



PRESENTS

# beans n' barley

## technical guide

### Halloween Cyclocross Race

Dress up and throw down!

Sunday, October 30, 2011

Shaganappi Park, Calgary, AB

2516-14<sup>th</sup> Ave SW

Elite, Expert, Sport, Open Women & Citizen/Newbie Categories with a fun kid's race

Online Registration: [www.zone4.ca](http://www.zone4.ca) **NO RACE DAY REGISTRATION**

Registration includes chilli, bun & a beverage

More info @ [www.terrascaperacing.blogspot.com](http://www.terrascaperacing.blogspot.com)

Beer tent, Chilli station, FREE drip coffee and hot chocolate.

Prizes for BEST COSTUME

50/50 DRAW for a FURIOUS 3 ENTRY to any of the three races (Moab, Whistler, Fernie) with proceeds going to Kidsport charity \$5 per entry or 3 for \$10

Sponsored by:



Sanctioned by:



Beans and Barley Cyclocross Race sponsored by:



## Welcome back!

Welcome to the 6<sup>th</sup> annual Terrascape Racing Cyclocross Race, the scariest event in the Alberta Cyclocross Cup. Our outstanding venue, as well as the excitement and challenge of our course make it a fan and racer favourite! As always, your race entry includes food and beverage: “Beans and Barley” = “chilli + beverage”. The fire-pit will be a popular fan gathering spot given our Alberta weather. Read on to find out more about the

# Canadian Natural Resources “Beans n’ Barley” Cyclocross Race

## de COURSE

Just like last year, we have to avoid the LRT construction in the northeast corner of the park. The course is about 2.3 km long with 50 metres of climbing. It will be scary suffering as the straight-up climb of the Knobby Gobbler is followed by a white knuckle descent. There is no pavement or sand but lots of grassy off-camber slopes and we added a stair run-up. A triple entry mechanical zone will be located in the southwest corner in the kid’s park.

Teams and shops are invited to bring their tents to the race and set up around the tennis court.



Beans and Barley Cyclocross Race sponsored by:



**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.**

Online registration: <http://www.zone4.ca/>, before October 29<sup>th</sup> @ 6:00pm

**NO Race Day Registration**

- \$35 for ABA licensed racers before October 28<sup>th</sup> @ 6pm, after October 28<sup>th</sup>, fee increases to \$40
- \$25 for Citizen racers
- \$10 day licenses are available for the Sport and Women’s categories  
Terrascope will cover the Citizen day license fees.

**Sign On:** Community Hall (southeast corner of the park, by the tennis courts)  
Opens at 9:00 am, Sunday, October 30  
Closes 30 minutes prior to your race.

➤ Entry fee includes post-race food of chilli + a bun + a beverage.

- All racers must have a valid UCI/CCA license or be an ABA club/general member and purchase a day-license at the time of registration for \$10.
- Racers are expected to know and understand the UCI Cyclocross rules.
- Please bring your race license, and **cyclocross** body numbers. If you do not have body numbers, the ABA will provide those for you on race day. Number position will be posted at sign on.
- Racers will compete in the Cyclocross category corresponding to their respective Road or Mountain Bike category, whichever is higher:

| Road / MTB category              | Cyclocross Category |
|----------------------------------|---------------------|
| Cat 4 and 5 / Beginner and Sport | Sport Men           |
| Cat 3 / Expert                   | Expert Men          |
| All Women                        | Women               |
| Cat 1 and 2 / Elite              | Elite Men           |

- Cash prizes will be awarded according to depth of field.
- Our Beans and Barley commentators will be interviewing race / prime / prize winners.



- Fans may also purchase food and drink in the Community Hall.

### **ATTIRE**

It's Halloween (almost) and a Beans n' Barley tradition of late is that some riders wear costumes. This is permitted in categories other than Elite Men, who are required to ride in full, normal team kit. However, there are still a few rules:

- costumes must not impair your vision or have pieces that fly around and might get caught in your spokes or equipment and cause a crash or that might get in the way of another rider
- numbers must still be clearly visible to commissaires
- "costume" does not mean team kit of other teams or advertising of products you like
- for prize presentation, at least the jersey/jacket of team kit must be clearly visible

### **BIKES**

Cyclocross bicycles must be used in the Expert and Elite Men categories. Mountain bikes are permitted in the other categories. Disc brakes are permitted.

### **MECHANICAL ZONE**

The triple 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.

### **RACE TIMES & DURATION**

| <b>CATEGORY</b> | <b>START TIME</b> | <b>RACE DURATION</b> |
|-----------------|-------------------|----------------------|
| Sport Men       | 10:00 am          | 40 minutes           |
| Citizen         | 10:02 am          | 30 minutes           |
| Women           | 11:00 am          | 40 minutes           |
| Kids            | 12:00 pm          | 10 minutes           |
| Expert Men      | 12:30 pm          | 50 minutes           |
| Elite Men       | 2:00 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 9:00 am to 9:45 am as well as after the kid's race and men's expert race. The course will be closed during all races. Any rider on the course during another category's race will be fined. Any other opening of the course between races will be at the discretion of the Chief Commissaire. Racers must receive permission at the start line before pre-riding. Helmets must be worn during all riding.

## AWARDS

Awards for category winners will take place at the Community Hall as soon as possible after each race. Names for draw prizes will be pre-drawn and posted beside the results for each category. All competitors are eligible for the awesome draw prizes provided by our sponsors plus compete for:

- Best costume in all categories except Elite Men
- Primes
- 11<sup>th</sup> place
- Big air

Raffle tickets for the Furious3 entry will be available for purchase at the Beer Table, in the community hall. \$5 per ticket, or 3 tickets for \$10. Raffle will be held as soon as possible after the Elite Men's race.

Winners must be present for draw prizes, except for the Raffle draw. Winner of the raffle will be contacted.

## HOUSEKEEPING

- Washrooms are located inside the community hall. Please use them, not the park.
- Please pick up garbage, which includes any gel packs and other items to help us keep the park clean.
- Alcoholic beverages 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 only be consumed in the designated areas; it can not be consumed throughout the park.**
- Spectators can have alcoholic beverage(s) along the course only in designated areas.
- Racers cannot have alcoholic beverage(s) on the course.
- Terrascape Racing Beans 'n' Barley socks will be available for purchase, "If cannot look good, must ride fast"

You have to be there to get your annual dose of

# beans n' barley

For updates and results, go to our blogspot:

<http://terrascaperacing.blogspot.com>

If you have questions, contact Mike at:

[mzelensky@shaw.ca](mailto:mzelensky@shaw.ca)

# !!!!!! MORE COWBELLS, PLEASE !!!!!!