park

769 Brealey Dr Peterborough, ON K9K

Parking on site

October 23rd Langley Scout Park on Morton

1691 Morton Line, Cavan, ON L0A 1C0

Parking on site

October 30th Douro Park

205 Douro 2nd Line, Douro, ON K0L 1S0

Parking on site

November 6th Nichols Oval

722 Ross St Peterborough, ON K9H 2C9

Parking on site

November 13th Squirrel Creek

2445 Wallace Point Rd Fraserville, ON K0L 1V0

Parking on site

November 20th Elmhirst for Presidents Cup

1045 Settlers Line, Keene, ON K0L 2G0

Parking on site

KIDS RACE:

Kid's race will be a short about 500m course on relatively flat easy to ride terrain and may contain cross like obstacles suited to Kids abilities. It's open to riders 4 to 13 years old. The race will be at 11:15am. Each kid must have a PCC membership or be a member of the Sprockids program. Each child will get a number plate when the sign up. The race will not be timed or scored and every rider will get a medal at the finish. Start waves and length of race will depend on the age and amount of kids that sign up at the event. If participation and weather is good more event dates will be added.

Kid's race dates are.

September 25th Cedar Grove Park

1420 Glenforest Blvd Peterborough, ON K9J 0B1

Parking on side of the road on Eagle Crescent or Hancox Ct.

October 2nd Nichols Oval

722 Ross St Peterborough, ON K9H 2C9

Parking on site

October 9th Armour

300 Hunter St E, Peterborough, ON

Parking at the bottom of the hill

October 16 Bowers Park

769 Brealey Dr Peterborough, ON K9K

Parking on site

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.

Game Fields

We often share park space where there is a game playing field (baseball, soccer, football, etc.). Please do not at any time ride your bike on the field unless the course is marked to go there. We have permission to use the parks on the condition there is no damage to the playing fields, if there is damage at all to the fields we may lose permission to hold events there.

Numbers

Each rider will receive a number when they sign in this number is to be pinned on your Right shoulder towards the front so it can be seen for timing purposes. This number is to be returned after each race and not taken home.

Start / Finish Area

The Start/Finish line will be marked by a Shimano tent. At some venues the start line will not be the same as the finish line. You will be notified at the event if this is the case.

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 or bike or other tech assistance but can only be had in the tech zone. Out tech zone will be next to the start finish line under the Shimano tent.

Pulling Riders

Riders will not be pulled unless they have broken a rule and are being disqualified. All riders will finish on the same lap.

Pre-Rides

Pre-riding the course is allowed as soon as it is complete. This is usually about 9:30 but this is not a set time. If you arrive before it is complete please lend a hand in completing it to allow the course 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

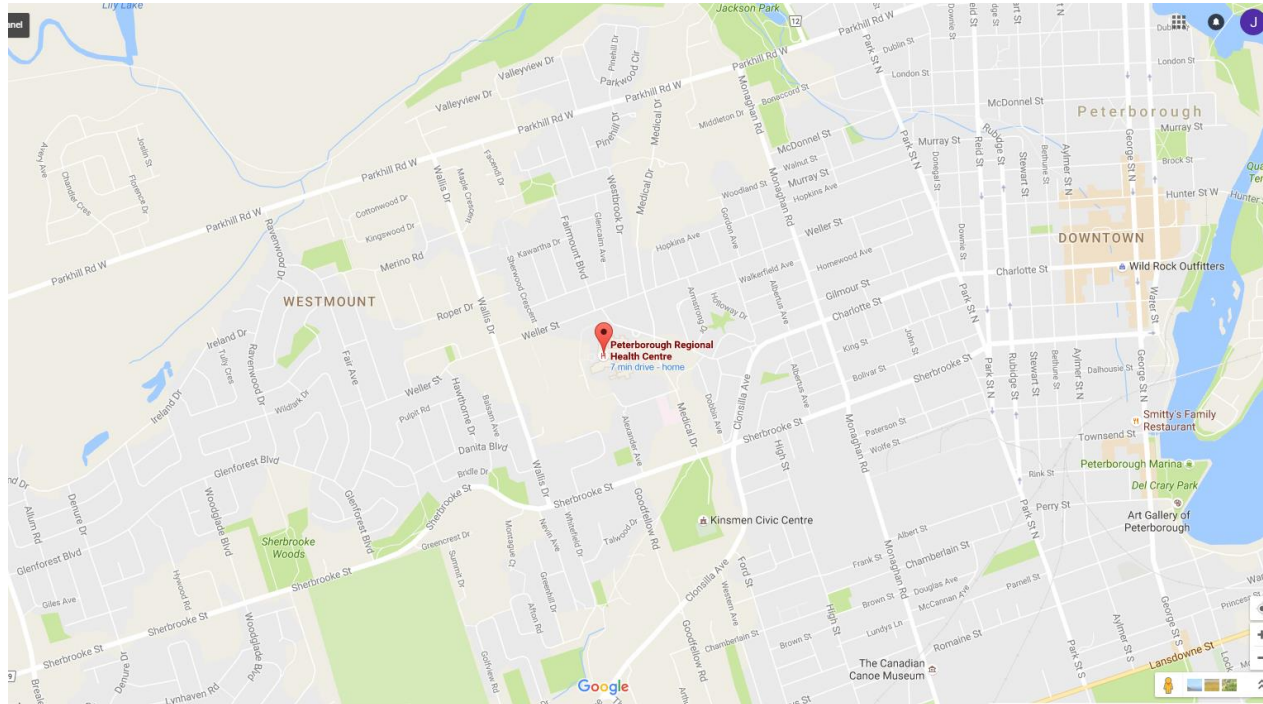
A proper cyclo-cross bike is recommended but this is a "for everyone" event so ride what you have. Any bicycle that is in proper working order, has working brakes, and is safe is welcome to be used.

MEDICAL / HOSPITALS:

PRHC is the closes hospital for all events. All medical issues are to be reported to an event leader immediately. The EAP (Emergency Action Plan) will be followed at this point

1 Hospital Dr, Peterborough, ON K9J 7C6

[\(705\) 743-2121](tel:7057432121)



PRIZE LIST

Prizes

The honor of being top 3 in a PCC event is a pretty big deal and we feel that if prizes were added to this it would be more than one person can handle so there will be no prizing. This is subject to change and we reserve the right to give pricing without notice if we see fit or someone donated prizing to us (donations for prizing welcome).

The top 3 men and top 3 women in the overall will receive the 1, 2, or 3 pin on number to keep.