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2013 Hammer & Anvil Cyclocross Races

November 23-24, 2013

Part of the Ontario Cup Cyclocross Series

TECHNICAL GUIDE

Hosted by Ride with Rendall

In cooperation with the Nepean National Equestrian Park
401 Corkstown Road, Nepean, ON, K2H 8T1

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Introduction

Ride with Rendall will be hosting its 5th annual Hammer & Anvil cyclocross event with two days of racing on the weekend of **November 23– 24, 2013** at the Nepean National Equestrian Park located in **Ottawa**.

The “Hammer” cyclocross races will be held on the Saturday and the “Anvil” will follow on the Sunday, as part of the Ontario Cup Series.

Out of province cyclists are welcome and are eligible for all cash and merchandise prizes. There will be categories for all levels ranging from beginners to elite.

Once again, RWR will also be hosting the “Anvil on Foot”, a cross-country race where participants will be running the cyclocross course. This event will take place on the Sunday prior to the bike races.

Registration and Entry Fees

You can [preregister online](#) or register the day of the races at the Nepean National Equestrian Park.

Online registration for all races closes on Thursday, November 21, 2013 at midnight.

Day of registration will open at 8am and you will be able to register up until 1 hour before your race start.

Riders who have preregistered must still sign in at the registration table each day of the race no later than 1 hour before their race start, 30mins before their race start on Sunday IF they raced on Saturday and already have their race numbers.

Entry Fees

U13 & U15 Pre-registration

- \$25 The Hammer and the Anvil O-Cup (Nov 23-24)
- \$15 The Hammer (Nov 23)
- \$15 The Anvil O-Cup (Nov 24)

*Day of registration will be \$20 each race

All other categories Pre-registration

- \$55 The Hammer and the Anvil O-Cup (Nov 23-24)
- \$35 The Hammer (Nov 23)
- \$35 The Anvil O-Cup (Nov 24)

*Day of registration will be \$40 each race

Note, an OCA One-Event Racing License will be required for unlicensed riders (\$8).

“Anvil on Foot” (Cross-Country Race)

- \$15 (pre-registration)
- \$20 (day of)

For more details on the cross-country race, go to <http://www.ridewithrendall.com/>.

Race Day Schedule

Saturday, November 23, 2013 – “The Hammer”		
8:00	Registration Opens Officials inspection of the course <i>Course closed</i>	
8:30 – 9:30	Course open for training	
9:30 - 9:55	Men/Women U13 - U15 beginner	20mins
10:00 - 10:25	Awards Course open for training	
10:30 - 11:20	Master 3 Men & Senior 4 Men	40mins
	U15* Men, U17 Men & Women	40mins
11:25 - 11:55	Awards Course open for training	
12:00 – 1:00	Master 2 Men, Senior 3 Men, U19Men	50mins
	Senior (including U19) Women, Master Women (All Women start together)	40mins
1:05 – 1:25	Awards Course open for training	
1:30 - 2:40	U23 Men, Elite/Senior Men (19-34), Master 1 Men	60mins
2:45	Awards <i>Course closed</i>	

*U15 with existing racing license (not beginners)

Sunday, November 24, 2013 – “Anvil on Foot” and “The Anvil (Ontario Cup)”		
8:00 AM	Registration Opens Officials inspection of the course <i>Course closed</i>	
8:30 – 8:55	Course open for warm-up – <i>Runners only</i>	
9:00 – 9:50	Anvil on Foot Cross-Country Run	2 laps
9:55 - 10:10	Course open for training	
10:15 – 10:40	Men/Women U13 - U15 beginner	20mins
10:40 – 11:00	Awards Course open for training	
11:05 – 11:55	Master 3 Men & Senior 4 Men	40mins
	U15* Men, U17 Men & Women	40mins
12:00 – 12:25	Awards Course open for training	
12:30 – 1:30	Master 2 Men, Senior 3 Men, U19Men	50mins
	Senior (including U19) Women, Master Women (All Women start together)	40mins
1:35 – 1:55	Awards Course open for training	
2:00 – 3:00	U23 Men, Elite/Senior Men (19-34), Master 1 Men	60mins
3:00	Awards <i>Course closed</i>	

*U15 with existing racing license (not beginners)

Prizes and Award Ceremony

Medals and/or prizes will be awarded to U13 and U15 categories.

