



Cyclocross Racing Manual

Info for New Racers

This is my first race and which category should I choose?

Finding the right category to race will make your race experience much more enjoyable, the trick is not to bite off more than you can chew nor picking a category that is too easy.

Adults

Adults, 19 years of age and older, who have NEVER raced before should start in the Citizen category. We ask that ALL first time Adult racers do at least 1 race in Citizen to ensure they are able to compete and finish their first event. **The Citizen race license is only \$40 for all first time racers in 2010.** Once you move up to the next category you will be required to pay the additional costs for a full race license.

If you find your first race too easy, then for your next race you can move up to the B category. See the category descriptions more details/options.

If you have raced in the past, but it has been a few years, please choose the B category until your skills and fitness allow you to move to a higher category.

Kids & Juniors

Kids and juniors should all start in the age appropriate Sport level category. See the category descriptions for more details.

Remember that you are not stuck with the category you choose, if it is too hard or too easy you can change, but ONLY by contacting the MCA office and applying for a change. You will be given a new license based on the new category, but you **MUST** race in the category that your license currently signifies. **You can NOT change categories at a race.**

To change categories, please contact Executive Director at the MCA offices for assistance & details.

What can I Expect at a typical Cyclocross Race?

Cyclocross is road discipline. Races are typically run in parks and involve a variety of surfaces: grass, paths, dirt, gravel, mud, sand, and pavement. Racers can expect to dismount, carry their bikes over an obstacle, and remount their bikes during several times a race. The race format is a timed event, whomever covers the most distance in the quickest time wins the race. Each

category has a designated time limit plus additional laps added when the time expires; when the leader of the race has passed the start/finish line after their time has expired they need to complete an additional one or two laps to complete the race. All racers, once they have crossed the start/finish line after the time limit, have an additional one or two laps to complete unless they are passed by the race leader during those laps, their race will be done once they cross the start finish line regardless if they still have a lap left.

The schedule for most races is similar; here is what you can expect:

- All racers must still sign-on between 9:30AM and 11:30AM on the day of the race; sign-in closes 30 minutes before the start of the race.
- You must have your current license with you at sign-in and present it to the commissaries when you sign-in.
- If you have not pre-registered, please arrive by at least 11:00AM to register; registration closes 60 minutes before the start of the race.
- Sometime you arrive late, it happens. There is no guarantee that you will be allowed to start the race but ask the race organizer and commissaries if you can still enter the race, they will try to be as accommodating as possible. If you are not pre-registered and arrive late you must first obtain permission to start by the race organizer, If permission is granted you need to register and sign the waiver. After that report immediately to the Chief Commissaire who will determine when and where you may start. Your start time will be the same as others in your race.
- Most organizers will need you to pay by cash or cheque at races if you choose to register the day of the race.
- **All racers MUST complete the appropriate Registration Form and Waiver for every race or race series they enter.**
- When you register you will need to present your current race license.
- Remember helmet use is MANDATORY and you must wear (this means on your head and fastened) your helmet at all times at MCA races, even during warm up/cool down and even the parking lot).

Sample Race Day Schedule of Events:

- **9:30-11:00AM:** Registration (sign-in) and practice on the course. This is when you will have time to pre-ride the race course (only registered racers are allowed on the course) - helmets are MANDATORY at all times.
- **10:45AM:** Rider staging for the kid races
- **11:00AM:** Start of the kids race
- **11:45AM:** Rider staging for the Citizen and B category, staging for the A category starts 15 minutes after the completion of the Citizen/B race.
- **12:00PM:** Start of race for first wave of riders
- **1:00:** Start of the A race
- **2:30 - 3:00PM:** Results & Awards ceremony.

You will be provided...

There will be washroom facilities on-site (often out houses). Most races provide prizes after the

race for most categories (see prizing details below)

What you need to bring...

- Your race license
- Your MCA number plate and jersey numbers – this will be given to you at your first race
- Tools, a pump, and spare inner tubes (if you don't have many tools don't hesitate to ask your fellow racer, they're often willing to lend you a hand)
- Water & nutrition for both the race and after
- Clean/dry clothes for after the race
- Extra cycling clothes if the weather changes,
- A good attitude
- Food & drinks for your friends and family who are there to watch.

Need help - just ask

New racers sometimes find the pre-race time a little intimidating with the pre-race nerves. If you are not sure about something, feel free to ask fellow racers. Most are very friendly and willing to help.

Racing Rules

These are the general rules for racing in Manitoba. To see the full rules of racing please visit the UCI (<http://www.uci.ch/>) CCA (<http://www.canadian-cycling.com/>) for full explanations of all of the rules of racing.

