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**2009 Mid-Atlantic Cyclocross Series  
Technical Guide**

## Table of Contents

<b>PART 1 – OVERVIEW .....</b>	<b>3</b>
1.0 INTRODUCTION.....	3
2.0 MAC SERIES CONTACTS.....	3
3.0 MAC SERIES GOAL.....	3
<b>PART 2 – MAC SERIES ORGANIZER REQUIREMENTS &amp; GUIDELINES .....</b>	<b>4</b>
1.0 MAC SERIES FEE AND BENEFITS .....	4
2.0 RESPONSIBILITIES OF THE MAC SERIES.....	4
3.0 RESPONSIBILITIES OF THE MAC SERIES ORGANIZERS .....	5
4.0 RACE REGISTRATION .....	6
5.0 SERIES SCHEDULE .....	6
6.0 RACE START TIMES.....	7
7.0 ENTRY FEES .....	7
8.0 COURSE AND PIT AREA GUIDELINES.....	7
8.1 <i>Course Guidelines</i> .....	7
8.2 <i>Pit Area Guidelines</i> .....	9
<b>PART 3 – MAC SERIES RULES AND REGULATIONS .....</b>	<b>10</b>
1.0 INDIVIDUAL COMPETITION.....	10
2.0 INDIVIDUAL PRIZE MINIMUMS PER MAC RACE .....	11
3.0 CYCLOCROSS CATEGORIES .....	11
4.0 CALL-UP PROTOCOL.....	12
5.0 LAPPED RIDERS.....	12
6.0 OVERALL MAC SERIES AWARDS.....	12
7.0 TEAM COMPETITION .....	13
8.0 INDIVIDUAL CATEGORY POINTS SCHEDULE.....	14
9.0 LICENSING REQUIREMENTS.....	14

## Part 1 – Overview

### 1.0 Introduction

This Technical Guide encompasses the guidelines, rules, and regulations for the Mid-Atlantic Cyclocross Series (the MAC Series). It may be made available in whole or in part to cyclocross organizers nationwide to assist in the continued growth and promotion of cyclocross in the Mid-Atlantic region and across the U.S. For MAC Series organizers (the Organizer), the information and regulations contained herein are requirements for inclusion in the MAC Series; for non-Series organizers they are suggestions for organizing a successful event.

### 2.0 MAC Series Contacts

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### 3.0 MAC Series Goal

The goal of the MAC Series is to further develop cyclocross in the Mid-Atlantic region through the organization of national caliber races with grassroots involvement.

## **Part 2 – MAC Series Organizer Requirements & Guidelines**

### **1.0 MAC Series Fee and Benefits**

The Race Promoters fee for inclusion in the 2009 MAC Series is \$300. The fee includes, but is not limited to, promotional efforts by MAC support staff and is used for marketing, organizational, infrastructure purchases and maintenance of the MAC equipment. Note: Individual organizers are responsible for the logistics and transportation of the MAC equipment (if equipment is required).

The benefits of being a MAC Series event are:

- 1.1 Usage of UCI Compliant Course Equipment such as course stakes, wooden barriers, course crossings, Start/Finish Banners, Series Sponsor Banners
- 1.2 Weekly Press Releases
- 1.3 Advertising Opportunities
- 1.4 Web Site Construction and Hosting
- 1.5 Increased Rider Turnout (300+ riders)
- 1.6 Increased Rider Quality and Profile
- 1.7 Increased Event Cachet - Being part of the Series will increase your ability to sell your individual race to local sponsors.
- 1.8 Increased Event Coverage through Local, Regional, National and International Media
- 1.9 Overall Individual and Team Series Standings and Awards
- 1.10 Promotional Support/Assistance/Ideas from the Community of Experienced Series Organizers

### **2.0 Responsibilities of the MAC Series**

The MAC Series is responsible for providing the following to the MAC Series Organizers and individual racers:

- 2.1 Provide awards to MAC Series overall winners
- 2.2 Provide overall MAC Series rankings
- 2.3 Provide Start/Finish area setup, including banners, announcer and PA system with music.
- 2.4 Provide MAC Series standings prior to each weekends events
- 2.5 Administer the placing of MAC Series ads in targeted media
- 2.6 Attempt to secure MAC Series sponsorship