Trophies and merchandise will be awarded for all categories except espoir/elite men/women (*see Elite Prize Breakdown below*). Riders who are not present for awards ceremonies forfeit their prizes.

Prizes will be awarded after each race in a podium presentation. The top three riders overall will receive merchandise and/or trophies.

The top three riders (both days) must report to the podium area with 10 mins of their finish.

The award ceremony will take place after each race (see race schedule) on the podium in the barn by registration (the awards area may be adjusted on race day.)

For O-cup points, refer to the [2013 Ontario Cup Cyclo-Cross Series Overview and Guidelines](#).

Elite Prize Breakdown

Prize money will be awarded for each day of racing and all participants will be eligible to win according to the chart below (which may be adjusted).

Cash payouts will be available at the podium area approximately 30 mins after the results are posted.

Day 1 Senior (including U19) Women, Master Women will race/start together in order to increase the numbers and to possibly increase the payout as per the chart below. Top riders overall will receive the payout indicated on the chart. There will be an overall podium presentation for the women and a podium for the respective categories within the start time. Any rider that places in the overall prize breakdown will not be eligible for any merchandise prizes within their category.

All other categories in that start time will be racing for merchandise prizes and will start in separate waves.

U23 Men, Elite/Senior Men (19-34), Master 1 Men fields will race/start together. Top riders overall will receive the payout. The overall number of elite/espoir riders only will be used to determine the payout as per the chart below regardless of the number of M1 starting the race. M1 will be eligible for the payout if they place in the top 3 or 5 (depending on payout). An M1 podium will be presented separately. Top M1 riders not in the elite payout will be eligible for any merchandise prizes.

If a separate start wave is used, M1 riders will be racing for merchandise.

Day 2 Elite women (including U19) will be eligible for the payout listed. Top riders overall will receive the payout listed. Master women will not be part of the payout, but will receive trophies and merchandise instead if a separate start wave is used. In the event of a combined start, the overall numbers will be used to determine the payout scale and, as such, master women will be eligible for the prize list, but not for the merchandise prizes.

Men Elite and U23 fields will race together. Top riders overall will receive the payout. In the event of a combined start (**U23 Men, Elite/Senior Men (19-34), Master 1 Men**), the overall number of elite/espoir riders will be used to determine the payout, however, M1 will be eligible for the payout, but not merchandise.

# of Riders	1 st	2 nd	3 rd	4 th	5 th	Total
3 - 15	medal	medal	medal			
16 - 40	\$200	\$150	\$75			\$425
41+	\$300	\$200	\$100	\$60	\$40	\$700

Event Rules

Riders arriving at the course **must first sign in** at the registration table each day. All participants, including those preregistered, must sign in and present an appropriate license or purchase an OCA One-Event Racing license the day of for \$8.

M2, Elite 3, U19, U23, Elite 1/2, and M1 Men need a UCI licence. All others can race with a one-event racing license or citizen's permit. Riders with citizen permits are NOT able to race in the following categories: M2, Elite 3, U19, U23, Elite 1/2, and M1 Men. Male riders who only have a citizen permit will have to race in the M3/E4 race (race #2) and are not able to start in race #3 or #4.

All participants (or their parents/guardians) must sign the OCA and CCA waivers, unless they have an OCA-issued license.

Pre-riding of the course is only permitted during the scheduled times (*see race day schedule*). **Any rider caught warming up on the course while races are taking place will be disqualified from the event with no refund.** Pre-riding at the Nepean National Equestrian Park will **not** be allowed on the Friday (this may change subject to insurance coverage).

Course tape will help outline the course. Course marshals will be in place at the start of the first race each day.

Riders and spectators must park in the designated areas and must not park along the roadsides near the race site.

Parking is at the main parking lot for the Nepean National Equestrian Park. **Note that this is a different parking location than previous years.**

Out of Province Riders are eligible for prizes and merchandise.

Rules in Use

Refer to the [UCI Cycling Regulations: Part #5](#).

