



in partnership with *Cyclemeisters*

present the annual

Cadence Coffee Cyclocross Race

October 31st, 2021
Rutland Park, Calgary, Alberta

In the spirit of reconciliation, we acknowledge that we live and play on the traditional territories of the people of the Treaty 7 region in southern Alberta, including the Blackfoot Confederacy (comprising the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, and the Stoney Nakoda (including the Chiniki, Bearspaw, and Wesley First Nations). The City of Calgary is also home to the Métis Nation of Alberta, Region 3.

To support Indigenous youth in sport, consider a donation to Spirit North.



<https://www.spiritnorthxc.ca>

Covid-19 Health & Safety

The following applies to all attendees at the event (including racers, volunteers, and officials).

If you are eligible to be vaccinated for Covid, then you must be prepared to show proof of vaccination and matching Photo ID in order to participate in the race. Or a recent negative Covid test along with Photo ID. You can obtain a digital proof of vaccination record in about 30 seconds on Alberta Health's dedicated website:
<https://www.albertavaccinerecord.ca>.

Anyone who has been in recent contact with someone with symptoms of Covid-19 may not participate or attend this event.

Please stay at home if you are experiencing symptoms of Covid-19.

Other Covid-19 guidelines that must be followed at this event:

- All attendees must complete the Daily AHS Health Check before taking part.
- Whenever possible, maintain 2 metres or more of physical distance between yourself and any other individual not in your household.
- All attendees must carry a mask with them and must wear it in any situation where a physical distance of 2 metres or more cannot be maintained.
- Masks are required while accessing any indoor facilities or when approaching any race officials or volunteers, including commissaires and the racer check-in table.
- All riders and volunteers must bring their own food and drinks.

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.

Take care of your community. Look out for each other.

Event Sponsors



Bow Cycle and Sports
www.bowcycle.com



Event Details

Race Organizing Team

This race is brought to you by:

- Bob Grunewald (Race Director, bobg@bowcycle.com)
- Dave (Speedy) Porteous
- Volunteers and Voluntolds from Bow Cycle
- The Bow Cyclists Cycling club
- Cyclemeisters – course design and help

Registration

Registration fees for the event are \$30 for all riders, unless:

First or second time racing and using a SEL, we are happy to cover that cost for you!

Race registration is online only at Zone4, closing at 11:59 pm on Thursday, October 28th:

URL

There will be no race day registration.

