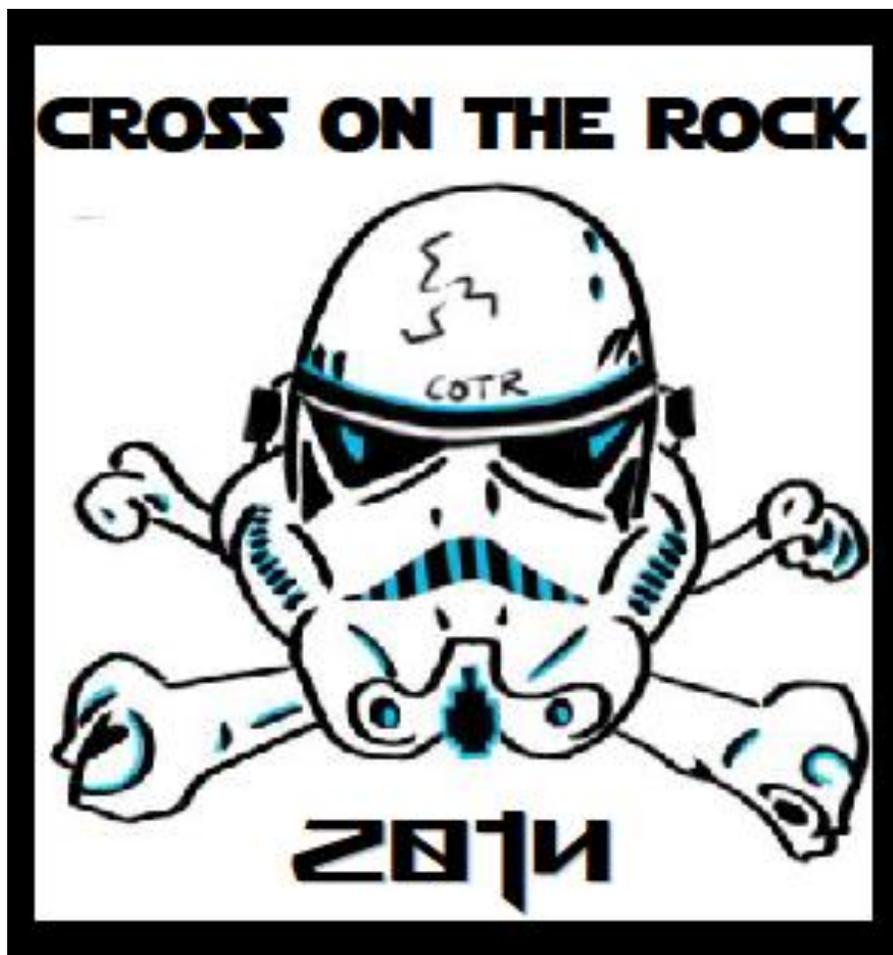


THE JEDI MASTER GUIDE TO THE 2014 KONA KUP PROVINCIAL CHAMPIONSHIPS



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CROSS ON THE ROCK

PROVINCIAL CHAMPIONSHIPS

OCTOBER 13, 2014

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1. RACE DAY SCHEDULE

Course open at 10:00 for practice. Don't try to ride before that as we are going to be hammering to get everything set up and people riding around just makes it harder and slower. IF we get the course ready earlier we will make an announcement.

The course is NOT open or set up until race morning.

Course CLOSED for Practice at 10:50. Completely CLOSED!

11:00 - - Start 1: JR women. U13 / U15 / U17 Men + Women.

Combining categories as needed or required. Starting the fastest first. 1:00 between. 30 min race for 1st person.

12:00 - - Start 2: U 19 Men, Masters 35-44 women. Masters 45+ Women, Masters 55 + Men. 40 minute race.

Extra 15 minutes for warm up for afternoon races.

1:15 - - Start 3: Masters 35-44 Men. Masters 45-54 Men. 45 – 50 minute race.

2:15 - - Start 4: Elite Men and Elite Women. Elite women start 2:00 after Elite men. Elite women do 2 less laps than Elite Men.

Finish at 3:15-3:25

Awards at 3:30 in registration room up to [if weather not good](#).

Down at Finish line [if weather good](#). This call will be made early in the day so we are not moving equipment.

Book your ferry for return. 5:20 should do it!

Absolutely no pre-riding during other athletes races!

2. REGISTRATION

Pre-Registration only. Not because we are being difficult. BUT because we want to give everyone the chance for a good call up. We can't arrange this stuff at the last second (see how call ups are determined) so you need to register by 7:00 Saturday October 11th.

If you do not have a Cycling BC UCI or Domestic/Citizen License (or equivalent from another Province) and are registering on-line you will need to have your day-of-race insurance form and \$10 to pick up your race number.

Naturally: CASH ONLY AT RACE SITE

3. RACE VENUES and COURSE DESCRIPTIONS

Venue :: Bowen Park is one of the largest parks in Nanaimo. Located less than 2 k from downtown. Easy to get to from south, north, east and west.....hilly....grassy.....

