



RRFCX

REALLY RAD FESTIVAL of CYCLOCROSS

PRESENTED by



TECHNICAL GUIDE 2021

www.reallyradcx.com

#RRFCX

International Cycling and Event Services

NOVEMBER 13-14, 2021

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



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Alltown Fresh®, handcrafted kitchen and market, is a new chef-driven concept hitting the East Coast. Offering fresh, made to order meals and thoughtfully curated, locally sourced goods and ingredients, Alltown Fresh also features favorites like kombucha on tap, fresh blended smoothies, and killer, custom blend, single origin and fair trade coffee. The menu, made with clean, whole ingredients, offers a variety of options to guests with a range of lifestyles and dietary needs, including a number of plant-based options. Alltown Fresh is proud to offer hearty breakfast sandwiches and bowls, fresh salads, flavorful sandwiches, protein-packed bowls, meal kits to take home and even catering for your next event.

The Alltown Fresh marketplace stocks artisanal, locally sourced products including produce, breads, jams, cheeses, and more. With over 10 thoughtfully designed, pre-assembled meal kits that guests can order in advance and pickup curbside, Alltown Fresh helps put a chef-designed meal on the table in minutes. With the goal of providing local communities with clean, fresh eats to ensure people don't need to sacrifice healthy, fresh food for convenience, Alltown Fresh helps you feel good about what you're putting in your body when you're on the go. Based in Waltham, MA, Alltown Fresh has five locations in MA, CT and NY, with more openings planned.

SPONSORS



Falmouth – Osterville



EVENT OVERVIEW

The Really Rad Festival of Cyclocross p/b Alltown Fresh 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	rrfcx@intlcycling.com
Race Director	Adam Sykes	adam@intlcycling.com
Race Director	Bill Sykes	bill@intlcycling.com
Pro Athlete Relations	Lauren Leclaire	laurenleclaire@gmail.com
Media	Lee Sandstead	media@intlcycling.com
Medical	CMPSA	cmpsa1@gmail.com

RACE OFFICIALS

PCP	James Bratrud	jim.bratrud@me.com
ACR/Comm 1	TBD	
Secretary	TBD	
Comm 2	TBD	
Chief Judge	TBD	

RACE SCHEDULE

CATEGORY	DISTANCE	FEE	FIELD	PRIZE	PLACES	START TIME
Registration OPENS						6:30 AM
Course open for Inspection						7:00 AM
Junior Men 15-18	30 MIN	10	50	Medals	3	7:25 AM
Junior Women 15-18	30 MIN	10	50	Medals	3	
Junior Men 9-14	TWO LAPS	10	25	Medals	3	7:26 AM
Junior Women 9-14	TWO LAPS	10	25	Medals	3	
WOMEN 4-5	40 MIN	45	100	Medals	3	8:10 AM
MASTERS MEN 40+ CAT 1-4	40 MIN	45	50	Medals	3	9:05 AM
MASTERS MEN 50+ CAT 1-4	40 MIN	45	50	Medals	3	9:06 AM
MASTERS MEN 60+ CAT 1-4	40 MIN	45	50	Medals	3	9:07 AM
MEN 4-5	40 MIN	45	100	Medals	3	10:00 AM
UCI Junior WOMEN 17-18	40 MIN	50	50	\$ 1,025	15	10:54 AM
MASTERS WOMEN 40+ CAT 1-4	40 MIN	45	50	Medals	3	10:55 AM
WOMEN 3	40 MIN	45	50	Medals	3	
Super Squirts (special course) 0-8 yrs	Sunday Only	Free	Free	Medals		11:35 AM
UCI Course Inspection	20 MIN					11:40 AM
UCI Junior MEN 17-18	40 MIN	50	50	\$ 1,025	15	12:00 PM
MEN 2-3-4	40 MIN	45	100	Medals	3	12:01 PM
UCI ELITE WOMEN / UCI U23 WOMEN	50 MIN	55	100	\$ 1,920	20	1:00 PM
UCI ELITE MEN / UCI U23 MEN	60 MIN	55	100	\$ 1,920	20	2:10 PM
UCI Awards						3:30 PM
Sunrise 6:30 AM - Sunset 4:22 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