- 2.7 Create and maintain a MAC Series web site including schedule, rankings, links, and content
- 2.8 Provide media coordination and assistance
- 2.9 Provide technical coordination and assistance
- 2.10 Provide registration coordination and assistance
- 2.11 Provide results coordination and assistance
- 2.12 Post same-day results on the MABSBS List Server

### **3.0 Responsibilities of the MAC Series Organizers**

- 3.1 Obtain and complete a USAC permit by the appropriate deadline.
- 3.2 Secure a venue. Every effort should be made to include indoor facilities for registration, bathrooms, showers, changing rooms and a water source.
- 3.3 The venue must have sufficient parking. Parking areas must be clearly identified.
- 3.4 Secure event sponsorship (if needed).
- 3.5 Provide prize list per required “Individual Prize Minimums”. See Part 3, section 2.0.
- 3.6 Provide the following to the MAC Series Media Director no later than 4 weeks prior to the first series event:
  - 3.6.2 Name(s) of local DAILY newspapers
  - 3.6.3 Name(s) of any local WEEKLY publication
  - 3.6.4 Addresses of any local General-Interest, Community or Government Websites
  - 3.6.5 Channel and location of local Broadcast TV stations
  - 3.6.6 Call letters from any local AM or FM radio stations
- 3.7 Place an event advertisement in cycling and local media referencing the MAC Series.
- 3.8 Provide or contract with a service that provides quick, complete results with finish times on-site.
- 3.9 Provide results electronically, in the proper format, to the MAC Series Media Director, the MAC Series Results Coordinator, USAC and the UCI (if necessary) immediately after finalizing results.
- 3.10 If necessary, coordinate the logistics, including transportation, of the MAC equipment with other MAC Series organizers.
- 3.11 The Organizer must provide sufficient sanitary facilities. Effort should be made to place portable facilities in locations accessible to racers (i.e. near the Start/Finish area) and spectators (i.e. near, or in, the parking area).
- 3.12 The Organizer must comply with all “Course and Pit Area Guidelines”. See Part 2, Section 8.0. If compliance with any of the guidelines is not achievable, the Organizer is required to consult the MAC Series Technical Director for possible remedy or solutions. Only the MAC Series Technical Director can approve non-compliance issues.

## 4.0 Race Registration

- 4.1 Organizers are required to utilize online registration through [www.bikereg.com](http://www.bikereg.com) and provide pre-completed release forms for on-line registrants on race day. Events must be posted on [www.bikereg.com](http://www.bikereg.com) no later than August 15 of the current year.
- 4.2 Race-day Registration must be available to racers by no later than 8:00 am.
- 4.3 If possible, Registration should be in an enclosed facility with available electricity.
- 4.4 Registration must have sufficient and competent personnel on hand to expedite racer registration.
- 4.5 Organizers are required to advertise and collect a \$10 same-day registration fee.
- 4.6 Organizers are required to advertise that same-day registration and number pick-up closes 45 minutes prior to each USAC sanctioned event and 1 hour prior to each UCI event.
- 4.7 Refunds of registration fees (pre-registration or same-day) are at the discretion of the Organizer.

## 5.0 Series Schedule

Race #1	Nittany Cross	Saturday, September 19
Race #2	Charm City Cross	Sunday, September 20
Race #3	Granogue Cross	Saturday, October 17
Race #4	Wissahickon Cross	Sunday, October 18
Race #5	Beacon Cross	Saturday, October 31
Race #6	Highland Park Cross	Sunday, November 1
Race #7	Fair Hill Cross	Saturday, November 7
Race #8	Whitmore's Cross	Saturday, November 21
Race #9	Whitmore's Cross	Sunday, November 22
Race #10	Capitol Cross	Sunday, December 6

## 6.0 Race Start Times

Start Time	Category	Duration
9:00 am	Cat 4 Men	40 mins
10:00 am	Cat 2/3/4 Master Men 35+, Cat 1/2/3/4 Master Men 55+	40 mins
11:00 am	Cat 1/2/3/4 Master Women 45+, Cat 3/4 Women, Amateur U19 Men, Amateur U19 Women (staggered start for all groups)	40 mins
12:00 pm	Cat 2/3/4 Men	45 mins
1:15 pm	Cat 1/2/3 Master Men 35+/45+, <b>Elite U19 Men (5-Minute Delay)</b>	45 mins
2:30 pm	Elite Women, U23 Women, Master Women 35+	40 mins
3:30 pm	Elite Men & U23 Men	60 mins

