

ABCXC Race 1&2
(Alberta Cyclocross Collective)

presents

“Zombie Cross”

(Cause, it was dead, and now it isn't)

September 18 & 19, 2021

And a weekend of glorious CX racing is back... from the dead.

ABCXC Races 1 and 2 (ZOMBIE CROSS) will be held at Argyle Velodrome as a two-day event.

COVID-19 Notice: The Clubhouse is NOT available for usage as a staging and changing area due to increased COVID-19 restrictions. Registration will be inside or outside depending on weather. Masks are recommended in any area with people, and *required during any interactions with volunteers and race officials*, but not required while racing.

We ask that you be vaccinated, however do not have a way to enforce this requirement at this time. This will be noted on the registration.

Registration will open September 13 and close September 16, cause ya'll wait until the last dang minute anyway. This is me, calling your bluff.

REGISTRATION

The race entry fee is \$30 for all categories, or 50\$ *FOR BOTH DANG DAYS OF RACING* and will be available on Zone 4. Even if you do not have an ABA license you can join the fun by purchasing a Single Event License for \$10 (Novice Men and Sport Women categories). Registration closes on Thursday September 16th. There is no race-day registration.

[ABCXC - \(Alberta Cyclocross Collective\) - Race 1 & 2 | Zone4 Online Registration](#)

Race Directors

Nathan DeVries (nathanhdevries@hotmail.com)

Undead Humans of Note: Albert Nguyen, Aaron Schooler, Neil Roberts, Greg Sowak, Ken Germaine, Sarah Gilchrist, Ed Garvin, the McGill's, Robin Baillie, and likely a bunch of other amazing individuals....

Categories

| CX Category | Road Category | MTB Category |
|--------------------|--------------------------------|-------------------------------|
| Novice Men | Cat.4/5, U15, U17, Masters 50+ | Novice, U15, U17, Masters 50+ |
| Sport Men | Cat.4, 5 | Sport, Expert |
| Expert Men | Cat.3,4,5 | Expert |
| Open Men | Cat.1/2,3, open to all | Elite, open to all |
| Sport Women | Cat.3,4,5 | Novice, Sport, Expert |
| Open Women | Cat.1/2, open to all | Elite, open to all |

SCHEDULE

All riders in all categories get called up at the start. This functions as the “race check in”. Call ups will be based on current AB Cup points

09:00 Sign-on, Course open for training
10:00 Novice Men, 40 minutes
11:00 Sport Men, minimum 40 minutes
12:00 Sport Women, minimum 40 minutes
13:00 Course open for pre-riding
13:20 Expert Men, 50 minutes
14:30 Open Women, minimum 40 minutes
15:30 Open Men, 60 minutes

SUSTINENCE

In addition to the obvious consumption of brains, we will have individually wrapped Cookies, Chips, Chocolate bars, and Cans of pop.

Screams of the Undead

Teams, friends, and family are encouraged to bring cheer and encourage all participants with signs, noise makers, cowbells, bullhorns, airhorns, vuvuzelas, etc. Please attempt to physically distance your groups from other groups and respect their comfort levels.

Note that feeding of racers via handup is not allowed as per UCI regulations, and highly discouraged due to COVID-19 restrictions.

Numbers

“The ABA will provide race numbers. You will get your new numbers on race day at “number pick-up”. If you have your numbers from previous races, please keep them for the season. License check will be done prior to race day all online. Please bring your own pins. You will need 12 pins.

Body number placement will be both shoulders and lower back. The ABA will provide cloth body numbers for cyclocross if you do not already have them.



REQUIREMENTS

- Novice Men and Sport Women may use mountain bikes or cyclocross bikes. Cyclocross bikes, maximum tire width 33mm and 50cm handlebar width, are required for Sport Men, Expert Men, Open Men and Open Women.
- 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 riding and racing
- Please take time to familiarize yourself with the [ABA cyclocross ruleset](#). You will be expected to know the regulations. Failure to follow them may result in not being able to start, disqualification, or relegation.

BIKE PIT

A mechanical pit will be available for spare wheels and bikes. Make sure to label your stuff and collect it after your race.

TO THE VICTOR GOES THE SPOILS..... (AWARDS)

Awards and podium ceremonies will take place **immediately** following the conclusion of each race. Podium ceremonies will take place outside.

Prizing will be a mix of cash and merchandise/gift cards and will be determined based on registration. Maybe there will be beer. Maybe not. If you are under-18, it will be awarded to someone of your choosing, over 18.

MEDICAL

In case of emergencies call 911. For non-emergent situations, find the Aaron Paramedical Services area outlined under First Aid below.

BATHROOMS

On-site portable toilets will be available due to the unavailability of the clubhouse facilities.

EMERGENCY PLAN

On site medical support will be provided by Aaron Paramedical Services.
Race Organizers primary contact is Nathan DeVries - 780-908-5911

The nearest full service medical facility is the University of Alberta Hospital (8440 112 St NW). Grey Nuns (1100 Youville Dr W Northwest) is about 1.5km farther in the opposite direction. Note that depending on traffic conditions, one may be faster than the other. The interactive maps below show real-time travel time.

