

# Terrascape Racing

## ~Beans and Barley Cyclocross Race~

*2009 Special:  
B'n'B with S'n'S*

**Sunday, November 1, 2009**

**Shaganappi Hall & Tennis Club  
2608 - 14 Avenue SW, Calgary, AB**

## **Technical Guide**

Sponsored by:

**Canadian Natural Resources Limited**

**Gunther's Fine Baking**

**Hammer Nutrition**

**Labatts**

**Nuun**

Sanctioned by:



## Welcome back!

Welcome to the 4<sup>th</sup> annual Terrascape Racing Cyclocross Race, the final event in the Alberta Cyclocross Cup. Our outstanding venue, as well as the excitement and challenge of our cyclocross event make it a fan and racer favourite! As always, your race entry includes food and beverage: “Beans and Barley” = “chili and beverage”, plus this year we include S’n’S. The fire-pit will be a popular fan gathering spot given our Alberta weather. Thanks to our sponsors, we offer a large payout to the top finishers. Read on to find out more about the

## ***Terrascape Racing “Beans and Barley” Cyclocross Race***

### **COURSE**

The [course](#) is about 2.2 km long with 50 m of climbing. It will be fast and furious racing as the straight-up climbs are followed by flowing descents. There is no pavement, sand or steps but there is grass, off-camber slopes and the Knobby Gobbler run-up is back. A dual entry mechanical zone will be located about mid-point. Teams are invited to bring their tents to the race and set up around the tennis court. Every team entered will have a section of the course named after them. The Terrascape Big Air Show is back, along with United Way, Pedalhead Road, CMC Bow Trail, Calgary Top Gear Trail, ERTC Revolution Trail, Speed Theory Turnpike, Velocity Zone, Deadgoat Detour, HardCore Hump, Synergy Slopes, Bicisport Bump, Redbike Rise, Kona H&R Trap, Pedalhead Circle, Juventus Jump, Veloplzen Plaza, MSG Pit, Cranky’s Commute, CABCorner, Schmoie Square, Trek Toronto 401, Dutch BankING, Independence Bay, etc.



**DIRECTIONS:**

Directions to the Shaganappi Hall & Tennis Club at 2608 - 14 Avenue SW, Calgary (403-246-3535) are available here: [Directions to Beans & Barley Cross Race](#).

**PARKING:**

Parking will be along the western and southern edges of the Park and at the school to the southwest. ***Please respect the community residents.***

**REGISTRATION, SIGN-ON & Etc.**

**Register:** <http://www.zone4.ca/>, before October 31<sup>st</sup> @ 6:00pm

**NO Race Day Registration**

\$35 for ABA licensed racers.

\$25 for Citizen racers (ABA day license fees are being offset by CNRL and Terrascape Racing to encourage participation)

**Sign On:** Community Hall (southeast corner of the park, by the tennis courts)  
Opens at 9:30 am, Sunday, November 1  
Closes 30 minutes prior to your race.

○ **Kids Race Free!**

➤ Entry fee includes post-race food of chili, bun, beverage and S'n'S.

- All racers, including Citizens, must have a valid UCI/CCA license or purchase a day-license at the event online, or from the Technical Delegate for \$10.
- Racers 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 ABA will provide those for you on race day. Position two numbers on right hand side of your back, the lower one to be read horizontally and the upper one to be read vertically.
- Racers will compete in the Cyclocross category corresponding to their respective Road or Mountain Bike category, whichever is higher:

<b>Road / MTB category</b>	<b>Cyclocross Category</b>
Cat 4 and 5 / Beginner and Sport	Sport Men
Cat 3 / Expert	Expert Men
All Women	Women
Cat 1 and 2 / Elite	Open Men

- Cash prizes will be awarded according to depth of field. Thanks to **CNRL** and other sponsors, we will make this event worth traveling to and competing in. Last year we paid back to at least the top 5, and averaged a 72% payout!
- Random primes to be awarded by Statler and Waldorf, our special guest commentators for the Big Air Show. Race/prime/prize winners will be interviewed.
- Prizes for the best costume raced in for each category.
- Fans may also purchase food and drink in the Community Hall.

## **BIKES**

Mountain bikes are permitted in the categories of Sport Men, Women, Citizen, and Kids. Cyclocross bicycles without disc brakes must be used in the Expert and Open Men categories.

## **MECHANICAL ZONE**

The double entry bike/wheel pit is marked on the map. A Course Marshal will be stationed at the pit. Please label your equipment and remember to collect it. This is 'cross so there is no feed zone till after the race in the Community Hall.

## **START TIMES AND RACE DURATION**

Daylight savings time ends at 2 am November 1. So remember to set your clock behind one hour after Halloween, the night before the morning of the race. We have delayed the start to allow out-of-town racers to travel, and due to cooler temperatures and frost covered grass we want to reduce the carnage in the first race.

<b>CATEGORY</b>	<b>START TIME</b>	<b>RACE DURATION</b>
Sport Men & Citizens	11:00 am	40 minutes
Women & Citizens	12:00 noon	40 minutes
Kids	1:00 pm	10 minutes – short loop
Expert Men	1:30 pm	50 minutes
Open Men	2:30 pm	60 minutes

The ABA and the organizer may shorten races and/or alter the course dependent on weather, time delays and combine categories if necessary. Please know your start time.

## **COURSE PRE-RIDING**

The course is open for training from 10:00 am to 10:50 am and 10 min before each of the following races. The course will be closed during the races. Any rider on the course during another category's race will be fined. Opening the course between races will be at the discretion of the Chief Commissaire. Helmets must be worn during all riding.

## **AWARDS**

Awards will take place at the Community Hall as soon as results are tabulated after the Open Men's race. All competitors are eligible for awesome draw prizes provided by our sponsors.

## **HOUSEKEEPING**

- Washrooms are located inside the community hall. Please use them.
- Please pick up gel packs and other garbage and help us keep the park clean.
- Alcoholic beverage will not be served to minors. Fake ID will not work; if you're a Junior, we know who you are.
- Alberta Gaming and Liquor Commission regulations will be enforced.
- *Alcohol can not be consumed throughout the park; it can only be consumed in the designated areas.*
- Spectators can have beer along the course only in designated areas.
- Racers can not have beer on the course.

You have to be there to get your annual shot of

***B'n'B***  
***with***  
***S'n'S***

**See you at the final race for  
2009 ABA Cross Cup Points  
on  
Sunday, November 1<sup>st</sup>**

For updates and results, go to our blogspot:

<http://terrascaperacing.blogspot.com>

If you have questions, contact Mike at:

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# **MORE COWBELLS, PLEASE**