

RRFCX



REALLY RAD FESTIVAL of CYCLOCROSS

TECHNICAL GUIDE 2019

www.reallyradcx.com

#RRFCX

International Cycling and Event Services Production

NOVEMBER 2-3, 2019

Cape Cod Fairgrounds Falmouth MA

1132 Nathan Ellis Hwy (RT 151), East Falmouth, MA 02536



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SPONSORS



Benefiting



EVENT OVERVIEW

The Really Rad Festival of Cyclocross is the continuation of the Plymouth Cyclocross that started in 1977 at the Plymouth Carver High School in Plymouth, Massachusetts. Upon moving to the Cape Cod Fairgrounds in 2016, the race was renamed and expanded upon.

In 2018, the RRFCX joined the USA Cycling ProCX calendar with the addition of UCI C2 races.

RRFCX aims to bring top class racing to the New England cyclocross calendar while remaining accessible to all riders, amateur and professional alike.

PRODUCTION STAFF

Race Production	International Cycling	info@intlcycling.com
Race Director	Adam Sykes	adam@intlcycling.com
Race Director	Bill Sykes	bill@intlcycling.com
Elite Athlete Relations	Sara Bresnick	smbres@gmail.com
Media	Lauren LeClaire	media@intlcycling.com
Medical	CMPSA	cmpsa1@gmail.com

RACE OFFICIALS

PCP	John Allen	allenjda.1414@gmail.com
ACR/Comm 1	Phil Miller	
Secretary	Chris Constantino	
Comm 2	Jeff Poulin	
Chief Judge	Gary Toth	

RACE SCHEDULE

CATEGORY	DISTANCE	FEE	FIELD	PRIZE	PLACES	SATURDAY START TIME	SUNDAY START TIME
Registration OPENS						7:00 AM	7:00 AM
Course open for Inspection						7:30 AM	7:00 AM
Junior Men 15-18	30 MIN	\$10	50	Medals	5	8:00 AM	8:00 AM
Junior Women 15-18	30 MIN	\$10	50	Medals	5		
Junior Men 9-14	TWO LAPS	\$10	25	Medals	5	8:01 AM	8:01 AM
Junior Women 9-14	TWO LAPS	\$10	25	Medals	5		
MASTERS MEN 40+ CAT 1-4	40 MIN	\$41	50	Medals	5	8:45 AM	8:45 AM
MASTERS MEN 50+ CAT 1-4	40 MIN	\$41	50	Medals	5	8:46 AM	8:46 AM
MASTERS MEN 60+ CAT 1-4	40 MIN	\$41	50	Medals	5	8:47 AM	8:47 AM
WOMEN 4-5	30 MIN	\$41	100	Medals	5	9:40 AM	9:40 AM
MEN 4-5	40 MIN	\$41	100	Medals	5	10:25 AM	10:25 AM
MASTERS WOMEN 40+ CAT 1-4	40 MIN	\$41	50	Medals	5	11:15 AM	11:15 AM
WOMEN 3	40 MIN	\$41	50	Medals	5	11:16 AM	11:16 AM
Corner Cycle Fat Tire Race (≥ 3.8" tires)	30 MIN	\$15	50	Medals	5	12:05 PM	n/a
Super Squirts (special course)		Free	Free	Medals			12:00 PM
UCI Junior MEN 17-18	40 MIN	\$41	75	\$916	15	12:50 PM	12:05 PM
MEN 2-3-4 ***part of the ECCC CX SERIES	40 MIN	\$41	75	Medals	5	12:51 PM	12:06 PM
UCI Course Inspection	20 MIN					1:35 PM	12:50 PM
UCI WOMEN	40-50 MIN	\$50	150	\$1,745	20	2:00 PM	1:15 PM
UCI MEN	60 MIN	\$50	150	\$1,745	20	3:10 PM	2:25 PM
UCI Awards						4:25 PM	3:40 PM

DIRECTIONS and TRAVEL

Event Address

Cape Cod Fairgrounds
1132 Nathan Ellis Hwy (RT 151)
East Falmouth, MA 02536

From All Points North

RT 28 South to RT 151 West
Fairgrounds are 4.4 miles on left
Follow Signs for Race Parking

From All Points East

RT 28 North to RT 151 East
Fairgrounds are 2.2 miles on right
Follow Signs for Race Parking

