

# The Hop-N-Hurl Cross Race



**Sunday September 15, 2019**

Strathcona Science Park  
Edmonton AB

Race Organizer: Kurt McGrath

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## **Registration & License Check**

Pre-registration is available at [www.zone4.ca](http://www.zone4.ca) and closes Thursday, Sept 12, 2019 at 23:59pm. There is no race day registration – on line registration only.

**All categories \$35, \$30 for Junior racers**  
(Includes a slice of Roka Pizza!)

All ABA and UCI licensed riders are eligible to register.

**Single Event Licenses (SEL):** Available for \$10 online. SEL men and women will be placed in Novice Men or Sport Women, respectively. Only two Single Event Licenses are allowed per racer per year, regardless of discipline.

**All riders must sign-in on race day 15 minutes prior to category start time. Licensed riders must present their license. Failure to bring your license may result in a \$10 fine.**

## **Kid's Race**

We'll be running a FREE race for kids at 11:45 AM! Similar to past years, the race will be 10-15 minutes long (number of laps scaling with age) and the course will be a non-technical subset of the proper course with a few, fun, kid-size obstacles thrown in. All finishers will get a loot bag! Kids of all ages are welcome but the style of course is best suited for kids 2-10ish. You can sign in on day-of from 10:30AM to 11:30AM (to fill out the waiver).



## Race Categories

**Men: Open, Expert, Sport, Novice**

**Women: Open, Sport**

New cyclo-cross riders should compete in the cross category corresponding to their respective Road or Mountain Bike category, whichever is higher. If you are new to CX please use the following to determine which category you should compete in.

Alberta Cup – Cyclo-Cross Categories

Category	Corresponding ABA MTB-XC and Road Category	Race Duration
Novice Men	Mountain Bike: U15, U17, Novice, Master 50+, Sport Road: U15, U17, Master 50+; Categories 4, 5	40 minutes
Sport Men	Mountain Bike: Sport, Expert Road: Categories 3, 4, and 5	Minimum 40 minutes
Expert Men	Mountain Bike: Expert, Elite Road: Categories 1/2, 3	50 minutes
Open Men	Mountain Bike: Open to all license-holders Road: Category Open to all license-holders	60 minutes
Sport Women	Mountain Bike: Novice, Sport, Expert Road: Categories 3, 4, and 5	Minimum 40 minutes
Open Women	Mountain Bike: Elite, but open to all license-holders Road: Categories 1, 2, but open to all license-holders	Minimum 40 minutes

## Body & Shoulder Race Numbers

Bring your ABA cyclo-cross body numbers. If you don't have them yet you can get them at the race from the ABA. SEL racers will be given a number at sign-on. Please bring your own pins. The shoulder numbers shall be worn on the upper forearm so they are visible frontally.



ABA RACES

2 Shoulder numbers and 1 body number.  
Numbers will be given at your first race.  
Keep for the rest of the season.



## **Regulations**

This event will be run according to ABA/CC/UCI regulations. Riders are responsible to know & understand these. They are available online [here](#).

The race may be stopped by the commissaries at any time for safety reasons.

## **Bikes**

Cyclo-cross bikes must be used in the following categories: Sport Men, Expert Men, Open Men, and Open Women. Mountain bikes are permitted in other categories.

## **Call-up**

There will be call-up five minutes before the start of the events. Eight riders per race will be called up at each Alberta Cup event in all categories except Novice Men. Call-up will be based upon current UCI standing followed by current Alberta Cup standing.

## **Race Schedule**

09:00 AM	Registration opens
09:00 AM to 9:40 AM	Course open for warm up
09:45 AM	Novice men – 40 min race
10:45 AM	Sport men – 40 min minimum race
11:40 AM	Course open for warm up
11:45 AM	Kids Race
12:15 PM	Sport women – 40 min minimum race
01:15 PM	Expert men – 50 min race
02:20 PM	Open women – 40 min minimum race
03:15 PM	Open men – 60 min race

*\* Awards following each category!*

The course will be open during the scheduled times and between races at the commissaries discretion. Please check with commissaires and only enter the course at the start/finish. The ABA and the organizer may shorten the races and/or the course dependent on weather, time delays, and combine categories if necessary.

## **Course Pre-Riding**

Pre-riding will open around 9:00 am as well as between races. **Don't ride the course when other categories are racing.** Check with commissaires before entering the course after 9:45am. Please only enter the course from the Start/Finish Area to do any pre riding.

## **Mechanical Zones**

There will be one double equipment pit as marked on the course map

In the mechanical zone you can leave spare wheels, bikes, or anything else you might need. Make sure you label your stuff and collect it after your race.

The exchange of equipment between riders is forbidden. Equipment changes may only take place in the equipment pit. Rider may change wheels or bikes only in the equipment pit. Riders may only use the equipment pit lane to change equipment. A rider who passes the end of the equipment pit area must proceed to the following equipment pit to change wheels or bikes.

A rider who is still in the racing lane and has not passed the end of the equipment pit area may enter the equipment pit as long as he/she re-traces his/her route in the racing lane and enters the pit at its start without obstructing other competitors.

