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# TECHNICAL GUIDE 2024

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[www.reallyradcx.com](http://www.reallyradcx.com)  
#RRFCX  
International Cycling and Event Services  
USAC Permit # pending

**October 26-27, 2024**  
Cape Cod Fairgrounds  
319 Currier Road, East Falmouth, MA 02536  
Version 1

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# SPONSORS



Falmouth – Osterville



## EVENT OVERVIEW

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

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

For 2021 UCI races were updated to include one day of C1 racing and one day of C2 racing.

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

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## PRODUCTION STAFF

Race Production	International Cycling	rrfcx@reallyradcx.com
Race Director	Adam Sykes	adam@intlcyling.com
Race Director	Bill Sykes	bill@intlcyling.com
Registration Director	Bree Sykes	registration@intlcyling.com
Pro Athlete Relations	RRFCX	rrfcx@reallyradcx.com
Media	International Cycling	media@reallyradcx.com
Medical/Race Doctor	pending	pending

## RACE OFFICIALS

PCP (C1/C2)	pending
USAC ACR	pending
Chief Judge	pending
Secretary	pending
Assistant Judge	pending
Assistant Judge	pending
Member	pending
Member	pending

# RACE SCHEDULE

Time	Field	Category	Duration	Prizes
7:30 AM	Junior Men	13-14	30 min	Medals/3
+ 0:30	Junior Women	13-14	30 min	Medals/3
+ 0:30	Junior Men	11-12	30 min	Medals/3
+ 0:30	Junior Women	11-12	30 min	Medals/3
+ 0:30	Junior Men	9-10	30 min	Medals/3
+ 0:30	Junior Women	9-10	30 min	Medals/3
8:10 AM	Master Men 40+	cat 3/4/5	45 min	Medals/3
+ 0:30	Junior Men	u19	45 min	Medals/3
9:05 AM	Master Women	40+	45 min	Medals/3
+ 0:30	Master Women	50+	45 min	Medals/3
+ 0:30	Master Women	60+	45 min	Medals/3
+ 0:30	Women	cat 4/5	45 min	Medals/3
10:00	Master Men	40+	45 min	Medals/3
+ 0:30	Master Men	50+	45 min	Medals/3
+ 0:30	Master Men	60+	45 min	Medals/3
10:55 AM	Men	cat 4/5	45 min	Medals/3
11:50 AM	UCI Course Preview	preview	30 min	
	Kids race	kids	20 min	Medals
<b>12:20 PM</b>	<b>UCI Junior Women</b>	<b>17-18</b>	<b>45 min</b>	<b>C1/C2</b>
+ 0:30	Women	cat 2,3,4	45 min	Medals/3
+ 0:30	Junior Women	u19	45 min	Medals/3
<b>1:15 PM</b>	<b>UCI Junior Men</b>	<b>17-18</b>	<b>45 min</b>	<b>C1/C2</b>
1:36 PM	Men	cat 2,3,4	45 min	Medals/3
<b>2:10 PM</b>	<b>UCI Elite Women</b>	<b>elite</b>	<b>50 min</b>	<b>C1/C2</b>
<b>3:15 PM</b>	<b>UCI Elite Men</b>	<b>elite</b>	<b>60 min</b>	<b>C1/C2</b>
5:45 PM	<i>sunset</i>			

# DIRECTIONS and TRAVEL

## Event Address

Cape Cod Fairgrounds  
319 Currier Rd  
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

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## 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 abundant during the fall.

RRFCX recommends the Falmouth Inn: <https://www.falmouthinn.com>

For a list of other 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 at:

[rrfcx@reallyradcx.com](mailto:rrfcx@reallyradcx.com)



# PARKING

General parking for the event will be accessed at the West Gate of the Fairgrounds on Currier RD. There is no fee for general parking.

Overflow parking will be directed via parking attendants and signage.

There shall be no tents or overnight parking in the general parking area

RV's who wish to park overnight may purchase a parking spot on [bikereg.com](http://bikereg.com)

Teams or riders who wish to setup tents or park on the infield of the event grounds may do so by purchasing a spot on [bikereg.com](http://bikereg.com)

UCI teams who wish to park on the infield may purchase a spot on [bikereg.com](http://bikereg.com)

All parking and tent areas are assigned on a first come/first served basis.

## RULES and REGULATIONS

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

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### *\*UCI License/UCI ID*

*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](mailto: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 at RRFCX and have a great 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 tent 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. Please support our beer sponsor instead of bringing your own. No outside alcohol is allowed.

**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 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](http://bikereg.com)**
- Preregistration is highly recommended for all races on [bikereg.com](http://bikereg.com)
- USAC/UCI Release forms may now be eSigned on [bikereg.com](http://bikereg.com)
- All USAC races will have day-of registration available on a first come first served basis
- 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 one hour before the first race of the day
- 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.

