

# ***2009 Hop-N-Hurl Technical Guide*** ***Presented by Hardcore Bikes***

Sunday September 27<sup>th</sup> 2009  
GoldBar Park, Edmonton



Cost: \$25  
U-15 Kids Race-Free



## Directions

- The Hop-N-Hurl will take place at Gold Bar Park, Edmonton.  
[Click here for a Google map link](#)

## Race schedule

- Sunday Sept. 27<sup>st</sup> - 8:30-9:30 course open for training / Sign on for first start.

Category	Time/Laps	Start Time
Sport Men	35 mins + 1Lap	10:00
Expert Men	45 mins + 1 Lap	11:00
Kids Cross	Modified course	12:00
Open Women	45 mins + 1 Lap	12:30
Open Men	55 mins +1 lap	13:45
<b><u>Sign on ENDS 30 min prior to your start!</u></b>		
Awards will take place at 3:30 pm		

## Registration & Sign-On:

Register at [www.karelo.com](http://www.karelo.com), before midnight Saturday September 26, 2009. All riders must have a valid UCI/CCA license or be an ABA General Member and purchase a day-license at the time of registration for \$10.

Please bring your race license, and road racing body numbers. If you do not have any body numbers the ABA will provide those for you on race day.

## **Alberta Provincial Cyclo-cross Categories.**

The following categories will be recognized at the Hop-N-Hurl

Category	Corresponding Road/MTB category
Expert	Category 3/Expert
Sport	Category 4 and 5, Beginner and Sport
Open Women	Open-All cats
Elite/Open Men	Category 1/2, Elite

Riders will be obliged to compete in the Cyclo-cross category corresponding to their respective Road or Mountain Bike category, whichever is higher.

**Cyclo-cross bicycles must be used in the “Expert” and “Elite/Open” categories. The use of mountain bikes is permitted in the other categories.**



### Course

The 2009 Hop-N-Hurl will take place at Gold Bar Park in Edmonton's river valley. There is a day use shelter that has washrooms and there is also plenty of free parking in the parking lot, which is on site.

### Prizes

Open Men: cash prizes for top 5 finishers.  
 Women: cash prizes for top 5 finishers.  
 Expert: cash prizes for top 3 finishers.  
 Sport: cash prizes for top 3 finishers.  
 All competitors are eligible for draw prizes.

### Race number placement

Left side of the body top number placed vertically



bottom number placed horizontally.

### Mechanical zone

A mechanical zone will be designated for a wheel or bike change that racers may need during the event. Please label your equipment in the mechanical zone as these will not be neutral. There is NO feed zone, this is cross.

- Riders must wear their helmets for all pre/post race riding.
- No riding on the course unless it is your race that is in progress.
- Pre-riding will be allowed approx. 10 min before each race; however, not before the preceding race has finished.

Hope to see you Sunday for lots o *hoppin* and of course some *hurlin*.