



Dear CYCLOCROSS Athlete,

This Saturday is the day we all get to gather again, but for the rest of this season, that gathering will look a little bit different than seasons in the past. ***Please read through this entire guide and be sure to remind friends of some of the bolded items.*** We'll have extra staff on site to ensure frequent announcements to any and all questions you might have.

What do I need to know before I arrive?

- **NO SPECTATORS!** As you might have expected, we're limited to just athletes and volunteers only. This is a very strict policy as our main requirement from the health department is to ensure a certain event capacity on course and in the registration zone.

- **Junior Categories starting at 2:30pm:** We will allow 1 guardian per family to assist (Note: This is per family, not 1 guardian per junior). Juniors racing in senior categories prior to 2:30pm will NOT be allowed to have a guardian onsite.

- **Junior Clubs/Teams:** You will be allowed to have 1 coach onsite. Please check-in at registration for a lime green traffic vest to give you access to the entire venue. If you feel your club/team needs an additional coach to help your juniors, please email Lance@withoutlimits.com

- **Parking:** When you arrive onsite, you'll have the traditional three options at Valmont: the south lot near the dog park, the long skinny lot on the SW corner of Airport Rd. and Valmont, the main bike park lot off Airport Rd., and overflow parking past the county jail – this is north of the park (Do NOT park in the county jail). Every other parking spot will be coned off, so please don't move the cones, just park in the open spot. If for any reason cones have been moved or are missing, please just make sure there's *one parking spot of space between you and the car next to you.*

Starting Position: We've will be posting the athlete start list on the event website by Friday at 12pm, and there's a link in this newsletter. *Before you arrive, please take a look at your starting position. This position is based off your current USAC CX ranking. When staging (additional details below), we ask that you help pre-stage yourself with this information. This way we don't have a giant cluster of athletes waiting for the officials to call out names.* This also gives you a chance to see which friends will be out there alongside you.

- **Water:** *Please bring your own water and any snacks you'll need for post event.* We're also not able to provide you with pre or post water. Our goal was to eliminate as many contact points as possible from the time you arrive onsite.

What do I need to know when I walk to the main grass area for number and chip pick-up?

Masks: They are required from the moment you leave your car area (which can double as your warm-up area if using a bike trainer), until we give you the 1-minute warning after staging. They are NOT required when you are racing at any point.

STEP 1 - Medical Check: We advise that you drive and don't ride your bike to the park as that will elevate your temperature. If you do choose to ride, please allow some time to cooldown, then check-in before heading back out to warm-up on the surrounding streets.

Step 1 when you check in is to hop in the medical check in line (red/gray tent). Our paramedics will take your temperature and ask you the standard screening questions.

- All athletes are encouraged to frequently use hand sanitizer supplied around the venue.
- All athletes are encouraged to refrain from mixing and mingling with others not in their household during the event as much as possible.
- All athletes need to maintain at least 6 feet of physical distance from others as much as possible.
- [Populations at higher risk for severe COVID-19](#) should consider additional protections or stay home during this time per CDPHE guidance.

STEP 2 - Number Pick-up: *Once you clear the medical check-in, please move to the next tent to pick-up your number. PLEASE CHECK THE FOLLOWING CHART FOR YOUR REGISTRATION # PICK-UP WINDOW. YOU WILL NOT BE ALLOWED TO PICK-UP OUTSIDE OF THIS WINDOW OR FOR OTHER ATHLETES.*

STEP 3 - Timing Chip: *After you pick up your number move along to the next tent and show our staff your race bib to receive your timing chip. This timing chip will go directly on your ankle and after YOU finish, you'll be REQUIRED to remove your own timing chip and deposit it in a bucket. Look for the volunteers after the finish chute to assist.*

STEP 4 – Warm-up and Staging: *After you pick-up your timing chip, we recommend that you bring a trainer to set-up by your car for warm-up. There is NO COURSE PREVIEW or WARM-UP on course. The course will be set-up the day prior after 2:00pm. We will allow the afternoon categories to preview (1-lap) during the lunch break. Juniors will get to preview (1-lap) during the 20min break that starts at 2:15pm. Please respect this restriction as we need to maintain a max number of participants on the course at all times. As a racer I know this isn't ideal, but try to remember that we're all in the same boat. We hope you ask "I wonder how the course is set-up", and that comes as a new fun challenge, not a limitation on your experience.*

