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Nutcase Intercontinental Single Speed Cross  
Championships  
of the Universe  
At Fletchers Farm. On October 31, 2009

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Not part of BUT associated with the Cross on The Rock Series---Year #4

Organized by: Frontrunners, Oak Bay Bikes Nanaimo and Arrowsmith MTB Club

Locally Supported by: Oak Bay Bikes in Nanaimo and Arrowsmith Bikes in Parksville

Brought to you by:





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Vancouver Island Cyclocross

**Technical and Race Guide**  
**NISSCCOTU at Fletchers Farm in Errington.**  
**October 31, 2009**

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Before we go into the usual details of the event let us just say that we are super PUMPED to be putting on this event. While we can not do EVERYTHING that we wanted to do with this event we can still do quite a few things....it will be gnarly and it will be fun.....it is not your usual race so don't bring a highly competitive type "A" attitude....cause you won't enjoy yourself!

A couple of considerations:

**PARKING:** Is limited on the farm. Once the races start at 11:00 the parking within the farm will be closed off and you will have to walk in from the road. We will try to mark off all the areas that are OK for parking and cone off all the areas that are not OK. PLEASE do not park in the areas that are not OK.....obviously!

**COST:** Cost for this event is a bit different than usual.

KIDS under 13 \$5 and includes BBQ Ticket

KIDS 13 to 16 \$10 and includes BBQ Ticket

ADULTS in ALL CATEGORIES is \$20 and you must bring one draw prize, swag, present etc. that you have received or purchased that is either New or close to new for the Master Draw Prize Table. This includes your BBQ Ticket. IF you do not bring a prize, swag etc....the race is \$5 more for you (unless you bring cookies....then it is back to \$20)

IF you are an adult and have no license it is \$10 more....as usual.

**PRIZES:** Again this event is a bit different that our usual events. Everyone (hopefully) will take home a re-gifted draw prize....we will explain how this works at the event. Other draw prizes are limited and category prizes are also limited.

Kids races we will have some prizing for.

We will have some good prizes for such things as BEST costume raced in.

We will have DOUBLE the caffeine for certain things....to be announced.

AND other special prizes.....

For the races it will be basically the Champions that get the rewards and some other good stuff....



# 1. Event Schedule

**Registration Times:** This event has a different registration protocol than any of our other events.

Registration for Race #1: 10:00-10:45

Registration for Race #2: 11:30 to 11:55

Registration for Race #3 and Bike inspection: 12:15 to 1:00

You can only register for the each race in each of the allotted time slots

**Pre-Riding:** Course open for pre-riding from 10:00-10:55 but during that time it will only be set up for Race #1.  
Course will be open for pre-riding from the end of Race #1 until the start of Race #3 EXCEPT when the kids are Racing.  
You can also pre-ride RIGHT after previous races as long as you DO NOT PASS any rider still racing OR cross over the finish line.

(NO PRE-RIDING WHEN RACES ARE IN PROGRESS)

## **Schedule**

10:00: Registration Opens for Race #1

Registration: 10:00 to 12:45

Race number one: 11:00 (approximately 40 minutes for 1<sup>st</sup> rider)

Race number two: 12:00

Race number three: 1:15

AWARDS will follow the conclusion of race number three.

## 2. Directions to Fletchers Farm

### Directions

The location is Fletchers Farm 1697 Errington Rd.

From The inland Island Highway take exit 51 west towards Coombs. Take a left on Errington Rd. Follow Errington Rd to the farm.

From the south:

<http://maps.google.com/maps?f=d&saddr=HWY->

[19,+Parksville,+Nanaimo+Regional+District,+British+Columbia,+Canada&daddr=1697+Errington+Rd,+Qualicum+Beach,+Nanaimo+Regional+District,+British+Columbia,+Canada&hl=en&geocode=&mra=pe&mrcr=0&sll=49.483123,-124.810493&sspn=2.173373,4.603271&ie=UTF8&z=13](http://maps.google.com/maps?f=d&saddr=HWY-19,+Parksville,+Nanaimo+Regional+District,+British+Columbia,+Canada&daddr=1697+Errington+Rd,+Qualicum+Beach,+Nanaimo+Regional+District,+British+Columbia,+Canada&hl=en&geocode=&mra=pe&mrcr=0&sll=49.483123,-124.810493&sspn=2.173373,4.603271&ie=UTF8&z=13)

From the north:

<http://maps.google.com/maps?f=d&saddr=Cumberland&daddr=1697+Errington+Rd,+Qualicum+Beach,+Nanaimo+Regional+District,+British+Columbia,+Canada&hl=en&geocode=&mra=ls&sll=49.483123,-124.810493&sspn=2.173373,4.603271&ie=UTF8&z=10>

## 3. NISSCOTU Race Venue

There is an outhouse toilet on site. There is a sheltered area for registration and food and spectators. Please stick to the course or the roads for warming up etc. There are gardens and grassy areas that we are not allowed to ride on, so when in doubt stick to the course, the driveway or the road. This farm is private property of the Fletcher Family, so be sure to treat the venue with utmost respect & be sure to represent the sport (and yourself... I will not expand further) well. We would like to be welcomed back to this venue as it is a great one so please keep that in mind.

As always....any help with cleaning up after the race would be appreciated.

## 4. Event Categories for NISSCCOTU

**THESE ARE DIFFERENT FROM ALL OUR OTHER EVENTS SO PLEASE CHECK IT OUT.....**

### ***RACE NUMBER ONE: Gears allowed!***

The first one will be an ALL Comer's race for anyone that fits the following description: Races Beginner Male or Female. Has raced Masters, Intermediate or Open women this year and has finished in the 2<sup>nd</sup> half of the field on all occasions that they have raced. Anyone that has not raced this year BUT if they did race they would be 2<sup>nd</sup> half of the field. NO EXPERT RACERS or anyone that had placed in the first half of the field at any of our first 3 events this year. This race will be open to anyone that fits these descriptions. This race will be OPEN TO ANY BIKES WITH ANY NUMBER OF GEARS. You can race a single speed if you would like but generally you can just race your normal bike.

### ***RACE NUMBER TWO: Kids ONLY!***

This will be a kids race. IF we have a good number of kids of different ages we will hold a couple of races. This will be over an abbreviated course and will be shorter than normal races obviously. 10-20 minutes depending on age.

### ***RACE NUMBER THREE: The MAIN event!!***

This race will be the CHAMPIONSHIP EVENT. Anyone can enter this race (even if you fit the description of the above mentioned races). In order to enter the CHAMPIONSHIP event your bike must only have and can only have **ONE functional gear**. By functional we mean you can have your regular cassette or shifters BUT it must be made impossible for you to change gears in any way. If you are entering this event you must present your machine at registration for inspection. All men, women, and trans gender racers will race together if they want to race the championship event.

## 5. Registration Information

**THERE IS ONE THING THAT YOU HAVE TO REMEMBER FOR ALL OF OUR EVENTS and that is YOUR CYCLING BC LICENSE! PUT IT WITH YOUR BIKE. PUT IT IN YOUR WALLET. PUT IT IN YOUR CAR, WHERE EVER YOU WILL NOT FORGET IT. IF you forget your license....NOTHING can save you.....so don't ever argue with our registration person. IF YOU FORGET YOUR LICENSE you WILL be paying an extra \$10 to race. I don't care if I have known you for 15 years.....it does not matter....to race you have to have your license OR you have to have \$10. NO EXCEPTIONS. NONE! (OUR Registration PEOPLE are ruthless on this!)**

FULL UCI LICENSES HAVE BEEN DISCOUNTED FOR THE FALL ON THE CYCLING BC WEB SITE. You will need one of these IF you are racing off the Island. IF you are only racing on the island you need a regional road license to rip it up.

Unfortunately the licensing options are not the clearest part of our new agreement and sanctioning with Cycling BC. We will be working with Cycling BC to make this more simple in 2010 but because of the structure of their organization everything has to pass through the AGM to be changed....and the AGM is in the fall so we are stuck with this for 2009.....but the good news is that we can work with it and see how it goes.

So to try to clarify the requirements:

- Everyone is welcome at our events!
- Our series will have an option for those that do not have any Cycling BC affiliation or license as we did in 2008. This will be available for a higher price than the regular price of the race. In 2009 it was \$5 as the events were subsidizing those that did not have a GRMBA license. This year it will be \$10. SO those without ANY LICENSE can race cross our events in 2009  
You can do our events without paying any extra:
- If you have purchased a full UCI race license for 2009 for EITHER Road OR Road with MTB
- If you have purchased a Cycling BC citizen license for 2009 for ROAD
- If you have purchased a Cycling BC citizen license for 2009 for MTB you have to pay \$9 to upgrade your license add road/cyclocross...do it NOW!