## 7.0 Entry Fees

Category	Entry Fee
U19 Junior Men - Amateur U19 Junior Women – Amateur <b>Elite U19 Men</b>	\$10
Cat 1/2/3 Master Men 35+ Cat 1/2/3 Master Men 45+ Cat 2/3/4 Men Cat 4 Men Cat 3/4 Women Cat 1/2/3/4 Master Women 45+ Cat 2/3/4 Master Men 35+ Cat 1/2/3/4 Master Men 55+	\$25
Elite Men U23 Men Elite Women U23Women Master Women 35+	\$30

## 8.0 Course and Pit Area Guidelines

### 8.1 Course Guidelines

The following Course Guidelines represent the minimum requirements for inclusion in the MAC Series. For MAC Series races with UCI status, the UCI course guidelines may supersede these requirements.

- 8.1.1 A Cyclocross course shall include road, country and forest paths and meadowland, alternating in such a way as to ensure changes in the pace of the race and allowing riders to recuperate after difficult sections.
- 8.1.2 The course shall be usable in all circumstances, whatever the weather conditions.

- 8.1.3 Before the start of each race, the organizer, or one of his crew members, must check the condition of the course and carry out any repairs required.
- 8.1.4 In the event of wintry weather, the start/finish area must be kept free of ice and snow.
- 8.1.5 The course must be open for inspection and warm-up for at least 15 minutes prior to each race.
- 8.1.6 From the start of the race onwards, the course may not be ridden by anyone other than the riders in the race. Riders found warming up on the course during another race may face disqualification.
- 8.1.7 The organizer must provide crossing points for spectators on the course. Crossing points shall be placed in areas where the oncoming course is visible. If at all possible, the crossings should be marshaled.
- 8.1.8 The course must have a width of at least 10 feet throughout and clearly marked on both sides with course marking tape, fencing or flagging.
- 8.1.9 Course marking tape must be placed around structures (course stakes, trees, posts, etc.) in such a way that the tape is always on the inside of the structure; thus eliminating the potential danger of a racer “riding the tape” into the structure. This is especially important when wrapping course marking tape around trees.
- 8.1.10 An assembly area for starters (call-up zone) shall be provided and marked off with course marking tape behind the start line.
- 8.1.11 Eight lanes with a width of 2’ – 6” and a length of at least 18’ – 0” shall be marked out on the ground at right angles to the start line in order to facilitate organizing the riders into starting order.
- 8.1.12 The start section must be on firm ground and preferably on surfaced road. It must have a width of at least 20’ – 0”. It must be as straight as possible and not include any descent. The first narrowing or obstacle after the start section must not be abrupt; it must be such as to allow all the riders to pass easily. The first corner must be greater than a right angle.
- 8.1.13 The start section must be free of obstacles.
- 8.1.14 The finish section must be flat or uphill.
- 8.1.15 The course may include up to three (3) – sets of wooden barriers for USAC sanctioned, non-UCI events and no more than one (1) – set of wooden barriers for UCI sanctioned events. The wooden barriers must have a height of 15 3/4” and be placed 13’ – 0” apart. The wooden barriers must be solid for their entire height and not be made of metal. They must extend the entire width of the course. The supports for the wooden barriers must be placed on the backside of the barrier (away from oncoming race traffic) and must not extend above the wooden barrier.

## 8.2 Pit Area Guidelines

The following Pit Area Guidelines represent the minimum requirements for inclusion in the MAC Series. The UCI Pit Area guidelines may supersede these requirements.