Course Description:

Corey Piket from Oak Bay Bikes in Nanaimo has come up with a challenging course that will test all of your cyclocross skills.

Course measurements indicate that it is around 2.5k in distance but final distance will depend on how exactly it is marked for the race. The course has the following features: Long road section. Switchback Climbs. Dirt path decent. 2 sand sections (1 short and 1 longer), 1 set of stairs, LOTS of GRASS. Barriers. You will find it a true test of both fitness and skill.

Check out past winners and results at: <http://www.crossontherock.com/results/>

4. ACCOMODATIONS

The Howard Johnson Harbourside Hotel is proud to be the host hotel.

Howard Johnson Harbourside hotel is proud to be involved with COTR and is happy to offer all racers a room rate of \$69.00. Rate is single occupancy. Add \$ 10.00 for second person.

Ask for the Cross on the rock rate.

1-250-753-2241

1-800-663-7322

Our email address is hojonanaimo@shaw.ca

Web address is www.hojonanaimo.com

In regards to having your bikes in your hotel room, we would ask that common sense be used. Please do not scratch the furniture or walls and please make use of the rags and bike wash station that will be set up for you just outside the lobby entrance. No dirty bikes are permitted in the hotel at any time.

5. DIRECTIONS

For maps and more detail, please use www.mapquest.com

The park is SUPER-EASY to access by riding from the departure bay ferry terminal. You could easily do it with your main bike and your spare wheels tied to your nap sack. You could also do it if you are skilled with a 2nd bike pushing it with your hand on the stem. There is one short uphill and downhill from the ferry.....if you are not comfortable pushing your bike you can easily walk these.....otherwise it is completely flat.

Directions to Bowen Park

From the Mainland: Please check www.bcferries.com for up to date sailing times. You might want to consider making a reservation.

From the Departure Bay ferry terminal you can ride or drive to the race venue in under 10 minutes from the Departure Bay terminal.

1. Leave Terminal and go straight down Stewart Avenue
2. Travel up to set of lights at the Island Highway. TURN LEFT.
3. Turn right at the next set of light. Comox Street.
4. Turn right on Wall street.
5. Turn left into the parking lot at the bottom of the Wall street hill.

From the Duke Point ferry terminal.

1. Follow the Duke Point Hwy to the junction (north) with the Island Hwy.
2. DO NOT Take the Comox-Cambell River exit.
3. Instead travel straight into the heart of Nanaimo and right on through on the old Hwy.
4. Turn left on COMOX street.
5. Turn right on Wall street.

6. Turn left into the parking lot at the bottom of the Wall street hill.

From Duncan/Victoria or the Nanaimo Airport

1. Follow the Island Hwy North to Nanaimo
2. DO NOT Take the Comox-Cambell River exit.
3. Instead travel straight into the heart of Nanaimo and right on through on the old Hwy.
4. Turn left on COMOX street.
5. Turn right on Wall street.
6. Turn left into the parking lot at the bottom of the Wall street hill.

From Parksville/Courtenay or Comox Airport

1. Follow the Island Hwy South & stay on the Hwy - turns into Nanaimo Parkway.
2. At the Northfield Road exit turn left.
3. Take the next RIGHT onto Bowen Road.
4. Follow Bowen road through all the traffic lights until you hit Wall Street.
5. Left on Wall street.
6. Left at the parking lot at the bottom of Wall street hill.

PARKING

DO NOT PARK AT THE CURLING CLUB on the east side of Wall Street.

There is quite a bit of parking near the start finish area off Wall Street. Then more lots up top off Bowen Road. There is more than enough parking in Bowen park to accommodate everyone.

6. EVENT CATEGORIES and PRIZING

As per UCI Elitist-Euro Rules your “racing age” for this event is your age at the END of 2015. (One of)The stupidest rule in cycling but we have to follow it.

Championship Categories.

U 13 Women

U 13 Men

U 15 Women

U15 Men

U17 Women

U17 Men

U19 Women

U19 Men

Masters Women 34-44

Masters Women 45+

Masters Men 35-44.

Masters Men 44-54

Masters Men 55+.

Open Women. (aka "Elite Women")
Open Men. (aka "Elite Men")

EVENT PRIZING:

Last year we had nothing! This year we have Provincial Championships Jerseys for the winners in each category!!

We will also have a KONA Humuhumu's for the Winner of the Elite Men's and Women's races!!

IF we can work it out (and again we are working on it) we would be doing prizing for top three in each category. It might be medals, it might be beer mugs, it might be prizes.....we will sort it out. In the meantime we are ALL racing for the joy and the glory and possibly a wicked draw prize (must be there to win!)

7. REGISTRATION and LICENSE INFORMATION

Here is the link to register for the KONA KUP Provincial Championships:
<https://www.raceonline.ca/events/details/?id=728>

THERE IS ONE THING THAT YOU HAVE TO REMEMBER and that is YOUR CYCLING BC LICENSE! PUT IT WITH YOUR BIKE. PUT IT IN YOUR WALLET. PUT IT IN YOUR CAR....WHERE EVER YOU WILL NOT FORGET IT. IF you forget your license....NOTHING can save you.....so don't ever argue with our registration person. IF YOU FORGET YOUR LICENSE you WILL be paying an extra \$10 to race. I don't care if I have known you for 15 years.....it does not matter....to race you have to have your license OR you have to have \$10. NO EXCEPTIONS. NONE! Ok I think the point has been made.

