

# **We Need More Cowbell VIII**

**Sunday, September 28, 2014**

**Burgoyne Woods Park**

**St. Catharines, Ontario**

## **Technical Guide**



**Sanctioned by the  
Ontario Cycling Association**



**Cowell VIII Cross**  
**28<sup>TH</sup> September 2014**

## Schedule

### Sunday September 28: Ontario-Cup #1

#### Race Schedule Sunday, September 28, 2014

##### Category and Start Times

Categories	Race Time (min)	Start Time
Master 3 Men	40	10:00 am
U15 Men	40	10:00 am
U17 Men	40	10:00 am
U17 Women	40	10:00 am
Beginner Men 19+	40	10:00 am
Master 2 Men	50	11:30 am
U19/Elite Women	50	11:30 am
Master Women	50	11:30 am
U19 Men	50	11:30 am
U23 Men	60	1:00 pm
Elite Men (19-34)	60	1:00 pm
Master 1 Men	60	1:00 pm
Drop CF Kids Race	15/10/5	2:35 start

The Drop 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 helping out. Please try to email me at [row618@hotmail.com](mailto:row618@hotmail.com) to confirm child's attendance (this is not mandatory however)

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

10 am start – podiums will be at 11:15 sharp

1130 start- podiums will be at 1pm sharp

1pm start- podiums will at 2:20 sharp

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## **Fees**

<b>Category</b>	<b>prereg</b>	<b>Day of</b>
Under 17 M/F, Under 19 M/F	\$20	\$30
All others	\$30	\$40

Pre-registration is available online at [www.ontariocycling.org](http://www.ontariocycling.org). Only cash will be accepted on site.

## **Prizes**

The top 3 in each category will receive cowbells. Additionally, prizes consisting of merchandise will be awarded to at least the top three finishers in each category. The total cash and merchandise value is estimated at over \$1500 in total.

## **Bib Numbers/Scoring**

There will be electronic chip timing. Chips to be placed on your fork will be supplied at registration and are to be returned after the race. If you need a second chip for a pit bike please ask at registration.

Bib numbers will be on site for distribution.

Bib placement is :