COMMUNICATION PLAN

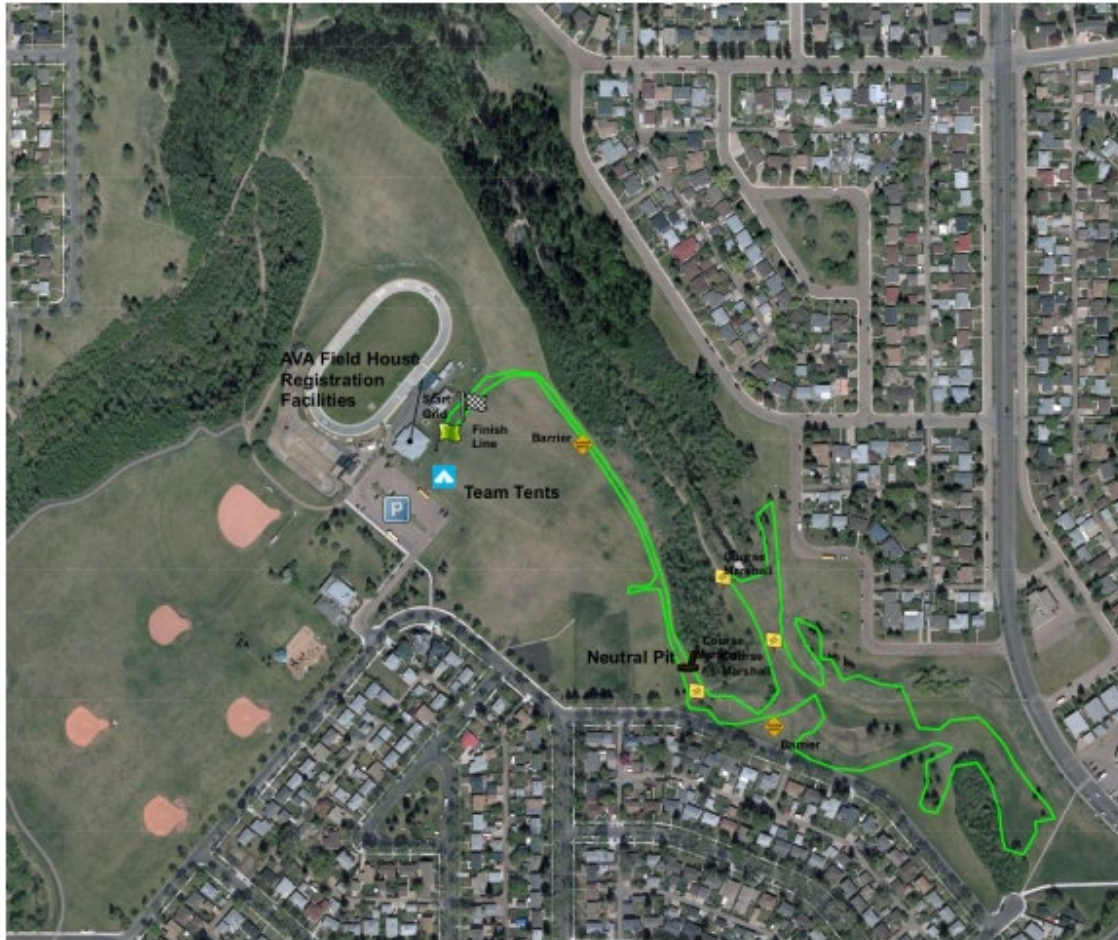
A race radio will be available for medical personnel, who will also have a cell phone. If there is an incident on course, the medical team will be notified via race radio. In the rare occasion that radio communication fails cell phone communication will be used. Each course marshal will receive a list of phone numbers for race organizer and medical staff. Participants are informed to call 911 in the event of an Emergency.

FIRST AID LOCATION

A stationary First Aid attendant will be located at the south end of the parking lot adjacent to the team tents. If there is an on-course incident, the nearest course marshal will alert First Aid personnel via radio who can be quickly dispatched on the short course. If the incident is serious, 911 EMS will be called.

Location

The race will take place on the grounds of the Argyll Velodrome Park. The below map outlines the proposed race course. We will be running the course backwards on Sunday with a few modifications we will make on Saturday night. This course is NOT set in stone... we may change this. You've been warned.



ADDITIONAL COVID-19 INFORMATION

- Where possible, consider giving yourself and each other 2 metres of distance.
- All participants must complete the Alberta Health Safety Checklist before taking part.
- Anyone who has been in recent contact with someone with symptoms of COVID-19 may not participate or attend any events.
- This event is sanctioned by the Alberta Bicycle Association. Failure to comply with AHS/ABA regulations and/or the instructions of an official will result in removal from the event and may result in further sanctions, penalties or fines. These precautions are in place to protect all participants and officials as everyone has a different level of risk and comfort as we progress to a back to near normal race year. We hope these guidelines will help to alleviate concerns and/or differing opinions around stages of protection from the current pandemic.

SMOKE CANCELLATIONS

If at any point where a decision is to be made regarding postponing, shortening or cancelling a race, the decision will be made by the Chief Commissaire, ABA Technical Delegate and the Race Organizer. If they choose to start an event, either on time or through postponement, the race may still be cancelled at anytime if the conditions become dangerous by either their decision, or the air quality reading becomes 7 or higher.

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MANY THANKS TO OUR WONDERFUL EVENT SPONSERS!!!

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