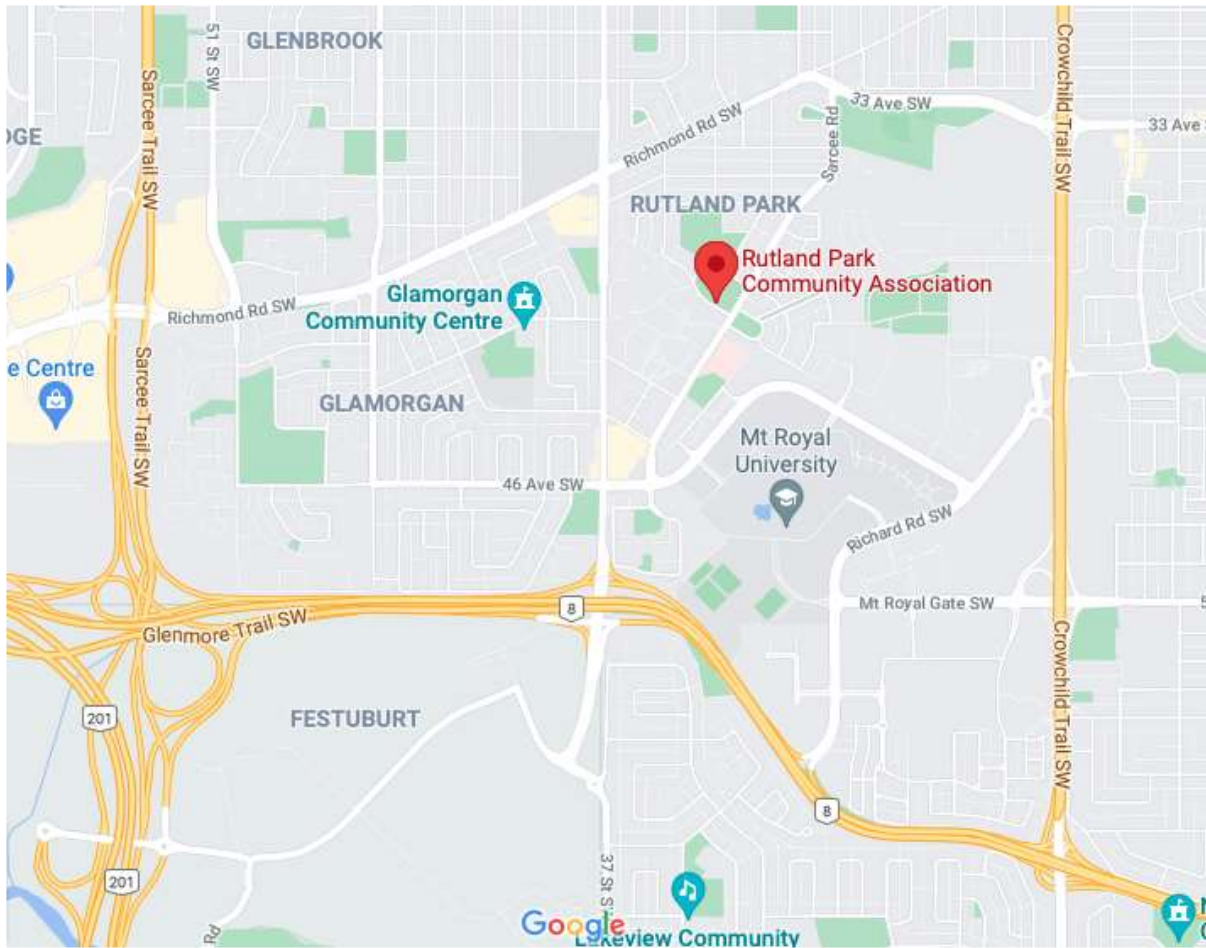
Venue

We are excited to welcome you to an all-new race venue at Rutland Park in Calgary, Alberta. The park features mostly manicured grass with some scattered trees, a playground with nice deep gravel, and some surprisingly interesting topography. Race headquarters will be at:

Rutland Park Community Association

3130 40 Avenue SW, Calgary, AB T3E 6W9

Google Map: <https://goo.gl/maps/9e2qTHJvx1fynhPu9>



Cancellation of the event due to weather and associated concerns around damage to the park will be made by the race organizers, in consultation with Calgary Parks officials, with as much notice as possible prior to race morning. Our priority will always be to maintain an ongoing positive relationship with the community and with Calgary Parks.

Parking

Please help us maintain our relationship with the neighbours by following all parking instructions below and as directed on-site:

- There is limited parking in the Community Association parking lot. Please try to leave this lot available for organizers and volunteers.
- Parking is permitted on the neighbourhood streets around the event, however...
- We kindly ask everyone to park only on the non-resident sides of any neighbourhood streets (i.e. the side of the street without houses), thus leaving at least half the parking available for residents.
- Overflow parking is available in the Sir James Lougheed School parking lot in the NW corner of the park.

Either indoor washrooms or porta-potties will be available on-site.

We are all responsible for helping keep the racing area clean. Please throw your garbage away in the provided containers or take it home with you.

We would like to come back to this venue again in the future, so let's not piss off the neighbours. Keep the place clean.

Race Day

Body Numbers & Number Pick Up

The ABA will provide race numbers. If you have not already received your cyclocross body numbers this season, you must pick them up on race day at rider check-in. Your ABA cyclocross numbers are yours for the season.

Please bring your own pins to attach your body numbers. You will need 12 pins.

Numbers should be attached as shown:



2 upper arm numbers and 1 body number:

Upper arm numbers: placed on the upper forearm, facing forward so the officials can see them.

Body number: placed in the middle of your lower back. Race number 13 shall be pinned upside-down or a German Dunkel beer fine will be levied.

