



SCHOOL of CROSS

Presented by ERTC & Revolution Cycle
Saturday, September 25, 2010
Royal Gardens Park (4030 117st)
Register at www.karelo.com

2010 Tech Guide



The Edmonton Road and Track Club is extremely proud to present the second edition of the 'School of Cross'. The race will again be held at Royal Gardens Park (4030-117 Street) with the Royal Gardens Community hall acting as race headquarters for the day.

Bring the whole family, friends, kids and anyone else you know to cheer on all the competitors on what promises to be an exciting day of racing and entertainment.

The Course

The course will be slightly different from last year but will still offer a World Cup style cyclocross course featuring a technical descent, double barriers, a sand pit and steep run-ups making it very challenging for racers, but still offering great vantage points for spectators.

Parking

Parking is not available at the community hall. Please park at Richard Second School and St. Boniface School (see course map). Please avoid parking in the neighborhood unless there are no more spots available at the schools. There will be parking lot monitors directing you.

Registration

Registration is available on [Karelo](#) for \$32 for all licensed riders. If you want to race Sport and don't have a license, it is a \$10 charge for a day license. Pre-registration is mandatory for all ABA categories. If it's your first time racing, you can choose between racing in the fun Cross Dressing Cruiser Cross Category, or the more competitive Sport Category. To race the Sport Category, you will need to pre-register, and a day license (\$42), to race the Cruiser cross, register on race day, and it's only \$10 for the race.

Cross Dressing Cruiser Cross registration will be race day only, for \$10 and you will have to sign a waiver. Dress appropriately as the name suggests.

The School Cross Championships race will be free for competitors, but racers are required to sign a waiver form and register. All riders under 18 must have their parents present on race day to sign the waiver, or print it off and get them to sign it before you show up.

Body Numbers

Please bring your **road racing** body numbers. If you do not have body numbers, the ABA will provide those for you on race day. Position one number **down the center of your back** (so you are almost sitting on it) or both body-numbers **down low on your back pockets** so they are clearly visible from anywhere behind.

Bikes, Equipment and some 'new' UCI rules

Elite and Expert men racers must have cyclocross bikes. Sport men and Women B racers can use cyclocross bikes or mountain bikes. Kids Cross competitors must have a bike that is in good working order.

The UCI passed new regulations this year that allow disc brakes in cyclocross competitions. So if you use disc brakes in the race it's ok with us!

All bikes must be in good working order and free of racks or carriers and competitors must wear a CCA approved helmet at all times while racing/riding.

If you are racing in the Cross Dressing Cruiser Cross Category or School Championships, there are absolutely no restrictions on bike choice, just make sure it's in good working order.

Mechanical/Feed Zone

Another new UCI regulation allows feeding if the temperature is above 20 degrees C. If you decide to take advantage of this new rule there is no feeding on the first two and last two laps of the race. The feed zone will be located in the same place as the mechanical zone. In the mechanical zone you can leave spare wheels, bikes, or anything else you might need. The location of the pit is on the course map. Make sure you label your stuff and collect it after your race.

Schedule of Events

***Sign-on opens at 9:00am and ends 30min before your race!**

9:30-10:00am :: course open for pre-riding

10:10am :: Sport Men 40min

11:00am :: Expert Men 50min

12:00pm :: Women call-ups

12:10pm :: Womens A/B 40min

1:00pm :: Cross Dressing Cruiser Cross and High/Junior High School Championships 15min (2 laps)

1:20pm :: Elementary School Championships and Kids Race 10min (half lap)
1:45pm :: Elite Men call-ups
2:00pm :: Elite Mens Start 60min

Awards immediately following the Elite Men's race!

Course Pre-riding

Pre-riding can be done during the morning session as well as between races. Don't ride the course when other categories are racing. You will be **fin**ed and/or **disqualified** if you're caught.

Awards and Draw Prizes

Our generous sponsors have donated a number of prizes for this event. We will also have cash prizes for the Elite men and women's races. There will also be draw prizes for all competitors and volunteers immediately following the Elite Men's race.

Food and Beverage action

There will be food and drink action on site so you can have a beverage and food after your race. This is available to racers and volunteers.

Other things

Make sure you thank at least one volunteer. Without volunteers you wouldn't be able to race. Take some time and say thank you.

How to get there:

From Calgary head north on Highway 2 towards Edmonton
Continue north on Gateway Boulevard
Turn left on 34th avenue
Turn right at 111th street
Turn left at 40th avenue
Turn right at 117th street
The community hall is on your left

Course Map