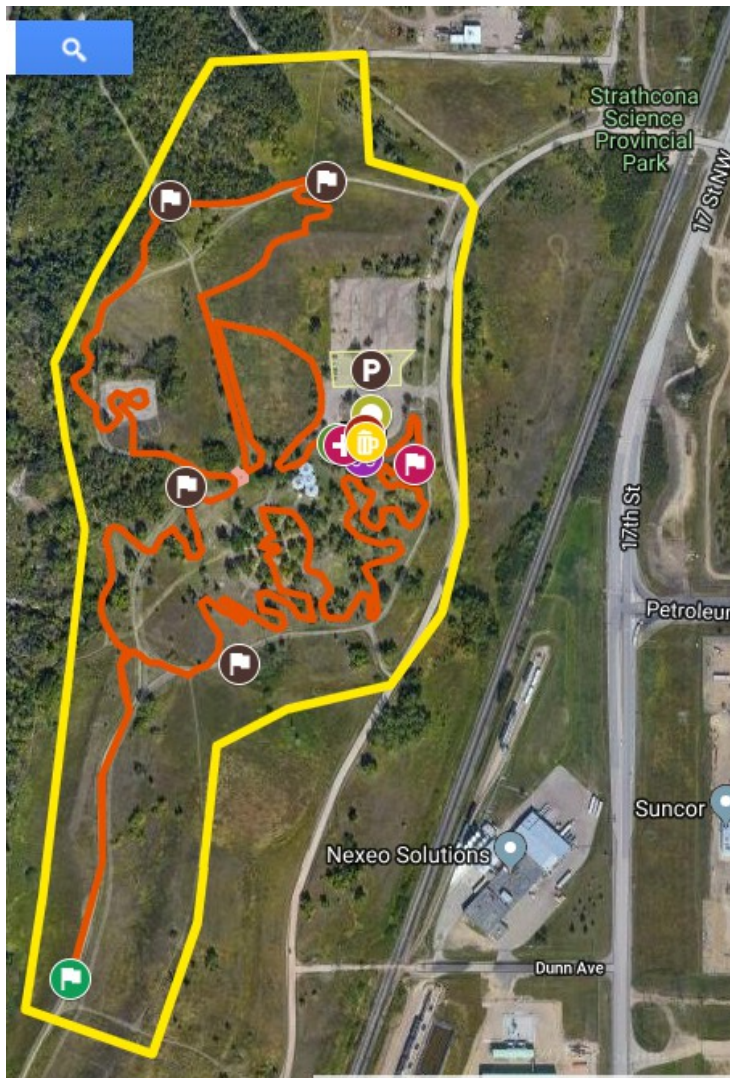
## **Course**

The course is located in a public park and off leash area. Please expect people to cross the course during warm up. Be courteous and slow down. Marshals will direct the public during the race but not all areas can be controlled.

## **Course Map**

We reserve the right to revise the course, and the Commissaries will do the same!

[https://drive.google.com/open?id=18Ym18\\_11kzXffbyy6ZwaaSP9W-omAljX&usp=sharing](https://drive.google.com/open?id=18Ym18_11kzXffbyy6ZwaaSP9W-omAljX&usp=sharing)



### **Rider Conduct**

Unsportsmanlike & unbecoming conduct will not be tolerated, littering, use of profane language and any verbal abuse whatsoever of officials, organizers, volunteers, and public. No public urination is permitted.



### **Awards**

Cash prizes will be awarded based on the number of entrants. The prize list will be posted at sign on. All categories will pay a minimum of 3 deep and the prize minimum will be equal to or greater than the registration fee. Podium and prizes will take place as soon as possible once results are official.

### **First Aid**

First Aid will be located at the team pit area. Strathcona Community Hospital is located within 10 km of the race site.

### **Food & Water**

Roka Pizza will be onsite. As part of your registration you'll receive a ticket for a slice of pizza!

### **Washrooms**

Outhouses are on site, and if enough of you actually sign up ahead of time, we'll know we have enough money to buy porta-poties! If ya'll sign up last minute, be prepared to stand in line for the outhouses!

### **DIRECTIONS & PARKING**

#### **How do I get there?**

From the south:

- From highway 2, take Anthony Henday Dr. eastbound.
- Exit (on left) onto Yellowhead Trail. westbound.
- Exit (on right, then turn left) onto Hayter Road southbound.
- Strathcona Science Park will be on your right. Follow the road to the right to Sunridge Ski Hill

From the north:

- Get on Yellowhead Trail, headed east, across the North Saskatchewan River.
- Take the Hayter Road exit, which will lead you to 116 Ave. Turn right (west), then turn south onto Hayter Road.
- Strathcona Science Park will be on your right. Follow the road to the left to Strathcona Science area

### **Where do I park?**

There is ample parking available at the Strathcona Science Park, and overflow parking at the Sunridge Ski area

### **PRIZING**

Prizing will go three riders deep in each category for both men and women. Cash prizes will be awarded with amounts contingent on the number of entrants.

### **VOLUNTEERS**

We're lucky to have a great trails so close to our back yards in Edmonton. However, this also makes race planning a challenge. The park is regularly used by runners, hikers, and other cyclists. The course passes many intersections and corners that racers don't want to miss. Because of these challenges, we (and the racers!) rely heavily on volunteers to help us with course marshaling, parking direction, racer check-in, crowd control, course setup and take-down, etc.

If you or someone you love can spare some time on race day to help us make this a successful event, we would really appreciate it. Please email us and let us know. It is helpful if you can include your contact information, your experience with racing/volunteering, and the hours on Sunday that you are available. Thanks in advance! We really appreciate it. Please contact Kurt McGrath – [mcgrath.kurt@gmail.com](mailto:mcgrath.kurt@gmail.com) if you can help out.





[www.hardcorebikes.ca](http://www.hardcorebikes.ca)