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## NUMBER PLACEMENT

All races will receive ONE BIB Number and two shoulder numbers.



## WARM UP and COURSE PREVIEW

Course preview will be available beginning Friday October 25th from 3pm-5pm.

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 6:00am. All riders are welcome to preview the course at this time.

There is a 10 minute gap between each race block 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.**

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UCI Course preview/inspection times are noted on the race schedule. Only Riders in the UCI races are allowed on course at this time. No exceptions.

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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@reallyradcx.com](mailto:RRFCX@reallyradcx.com).

# STAGING and STARTING ORDER

## USAC RACES

The start staging area is located before the finish straight. Riders are advised to be in the vicinity of the Start Staging Area at least 15 minutes prior to race start time.

Rider call-ups/start grid position will be done for pre-registered riders only based on crossresults.com points. If riders are not present with 10 minutes to start and miss their call-up, they will lose their start grid position. Concerns about start order should be addressed with the Registrar no less than 30 minutes before the start of the respective event. Riders registering day of will fill in behind.

# STAGING and STARTING ORDER

## UCI RACES

### UCI Junior Men's races:

The start staging area is located before the finish straight. Rider call-up will begin about 10 minutes before race start. Riders not present who miss their call-up will lose their start grid position. Call-ups will be in a generally numeric order.

UCI rule 5.2.03 states that the start order for UCI junior men is determined by random draw until after the first update to rankings is done. The first update of rankings is done after the first World Cup in October. After that point, the UCI ranking for junior men is determined by "summing the points won by each rider in international cyclo-cross events in the period from 1 September to 28 or 29 February." Upon entering the starting grid, race officials will be checking the placement of your numbers and the width of your tires.

### UCI Junior Women, UCI Elite Women and UCI Elite Men's races:

The start staging area is located before the finish straight. Rider call-up will begin about 10 minutes before race start. Riders not present who miss their call-up will lose their start grid position. Call-ups will be in a generally numeric order.

The start order is determined:

- 1) Per the latest published individual UCI Cyclocross Classification.
- 2) Unclassified riders by random draw established by the commissaires

Confirm your ranking points with the Race Secretary when you pick up your bib number each day.

Upon entering the starting grid, race officials will be checking the placement of your numbers and the width of your tires.

# 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. 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 per USAC rules as outlined in section 4H1 (d).

## **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 and TIMING

All races will be timed by Mainsport Timing using a Finishlynx video camera at the finish line. Final results are confirmed and certified by the Chief Judge.

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.**

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## 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 kit or clothing on the podium.

**The prize schedule for the UCI races are listed on page 18.**

Awards ceremony for UCI races will take place after the conclusion of each race. Riders are requested to professionally represent their team and sponsors with appropriate clothing on the podium.

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

# UCI PRIZE LIST

Place	ELITE C1-USD	POINTS	ELITE C2- USD	POINTS	Junior-USD	POINTS
1	\$1,498	80	\$375	40	\$161	30
2	\$771	60	\$193	30	\$107	20
3	\$535	40	\$129	20	\$75	15
4	\$391	30	\$97	15	\$65	12
5	\$321	25	\$91	10	\$54	10
6	\$268	20	\$86	8	\$54	8
7	\$236	17	\$81	6	\$54	6
8	\$214	15	\$75	4	\$43	4
9	\$188	12	\$70	2	\$43	2
10	\$161	10	\$65	1	\$43	1
11	\$140	8	\$59		\$33	
12	\$107	6	\$54		\$33	
13	\$97	4	\$49		\$33	
14	\$86	2	\$43		\$33	
15	\$75	1	\$38		\$33	
16	\$54		\$27			
17	\$54		\$27			
18	\$54		\$27			
19	\$54		\$27			
20	\$54		\$27			

*Rider's 2% contribution to anti-doping has been deducted from the Prize list above*

A 2% anti-doping contribution fee is 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 ITA/USADA.
- 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!**

## SHOWERS

Showers are available for UCI riders at the location noted on the course map.

## PIT and BIKE WASH

The PIT is located down course from the Start/Finish chute. To access the PIT, follow signs at the main crossing just after the finish truss

Neutral Support will be available in the PIT.

The PIT bike wash will be centrally located. 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 to make room for riders in the next race.

A separate bike wash is located near the start area for use 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 assistants 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. PIT Boxes will be assigned each day by drawing lots, by the UCI Commissaire.

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## COURSE DESCRIPTION

Course: 3.5km (2.1 miles)

The RRFCX course features 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. There is a short set of steps and a set of three logs/mini-steps.