Flights

The Cape Cod Fairgrounds are about the same distance from either TF Green (Providence) or Logan International (Boston). You may find it easier to come in from Providence

From Logan (BOS)

RTI-93 South
RT 3 South
RT 6 West
RT 28 South
RT 151 West
Fairgrounds are 4.4 miles on left
Follow Signs for Race Parking

From TF Green (PVD)

RT I-95 North
RT I-195 East
RT 25 South
RT 28 South
RT 151 West
Fairgrounds are 4.4 miles on left
Follow Signs for Race Parking

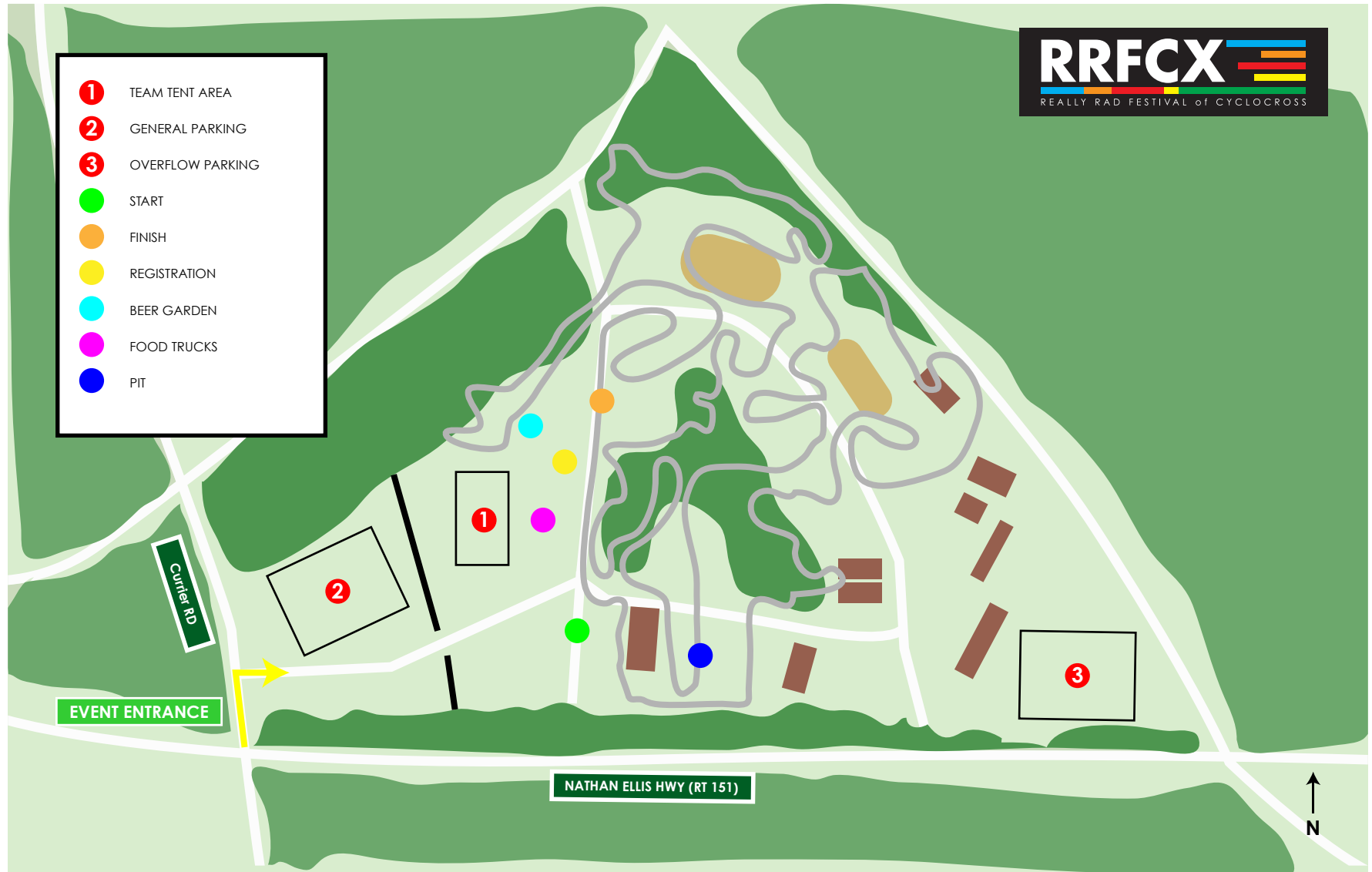
LODGING

Falmouth is a summer tourist town. The options for lodging are more than abundant during the fall.

