Technical Guide

School of Hard Knox

2019 BC Cyclocross Provincial Championships

Presented by

ChainLine Cycle

November 10, 2019

Knox Mountain Park, Kelowna, BC

Table of Contents

Event Overview 3
Venue 3
Map 3
Parking 4
Bathrooms 4
Team Tents and Pits 4
First Aid and Medical 4
Food 4
Participation, Sanctioning, Prohibited Substances and Licensing 4
Eligibility 5
Categories 5
Registration and Number Pickup 5
Waivers 5
Pre-Riding 6
Timing and Lap Counter 6
Event Schedule and Race Fees 6
Race/Cycling BC Staff/Officials 7
Equipment 7
Call-Ups 7
Start Grid 8
Lapped Riders 8
Podiums and Awards 8

Event Overview

Cycling BC and ChainLine Cycle are proud to present the School of Hard Knox 2019 BC Cyclocross Provincial Championships being held on November 10, 2019 at Knox Mountain Park in Kelowna, BC.

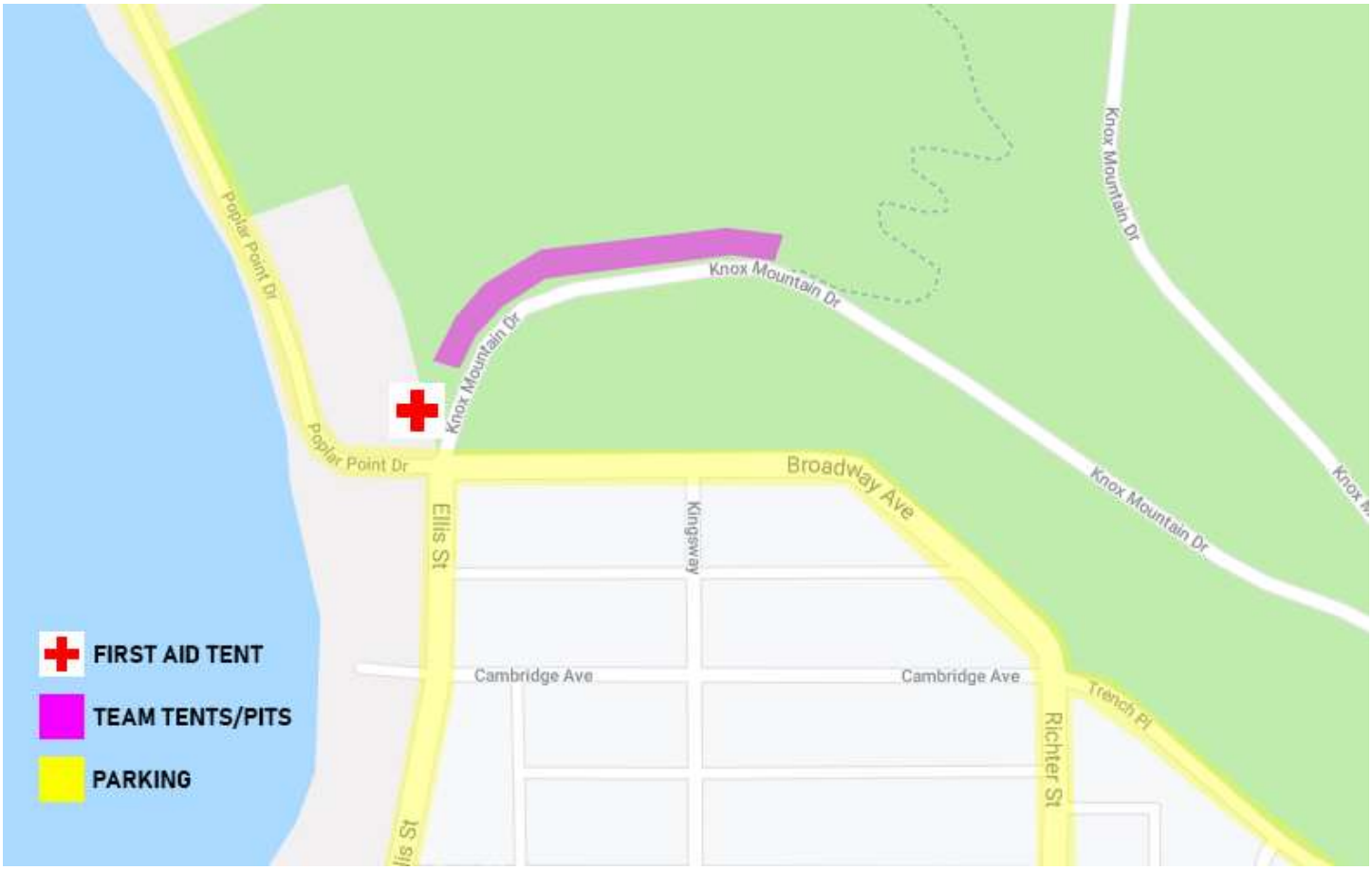
Venue

Knox Mountain Park is Kelowna's largest natural area park, with over 300 hectares supporting runners, hikers, cyclists and more, located immediately north of Kelowna's downtown at Knox Mountain Dr.