GENERAL 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/>

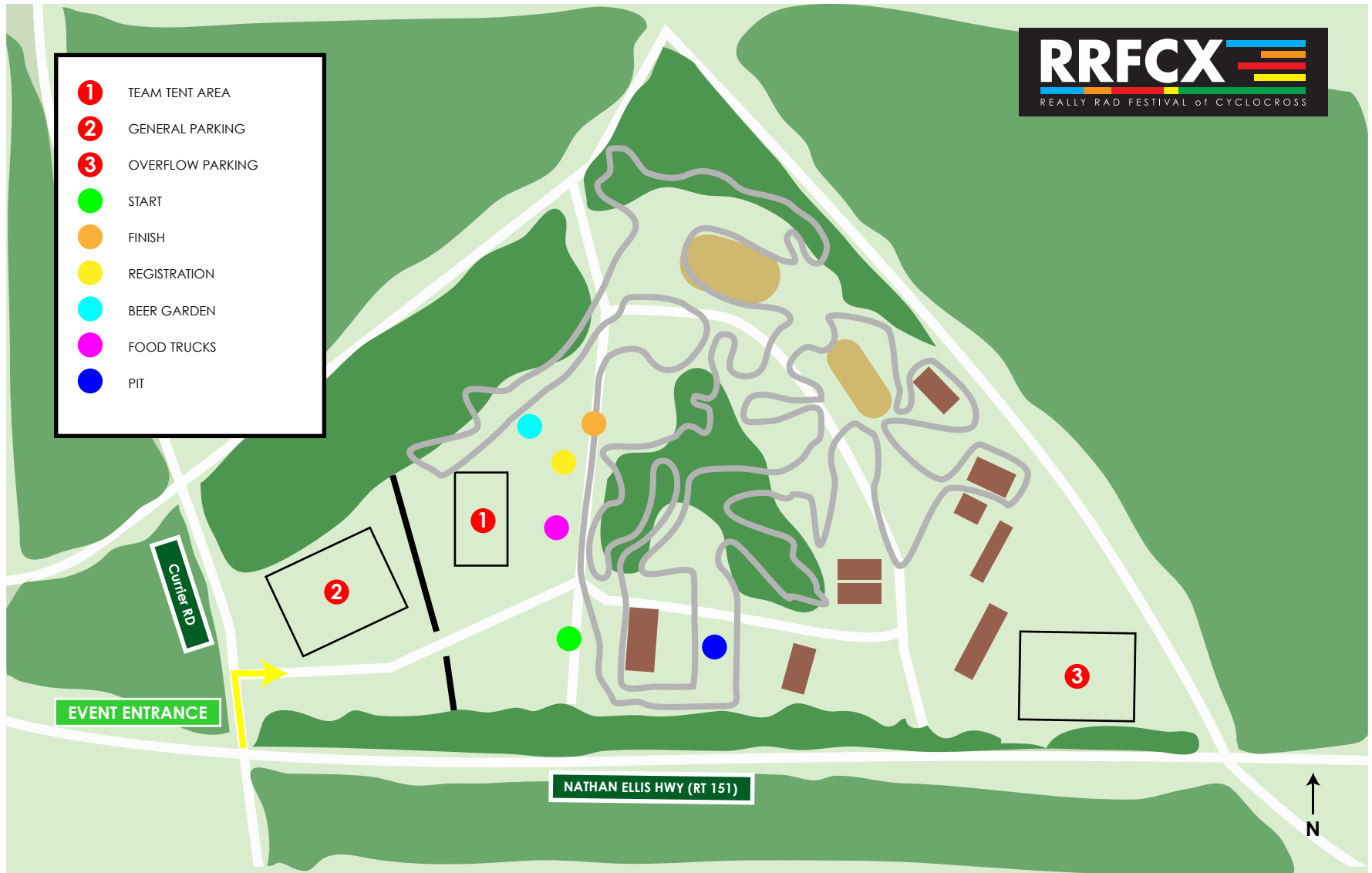
PRO TEAM LODGING and TRAVEL

Pro Teams and Riders who need assistance with lodging and travel should contact the RRFCX Pro Rider Relations Liasion, Lauren Leclair - laurenleclair@gmail.com