- 8.2.1 The pit areas must be located on a part of the course where the speed is not excessive.
- 8.2.2 The use of a double pit is preferred. If after review by the MAC Series Technical Director, that a double pit is not possible, two single pit areas may be located at suitable distances around the course. Sufficient access between single pits must be provided.
- 8.2.3 The double pit area should be set up roughly halfway around the course.
- 8.2.4 For the entire length of the pits, the racing lane and the pit lane must be separated using barriers or marking tape.
- 8.2.5 The pit area must be marked precisely with signage or flags at the beginning and the end of the separation between the two lanes.
- 8.2.6 A water supply for cleaning of equipment must be provided. The water supply must be in the immediate proximity such that mechanics do not have to cross any part of the course to access it.
- 8.2.7 Single or double pits must be accessible from the venue parking area. Every effort should be made to provide access to the pit areas without having to cross the race course.

## Part 3 – MAC Series Rules and Regulations

### 1.0 Individual Competition

1.1 The following individual categories will be scored and ranked in the MAC Series, although there may not be a separate race (or payout) for each category:

- Elite Men
- U23 Men (race with Elite Men)
- Elite Women
- U23 Women (race with Elite Women)
- Master Women 35+ (race with Elite Women)
- Cat 1/2/3 Master Men 35+
- Cat 1/2/3 Master Men 45+ (race with Cat 1/2/3 Master Men 35+)
- Cat 2/3/4 Men
- Cat 4 Men
- Cat 3/4 Women
- Cat 1/2/3/4 Master Women 45+ (race with Cat 3/4 Women)
- Cat 2/3/4 Master Men 35+
- Cat 1/2/3/4 Master Men 55+ (race with Cat 2/3/4 Master Men 35+)
- **Elite U19 Men (race with Cat 1/2/3 Master Men 35+)**
- Amateur U19 Men (race with Cat 3/4 Women)
- Amateur U19 Women (race with Cat 3/4 Women)

1.2 Free race entry will be given to the current MAC Series leaders of the Elite Men, Elite Women and the Cat 1/2/3 Master Men 35+ categories.

1.3 The overall winner of the Cat 2/3/4 Men's category is not eligible to score points in the Cat 2/3/4 Men's category for the following year.

1.4 If a rider qualifies for two categories within one race, that rider can receive individual points in each category. Only the higher point total for that rider will count towards the team scoring. As an example, a rider could score in two categories in the same race: Cat 1/2/3 Master Men 35+ and Cat 1/2/3 Master Men 45+. **Exception: the Cat 1/2/3/4 Master Women 45+ racing with the Cat 3/4 Women do not qualify for Cat 3/4 Women's points. Women aged 45+ must choose which category they want to race as they will only be scored in one category.**

1.5 The Cyclocross racing age for all age-graded categories will be based upon the rider's age on December 31st of the following calendar year. For example: if you are 29 in the year 2009, your Cyclocross racing age is 30.

1.6 Individual MAC rankings are based upon the race results from each race. Race results are posted at each race and are subject to a 15-minute protest period. **It is the rider's responsibility to have any errors corrected by the race officials during the protest period.**

1.7 **Final MAC Series Rankings will be based on a rider's top 7 results.**

## 2.0 Individual Prize Minimums Per MAC Race

The following Prizes will be awarded as a minimum at each race, although each Organizer reserves the right to increase the prizes and places awarded:

Category	Event Status	Places	Prizes
Elite Men	MAC UCI C2	25 Places	\$2,171
	MAC Non-UCI	10 Places	\$1,300
U23 Men	(Points Only)		
Elite Women	MAC UCI C2	15 Places	\$1,421
	MAC Non-UCI	10 Places	\$1,000
U23 Women	(Points Only)		
Master Women 35+	(Points Only)		
Cat 1/2/3 Master Men 35+	MAC Non-UCI	10 Places	\$500
Cat 1/2/3 Master Men 45+	(Points Only)		
Cat 2/3/4 Men	MAC Non-UCI	10 Places	Merchandise
Cat 4 Men	MAC Non-UCI	3 Places	Medals
Cat 3/4 Women	MAC Non-UCI	3 Places	Medals
Cat 1/2/3/4 Master Women 45+	MAC Non-UCI	3 Places	Medals
Cat 2/3/4 Master Men 35+	MAC Non-UCI	3 Places	Medals
Cat 1/2/3/4 Master Men 55+	MAC Non-UCI	3 Places	Medals
<b>Elite U19 Men</b>	<b>MAC Non-UCI</b>	<b>3 Places</b>	<b>Merchandise</b>
Amateur U19 Men	MAC Non-UCI	3 Places	Medals
Amateur U19 Women	MAC Non-UCI	3 Places	Medals

## 3.0 Cyclocross Categories

As of 2006, USAC has introduced ability and experience based Cyclocross Categories. The new categories range from Category 1 (most ability and experience) through Category 4 (least ability or experience). Racers must race in the category as dictated by their USAC Cyclocross License.

