



NZMG Cyclocross Final Information

We're stoked to bring Summer Cyclocross (CX) to the NZMG for the first time. Bring your cheerleading team for an adrenalin pumping and entertaining evening on two wheels.... right next to our Awa. All the best, ride safe, ride hard and have fun!

Date:

Sunday 5 February 2022

Venue:

Kowhai Park - Anzac Parade, Whanganui

Events:

Minutes	Event	Notes
30mins	Team CX Challenge	2-4 per team. Decide your tactics - the only rule is that each member must complete at least one lap of the course!
30min	Social CX Grades + eBikes	M/F 30-39, 40-49, 50-59, 60-69, 70+
40min	Competitive CX Grades	M/F 30-39, 40-49, 50-59, 60-69, 70+

Event Schedule:

Time	Event	Notes
3.00pm	Masters Games Sign On/Registration Opens	Velo Ronny's Tent Watch Awa CX for Kids & Teens!
3.50pm	Masters Games Rego Closes	Velo Ronny's Tent
4.15pm	Course open for Masters Games Familiarisation	Long Course
4.35pm	Masters Games Social Race, eBikes & Teams Challenge	Long Course - 30min All Age Groups*
5.05pm	Masters Games Competitive Race	Long Course - 40min All Age Groups*
5.50pm	Course Closed	
6.00pm	Prize giving and BBQ	Mitre 10 Mega Tent

Please note no event will start earlier than advertised

* Medals awarded to each age group & category separately

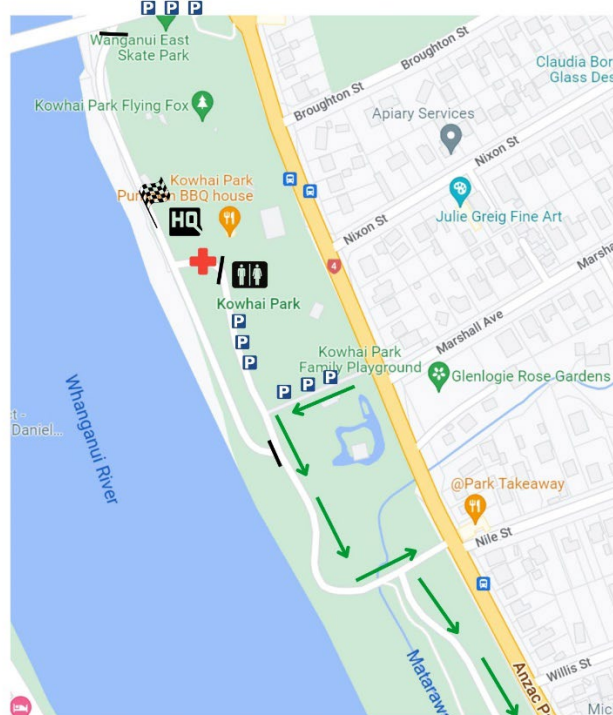


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On Event Day:



KOWHAI PARK EVENT MAP

-  Park vehicle entrance & exit
-  Gates closed
-  Event & public parking
-  Event HQ & registration
-  Start/finish line
-  Toilets
-  First Aid

1. Arrive early using the designated parking spots indicated
2. Follow the event marshals' instructions when crossing the course
3. Sign in and collect your race pack from the 'Velo Ronny's' registration tent. That way we know who's on the start line. On-the-day entrants depend on space availability
4. Make sure your number is attached securely, check out the example on display
5. Tents and bike parking will be set up Race HQ, please use the designated rubbish bins available
6. Listen to the MC for opening of the course for warm up/familiarisation
7. Your event will be called to the 'ride ready area' 5mins before your start for the official briefing
8. The BBQ will be cranking post ride under the Mitre 10 Mega Tent



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Course Map:



CYCLOCROSS COURSE MAP KOWHAI PARK



Please note Given Kowhai Park is a Public Domain we mapped out this course without a 'full event' set up so it may track slightly different on event day. But you will get a challenge and have fun!





Equipment Requirements:

- Bicycles shall be outfitted as per the road code and must have two working brakes, one front and one rear
- Bicycles must be mechanically sound
- Dropped or straight handlebars are permitted
- Bar ends and aero bars are not permitted
- Fixed wheel bicycles are not permitted
- Electric Bikes are permitted in the social grade
- Mountain bikes, hybrid bikes, and single speeds are permitted as long as they meet the requirements above
- NZ Safety approved helmets must be worn and always fastened during warmup, racing, and warm down.

FAQ's

What is Cyclocross?

It's a form of bicycle racing which incorporates mixed terrains, different surfaces and obstacles in a short circuit completed multiple times. Riders can dismount and push, lift or even run with their bikes. It tests all aspects of the rider's physiology and with spectators close to the action in a party like atmosphere it is a heap of fun!

Do I need a special bike to take part?

No, you don't but your bike will need to fit the equipment requirements outlined above and be suitable to navigate the mixed terrain and different surfaces.

How does the Team CX Challenge work?

Grab 2-4 mates, work mates, your partner or family crew, throw on a sweet outfit (that won't get caught in your spokes!) and complete 30mins on the course. How you configure completing the laps is up to you but there will be a one lap minimum required per rider. Bring it on!

Should I enter the Social or Competitive Grade?

If you've ridden CX before, have a CX/Gravel bike and you like your legs to do the talking we suggest you enter the competitive grades.



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If you're a first time CX'er, dusting off the MTB bike for the Master's Games, like to dress up or like to 'whoop' the crowd as you navigate the course the social grades are for you.

Do I need to wear lycra?

No, you don't (in fact we'd prefer it if you didn't...wink!!). We encourage you to dress to your teams motivation and show your bling (safely) in the social grades... there will be prizes.

Can I do both the Team Challenge & Individual Event?

Absolutely, you can even ride different bikes & don a different kit if you like!

How long am I racing for?

The Events will be based on time - 30mins for Social, Teams and 40mins for Competitive. The event officials will ring the bell so you know when your final lap of the course begins.

How does the start work?

Everyone starts together bunched in their age groups with a minimum of one foot on the ground. The starter will count you down. Depending on entry numbers we may stagger age group starts.

Will I get lost on the course?

Let's hope not (if you end up in the river you've taken a wrong turn)! The majority of the course will be taped off with marshals stationed around the course. The course will also be open for warm up/familiarisation prior to the events.

What happens if I get lapped?

You keep riding! Just remember to keep left to allow faster riders to pass. You will finish on the same lap as the leading rider in individual events.

What happens if I have a mechanical during my event?

There will be a designated 'pit' area at the start/finish where you can leave your own spare equipment or tools. Your supporters can also help you on the course, just be aware of other riders. If you're headed to the pits please don't ride backwards on the course.



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