

BCW Cycling Club Presents:

Sask Cup 1 & 2

BCW Double Cross Weekend

Sat Sept 30 & Sun Oct 1, 2017

Blackstrap Provincial Park



Sponsors:



Location:

Blackstrap Provincial Park - <https://goo.gl/maps/jLeOf>

Parking for both races is available in the parking lot in the Trailhead Parking Lot (see Map at the end of this document).

Registration and the start/finish area will be at the Mountain View parking lot (across the road from the Trailhead Parking Lot. Parking in the Mountain View lot will be for commissaires & course marking vehicles only, please.

Registration:

Pre-Register: Register online before Thursday, Sept 28th at 11PM at:
<https://www.registrationlogic.com/secure/Register.aspx?E=2905>

\$25/race or \$40 for both days (includes meals both days)

Late Online or Race-Day Registration:

\$40/race or \$60 for both days

Blackstrap Provincial Park – Picnic Building on the Beach (north of Lakeview Parking Lot)

Kids Mini Race (under 14 not wanting to race in the Sask Cup Series)

\$5/race

*Not part of the Sask Cup Series. SCA membership is required.

This race will be approximately 8-10 minutes long

Categories

When you're new, it's hard to pick a category. First check your race license to see what it says. The newest riders are usually in the Cat 5 category, but if you have had cycling experience, you may wish to start in the Cat 4 category.

Long Race	50 minutes	Cat 1 / 2 Men, Cat 3 Men & Women, Cat 4 Men
Short Race	35 minutes	Cat 4 / 5 Women/Youth, Cat 5 Men/Youth

Race Day Registration, Pre-Ride and Race Times:

Saturday, Saturday 1st:

Registration for all categories	2:00-2:30 PM
Course Available for Pre-Ride	2:00 PM
Race Start - short race	3:00 PM
Kids Race - not Sask Cup	3:15 PM
Course open for one lap	at end of short race
Race Start - long race	4:00 PM
Yummy Food & Awards	5:15 PM

Sunday, Sunday 2nd:

Registration	9:00-9:30 AM
Course Available for Pre-Ride	9:00 AM
Race Start - short race	10:00 AM
Kids Race - not Sask Cup	10:15 PM
Course open for one lap	at end of short race
Race Start - long race	11:00 AM
Yummy Food & Awards	12:15 PM
Course Take Down	1:00 PM

Mechanical/Feed zone:

As usual, we will be setting this zone up as it occurs to us (usually about 10 minutes before the start of the race). Feeding (handing bottles to riders during the race) is allowed ONLY if the Chief of Commissaires so declares. The bike/wheel pit will be at the halfway point of the course so that we can have double entry (3KM sounds like a nice walk until you are in a hurry to get some repairs done).

The Courses

We're always trying to mix it up, but you can be sure our goal is to use up some of the trails on the beach trails and try to get across the road onto the cross country trails. If you have a strong opinion, we'd love to see you during course setup! :)

Courtesy Notes for Race Venue:

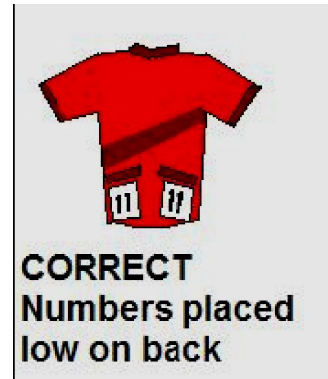
- Please respect the park by not urinating in public (the washrooms are conveniently located in the middle of the course & near the Mountain View area).
- Garbage containers are conveniently placed around the park.
- Please respect the commissaires, volunteers and your fellow racers at all times.

You Should Know:

- All riders must have a valid UCI license, or an SCA in-province license (\$30) – These can be purchased at the event, but then you need cash, and it takes forever to fill out the form, etc... so do yourself a favor and sign up now at www.saskcycling.ca A one-event license is also available, but must be purchased in advance at www.saskcycling.ca
- Riders are expected to know and understand the UCI Cyclo-cross rules.
- Please bring your race license and road racing body numbers. If you do not have body numbers, the SCA will provide those to you on race day.
- New cross racers will compete in the cyclo-cross category corresponding to their respective road or mountain bike category (whichever is higher).
- Random prizes to be awarded. All competitors are eligible for draw prizes.
- Cyclo-cross bikes & mountain bikes are permitted in all categories.

Number Placement

Please bring your race license, and road racing body numbers. If you do not have body numbers, the SCA will provide those for you on race day. Position both numbers on each the left and right side pockets (as per the illustration).



Awards & Draw Prizes

Awards will take place as soon as results are tabulated, after the last racer has completed the course and will be handed out after lunch is served.

Race Organizer: Susan Clarke susan@biking.org

Race Day Representative: TBD

Thank You

Thank you to the Saskatchewan Cycling Association & Sask Sport. Thank you, as well, to race sponsors Bruce's Cycle Works, Professional Computer Services, Louis Garneau and Booster Juice. Finally, special thanks to Cycledelia for lending us set-up equipment and to all of the volunteers who donate their time, energy and items for the race.

Tips For New Racers and Reminders For the Rest of Us!

- Pack the night before. Don't forget: ID (race license/member card), helmet, gloves, glasses, shoes, bike, bike clothing, spare tube (you can get a flat prior to a race), food to eat prior and after, water bottles with water, towel (in case it's muddy/wet), and anything else you can think of. If the weather is iffy, pack extra clothing so you can stay warm while you wait for the start.
- Food and water are very rarely provided at Sask Cup races. Bring what you need.
- Check your bike over before you start racing - better yet, get a tune-up a few days prior to the event. A clean bike is a fast bike. Clean your bike and oil your chain.
- Arrive 15 minutes prior to registration opening. You'll have time to park, set up your equipment, register, pre-ride, change, and eat something.
- The numbers you get at the first Sask Cup race of each discipline (e.g., cyclocross or road) will be the numbers you keep for the season. Please bring them to every race. Please don't bring your club event numbers (e.g., Belgian Cup).
- Pre-Ride the course. You might be intimidated thinking you will hold everyone up, but you won't, and you must know where you are going.
- You must follow the course at all times while you are racing. If you leave the course, you must re-enter where you left.
- If you can no longer race and wish to quit, you must check in with the start/finish line to let them know that you have left the race. We will spend a great deal of time looking for you.
- Please be polite to those you are racing with. It's easy to get excited and wish to pass people quickly. Remember that people need a bit of time when you are passing them. Use language like, "I'm just behind you and will pass on the left when it's safe".
- Introduce yourself to at least one person. Maybe you'll make a new friend!
- Have fun! You're doing something many people only dream of doing. Most of us have decided not to go to the Olympics this time around, so we're all out with the same idea. ;)

MAP To Parking Lot

