



CrossTastic 2010

Presented by FOG Cycling Club and Unicity Eye Clinic

The most **up to date race information** can always be found at www.superprestige.blogspot.com/

Date: October 24, 2010

Location: Whittier Park (Fort Gibraltar) See map below.

This is race #6 of the cyclocross cup series. Details
<http://cxmb.blogspot.com/2010/09/2010-cyclocross-cup.html>

Please Note we are guests of the City of Winnipeg and we must leave the park in similar condition to which we find it.

Times:

Kids (U13): 1:00 PM (15 min + 1 lap)

B-race (B level, citizen, U15, & U17): 1:45 (25 min + 2 laps)

A-race: 3:00 (45 min + 2 laps)

Cost:

\$17. Cash only. Exact change would be helpful.

\$5 for citizen racers holding an MCA citizen license. Cash only.

Kids race: free.

Prizes:

Over \$3000 in prizes including:

-3 Cyclocross Frames: by draw prize. Yes, three!

-TRP Euro-X brakes: by draw prize

-Autographed copy of *Cyclocross Training & Technique* by Simon Burney

-Eligibility: paying racers

-Winners must be present at time of draw

-Draws will be made after results are posted and the course is torn down and raked.

The more hands helping the quicker it will happen.

Categories: Kids (U13, U11, U9); B level (includes U15 and citizens); A level

Registration:

Registration opens at 12:00 and ends 30 minutes before your event. You must hold a UCI/CCA racing licence, MCA citizen licence, KOM licence.

Registration and waiver are available online and at the race site. Please download the form and waiver, complete both and bring to the race. Save a tree and print on both sides of the same sheet.

All riders (including those with season's passes) must hand in a waiver and show their licence to the commissaries.

Assembly and Seeding:

Riders in the B and A races will assemble 10 minutes before the scheduled race start and will be called to the start line in seeded order. Seeding is based on placement in prior races of the 2010 season. Riders who have not raced yet will start at the back of their group. Riders must start in their seeded position or be relegated. The seeding list will be available on <http://www.superprestige.blogspot.com/> by Saturday.

Race Course: The course will be open for pre-riding at about noon on race day, but no sooner due to concerns about soil erosion. Length will be 3 to 3.5 km. The course will consist of grass fields, forest paths, crushed limestone path, and grass paths.

More Good Stuff:

Free food for everyone. European sausages and wieners, coffee and hot chocolate for all participants and spectators.

This is race number six of the **cyclocross participation series**. All race-licenced A, B race entrants are eligible to win a set of cyclocross race wheels (choice of tubular or clincher). UCI licenced riders will receive one draw entry for every race ridden in for the draw of a set of race wheels at the end of the season. The more races entered the more chances. Details <http://cxmb.blogspot.com/2010/09/cyclocross-participation-series.html>

Race Regulations:

Hand-ups (food, tools, or supplies) are not allowed anywhere on the course. A rider may NOT take on any additional water or food at any time during the race.

Mechanical work, bike exchange, or wheel exchange may only take place within the designated pit lane. Riders may never cut across the course and may never backtrack along the course to get to the pit lane.

Road, mountain, and cyclocross bikes are allowed. Tires in the A group are restricted to a maximum width of 1.5" for 26" wheels and 35mm for all others. MTB handlebars must not have bar-ends. All bikes must have functional front and rear brakes. More details are available <http://cxmb.blogspot.com/2010/09/cross-update.html> and <http://cxmb.blogspot.com/2010/08/2010-cyclocross-equipment-regulations.html>.

Riders are required to wear a hard-shell ANSI or SNELL approved helmet while racing, warming up, and cooling down.

Parking:

Parking is available in the parking lot. Do not park on any roads.

Courtesy and Safety:

The park is a public area. Marshals do not have authority to prevent people from entering. Keep your head up at all times.

Be courteous to all park users. Please clean up after yourself.

Washrooms:

Washrooms are located at the registration area. Please clean up after yourself.