CATEGORY	START TIME	Reg # Pick-up	RACE LENGTH	PODIUM PLACES	PRIZES	ENTRY FEE (Pre-reg)	Max Field Limit
Men Category 4	8:00:00 AM	6:00am-7:40am	40 Minutes	3	Medals	\$ 38.50	25
Single Speed Category 4 and 5*	8:00:30 AM	6:00am-7:40am	40 Minutes	3	Medals	\$ 38.50	10
Beginner Men (Category 5)*	8:01:00 AM	6:00am-7:40am	40 Minutes	3	Medals	\$ 38.50	25
Women Category 3	8:50:00 AM	7:40am-8:20am	40 Minutes	3	Medals	\$ 35.00	25
Women Category 4	8:50:30 AM	7:40am-8:20am	40 Minutes	3	Medals	\$ 35.00	25
Women 50+	8:51:00 AM	7:40am-8:20am	40 Minutes	3	Medals	\$ 35.00	25
Beginner Women (Category 5)*	8:51:30 AM	7:40am-8:20am	40 Minutes	3	Medals	\$ 35.00	25
Women OPEN	9:40:00 AM	8:40am-9:20am	40 Minutes	3	\$100	\$ 38.50	25
Single Speed Women	9:40:30 AM	8:40am-9:20am	40 Minutes	3	Medals	\$ 38.50	25
Women 40+	9:41:00 AM	8:40am-9:20am	40 Minutes	3	Medals	\$ 38.50	25
Men 40+ Cat 4	10:30:00 AM	9:30am-10:10am	40 Minutes	3	Medals	\$ 38.50	25
Men 50+ Cat 4	10:31:00 AM	9:30am-10:10am	40 Minutes	3	Medals	\$ 38.50	25
Men OPEN	11:20:00 AM	10:20am-11:10am	55 Minutes	3	\$100	\$ 38.50	25
Men 40+	11:21:00 AM	10:20am-11:10am	55 Minutes	3	Medals	\$ 38.50	25
LUNCH BREAK	12:15:00 PM		20 Minutes				
Men 50+	12:35:00 PM	11:30am-12:15pm	40 Minutes	3	Medals	\$ 38.50	25
Men 60+	12:36:00 PM	11:30am-12:15pm	40 Minutes	3	Medals	\$ 38.50	25
Single-Speed Men	1:25:00 PM	12:25pm-1:05pm	45 Minutes	3	Medals	\$ 35.00	25
Men Category 3	1:26:00 PM	12:25pm-1:05pm	45 Minutes	3	Medals	\$ 35.00	25
Men 40+ Cat 3	1:27:00 PM	12:25pm-1:05pm	45 Minutes	3	Medals	\$ 35.00	25
20 MIN BREAK							
Junior Men 15-16 / 17-18	2:30:00 PM	1:30pm-2:10pm	30 Minutes	3 each	Medals	\$ 20.00	25
Junior Women 15-16 / 17-18	2:30:30 PM	1:30pm-2:10pm	30 Minutes	3 each	Medals	\$ 20.00	25
Junior Men 13-14	2:31:00 PM	1:30pm-2:10pm	30 Minutes	3	Medals	\$ 20.00	25
Junior Women 13-14	2:31:30 PM	1:30pm-2:10pm	30 Minutes	3	Medals	\$ 20.00	25
Junior Men 11-12	3:10:00 PM	2:10pm-2:50pm	20 Minutes	3	Medals	\$ 15.00	25
Junior Women 11-12	3:10:30 PM	2:10pm-2:50pm	20 Minutes	3	Medals	\$ 15.00	25
Junior Men 9-10	3:11:00 PM	2:10pm-2:50pm	20 Minutes	3	Medals	\$ 15.00	25
Junior Women 9-10	3:11:30 PM	2:10pm-2:50pm	20 Minutes	3	Medals	\$ 15.00	25

It's almost time to start the race. What do I need to know for staging?

Staging Format (THIS IS IMPORTANT, PLEASE ENSURE YOU UNDERSTAND THIS SECTION)

- The start line will be located at the same traditional spot – look for the Red/Black/Yellow inflatable arch just east of the finish line. We ask that you do not cluster around this area waiting for the official to call out names. **Please report to staging 5-10min prior to your start time.** Each category is limited to 25 athletes, so 3 rows of 8, with 1 lone wolf in row 4. You'll also notice this year we'll have 4 staging areas on the ground – they'll be marked in white paint moving EAST down the dirt road. For example, if you're in Men's Cat 3 group, find the third staging area to start self-staging based on your ranking. If you're ranked 9th, you're in the 2nd row, ranked 17th, you're in the 3rd row etc. etc. This won't be perfect, and the officials will still call out names for final staging/organization, but this will help prevent clustering in the start area and speed up the overall process.

Finish line and Post Event:

- All athletes will be *required to remove their own timing chips* and place them in a specially marked bin.
- YOU ARE NOT ALLOWED A PIT PERSON. Again, we are capped at the number of people we can have in the venue at a given time. I know this will be a change for some, but again, it's a level playing field for all. We do hope to lift this restriction later in the season as each county has slight variations on COVID restrictions.

- **Results** will be live and available online ONLY – link will be posted on CYCLO-X homepage. We will NOT have printed results at the venue. If there's an immediate protest on your finish place please send an

email to Mark@racerite.com and membership@coloradocycling.org This restriction may be lifted as the season progresses, but we can't allow lingering at the venue due to capacity restrictions.

- Once you finish, please cool down, and once you start packing up your gear, you'll be required to once again wear your mask.

- **Awards:** If you feel like you finished in the top 5, please head over to the registration area. Unfortunately, for race #1 we won't have an official award ceremony, but we will be announcing the top 3 finishers in each category to come pick-up their awards at any time. This system will change for race #2 at Interlocken.

If there is a confirmed case of COVID-19 among patrons or employees: Without Limits Productions will notify and cooperate with their local public health agency on next steps.