1. All racers bikes must operate a bicycle with both front and rear working brakes.
2. All racers must wear a CSA approved helmet while riding on OR off-course (even the parking lot).
3. Riders shall act and race with caution and respect for their fellow racers. They shall be held responsible for any accidents that they cause.
4. Racers must have their license with them at all times during a race event.
5. It is a racer's responsibility to familiarizing yourself with the race course before the race (marshals will not be obligated to give out directions to confused riders).
6. A racer must act in a sporting manner at all times and shall permit any faster rider to overtake without obstructing.
7. Music players and electronic devises are NOT allowed by any racers during any events.
8. Sleeveless jerseys are NOT allowed.
9. You can only wear a jersey of a club or team you currently belong to, no pro team jerseys that you are not a member of; if you do not belong to a club wear any jersey that is not a pro jersey nor a club jersey where you are not a member of that club.
10. Handlebars must have end caps.

Event & Spectator Rules

Only registered racers are allowed on the course during the race. All spectators must remain on the sides of the course during the race. And must not assist or interfere with racers in any way during the race. Please remember that the feed and technical zones are NOT intended for spectators and dogs should remain on a leash at ALL TIMES at race events.

How long is my race?

Here is a list of average race times that the leader of the category can expect. The list shows minimum, optimum, and maximum times that a racer can expect; the difficulty of the course, conditions and trail configurations determine these times.

Category	Time
U9 – U15 (male and female)	15 minutes + 1 or 2 laps (typically 20 minutes)
U17, Citizen, B (male and female)	30 minutes + 1 or 2 laps (typically 40 – 50 minutes)
A (male and female)	45 minutes + 1 or 2 laps (typically 55 – 65 minutes)

Posting of Results

Results are posted shortly after the last race is completed. At that time the commissaries will give racers 10 minutes to verify their standing – if there is a dispute regarding your standing you must take it up the commissaries at this time. After the 10 minutes have expired the results become official.

Results will be posted on the MCA website within 24 hours of the end of the race, often earlier.

Results may also be posted on the organizer's website.

Prizing

Race organizers will often supply prizes for the top performers in each category. Prizes can vary from cash to bike related prizes to gift certificates. The depth and type of prizing is dependent on the number of racers in a category and level of category being prized. If there are a large number of racers in a category the prizing can sometimes go 5 deep, if there are only a few racers it may only go one or two deep – it is dependent on the organizer. Because Citizen racers do not typically pay an entry fee for entering a race they may not receive prizes for their events – again this up to the organizer.

Racing Categories

Kids and Juniors

These are the categories that are used in Manitoba Cup races and events except for the Provincial championships (see the Provincial Race Categories document for more information regarding this). The following categories are used to group racers (the racer's age as of December 31 of that year):

- U17 male and female – ages 16 and 17
- U15 male and female – ages 14 and 15
- U13 male and female – ages 12 and 13
- U11 male and female – ages 10 and 11

- U9 male and female – ages 9 and under

Adults Categories

There are male and female categories for each of these categories.

Citizen – Citizen is intended as an entry level category, to allow new racers to develop the skills and fitness to compete at a higher level. Once a rider is capable of competing at the Sport (or higher level), they will be contacted to move up to upgrade to appropriate category. This evaluation is based on average lap times. **All first time racers should do at least one race in Citizen.**

B - Good fitness and bike handling skills. Cat 5 and lower ranked 4 in Road, Sport and lower ranked Comp in Mountain Bike

A - High to very high levels of fitness and bike handling skills. Cat 3 and higher ranked 4 in Road, elite, expert, and higher ranked Comp in Mountain Bike

Categories for Provincial Championships

The Provincial Championship XC race uses the standard CCA set of Categories for adults shown below. All Novice & Comp racers will race in their age appropriate Sport Category. All kids, youth and Junior categories are the same as the Cup Series.

Adult Categories

Male and Female

- 60+
- 50+
- 40+
- 30+
- Elite (24-29)
- U23
- U17

U15 and Under

Male and Female

U 15
U13
U11

Category Advancement Criteria

How to change categories

The intention of the category system is to create better competition for ALL racers. Racers who feel they can no longer compete at their current level are **encouraged** to make a formal written request to move down a category if their Average Lap Times are suitable for the lower category, not being within the top 25% of the lower category. **They must do at least two races in their current category before they can move down.**

To request to change categories (either to move up or to move down), please email your request to the current Road Coordinator to be reviewed by the Road Committee or call the Executive Director at the MCA office.

Please include your previously 3 race results and a brief explanation of why you wish to change categories. Your request will be reviewed and if approved, the MCA office will issue you a new MCA license if necessary.

You **cannot** change categories at a race. You must make a formal written request that will be reviewed by the Road committee.