On the left side on the back of the Jersey

On Both arms

## **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

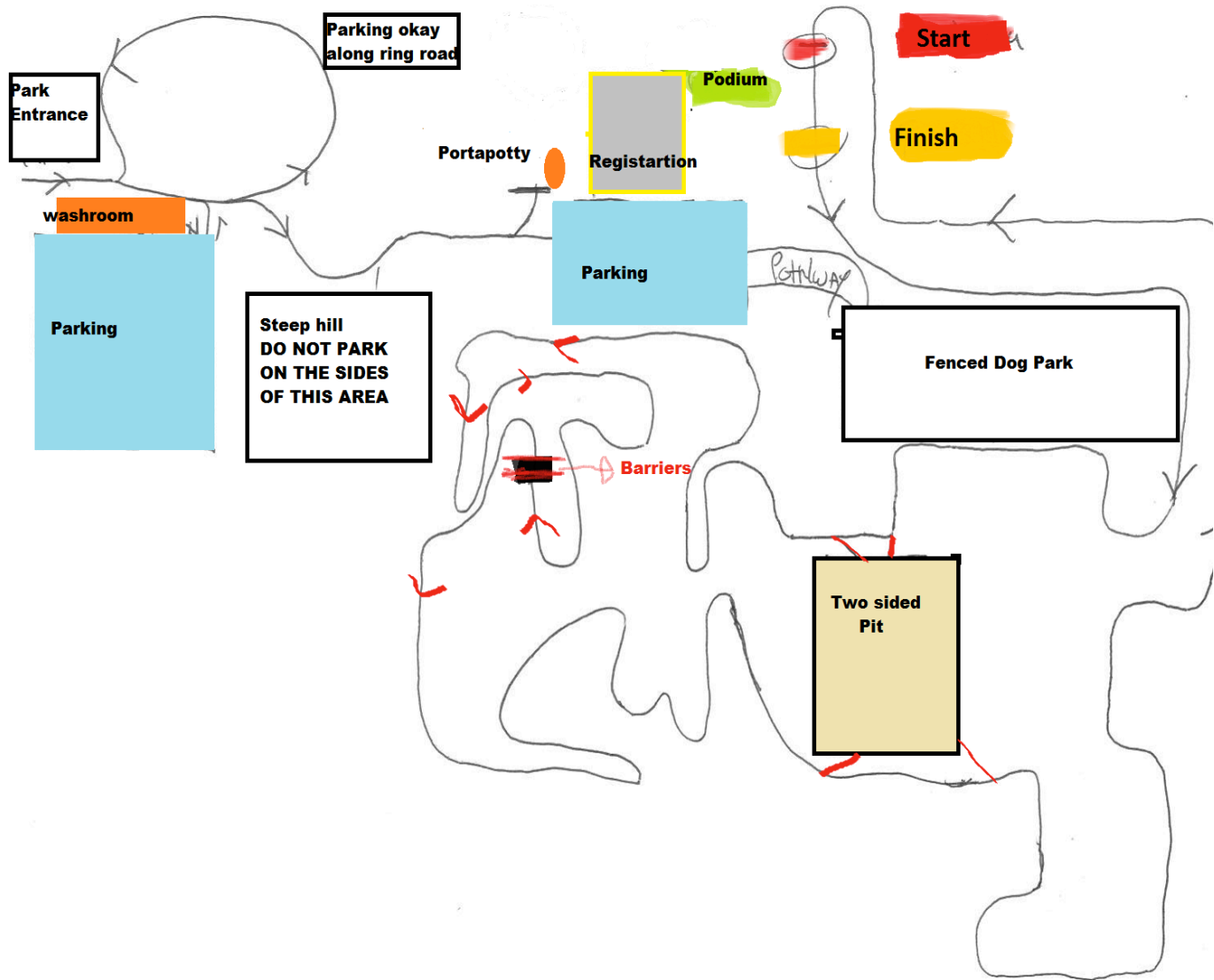
**Tel:**905.378.4647

## Race map/venue

Same Course as last year's S-cup but with a new finish/start area.

There is parking as you first enter the park and also right at the venue. If the venue lot is full please park in the tennis court section of the park (only a 1 min ride to the registration)

There will be a portable washroom at registration and a male/female full washroom by the first parking lot upon park entrance.



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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 [www.ontariocycling.org](http://www.ontariocycling.org) and closes at midnight on Thursday November 22 November, 2012.
- Day-of registration is available on site for \$5 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 9 am and remain open until 1 pm.
- One day licenses will be for sale by the OCA at a cost of \$8 if you do not hold a UCI International License or OCA Citizen Permit. US licensed racers must hold a UCI International License. For insurance reasons a USA Cycling License is not sufficient.
- One day licenses and Citizen's Permits are not offered for the Elite 1/2/3 Men and Master 1 Men categories.
- 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.

## **Maps/Directions**

### **QEW To Race Venue:**

70 Edgedale Rd, St Catharines - Park address

[the park](#)

### **Old School Directions**

#### **From Toronto / Hamilton:**

- Take QEW towards Niagara
- At exit 49, take Ramp (RIGHT) onto HWY-406
- Keep RIGHT onto Ramp Westchester Avenue
- Bear RIGHT (West) onto Westchester Ave
- Turn LEFT (South) onto Glenridge Ave
- Turn LEFT (East) onto Edgedale Rd
- Arrive Burgoyne Woods Park

#### **From Peace Bridge, Fort Erie:**

- Take QEW towards Niagara
- At exit 49, take Ramp (RIGHT) onto HWY-406
- Keep RIGHT onto Ramp Westchester Avenue
- Bear RIGHT (West) onto Westchester Ave
- Turn LEFT (South) onto Glenridge Ave
- Turn LEFT (East) onto Edgedale Rd
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**Race Venue to Hospital:**

Driving Directions

[Edgedale Rd](#)

1. Head west on Edgedale Rd toward Highland Ave 300 m
2. Take the 1st right onto Highland Ave 900 m
3. Turn left onto Old Orchard Rd 150 m
4. Take the 1st right onto Willowdale Ave 210 m
5. Continue onto Geneva St/Regional Rd 46 140 m
6. Take the ramp onto ON-406 N 2.0 km
7. Take the Regional Road 77 W/Fourth Avenue exit 300 m
8. Turn right toward Fourth Ave/Regional Rd 77 14 m
9. Turn left onto Fourth Ave/Regional Rd 77 4.4 km

[Fourth Ave St Catharines, ON L2S](#)