Schedule

Unlike yesterday, we are not combining a few categories. This schedule has been designed carefully to:

1. Finally recognize the Expert Men's race as the true marquee event of the day; (I guess)
2. Allow everyone to finish in time to get home to families and volunteers to work in daylight.
3. Give everyone an opportunity to pre-ride no matter your start time.

Start	End	Event	Duration
8:30 AM	2:05 PM	Racer sign-on	5:35
9:00 AM	9:20 AM	Course open for pre-riding	0:20
9:20 AM	10:00 AM	A - Sport Men	0:40+
10:10 AM	10:50 AM	B - Novice Men	0:40+
11:00 AM	11:20 AM	Course open for pre-riding*	0:20
11:10 AM	11:20 AM	Awards for Sport/Novice Men	
11:20 AM	12:00 PM	C - Sport Women	0:30+
12:10 PM	12:55 PM	D - Open Women	0:40+
1:05 PM	1:25 PM	Course open for pre-riding*	0:20
1:15 PM	1:25 PM	Awards for Sport/Open Women	
1:25 PM	2:25 PM	E - Open Men	1:00+
2:35 PM	3:25 PM	F - Expert Men	0:50+
3:35 PM	3:45 PM	Awards for Open/Expert Men	

Race	Categories (& expected winning time)
A	Sport Men (40+ min)
B and C	Novice Men, Sport Women (30+ min)
D	Open Women (40+ min)
E	Open Men (60 min)
F	Expert Men (50 min)

Podium presentations

Riders must attend the podium presentation wearing Club/Team clothing. Failure to comply may result in forfeiture of prizing and/or a fine.

Course Pre-riding

Do not pre-ride the course while other categories are racing.

Riders may only enter the course for pre-riding at the Start/Finish area.

Call-Ups

All riders in all categories will be called up at the start in order of current ABA points standings.

Prizing

Race categories will be prized at minimum 3 riders deep thanks to POC Sports! Cash prizes will be, at minimum, awarded in the Open Men and Open Women's categories. The nature and value of all prizing will depend on the number of registrants and how much beer the winners bring for the organizers on the day.

Official Stuff

Race Categories

Categories for licensed riders are as below. New cross racers will compete in the cyclocross category corresponding to their respective road or mountain bike ability category, whichever is higher. Single event license (SEL) holders must race in the Novice Men or Sport Women categories.

Cyclocross	Road	Mountain Bike
Novice Men (& SEL)	Cat 5	U15, U17, Novice, Master 50+
Sport Men	Cat 4/5	Sport
Sport Women (& SEL)	Cat 4/5	Sport, Novice
Open Women	Cat 1/2/3	Elite
Expert Men	Cat 3	Expert
Open Men	Elite, Cat 1/2	Elite

License Information

All participants must hold either a current ABA or UCI race license. Registrants who do not hold a valid race license for the season will be comp'ed a Single Event License (SEL) on Zone 4 during the registration process. You are only allowed two (2) SELs in a season. Cadence Coffee is picking up the cost of your SEL in this race!

URL

Zero-contact license check will be completed online prior to race day. However, racers should always be prepared to show their ABA/UCI licenses upon request by race officials.

Bikes & Equipment

All racers in the Open Men, Open Women, Expert Men, and Sport Men's categories must ride on cyclocross bikes. Racers in the Novice Men and Sport Women's categories may ride on either cyclocross or mountain bikes.

UCI rules for cyclocross bikes:

- Handlebars must not measure more than 50 centimetres in measured width.
- Tires may not exceed 33 millimetres in measured width and may not feature any kind of studs or spikes.

Competitors must wear an approved helmet at all times while racing and whenever riding around the event grounds.

Commissaires ensure only that bikes conform to the Regulations; we accept no liability for the condition of the bike. Also, ABA/CCC does not approve helmets. Commissaires will ensure that (a) the helmet is intended for cycling use; and (b) the helmet has been approved by some regulatory body.

First Aid / Medical Emergencies

The event will have volunteers on site who are trained in First-Aid. If you need medical assistance, please identify yourself to a race official or volunteer.

The nearest medical facility to the event site is:

Rockyview General Hospital

7007 14 St SW, Calgary, AB, T2V 1P9

Google Map: <https://goo.gl/maps/AWoo6HiL2Txnqxd8A>