For a list of some great place to stay, check out the Falmouth Visitors website

<https://falmouthvisitor.com/falmouth-ma-hotels-motels/>

PARKING and SITE MAP



RULES and REGULATIONS

All amateur races at the Really Rad Festival of Cyclocross are governed under the 2019 Rules and Regulations set forth by USA Cycling. All Racers must have a valid USA Cycling license and must sign the associated Release form.

All UCI races at the Really Rad Festival of Cyclocross are governed under the 2019 Rules and Regulations set forth by the Union Cycliste International. All Racers must have a valid UCI license and must sign the associated Release form.

UCI Junior Men International or USA Cycling Domestic License with UCI ID number

*UCI ID: Riders must have their date of birth, gender and citizenship/permanent resident status verified. Having verified this information, a free UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling "My Account" and look for this in your Profile link. If these items are not listed or are incorrect, please do the following to update your account:

Create a copy of your Birth certificate or Passport/Permanent Resident Status (Green Card) and Mail, email (membership@usacycling.org with the subject of: UCI ID Documents for USA Cycling Member) or fax (719-434-4300) it to USA Cycling.

A UCI ID is your lifelong, internationally unique, identity number to confirm your racing status and maintain your privacy in internationally published registration and results documents.

YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR ACCOUNT IS UPDATED.

RULES and REGULATIONS

There are a few things we ask of you at the RRFCX:

Camping - There is no camping at the Cape Cod Fairgrounds

Alcohol - We have a great beer garden for you to enjoy some tasty brews. The Town of Falmouth requires that all alcohol be consumed only in the permitted areas.

Fighting - No fighting

Drones - No drones please. The Fairgrounds are close to Otis Air Force Base. They really don't take kindly to drones in the area.

Fun - Have lots of it. The RRFCX aims to give you, the rider, a fun and safe environment to enjoy a weekend of outstanding bike racing. Whether you're on a cross bike for the first time or you're here chasing UCI points, we want you to enjoy yourself. If anything is totally out of whack, let the race staff know and we'll address it right away

REGISTRATION

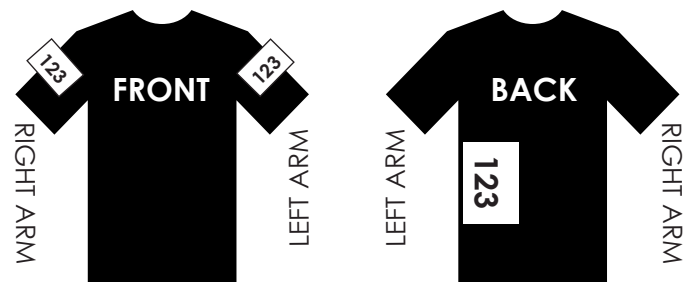
- **UCI races are pre-reg only on bikereg.com**
- Preregistration is highly recommended for all races on bikereg.com
- USAC/UCI Release forms may now be eSigned on bikereg.com
- All USAC races will have day-of registration available on a first come first served basis
- A \$15.00 late fee will be charged to all day-of registrants
- Riders wishing to race two races in the same race day will only be charged \$15 for their second race
- Number pick up and registration sign in will be near the finish line on the race site. Signs will be placed to show you the way
- Registration opens at 7:00am both days
- USAC Registration for amateur closes 30 minutes before each race
- UCI Sign In closes 60 before the start of the respective race
- Field limits for each race are posted in the race schedule.

NUMBER PLACEMENT

Large Numbers go on the left

Small Numbers go on the shoulders

If you're not sure how to place your numbers,
Please ask for help at registration



WARM UP and COURSE PREVIEW

Course preview will be available beginning Friday November 1st from 1pm - 3pm.

Riders on the course at this time may encounter staff making final adjustments and are advised to use caution.

Course opens each day officially at 7:30am. All riders are welcome to preview the course at this time.

There is a 15-20 minute gap between each race during the day. Riders are welcome to inspect the course after each race finishes. Please enter the course AFTER the finish line as to not interfere with any riders still finishing their race.

Any rider who interferes with an in-progress race may be asked to leave, forfeiting their registration fee.

UCI Course inspection is at 1:35pm on Saturday and 12:50pm on Sunday. Only Riders in the UCI races are allowed on course at this time. No exceptions.

