

CowBell XI
September 23rd 2018

We Need More Cowbell Episode XI

The Last Canti

(or Skowhegan shuffle)

Sunday, September 23, 2018

Bissell's Hideaway

Ridgeville, Ontario

Technical Guide



Sanctioned by the
Ontario Cycling Association



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Schedule

Sunday September 23rd: Ontario-Cup #1

Race Schedule Sunday, September 23rd, 2018

9:30 am M3 Men 40 minutes

Gap 20 minutes

10:30 am E4 Men 40 minutes

Gap - 20 minutes

11:30 am U17/U15/U13 30 minutes

Gap - 30 minutes

12:30 pm M2/E3/U19 Men 45 minutes

Gap - 30 minutes

1:45 pm Elite & Master Women 40 minutes

Gap - 35 minutes

2:50 pm M1, E1/2 Men 60 minutes / Single Speed 45 minutes

3:55 - Team CF kids race

The Team CF kids race will be broken down into 3 races-

2 lap race for advanced riders

1 lap for intermediate

Mini lap for all others

All the children need is a bike and a helmet- all participants will get a prize and each race will have 1 or 2 riders assisting. Please try to send an email to: row618@hotmail.com to confirm child's attendance (this is not mandatory however).

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Staging

Rider staging will begin 10 minutes prior to race time and call ups 5 minutes prior to race start time. If you are not present for call up, then you lose your spot and line up with the rest of the muggles.

Podium Times - Top 3 in each category are expected to attend.

9:30 am start – podiums will be at 10:35am sharp

10:30am start- podiums will be at 11:35am sharp

11:30 am start- podiums will be at 1:00 pm sharp

12:30 pm start - podiums will be at 2:05 pm sharp

1:45 pm start- podiums will be at 3:15 pm sharp

2:50 pm start – podiums will be at 4:00 pm sharp

Fees

Category	Pre-Reg	Day of
Under 17 M/F, Under 19 M/F	\$20	\$30
All others	\$35	\$45

CCN fees are on top of the pre reg cost.

Pre-registration is available online at <https://ccnbikes.com> Only cash will be accepted on site. Closes at 11:59 on Thursday September 20th.

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License Requirements

Categories	Citizen Permit	UCI License
U13 Women (9-12 years)	X	X
U13 Men (9-12 years)	X	X
U15 Women (13-14 years)	X	X
U15 Men (13-14 years)	X	X
U17 Women (15-16 years)	X	X
U17 Men (15-16 years)	X	X
U19 Men/Junior Men (17-18 years)		X
Elite Men (19-34 years)		X
Elite Women (17+ years)	X	X
Elite 3 Men (19-34 years)		X
Elite 4 Men (19-34 years)	X	X
Master Women (35+ years)	X	X
Master 1 Men (35+ years)		X
Master 2 Men (35+ years)		X
Master 3 Men (35+ years)	X	X
Singlespeed (19+ years)	X	X
** Non Member Permits are no longer available		

Prizes

The top 3 in each category will receive cowbells. The total cash and merchandise value is estimated at over \$1000 in total. New this year, the winner of the following categories (women, master 1/2/3, E4, E3) and single speed will receive free entry into the race for 2019. Cash prizes for elite men and women. Merchandise for U19 and under categories.

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Bib Numbers/Scoring

Bib numbers will be on site for distribution.

DO NOT LOSE YOUR NUMBERS THEY ARE YOURS FOR THE YEAR. There will be dire consequences if you do (well a fine) hint if you do lose them remember your # and make your own (Note I have only done this 4 of the last 5 years)

Bib placement is:

On the left side on the back of the Jersey

On Both arms

We will have a Jersey set up site to show a good visual of how to pin your numbers properly.

Emergency Action Plan

Two trained medical first responders will be on site to administer first aid. They will be located near registration if not responding to an emergency on course. If you need to report an incident: please find an official or race volunteer (first responders, personnel at registration, or Nathan/Lesley Chown) and they will inform the necessary parties.

St Catharines General Hospital is located 1200 Fourth Ave St. Catharines, ON
L2S 0A9

Tel: 905.378.4647

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Race Map/Venue

Similar to last year's course, Plenty of Parking and washrooms

Follow signs for parking (will have a marshal for assistance also)

Registration is at pavilion by the finish.



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Registration will open at 8am-

NOTE- ONLY RACERS FOR THE FIRST 2 STARTs (930AM/1030) WILL BE REGISTERED AT THE 8AM-920 TIME.

Registration will be open 930am- 1pm for all other categories/racers

So if you are in a later start and are there early, that's great just don't register super early get a coffee, warm up, tell me your favorite 80's song, you get the idea.

The course can be pre-ridden at 4:30pm or later on Saturday. Camping is also available on site look into <http://bissellshideaway.com/> for more details. The race organization will be there for the weekend and will provide course secrets and advice to any who happen to be camping. Just look for then poorly put up tent, with an old beat up kona cross bike.

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Event Rules

- The races will be held under the rules of the UCI/CCA with OCA modifications.
- Pre-registration is available online at <https://ccnbikes.com/> . Closes at 11:59 on Thursday Sept. 20th
- Day-of registration is available on site for \$10 more than the fees listed above. Only cash will be accepted on site.
- All riders must sign on at registration each day at least 15 minutes before their start. Registration will open at 8 am and remain open until 1 pm.
- US licensed racers must hold a UCI International License. For insurance reasons a USA Cycling License is not sufficient.
- Citizen Permits are permitted except for in the following categories: Master 2 Men, Elite 3 Men, U19 Men, Elite ½ Men, and Master 1 Men.
- An OCA representative will be present at the race to assist with rider licensing issues.
- Warming up on course while races are going on is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course **after** the finish line and must not interfere with racers completing their last lap. Please be courteous to other racers above all else.
- Cyclocross bicycles conforming with UCI regulations are required in the Elite 1/2/3 Men and Master 1 Men categories. All other categories allow any bicycle (i.e. mountain bikes) provided bar ends are removed.
- Any rider dropping out of the race shall immediately notify a commissaire.
- A double pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance with the exception of a mishap occurring **AFTER** the pit entrance but **BEFORE** the pit exit (travel backwards to pit entrance in this case)
- Lapped riders may be pulled at the order of the commissaires, either after being overtaken or just before being overtaken.
- The prize list will be displayed at registration and is subject to change based on field size. Additional primes may be announced on the start line.
- Results will be posted near registration shortly after each race. Upon posting there will be a 15-minute protest period after which time the results become official and award presentations will follow promptly.
- Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders are expected to wear their competition uniforms for the presentation. Note that appropriate attire (competition uniform, no jeans, no sunglasses and no hats) is required.

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Maps/Directions

QEW to Race Venue:

Directions:

From Toronto:

1. Q.E.W. Niagara to Exit 57 (Victoria Ave) Vineland
2. Head South 13 km to Metler Road
3. Turn Left 8 km to the park on left hand side

From Niagara:

1. Lundy's Lane to Hwy 20, through Fonthill
2. Turn Right on Haist, proceed 2 km to Metler Road
3. Turn Left and proceed 1 km, Park is on the Right hand side

For GPS Users:

- 43.062664, -79.303955
- +43° 3' 45.59", -79° 18' 14.24"

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Race Venue to Hospital:

Driving Directions

1. Start out going west on Metler Rd toward Effingham St.
 2. Turn right onto Effingham St.
 3. Effingham St becomes Fifth Street Louth.
 4. Turn right onto St Paul St W/Regional Rd-81.
 5. Take the 2nd left onto First Street Louth.
- Hospital entrance is on the left over the train tracks at the light.

