



CSAJCC/Superfly Racing Albion CX Ontario CX Championships Weekend Technical Guide 2013

Cycle Solutions/Angry Johnny's Cycling Club has joined forces with Superfly Racing again to present another exciting weekend of racing at Albion Hills Conservation on November 2nd and 3rd, 2013! (Citizen event November 2nd and Ontario Provincial Championships November 3rd.)

We have kept our fees as low as possible again this year and have included a 2-Day discount available through Pre-Registration only.

There are also great prizes as usual including gift certificates and LG gels, expert timing from Accurate Al Hawley, BBQ on Saturday and Sean Ruppel's famous home made chili available Sunday! There will be vegetarian Chili available this year as well!

Kids, bring your bikes! We'll have a skills event set-up between 11am and noon both days. Come check it out!

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COURSE

Sean Ruppel is excited to create two awesome courses for 2013. Emma Wiechula and Johnny Bates will be putting together another spiral, just to make everyone dizzy! And there are plans in the works for a stair run-up!
Course Map Available Soon.

SCHEDULE:

Saturday, November 2, 2013.

8:45am- REGISTRATION/ SIGN-IN OPENS

10:00am- 1st. Race Start

Master 3 Men

Senior 4 Men

U17 Men/Women

U15 Men/Women

11:00am- 12:00pm- kids skills event available in the O-Cup parking lot- bring you bike over and try our skills course!

11:30am 2nd. Race Start

Senior 3 Men

Master 2 Men

U19 Men/Women

Elite Women

Master Women

1:00pm 3rd Race Start

Elite/U23 Men

Master 1 Men

Sunday, November 3, 2013.

8:45am- REGISTRATION/ SIGN-IN OPENS

10:00am- 1st. Race Start

Master D Men (60+)
Master C Men
U17 Men/Women
U15 Men
Beginner Men (19-29)

11:00am-12:00pm- kids skills event available in the O-Cup parking lot- bring you bike over and try our skills course!

11:30am 2nd. Race Start

Master B Men
U19 Men
Elite Women (including U19 Women)
Master Women

1:00pm 3rd Race Start

Elite (23-29) Men
U23 Men
Master A Men

Awards for all races will be held as soon as Results are available after each race.

REGISTRATION:

Pre-registration will be available online very shortly through CCNBikes, and will remain open until 11:59pm Thursday, October 31st.

Day of Registration will be available on site Saturday and Sunday, starting at 8:45am. and will be available until 30mins. before each start time

CASH ONLY FOR ALL DAY OF REGISTRATIONS

Pre-Registration Cost: Saturday-\$25 19+

\$20 U19

Sunday-\$35 19+

\$30 U19

Both Days- \$55 19+

\$45 U19

- **You can only get the Both Days discount if you Pre-register.
There will be no discount for Day-Of Registrations**

Day-Of Registration Cost: Saturday-\$30 19+

\$25 U19

Sunday- \$40 19+

\$35 U19

All participants must show their OCA citizen Permit or UCI license at Registration/Sign-in. Day Permits will be available at Registration on Saturday and from the OCA on Sunday for un-licensed participants.

PRIZES:

Medals will be awarded for all categories for 1st, 2nd and 3rd on Saturday and Sunday.

Provincial Medals will be awarded for the following categories only on Sunday: Master A men, Elite Men, U23 Men, U19 Men, Master Women, Elite Women, Master B Men, U17 Women, U17 Men, U15 Men, Master C Men and Master D Men.

(All other categories to receive CSAJCC/Superfly Racing Albion cx medals.)

CSAJCC would like to thank all the sponsors who have stepped up to provide some of the best prizing ever for CSAJCC/ Superfly Racing Albion CX 2013!

We've got prizes for every category!

Thanks again to all of our great Sponsors who have contributed to making this the best Albion CX event ever!

Upper Cut Meats Paul Everist- our bread guy



EVENT RULES:

- The races will be governed by the current UCI rules for cyclocross as amended by the CCA.
- The UCI penalty scale with CCA/OCA modifications will be used for any infractions.
- Races will start promptly at their indicated start times.
- No one may warm up on the course once a race has started.
- Cyclocross bicycles conforming to the UCI Specifications are required for Elite Men and Master 1 Men Categories
- All other categories allow any bicycle as per OCA specifications (ie. Mountain bikes) provided bar ends are removed.
- There will be one double equipment pit.
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles. All service must take place in the equipment pit.
- In the event of a mishap, equipment changes must be carried out within the confines of the pit lane.
- Riders may change wheels or bikes in the pit. Outside mechanical assistance can only occur in the pit.
- A rider may use the pit lane only in the event of a change of bicycle or wheel. Riders may not ride through the pit lane without stopping.
- A rider who passes the end of the pit must continue to the following pit to change the bicycle or wheel.
- Any rider who is in the racing lane and has not gone past the end of the pit lane may enter the pit area as long as they re-trace their route in the racing lane and enter the pit at its start without obstructing other competitors. This is the only place on the course that a rider may go backwards on the course.
- The exchange of equipment between riders shall be forbidden.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Lapped riders may be pulled from the race at the discretion of the commissaires.
- The ringing of a bell will indicate the last lap.
- All riders will finish on the same lap as the winner. Lapped riders will complete fewer laps than the winner and are not to complete additional laps.
- Riders may not use any form of radio communication while competing.
- The use of personal music players (iPod, Mp3, etc.) are not permitted while racing or warming up on the course.
- Riders are required to wear jerseys corresponding with the club or team printed on their license.
- Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- **At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a securely fastened helmet.**

FIRST AID/HOSPITAL

First Aid will be available onsite next to Registration. If you require first aid assistance please go there or contact a Commissaire or Marshal.

The nearest medical facility is Headwaters Health Care Centre.

Headwaters Health Care Centre
100 Rolling Hills Dr
Orangeville, ON L9W 4X9
(519) 941-2410

Driving directions to Headwaters Health Care Centre

1. Head southwest on Patterson Side Rd toward Duffys Ln. (3.1 km)
 2. Turn right onto The Gore Rd/Regional Road 8 (6.3 km)
 3. Turn left onto ON-9 W (13.3 km)
 4. Turn left onto Rolling Hills Dr
- Destination will be on the right (240 m)

DIRECTIONS TO ALBION HILLS CONSERVATION AREA

FROM BARRIE:

1. Take Hwy400 S to Toronto (approx. 38 km)
2. Take exit 55 for ON-9 toward Newmarket/Orangeville (500 m)
3. Turn right onto ON-9 W (signs for Ontario 9 W) (22.4 km)
4. Turn left onto Regional Road 50 (signs for Boltan) (3.8 km)
5. Turn right at Albion Hills Conservation Area

FROM TORONTO- QEW

1. Take Gardiner Expy W
2. Take exit 139 for ON-427/Brown's Line (600 m)
3. Merge onto Hwy 427 N (20.6 km)
4. Turn left onto Zenway Blvd (1.0 km)
5. Continue onto Fogal Rd (350 m)
6. Turn right onto Regional Road 50 (24.4 km)
7. Turn left at Albion Hills Conservation Area