For a description of Cycling BC licensing options, go to: [http://www.cyclingbc.net/itoolkit.asp?pg=UCI/CCA\\_LICENCES](http://www.cyclingbc.net/itoolkit.asp?pg=UCI/CCA_LICENCES)

The Citizen License allows you to race any event in the Provincial calendar for Road, MTB and Cross.

A Citizen License does NOT allow you to race at the National Championships or outside of B.C.

I hope that is kind of clear? If not fire questions to me [normont@islandnet.com](mailto:normont@islandnet.com) or [tealtimas@hotmail.com](mailto:tealtimas@hotmail.com) and we will try to get them sorted.

- There will be no pre-registration for this race.
- All registration will be done on-site see specifics above.
- Entry fee for this race is explained above

## 6. Event Rules

As anyone knows that has done our events....having fun is our #1 priority. Most people comment on how fun our races are while still maintaining good competitive levels and everyone trying very hard to race hard. Rules...well we do follow them pretty much....just not as strict as the UCI or actually most bigger races in Canada which are more strict than the UCI.

One thing that I have been asked to clarify for everyone is our rules as associated with mechanicals, outside assistance, the pits and leaving the course.

*Mechanicals:* If you get a mechanical while racing...of any type and you want to continue in the race as a ranked rider this is what MUST happen; you must continue on the course in the direction of travel of the course until you arrive at the pits for assistance. You can not travel backwards on the course. Nor can you cut the course in any way. You must complete the course as you would if you were riding.

*Pits:* The official pits is the ONLY place that you can receive assistance while racing. You can not receive any assistance on the course other than in the pits....with 1 exception. The 1 exception is that a fellow racer that is racing in your race can help you while you are racing.....BUT then can not give you anything. For example you have a flat tire....a fellow racer can not give you his wheel. Or another example your chain gets stuck...in this case a fellow racer can give you a hand getting it unstuck.

*Outside assistance:* The only place that you can get assistance from anyone that is not racing in your event during your race is in the pits. Any other place on the course is not allowed. So an example of this is you have a flat tire but you do not have a spare in the pits....but your buddy does that is in the parking lot. Well you can not stop at the parking lot to get the spare BUT you can ask your buddy to put the spare in the pits and you can fit it there.

*Leaving the course:* Once the race has started if you chose to leave the course you have left the race and will be a DNF. What this means is for example if you have a mechanical but your tools are in your car and not in the pits so you pop off the course and go to your car to fix your bike....at that point you are a DNF. You must stay on the course for the duration of the race in order to be officially ranked.

Again to be fair to everyone racing.....anyone not following these or our other rules....will be a DQ from your event.....sorry but it is only fair.

I hope that makes things more clear for everyone. Our intention is not to be rule dominated BUT we want to make it fun....and if things are not fair for everyone then they are not as fun for everyone.

If you have any questions or need any clarity on this let me know.

- Good sportsmanship and fair play are our number one rule!
- These races are designed to be fun "club" level events. This is not to say that they will not be challenging or competitive BUT we are not as serious as some other events out there.
- All events are open to any type of bike; road, mountain or cross. A cross bike should be your first choice followed by a mountain bike....road bikes will not enjoy our courses...
- From event #2 onwards call up will be based on series points for those ranked and then random for all remaining racers.
- All riders will finish on lap following the leader finishing the race.
- Other than these specific rules regular cross rules and common sense will dictate everything else.
- The race organizer and or official have the final say in everything!
- At Cross on the Rock events racers are not pulled if they are lapped by the leaders of their event. All racers finish on the lead racer's lap so you are never more than one lap down nor do you race much longer than the leader of your race. IF you do not finish on the lead racer's lap then you will receive a DNF.

## THANKS

To Hugh Fletcher & the Fletcher Family for agreeing to let us use this spectacular venue again!!!

Our host Cycling Club; Arrowsmith Mountain Bike Club.

Our Local Bike Shop Supporter: Arrowsmith Mountain Cycle

Our Host; Fletcher's Farm.

## Our Sponsors:



## Organized by:

Fronrunners in Nanaimo with Oak Bay Bikes in Nanaimo in partnership with the following cycling clubs: VICC, Experience Cycling Club, UROC, Arrowsmith MTB Club and IRC

## Supported by:

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