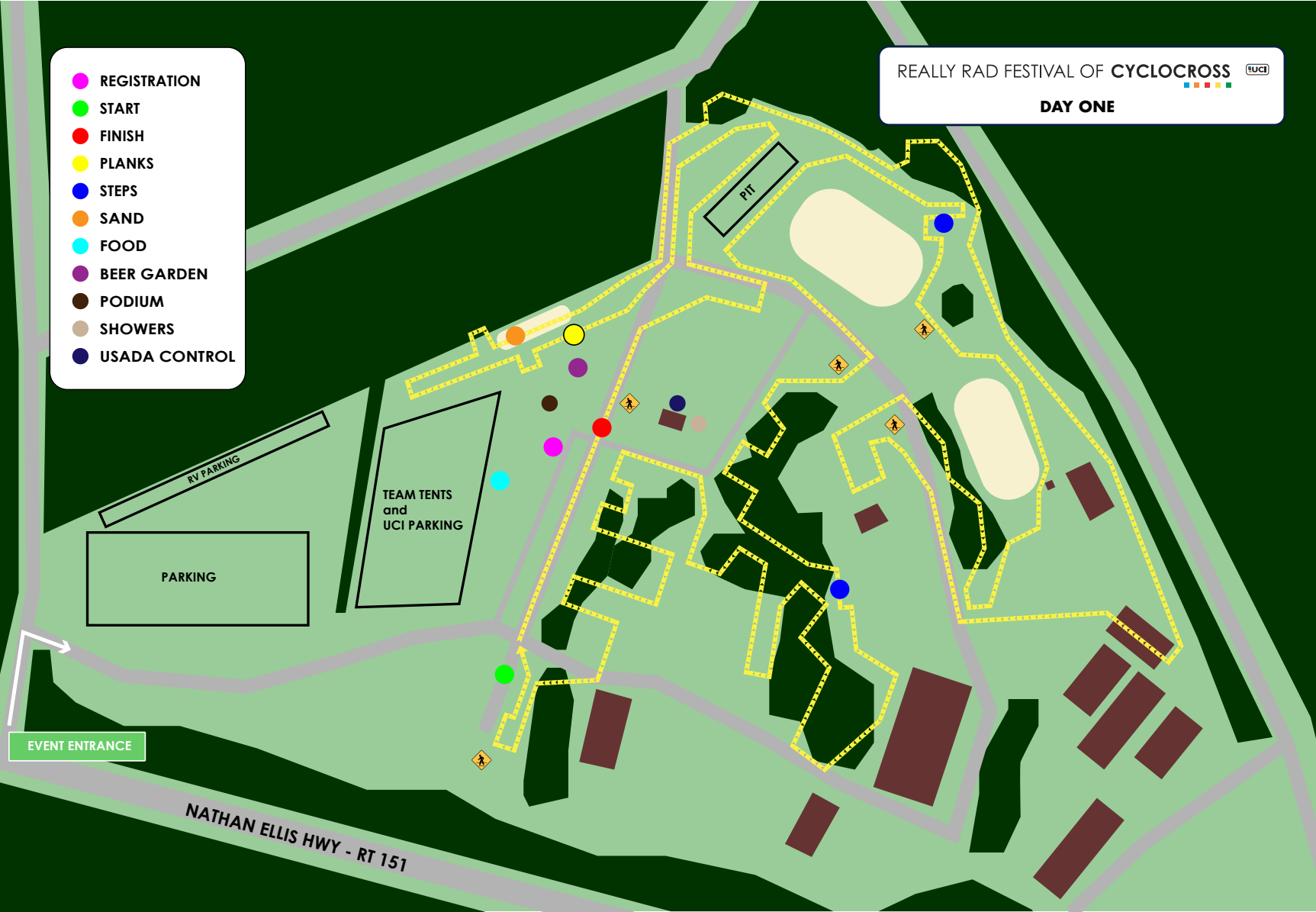
The course is designed with a mix of increasing and decreasing radius turns, which are strategically placed to require racers to pick the optimal time to attack.

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.

