

# Regina CX Cross Weekend

Sask Cup # 1 - October 23<sup>th</sup>, 2021

Sask Cup # 2 - October 24<sup>th</sup>, 2021

Douglas Park - Regina, SK  
Hosted by Regina Cycle Club

Proudly supported by:



***Dutch Cycle***



## **Race Weekend Information**

### **Mandatory Vaccination:**

- Due to the ongoing COVID situation we will be implementing a mandatory vaccination policy. We will be checking this on the day of racing.

**Location:** Douglas Park, Regina

<https://www.google.ca/maps/place/Douglas+Park,+Regina,+SK/@50.4286156,-104.5829404,16z/data=!3m1!4b1!4m5!3m4!1s0x531ea07ffdbe022d:0x5cd5a3f18c9f845f!8m2!3d50.427984!4d-104.5781638>

- Parking for both races is available in the parking lot for Leibel Field/Douglas Park Track.
- Registration and the start/finish area will be located near the washroom/change room facilities at the end of the parking lot.
- We will have Hillside Smoke'n Que food truck on site for after the Sunday race.

## **Registration:**

- Online registration: \$35/race or \$55 for both days
- Race day registration: \$40/race or \$60 for both days

\*SCA membership is required\*

**\*\*Online registration closes on Thursday October 22nd, 2021 at midnight\*\***

## **Categories:**

- Long Race 50 minutes: Cat 1 / 2 Men, Cat 3 Men & Women, Cat 4 Men
- Short Race 35 minutes: Cat 4 / 5 Women, Cat 5 Men, Cat 6 Men/Women (Youth)

## **Race Day Registration, Pre-Ride and Race Times:**



### **Saturday, October 23<sup>rd</sup> – Sask Cup #1**

Registration for all categories 2:00-2:30 PM

Course Available for Pre-Ride 2:00 PM

Short race start - 3:00 PM  
Course open for one lap at end of short race.  
Long race start - 4:00 PM

### **Sunday, October 24th - Sask Cup #2**

Registration 10:00-10:30 AM  
Course Available for Pre-Ride 10:00 AM  
Short race start - 11:00 AM  
Course open for one pre-ride lap at end of short race.  
Long race start - 12:00 PM  
Awards, prizes and snacks 1:30 PM  
Course Take Down 2:00 PM

\*The event organizers thank everyone in advance for helping take down the course.

### **Mechanical/Feed zone:**

- 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 Commissaries so declares. The bike/wheel pit will be at the halfway point of the course so that we can have double entry.

### **The Course:**

- As always the course will contain a combination of twisty technical and off camber sections to test your skill, long/fast sections to test your fitness, and of course a few runs ups and barriers because it's cross! Oh and be prepared to climb Mount Douglas. The music will be pumping for all races!!
- The course will attempt to include paths, grass, hills, alternating in such a way as to ensure changes in the pace of the race and allowing riders to recuperate after difficult sections.
- The course will attempt to be between 2.25 km-3.5 km of which 90% will be rideable.
- The course will attempt to be at least 3 meters wide throughout and marked with pin flags on either the right or left side (consistent for the entire course) for straight or simple sections, and with tape on both sides for complex sections.
  - Limited sections of single track shorter than 50 meters may be allowed
- The start/finish will attempt to be on firm ground and at least 80 meters long. The first turn will not be more than 90 degrees.
- The course may include no more than six (6) artificial obstacles. Obstacles shall mean any part of the course where riders are likely (but not required to dismount).
- Each course will have a pit area. Unless otherwise identified by the organizer, it will default to beside the start/finish.

- Feeding is allowed from the pit area only if approved by Chief Commissaire.

### **Courtesy Notes for Race Venue:**

- Please respect the park by not urinating in public (the washrooms/change rooms are conveniently located by the start finish area).
- Water is available in the washroom facilities
- Garbage containers are conveniently placed around the park.
- Please respect the commissaries, volunteers and your fellow racers at all times. This is all for fun!

### **Other Important Notes:**

- All riders must have a valid UCI license, or an SCA in-province license (\$30) – These can be purchased at the event, but with cash only, and it takes forever to fill out the form, etc... So, do yourself a favour and sign up now at [www.saskcycling.ca](http://www.saskcycling.ca) a single-event license is also available, but must be purchased in advance at [www.saskcycling.ca](http://www.saskcycling.ca)
- Riders are expected to know and understand the UCI Cyclocross 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 cyclocross 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.
- Cyclocross 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 the right side of jersey (as per the illustration). Do not fold or overlap numbers.



### **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:** Jordan Sperling –[jordan\\_s\\_15@hotmail.com](mailto:jordan_s_15@hotmail.com)

- **Regina CX committee:** Brad Kerr, Sandy Bain, Marc Quinett, Marc Tremblay, Rick Vircavs, Shane MacNaughton

Thank you to the Saskatchewan Cycling Association & Sask Sport.

Special thank you to our awesome local race sponsors **Western Cycle and Dutch Cycle**. Support your local bike shops!!

Finally, a special thank you to all of the volunteers who donate their time, energy and items for the race.



**Cross is Boss!**