School of Hard Knox is classically a part of the BC Interior Cyclocross (BCICX) series and has been hosted at Knox Mountain Park for the past 8 years. The Provincial Championship races will not formally be a part of the BCICX series but is taking place a week following the BCICX series finale in Penticton, BC.

The course is traditionally twisty, running through a semi-wooded area of the park. It will include sections of gravel, grass, forest floor, hardpack dirt and sand. Weather conditions in November are traditionally snow-free in the Okanagan but anything can happen; the race will be held come rain, snow or shine except in the event of unsafe weather (lightning, overwhelmingly strong winds), for which race officials may delay or cancel racing.

Map



Parking

Street parking is available on Ellis St., Broadway Ave., Richter St. and Poplar Point Dr. as noted on the course map. Please note this is a residential area so be mindful of residents' driveways, property, etc.

Bathrooms

Porta-potties will be available but unfortunately Knox Mountain Park has no running water.

Team Tents and Pits

Limited space for team tents will be provided along Knox Mountain Dr. as noted on the course map. There is to be no parking of vehicles in this area; please unload and then move your vehicle to street parking outside the park gate. Tents must be no larger than 10'x10' and all 4 legs must be weighted down.

This area will also function as the pit space. Space will be reserved for non-team affiliated racers' spare wheels, bikes, etc.

As noted above, Knox Mountain Park has no running water so no bike wash facilities will be provided. Racers are welcome to bring a portable solution but should note that there is no power on-site either.

First Aid and Medical

Medical staff will be on-site during the event. The medical tent will be close to the team tent area/front gate, as noted on the course map.

Kelowna General Hospital offers 24-hour emergency and trauma services and is located at 2268 Pandosy St.

Food

There will be food vendors on-site. Exact offerings to be determined and will be published via social media. Please anticipate them being cash-only.

Participation, Sanctioning, Prohibited Substances and Licensing

By registering for this event, racers agree to follow and be bound by the rules and procedures outlined in this Technical Guide and of the International Cycling Union (UCI), Cycling Canada and Cycling BC.

The School of Hard Knox 2019 BC Cyclocross Provincial Championships are sanctioned by Cycling BC, Cycling Canada and the UCI.

Entry fees are non-refundable.

Athletes participating at the 2019 BC Championships requiring the use of a medication included on the Prohibited List (available at **www.cces.ca/prohibited-list**) must have a Therapeutic Use Exemption (TUE) prior to participating in the event. This applies to all categories of athlete. For more information and to apply for a TUE, visit **www.cces.ca/therapeutic-use-exemptions**.

All Championship category racers must have a valid Cycling BC Provincial Race License, a Cycling BC UCI License or a UCI License from another jurisdiction and must present their license upon package pickup and on demand at the event. Domestic licenses are not permitted for Championship categories and no day-of licensing for the Championship categories will be available.

Open category racers must have at least a valid Cycling BC Provincial Ride License. Day-of licensing will be available for purchase at sign-on. **Day-of licensing is cash only.**

The categories are defined as per UCI rules based on year of birth. Cyclocross racing age for the Championship is the rider's age as of December 31, 2020.

All competitors must enter their event class as shown on their license unless they can present a letter from Cycling BC granting an upgrade; e.g. elites cannot race as masters, nor vice versa without a letter of permission from Cycling BC.

Any inquiries about upgrades to the Elite category should be directed to Cory Ostertag at membership@cyclingbc.net. All upgrades must be submitted no later than 14 days prior to the race.

Eligibility

To be eligible to win a BC Championship a rider must be a resident of BC and possess a valid Cycling BC Provincial Race License or a Cycling BC UCI License.

Should a non-eligible rider place among the top three finishers in a Championship race category, a podium presentation will take place based on the order of finish of the race and a second presentation based on the Provincial Championship results of eligible riders.

Categories

The following are the official BC Championship categories:

- U13/U15/U17 Men & Women
- Junior (U19) Men & Women
- Elite Men & Women
- 30-39 Masters Men & Women
- 40-49 Masters Men & Women
- 50+ Masters Women
- 50-59 Masters Men
- 60+ Masters Men
- Single-Speed Men & Women

There will also be an Open Men & Women category for those not licensed to race in a championship category.

Registration and Number Pickup

Online registration link: https://ccnbikes.com/#!/events/2019-bc-cx-championships
Registration Closes: **November 7, 2019**

Package pickup will be available at ChainLine Cycle on Saturday from 10am – 3pm. ChainLine Cycle is located at 1168 Ellis St., Kelowna, BC.