Equipment Rules

The UCI rules for bicycles and equipment are outlined in the [UCI Cycling Regulations: Part #1, Chapter 3](#).

Use of mountain bikes or bikes with flat handlebars is permitted in all categories except Elite Men/U23 and M1 Men, where a traditional cyclocross-style bike with drop handlebars must be used. Tire width regulations (maximum of 33mm measured at the widest part of the tire) will not be enforced. Riders must wear approved helmets at all times, including warm-up and warm-down.

Placement of Race Number

The same race numbers will be used for both days. However, riders must sign at the registration table up to 1hr prior to their race, or 30mins before their race start on Sunday IF they raced on Saturday and already have their race numbers. Race numbers are to be placed on the lower back and over the shoulders.



General Notes

All races will take place weather permitting. If the weather is poor, staging will take place in the expo area in the barn.

There will be no extension of the O-Cup due to unforeseen delays or prolonged stoppages.

The organizer reserves the right to combine fields and to adjust start times subject to unforeseen delays.

Entry fees are non-refundable.

Medical problems should be reported to the Chief Commissaire.

Port-a-potties will be on site at the venue, however, showers or running water will not be available.

Hot food and drinks will be available for a small fee in the food tent and expo area.

There are new courses this year with a different area designated for parking. The new courses will use a different start/finish location, located near the main parking area.

The pit area will be in a new location this year.

Course Maps

Courses may be subject to minor modifications.

New course maps to come...

Location and Directions

From downtown Ottawa:

1. Take ON-417 W/Queensway/Trans-Canada Hwy.
2. Take the Moodie Drive N exit.
3. Merge onto Moodie Dr/Regional Road 59.
4. Turn left onto Corkstown Rd.

From Toronto:

1. Take the ON-401 E.
2. Take exit 721A to merge onto ON-416 N toward Kemptville/Ottawa.
3. Take exit 75B for ON-417 E toward Ottawa.
4. Take exit 75C toward Chemin Acres Road/Chemin Richmond Road.
5. Turn left onto Holly Acres Rd/Regional Road 16.
6. Turn left to merge onto ON-417 W/Queensway/Trans-Canada Hwy toward Promenade Moodie Drive.
7. Take the Moodie Drive N exit.
8. Merge onto Moodie Dr/Regional Road 59.
9. Turn left onto Corkstown Rd .

From downtown Montreal:

1. Head southwest on Rue Notre-Dame E toward Place Jacques Cartier
2. Turn right onto Boulevard Saint-Laurent
3. Take the 1st right onto Rue Saint Antoine E
4. Take the ramp on the left onto Autoroute 720 W
5. Take exit 1N to merge onto Autoroute Décarie/Autoroute 15 N toward Saint-Jérôme
6. Take exit 700 on the left for Autoroute 40 O toward Hull/Ottawa/Autoroute 520/Pierre Elliott Trudeau
7. Merge onto Autoroute 40 W
8. Continue onto Trans-Canada Hwy Entering Ontario

9. Take the Moodie Drive N exit
10. Merge onto Moodie Dr/Regional Road 59
11. Turn left onto Corkstown Rd

Medical Assistance and Hospitals

The closest hospital is the Queensway Carleton Hospital, located at 3045 Baseline Road, Ottawa, ON, K2P 8P4.

1. Head northeast on Corkstown Rd toward Moodie Dr/Regional Road 59
2. Turn right onto Moodie Dr/Regional Road 59
3. Merge onto ON-417 E via the ramp to Ottawa
4. Take exit 130 toward Acres Road/Richmond Road
5. Turn right onto Holly Acres Rd/Regional Road 16 (signs for Holly Acres Road S)
6. Turn right onto Richmond Rd/Regional Road 36
7. Turn left onto John Sutherland Dr. Partial restricted usage road
8. Turn right. Restricted usage road. Destination will be on the right

Hotels in the Area

Brookstreet Hotel (Race Hotel), 525 Legget Dr, Ottawa, ON K2K 2W2
Days Inn, 350 Moodie Dr, Nepean, ON K2H 8G3, (613) 726-1717
Holiday Inn, 101 Kanata Ave, Ottawa, ON K2T 1E6, (613) 271-3057