With regards to "What type of license" I need to buy there are three different types that will get you on the start line.

#1-FIRST TYPE: UCI International License This license allows you to compete anywhere in Canada or the World, in the race category for each cycling discipline listed on your license.

#2-SECOND TYPE: Domestic/Citizen License. This license allows you to compete in the citizen category at any race in BC, in the cycling disciplines listed on your license card. You are also able to use this license to enter club-level races and COTR events. This year....you can ALSO race Provincial Championships with this license. The FIRST TIME EVER IN HISTORY.

#3-THIRD TYPE: Day License. You can purchase this license or you can pay \$10 per event extra. Normally this license NEVER allows you to race Provincial Championships BUT for this time only (maybe again...we will see) you can race Provincial Champs with a one-day license. Don't squander this opportunity!

Registration for the KONA KUP Provincial Championships will CLOSE on Saturday October 11th at 7:00 PM. After that you are hooped and watching from the sidelines.

8. EVENT and SERIES RULES

- **Good sportsmanship and fair play are our number one rule!**

- Following the “good sportsmanship” rule. We don’t flag every thing on the course. Sometimes we just miss things....sometimes it is not practical. The rule is that the competitors need to follow the intention and direction of the course. That means if there is a barrier but the flagging goes down....you still go over the barrier. If there is a shortcut that show up because the tape went down on a corner....you still take the proper corner. You AND your bike must be between the tape or on the course....lifting your bike outside the course is not acceptable.
- If you ever go off the course by accident, or you pulled over to check something. Or you got lost. Re-enter the course where you came off OR enter as quickly as you can back in the original position you were in or lower. Gaining any advantage is not acceptable.
- Our number 1 priority as a series is to have fun, competitive races. **We don’t like “attitude” at our events**....we just want everyone to have some hard racing....but basically be able to share a parking lot pop afterwards with someone you just out sprinted for 10th place.
- In our opinion in order to have fun races everyone has to be on a level playing field....that means some rules.
- One rule that we have explained before but we should probably include in all the race bibles is with regard to pits and outside assistance. As it stands the rule is this. If you have a mechanical or problem on the course...such as a flat you proceed the direction of the course to the pits to receive help....change of wheel etc. You can not cut the course to the pits as that would not be completing the distance. Nor can you go backwards on the course to the pits if you have passed the entrance. If you cut the course or receive outside assistance outside the pit than we will rank you with a NOR which means Not Officially Ranked (NOR)
- If you are N.O.R. You are free to continue in the race but you will not be in contention for prizes or points at that race.
- We also expect that if you cut the course etc. or receive outside assistance and we don’t see you then you would let the timers know after the race to rank you NOR. Fair is fun....fun is better.
- All events EXEPT the ELITE races (men’s and women’s) are open to any type of bike; road, mountain or cross. A cross bike should be your first choice followed by a mountain bike....road bikes will not enjoy our courses...
- Call up at Provincial Championships in the championship categories will be based on your ranking in the COTR, Lower Mainland CX and Interior series. 1st in each series being the first 3 call ups, 2nd in the series being the next 3 and so on. For the top 20 in each series. There is no roll down ie. If 1st in a series is not racing....it does not roll to 2nd.

After the top 20 in each series has been called up it is random after that.

It is up to the series to get their points to us in a reasonably understandable format.

If you are (attempting) to register late you will be called up last.

- All riders will finish on lap following the leader finishing the race.
- Other than these specific rules regular cross rules and common sense will dictate everything else.
- The race organizer and officials have the final say in everything!
- Racers are not pulled if they are lapped by the leaders of their event.
- All racers finish on the lead racer’s lap so you are never more than one lap down nor do you race much longer than the leader of your race. IF you do not finish on the lead racer’s lap then you will receive a DNF.

YOUR RACE NUMBER

Placement of your race numbers is a simple thing....but even simple tasks can be messed up....which mess us up. PLEASE always check with the registration when you are signing up (IF THERE IS NOT A SIGN POSTED with INSTRUCTIONS or if it is not on your registration form) and ask where they want the numbers placed. For our races we always want the numbers lower to mid back. Placed on the side of the timing crew. Perpendicular to facing down is best. Ie. IF you are in your bars and passing someone that is beside you looking at you.....say someone timing your event....the number looks normal to them.

Do NOT mess up, fold down or cut your numbers....our job is hard enough already.

Penalty for first offence: We have decided that the penalty for anyone not getting their number placement correct will be 10 times through the barriers.

Penalty for second offence: You will have to time the next event. You get a pass or fail.....fail for more than 0 errors....pass with 0 errors....and they can not race until they get a pass!

Get your numbers right!

Any Questions?

Feel free to contact me at this e-mail address.
Normon Thibault at normont@islandnet.com

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