If you'd like to get an earlier look at the course, please contact International Cycling about assisting on the course setup. There is typically some time for riders who volunteer to get in a few laps before the course is closed for inspection by UCI officials on Friday.

If you're interested, please contact RRFCX@intlcycling.com

STAGING and STARTING ORDER

- ALL RIDERS MUST REPORT TO STAGING 15 MINUTES BEFORE THE START OF THEIR RACE.
- Staging is located at the southern end of the finish stretch and is clearly defined with signage.
- All riders must have completed a USAC release form before entering the start grid.
- Riders should stage at the back of the start grid and await instructions from the officials.
- USAC Races will be staged in order of the most current USAC cyclocross individual classification of the current season. Then followed by order of registration.
- UCI Races will be staged in order of the most current UCI cyclocross individual classification of the current season, then unclassified riders by random draw established by the commissaires

ECCC Cyclocross Series

This race is part of the Eastern Collegiate Cycling Conference (ECCC) Cyclocross Series. If you are a current full-time student at an ECCC school, you are eligible for competition in the Series. Collegiate riders race within the Category 2/3/4 race and will be scored both within those fields and within their corresponding collegiate categories. To be eligible for collegiate scoring, riders must register under their proper collegiate team name and race in their collegiate team kit. Collegiate Riders who do not have a USAC ranking, will be staged by random draw.

LAPPED RIDERS

USAC Races

Every effort will be made to permit all riders to complete the full length of their race. Riders who are lapped will be allowed to remain in the race but must avoid impeding the progress of un-lapped racers, please stay to the side of the course if you are being lapped. Lapped riders may be held before the final finish straight if a finishing sprint is developing or in progress. The 80% rule will only be used if it is absolutely necessary. Race officials have final determination as to the status of any lapped riders. All riders will finish on the same lap as the lead rider.

UCI Races

The 80% rule will fully apply as described in UCI article 5.1.052. Effectuated riders will be listed in the results in the order in which they are pulled out of the race plus number of laps that have not been completed. Race officials have final determination as to the status of any lapped riders.

RESULTS

Results will be posted on a clearly marked results board adjacent to the officials stand in the finish line area.

Riders have a window of 15 minutes from the time of the posting of results to protest said results. After the 15 minutes, the protest period is over.

ALL RESULTS ARE FINAL AFTER THE PROTEST PERIOD.

AWARDS

USAC races are MEDALS/5 for all fields

Awards for all USAC races will take place at the awards podium near the finish area approximately 20 minutes after each race. Riders are asked to at least wear their team clothing on the podium. We really don't want to have podium shots of you in your Carhartt and Dickies for posterity!

UCI races are \$1827/20 for Elite Women and Men

UCI races are \$916/15 for Junior Men

Awards ceremony for UCI races will take place at 4:25pm on Saturday and 3:40pm on Sunday. Riders are requested to professionally represent their team and sponsors with appropriate clothing on the podium.

All awards must be picked up at Registration before the end of each day. No awards will be mailed.

UCI PRIZE LIST

ELITE Men/Women

Place	Dollars	Points
1	\$401	40
2	\$206	30
3	\$137	20
4	\$103	15
5	\$97	10
6	\$92	8
7	\$86	6
8	\$80	4
9	\$74	2
10	\$69	1
11	\$63	-
12	\$57	-
13	\$51	-
14	\$46	-
15	\$40	-
16	\$29	-
17	\$29	-
18	\$29	-
19	\$29	-
20	\$29	-

Junior Men

Place	Dollars	Points
1	\$172	15
2	\$114	12
3	\$80	10
4	\$69	8
5	\$57	6
6	\$57	5
7	\$57	4
8	\$46	3
9	\$46	2
10	\$46	1
11	\$34	-
12	\$34	-
13	\$34	-
14	\$34	-
15	\$34	-
16		
17		
18		
19		
20		

A 2% anti-doping fee will be deducted from the prize list

ANTI-DOPING

- All races at the REALLY RAD FESTIVAL of CYCLOCROSS are subject to USAC and UCI anti-doping regulations.
- The RRFCX is operated under the USA Cycling RACE CLEAN program.
- All USAC races are subject to anti-doping regulations and may be tested by USADA.
- All UCI races are subject to anti-doping regulations and may be tested by WADA.
- Information regarding doping control will be posted at Registration.
- Selections for doping control will be posted on the Results Board at the finish area.
- Location of Anti-Doping Control will be posted clearly at Registration.
- REGARDLESS OF DOPING CONTROL, RIDERS ARE ALWAYS ENCOURAGED TO **RACE CLEAN!**

PIT and BIKE WASH

Neutral Support will be available in the PIT

The PIT bike wash will be located at the southern end. This bike washing station is only for use by staff of riders who are in the current race.

