

# Cyclo-Cross Trailer Park Cup #5

*We Need more Cowbell-Nomesayin!*

Big Valley Camping Resort, 2211 King St, St. Catharines, ON L2R 6P7

September 22, 2024

presented by

The Green Bastard and Conky



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## GENERAL EVENT INFORMATION

*This event is cool, it's in a trailer park and there will be 1 or 2 run ups ( zero if you run dumb gravel gearing)*

*Date: September 22, 2024*

*Name of Location: Big Valley Camping Resort*

*Address: 2211 King St, St. Catharines, ON L2R 6P7*

*Directions on how to get from parking to Start: can't miss it.*

*Organizer Name: Nathan Chown*

*Organizer Website: <https://www.cowbellbikeraces.ca/cowbell-cx-race>*

*Registration Link: <https://www.webscorer.com/register?raceid=362720>*

## EVENT LOCATION

### Toronto/Hamilton-

Head east on Queen Elizabeth Way



Take exit 55 toward Regional Road 26/Jordan Rd/Jordan Station  
400 m



Turn left onto Bayview Blvd  
120 m



Turn right at the 1st cross street onto Jordan Rd/Regional Rd 26  
4.2 km



Turn left onto Niagara Regional Rd 81  
2.1 km



Turn left

## EVENT CONTACT INFORMATION

<b>Name</b>	<b>Role</b>	<b>Email</b>
Nathan Chown	Event Organizer	Cxking618@gmail.com
Ontario Cycling	Provincial/Sanctioning Body	Events.team@ontariocycling.org

Doug Pogue	Timer/Results	Racetiming.ca
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## LICENSING REQUIREMENTS

All riders are required to have one of the below

Challenge Membership

Compete Membership

UCI license

## REGISTRATION/PRICING

Pre-registration is available online only at <https://ccnbikes.com/>

Online registration opens *SOON*

Online registration closes *September 19<sup>th</sup> 1159 pm* (Thursday at midnight prior to the event).

## Day-Of registration is not Available

All participants must be licensed by OC with a Provincial Race License and/or hold a UCI license with a valid race category on their card.

Category (Racing as of Dec. 31, 2025)	Pre-Reg Pricing
U13 Men (8-12)	35
U13 Women (8-12)	35
U15 Men (13-14)	35
U15 Women (13-14)	35
U17 Men (15-16)	35
U17 Women (15-16)	35
Elite 1,2 Men (17+ yrs)*	50
Elite 1,2 Women (17+ yrs)*	50
Elite 3 Women (17+ yrs)	50
Elite 3 Men (17+ yrs)	50
Elite 4 Men (17+ yrs)	50
Master A,B Women (35+ yrs)	50
Master 1 Men (35+ yrs)	50
Master 2 Men (35+ yrs)	50
Master 3 Men (35+ yrs)	50
Single Speed Men/Women (17+ yrs)	50 (20 if second race)

## EVENT DAY Registration

All riders must Register on the day of the race at *Center pavilion across from washrooms, this is not directly on the course but only 100meters from the start*, and present their Provincial Race License or UCI license. Sign-In will be open from *800am to 230 pm*.

## SITE/COURSE MAP AND STRAVA SEGMENT OF COURSE

<https://www.strava.com/segments/29978519?filter=overall>

## **Youtube course video**

<https://www.youtube.com/watch?v=oLzrGDrlcTc>

It's upside down sorry, add video editing to things I am not qualified to do

## SCHEDULE

**trailer park Cup**

<b>Start Time</b>	<b>Category</b>	<b>Approximate Duration</b>
9:30 AM	M3 Men	40 minutes
10:30 AM	E4 Men	40 minutes
11:30 AM	U17 / U15 / U13	40 minutes
12:30 PM	E3 Men	45 minutes
12:31 PM	M2 Men	45 minutes
1:45 PM	E1 and E2 Women	50 minutes
1:45 PM	E3 and Master Women	40 minutes
3:00 PM	M1, E1 and E2 Men	60 minutes
3:01 PM	Single Speed	45 minutes

## WARM UPS/PRE-RIDE

Full course Pre ride available from Saturday after 3 pm.

## GENERAL EVENT RULES AND REGULATIONS

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are available online at [www.ontariocycling.org/officials](http://www.ontariocycling.org/officials)
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- Riders must have a valid Provincial Race License (where applicable) or UCI license to participate. Or a Compete,Challenge OC membership
- Proof of license purchase (i.e. receipt) is not a sufficient proof of license and will not be accepted on race day.
- Races will start promptly at the indicated start times.
- There will be no team managers meeting. if you have a manager you are way too serious
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please be courteous to other racers above all else.
- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you will forfeit your starting position.
- Any rider dropping out of the race shall notify the finish line crew.



- A double wheel 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 back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- Results will be posted on-line like somewhere on the net.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled. If there are any changes or delays in the schedule
- *Any changes please refer to website or facebook links*
- *Mullets are encouraged*

## EQUIPMENT RULES

- Cyclocross bicycles conforming with UCI regulations are required in the Elite 1, 2, 3 and Master 1 Men categories. In particular:
  - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
  - Mountain bikes or bikes with flat-bar handlebars are not permitted.
  - Width of the tire shall not exceed 38mm and it may not incorporate any form of spike or stud.
  - All other categories allow the use of any bicycle; including mountain bikes provided bar end are removed to be used.
- Sleeveless jerseys are not permitted. but are awesome
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only and the FBI.
- Riders may not use any form of radio communication while competing.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.
- *The use of mustard glass containers as a spectator is awesome.*

## BIB NUMBERS

- One set of bib numbers will be distributed per rider. They are yours forever.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of the completion
- Replacement chips will be issued at the rider's expense, at a cost of \$5 per chip.
- Bibs are to be placed on both arms and the left back side of the jersey. Please refer to below diagram.



## RIDER CALL-UPS

Call ups will be done loosely on last year's results, zwift ranking and mullet size.

## TIMING & RESULTS

Event will be timed by [racetiming.ca](http://racetiming.ca).

## AWARDS/PODIUM PROTOCOL

All podium finishers are expected to be in attendance in clean cycling apparel representing the club or team corresponding to their license. Hats and/or

*Start time      award presentation*

*0930              1015 am*

*1030              1115 am*

*1130              1215 pm*

*1230              130 pm*

*145                245 pm*

*3pm               415pm*

# EMERGENCY ACTION PLAN

## DIRECTIONS TO HOSPITAL

### **Big Valley Camping Resort**

2211 King St, St. Catharines, ON L2R 6P7

Turn left onto Niagara Regional Rd 81

4.9 km



Turn left onto First Street Louth

1.2 km



Turn left at Burbank Dr

120 m



Turn right

41 m



Turn left

**Destination will be on the right**

85 m

### **Niagara Health - St. Catharines Site**

1200 Fourth Ave, St. Catharines, ON L2S 0A9

2 first aid trained personnel have agreed to service the event.. They will also be located at the start/finish line and all equipment will also be located with them at the site.

*Race updates will be through twitter, instagram, facebook and lastly emails via the CCN app will also be used.*

Local weather will be monitored by the Event Organizer. Events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado. In the event of thunder or lightning, the course must be evacuated, and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle.

[OC Lightning Policy.](#)

## ACCOMMODATION

*You can stay right at the park via tent or trailer. There are cabin rentals also. That way you can help pound a few stakes as we set up and know all the lines. Even early on Saturday some sections will be ready to check out.*