See [www.usacycling.org](http://www.usacycling.org) for upgrade requirements.

#### 4.0 Call-up Protocol

Call-ups for Elite Men and Elite Women will be based on the most current rankings as posted on the UCI website, followed by the latest MAC Series rankings as posted on the MAC Series website.

The call-ups for the first weekend of MAC Series races for all other categories will be based on the previous year's final rankings as posted on the MAC Series website. The call-ups for the remaining races for all other categories will be based on the latest MAC Series rankings as posted on the MAC Series website.

**Note:** There will be no call-ups for the 9:00 AM, 10:00 AM or 11:00 AM race categories.

#### 5.0 Lapped Riders

**In UCI Events (UCI Rule 5.1.051):** All riders lapped before the final lap must leave the race the next time they cross the finish line. The rider will be given a placing if he was lapped more than half way through the race.

A rider who is lapped on the final lap shall be stopped at the beginning of the finishing straight line and shall be given a placing on the basis of his position.

**Lapped Riders in Non-UCI Events:** Lapped riders will finish on the same lap as the leaders. Riders in danger of being lapped must yield to oncoming racers and are not to interfere with their progress or trail behind them.

#### 6.0 Overall MAC Series Awards

TBD

## 7.0 Team Competition

- 7.1 For each team, the top ten scoring places of its members at each MAC race will be counted towards a team total for that race. At each MAC race, the top ten teams in individual points will score team points as below. The team that accumulates the most team points throughout the season shall be the winner of the MAC Cup.

Place	Points
1 <sup>st</sup>	12
2 <sup>nd</sup>	9
3 <sup>rd</sup>	8
4 <sup>th</sup>	7
5 <sup>th</sup>	6
6 <sup>th</sup>	5
7 <sup>th</sup>	4
8 <sup>th</sup>	3
9 <sup>th</sup>	2
10 <sup>th</sup>	1

- 7.2 Team affiliations will be based on the registration lists/results.
- 7.3 Riders must register under their full team name.
- 7.4 Riders must race in the appropriate team jersey.
- 7.5 A rider may only score points for one team during each MAC season. A rider changing teams during the MAC season will not receive any points towards the team scoring for the second team.
- 7.6 A rider who scores points for two categories in the same race will only be counted once for team scoring purposes. The higher point value will be used for team scoring purposes.

## 8.0 Individual Category Points Schedule

2009 MAC Points Schedule			
Place	Elite Men U23 Men <b>Elite U19 Men</b> Elite Women U23 Women Master Women 35+/45+ Cat 1/2/3 Master Men 35+/45+	Cat 2/3/4 Men Cat 3/4 Women, Cat 2/3/4 Master Men 35+ Cat 1/2/3/4/ Master Men 55+ Amateur U19 Men Amateur U19 Women	Cat 4 Men
1	120	35	15
2	90	30	12
3	80	27	10
4	75	24	8
5	70	22	6
6	65	20	5
7	62	19	4
8	60	18	3
9	58	17	2
10	56	16	1
11	54	15	
12	52	14	
13	50	13	
14	48	12	
15	46	11	
16	44	10	
17	43	9	
18	42	8	
19	41	7	
20	40	6	
21	39	5	
22	38	4	
23	37	3	
24	36	2	
25	35	1	
*26+	35		

**\*Any official finisher beyond 25th place of a Cat 1 Men's race or a Cat 1/2 Women's race will be accorded the same point value as 25th place.**

## 9.0 Licensing Requirements

The UCI Elite Men/U23 Men and the UCI Elite Women/U23 Women/Master Women 35+ must have a current International License. A domestic USCF or NORBA license is acceptable, and required, for all other categories. One-Day Licenses, and Annual licenses, will be available at the registration booth. Consult USA Cycling for licensing costs at [www.usacycling.org](http://www.usacycling.org).