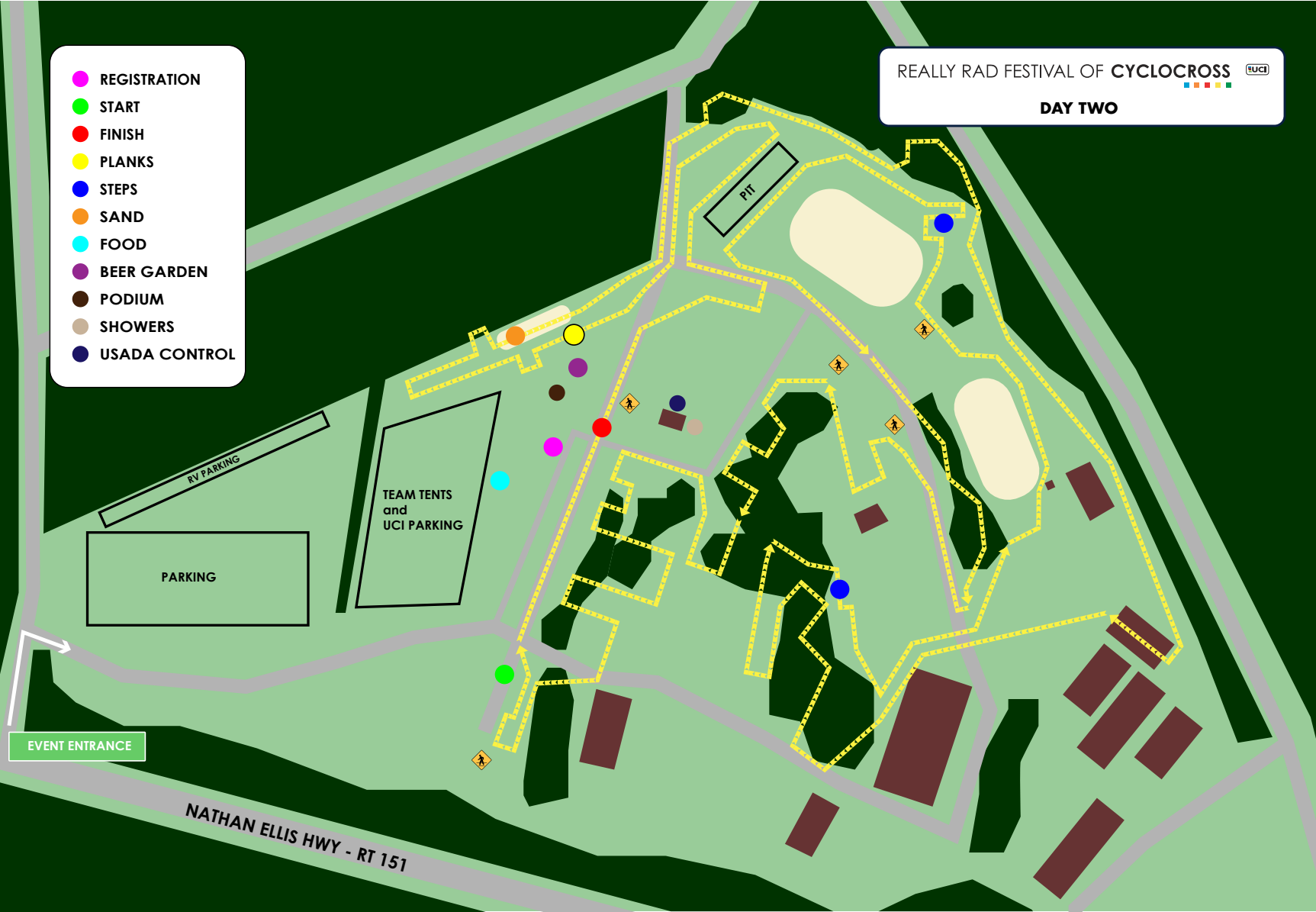
Laps are predicted to be ~06:30 for Elites to ~11:50 for Cat5

\*course features subject to change

# COURSE and SITE MAP DAY 1



# COURSE and SITE 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](http://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. The fee is \$80. This fee covers the entire event weekend. Tents may be left set up 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.**

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## 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](mailto:rrfcx@intlcycling.com) for more information

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## PRO TEAM PARKING

Reserved parking for Pro teams requires a pass and MUST be made in advance via [bikereg.com](http://bikereg.com). The fee for Pro Team parking is \$120-\$200 and covers Friday-Sunday.

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**

## Communicable Illnesses

There are many communicable illness that affect humanity. If you are ill and could spread illness to others, it is advised that you abstain from visiting the event. Long term health is important to us all.

# 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 credit toward their registration. If you are interested, please contact International Cycling at [rrfcx@intlcycling.com](mailto:rrfcx@intlcycling.com)

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## CONTACT

General Inquiries: [info@intlcycling.com](mailto:info@intlcycling.com)

Race Director: [adam@intlcycling.com](mailto:adam@intlcycling.com)

Registration: [registration@intlcycling.com](mailto:registration@intlcycling.com)

Medical: [cmpsa1@gmail.com](mailto:cmpsa1@gmail.com)

Volunteering: [rrfcx@intlcycling.com](mailto:rrfcx@intlcycling.com)

Media Inquires: [media@reallyradcx.com](mailto:media@reallyradcx.com)

Pro Athlete Relations: [rrfcx@reallyradcx.com](mailto:rrfcx@reallyradcx.com)

Race website: [www.reallyradcx.com](http://www.reallyradcx.com)

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

# ADDENDUM

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