Riders are asked to promptly remove their equipment from the PIT area as soon as possible to make room of riders in the next race.

A separate bike wash is located out side of the PIT of use by any rider at any time.



PIT ACCESS

USAC Races

No PIT Passes are required for access to the PIT during USA Cycling events. Each rider is allowed two helpers in the PIT. Please remove your bike and wheels promptly after your race is completed.

UCI Races

Passes are required for access to the PIT. Each rider may request two PIT Passes per day at Registration. Please note that only working mechanics are allowed in the PIT.

COURSE DESCRIPTION

Day One course: 3.4km (2.1 miles)

Day Two course: 3.5km (2.2 miles)

Both days of racing at the RRFCX feature courses with varied terrain; asphalt, grass, hard packed sand, deep-loose sand, and wooded areas with bumpy roots. The barriers are 4.2 m (14') wide and 40cm tall. A 45m (148') long loose sand pit is featured after the barriers.

The course is designed with a mix of increasing and decreasing radius turns, which are strategically placed to require racers to pick the optimal time to attack. The Day One course has one set of small steps that are rideable provided enough is left in the racers legs. Day Two has two sets of small steps, both are rideable.

The RRFCX wants to see bike racers racing against bike racers. The course is designed as such and is not a mountain bike course. Racers will require a balance of technical skill, fitness, and tactics to win.

Laps are predicted to be ~07:20 for Elite Men to ~8:50 for Cat5

COURSE MAP - DAY 2



AMATEUR TEAM/CLUB TENTS

To Park in the Team Tent area, you must have a pass. Passes can only be purchased in advance on bikereg.com. Each Team Tent spot gets a 25' x 20' space for ONE car and ONE 10 x 10 tent.

First come, first served. \$55 for one day or \$75 for two days. Tents may be left setup over night. Suitable stakes or weights are requested to be used on all tents.

Team Tent parking gives you, your team, and your friends an outstanding location to set up camp. You'll be close to all the action as well as the Start, Finish, Registration, the PIT, the Beer Garden, Food Trucks, and most importantly, the toilets.

Enhance your weekend at the RRFCX by reserving your spot in advance.

*****There are no day-of options to purchase a Team Tent spot**

EXPO TENTS

Expo Tent Spots are available right on the walk-way to registration. 25' x 20' Expo Tent spaces are \$150 for the entire weekend. If you're looking for a great location to set up shop and hawk your wares, contact rrfcx@intlcycling.com for more information

UCI TEAM PARKING

Reserved parking for UCI teams is available for \$50. This fee covers the entire weekend. Reservations can only be purchased in advance on bikereg.com.

FIRST AID and EMERGENCY SERVICES

Emergency medical services will be provided by Central Mass Public Safety.

There will be a staffed medical tent adjacent to Registration as well as First Responders situated around the venue.

In the event of an emergency notify event staff immediately.

HOSPITALS

14 minute drive from event site:

Falmouth Hospital
100 Ter Heun Dr, Falmouth, MA 02540

30 minute drive from event site:

Cape Cod Hospital
27 Park St, Hyannis, MA 02601

VOLUNTEERING

Putting on a big bike race is not an inexpensive or easy task. The RRFCX is always looking for people to assist in the production of the race. Here are a few of the opportunities available:

- Course Setup and Break Down
- Course Crossing Marshals
- Parking Staff
- and many others

Riders who volunteer for a half day, will receive a \$36 credit toward their registration. If you are interested, please contact International Cycling at rrfcx@intlcycling.com

CONTACT

General Inquiries: info@intlcycling.com

Race Director: adam@intlcycling.com

Registration: registration@intlcycling.com

Medical: cmpsa1@gmail.com

Volunteering: rrfcx@intlcycling.com

Media Inquires: media@reallyradcx.com

Elite Athlete Relations: smbres@gmail.com

Race website: www.reallyradcx.com

If you need to contact the RRFCX by phone, please email the Race Director with your phone number and we will return your call right away.