

beans n' barley cyclocross race

sunday, october 31, 2010

dress your scariest!!

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technical guide

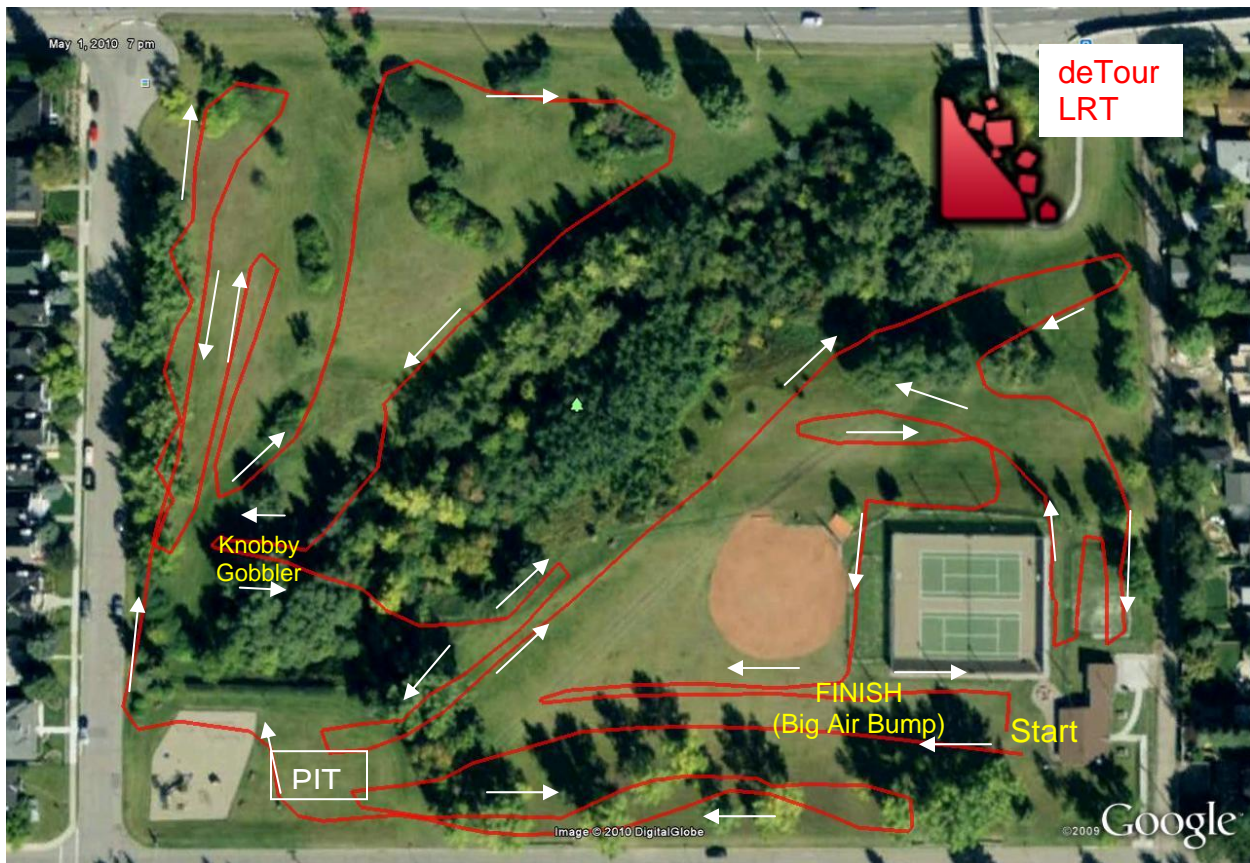
Welcome back!

Welcome to the 5th 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" = "chili + beverage". The fire-pit will be a popular fan gathering spot given our Alberta weather. Read on to find out more about the

Custom Fiberglass Contractors Ltd. "Beans and Barley" Cyclocross Race

deTour LRT COURSE

Cyclocross racing is Light Rapid Transit, and this 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 climbs are followed by white knuckle descents. There is no pavement, sand or steps but lots of grassy off-camber slopes plus the Knobby Gobbler run-up is back. 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 30st @ 6:00pm

NO Race Day Registration

-\$35 for ABA licensed racers before October 28th @ 6pm,
after October 28th, fee increases to \$40

-\$10 day licenses are available for the Sport and Women’s categories

Sign On: Community Hall (southeast corner of the park, by the tennis courts)
Opens at 9:00 am, Sunday, October 31
Closes 30 minutes prior to your race.

➤ Entry fee includes post-race food of chili, 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 **road racing** body numbers. If you do not have body numbers, the ABA will provide those for you on race day. Position one number **down the right side of your back** (so you are almost sitting on it) or both body-numbers **down low on your back pockets** so they are clearly visible from anywhere behind.
- 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	Open Men

- Cash prizes will be awarded according to depth of field.
- Statler and Waldorf, our special guest commentators for the Beans and Barley deTour LRT will be interviewing race / prime / prize winners.

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

BIKES

Mountain bikes are permitted in the categories of Sport Men and Women. Cyclocross bicycles must be used in the Expert and Open Men categories.

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

CATEGORY	START TIME	RACE DURATION
Sport Men	10:00 am	40 minutes
Women	11:00 noon	40 minutes
Kids	12:00 pm	10 minutes
Expert Men	12:30 pm	50 minutes
Open 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. 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. Racers must receive permission at the start line before pre-riding. 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 plus compete for:

- **Best costume raced in each category!**
- Primes
- Big air

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 shot 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

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