PARKING and SITE MAP



- ① TEAM TENT AREA
- ② GENERAL PARKING
- ③ OVERFLOW PARKING
- START
- FINISH
- REGISTRATION
- BEER GARDEN
- FOOD TRUCKS
- PIT



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:

At RRFCX, all participants have an equal opportunity to race without discrimination on the basis of race, color, religion, age, gender, sexual orientation, or national origin. RRFCX follows all rules and regulations outlined by USA Cycling and the UCI. Come one, come all. We want you to race a RRFCX and have a good time!

Participants who harass or otherwise intimidate other athletes who are in compliance with USAC and UCI regulations will be asked to leave. There is enough hardship in the world and we don't want to be dealing with it when we are all trying to enjoy a bike racing event.

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.

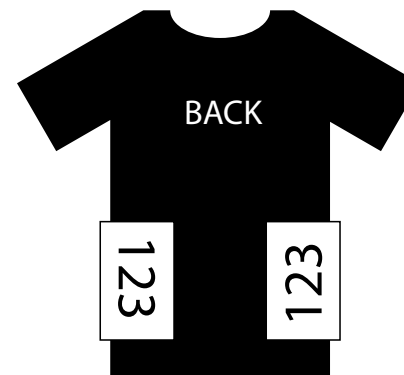
Fun - Have lots of it. The RRFCX aims to give you, the rider, a fun and safe environment to enjoy a weekend of outstanding bike racing. Whether you're on a cross bike for the first time or you're here chasing UCI points, we want you to enjoy yourself. If anything is totally out of whack, let the race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

You will receive TWO BIB Numbers. Please place one on your right, and one on your left. The race officials need to be able to identify riders from both sides of the course.



WARM UP and COURSE PREVIEW

Course preview will be available beginning Friday November 12th 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 6:30am. All riders are welcome to preview the course at this time.

There is a 15 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 11:40 am on Saturday and 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 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@intlcyling.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 by crossresults.com ranking. Then followed by date/time 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

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/3 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 \$1920/20 for Elite Women and Men

UCI races are \$1025/15 for Junior Women and Men

Awards ceremony for UCI races will take place at 3:30pm on Saturday and 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

Place	ELITE	Junior
1	\$430	\$190
2	\$225	\$125
3	\$150	\$90
4	\$110	\$75
5	\$105	\$65
6	\$100	\$65
7	\$95	\$65
8	\$90	\$50
9	\$80	\$50
10	\$75	\$50
11	\$70	\$40
12	\$65	\$40
13	\$55	\$40
14	\$50	\$40
15	\$45	\$40
16	\$35	
17	\$35	
18	\$35	
19	\$35	
20	\$35	

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

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 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 features subject to change

COURSE MAP - DAY 1



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. \$60 for one day or \$80 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, 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 \$200 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

PRO TEAM PARKING

Reserved parking for Pro teams requires a pass and MUST be made in advance. Please contact Race Organizer, Adam Sykes to reserve your spot - adam@intlcycling.com

Please include team name, contact name, phone number, email address, a description of your set up, and the plot size you'll need. All plots are 20' deep. Please don't request more space than you will actually need.

Health and Safety

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

COVID-19 Information

The situation with COVID-19 is constantly changing. RRFCX requests that all participants and spectators to follow the most current guidelines as issued by State and Local health authorities.

VOLUNTEERING

Putting on a big bike race is not a small 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

Pro Athlete Relations: laurenleclaire@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.

COVID PROTOCOL

The COVID protocol for the 2021 RRFCX will be based on rules and regulations set by Local, State, and Federal governments in addition to rules and regulations set by USA Cycling and the UCI. In order to attend the Really Rad Festival of Cyclocross, you will have to abide by these rules. Since the dynamics of the COVID situation are constantly in flux, we will not know the extent of these requirements until race week. Participants will be notified of the requirements before the event.

Thank you for understanding in this matter.

ADDENDUM

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