There will be limited day-of registration onsite, but you will not receive a call-up and will start toward the back of your respective start grid. **Day-of registration is cash only.**

Sign-on/number pickup will close 15 minutes prior to the start of all races.

Waivers

Cycling BC waivers must be signed. For riders under 19 years of age, a parent or legal guardian must sign on their behalf.

Pre-Riding

The course will be open for pre-riding Sunday morning only, from 8:30AM until 9:15AM, and then from approximately 11:15AM (once all racers have completed their race) until 12:00 PM.

There is to be no pre-riding outside of these times. Any riders on course during a race who are not a participant in that race may be disqualified.

Timing and Lap Counter

Race timing will be done via a software-based solution in conjunction with your race number. It is critical that your race number be clearly visible on your back or your results may not be collected. Numbers must not be folded or modified.

The lap counter is for information purposes only and may change unexpectedly during the race. It is the racers' responsibility to be aware of how much race time has elapsed/is remaining.

Event Schedule and Race Fees

TIME	RACE	CATEGORIES	DURATION	COST
8:30 AM – 9:45 AM	Package pickup/registration open; course open for pre-riding			
10:00 AM	Race #1	U13/U15/U17 Men & Women	30 min.	$30
11:00 AM	Race #2	Open Men & Women Single-Speed Men & Women All Masters Women 60+ Masters Men	40 min.	$30
11:45 AM – 12:30 PM	Course open for pre-riding; podiums for races #1 and #2			
12:45 PM	Race #3	40-49/50-59 Masters Men Junior (U19) Men & Women Elite Women	45 min.	$40
2:00 PM	Race #4	30-39 Masters Men Elite Men	60 min.	$40
3:30 PM	Podiums for races #3 and #4			

Race/Cycling BC Staff/Officials

POSITION	NAME	CONTACT
Race Director	Darrin Caruso	bikes@chainline.ca (250) 860-1968
Race Director	Steve Gaucher	steve@chainline.ca (250) 864-9330
Cycling BC Representative	Cory Ostertag	cory@cyclingbc.net
Chief Commissaire	Marko Rosic	
Commissaire	Gary Lustig	
Commissaire	Gary Leung	
Commissaire	Mylene Lefebvre	
Commissaire	Heidi Ujfalusi	

Equipment

Helmets must be worn by ALL riders on or off the course whenever riding a bike. Failure to do so may result in disqualification.

For championship races (all categories but Open), UCI equipment rules apply. Racers must be on a cyclocross bike with tires measuring no wider than 33mm (45mm/1.85" in Single Speed categories) and drop bars (flat or moustache bars are permitted in Single Speed categories).

For Open races, cyclocross, mountain, hybrid and road-style bikes are allowed. Tandems, unicycles, recumbents, tricycles, etc. are not allowed. Flat or moustache bars are permitted without bar ends.

Call-Ups

Starting grids will be UCI-compliant 8 riders wide. Grid positions will be allocated to each region based on 2018 event participation numbers. Grid position will then be assigned to riders based on their regional ranking. 3 spots on the first row of the grid will be reserved for the 2018 Provincial Championship podium members.

Each region (Island, Lower Mainland and Interior) will be responsible for reporting their regional results to Cycling BC by November 3, 2019. The start grid will be published 48 hours prior to race start.

Start Grid

ROW 1	2018 Prov. Podium #1	2018 Prov. Podium #2	2018 Prov. Podium #3	COTR #1	COTR #2	LMCX #1	LMCX #2	ICX #1
ROW 2	COTR #3	COTR #4	COTR #5	LMCX #3	LMCX #4	LMCX #5	ICX #2	ICX #3
ROW 3	COTR #6	COTR #7	COTR #8	LMCX #6	LMCX #7	LMCX #8	ICX #4	ICX #5
ROW 4	COTR #9	COTR #10	COTR #11	LMCX #9	LMCX #10	LMCX #11	ICX #6	ICX #7
ROW 5	COTR #12	COTR #13	COTR #14	LMCX #12	LMCX #13	LMCX #14	ICX #8	ICX #9
ROW 6	COTR #15	COTR #16	COTR #17	LMCX #15	LCMX #16	LMCX #17	ICX #10	ICX #11
ROW 7	COTR #18	COTR #19	COTR #20	LMCX #18	LMCX #19	LMCX #20	ICX #12	ICX #13
ROW 8+	RANDOM	RANDOM	RANDOM	RANDOM	RANDOM	RANDOM	RANDOM	RANDOM

Lapped Riders

Please be courteous and move to the side when being lapped; please do not contest or interfere.

Podiums and Awards

There will be awards ceremonies for each race at or around the times designated in the event schedule. We encourage all podium finishers to be in attendance and to remain on the podium while photos are taken.

Winners jerseys will be awarded in all BC Championship categories.