



## **Steaming Nostril & Runny Nose** **CX/MTB/Fat Bike Cycle for All Race**

**Technical Guide**

Version 1.1

**Sunday April 14, 2019**

**Waterloo Rod & Gun Club, St. Jacobs, Ontario**

**Runny Nose – 40km 10:40 am**

**Steaming Nostril – 65km 11:10 am – Wave 1**

**Steaming Nostril – 65km 11:15 am – Wave 2**





## General Information

- Steaming Nostril is 65km “Cycle for All” race geared towards cross, mountain bike, fixed gear and fat bikes that is OCA Sanctioned.
- The terrain is rolling to flat surfaces. 60% gravel roads, 20% paved roads, 10% farm laneways (private property), trails and farm property (private property) in Waterloo Region.
- Full police coverage at intersections, mechanical and first aid support.
- The rest stop is fully supported with food and water and has a portable toilet. It is located at approximately 40km.
- A warm meal is served at the Awards Ceremony with hot beverages and warm change facilities available.
- Event will run through rain, snow, sleet or whatever the Canadian climate brings that day.
- Prizes for overall top male/female and master’s male/female will be provided.
- Wave 1 are UCI level racers.
- Wave 2 are all other racers, serious enthusiasts or recreational riders.
- If you are not a UCI level racer and wish to be considered for upgrading to Wave 1 please e-mail us at: [info@cyclewaterloo.com](mailto:info@cyclewaterloo.com) and we will consider accommodating your request.
- The Runny Nose event is 40km event for those riders who want a shorter distance with a similar terrain with 1 rest stop at 25km. Full police coverage at intersections, mechanical and first aid support.
- **NOTE: The Steaming Nostril and Runny Nose routes are approximate distances. The routes could vary from 5-10km depending on the route that is used.**

## Registration Information

- Register at [www.cyclewaterloo.com](http://www.cyclewaterloo.com)
- Event Venue is the Waterloo Rod & Gun Club in St. Jacobs Ontario on Bo De Lane.
- Start time is 10:40 am for Runny Nose – 40km
- Start time is 11:10 am for Steaming Nostril 65km Wave 1
- Wave 2 will start approximately 5 minutes later at 11:15 am



## Registration Fees

**December to Sunday January 13<sup>th</sup> at Midnight**  
 \$75 Registration Fee

**January 14<sup>th</sup> to Sunday February 10<sup>th</sup> at Midnight**  
 \$85 Registration Fee

**February 11<sup>th</sup> to Thursday April 11<sup>th</sup> at Midnight**  
 \$95 Registration Fee

**Race Weekend – Saturday April 13<sup>th</sup> & Sunday April 14<sup>th</sup>** - Event Weekend Registration will be held Saturday April 13<sup>th</sup> at Adventure Guide from 1:30 to 4:00pm and Sunday April 14<sup>th</sup> in the morning from 8:00 to 10:00am at the Waterloo Rod & Gun Club  
**\$115 Registration Fee – CASH only accepted!**

All UCI sanctioned riders are welcome to ride in Wave 1 for Steaming Nostril. All other riders are welcome to ride in Wave 2 plus consideration will be given to those who are not UCI licensed but can demonstrate they should be included in Wave 1.

Note: please contact the race organizers with reasons as to why you should be considered to move to Wave 1 at [info@cyclewaterloo.com](mailto:info@cyclewaterloo.com)

Number plates will be used on the front of all bikes so no bib placement is required.

## Schedules/Category

Category	Start Time	Distance	Entry Fee
Runny Nose – Mass Start	10:40 AM	40km	Early Bird \$75 Mid-Price \$85 Late Price \$95 \$115 Race Weekend Price
Steaming Nostril – Wave 1	11:10 AM	65km	Early Bird \$75 Mid-Price \$85 Late Price \$95 \$115 Race Weekend Price
Steaming Nostril – Wave 2	11:15 AM	65km	Early Bird \$75 Mid-Price \$85 Late Price \$95 \$115 Race Weekend Price
Awards Ceremony - All	Approx 2:00 PM		



### **Course Map Steaming Nostril – 65km**

- Waterloo Rod & Gun Club, St Jacobs Ontario
- Start/Finish Line located at Waterloo Rod & Gun Club
- Registration/Change rooms/washrooms inside Hall
- Venue for Podium and Awards will be inside the hall on the stage
- Course map will not be posted for Steaming Nostril
- The terrain is rolling to flat surfaces. 60% gravel roads, 20% paved roads, 10% farm laneways (private property), trails and farm property (private property) in Waterloo Region. Full police coverage at intersections, mechanical and first aid support
- Flat to rolling terrain, depending on temperature that day rural farm roads can be soft or hard packed

### **Course Maps Runny Nose Route – 40km**

- Waterloo Rod & Gun Club, St Jacobs Ontario
- Start/Finish Line located at Waterloo Rod & Gun Club
- Registration/Change rooms/washrooms inside Hall
- Venue for Podium and Awards will be inside the hall on the Stage
- Course map will not be posted for Runny Nose
- The terrain is rolling to flat surfaces. 60% gravel roads, 20% paved roads, 10% farm laneways (private property), trails and farm property (private property) in Waterloo Region. Full police coverage at intersections, mechanical and first aid support
- Flat to rolling terrain, depending on temperature that day rural farm roads can be soft or hard packed

### **Parking**

- Parking is available at the Rod & Gun Club parking lots. Parking signs will be noted at the Club.

### **General Event Information, Rules & Regulations**

- This race is being run on open mainly rural roads in the direction of traffic. You must stay on the right side of the road and adhere to the Yellow Line rule on any paved roads. On rural country gravel roads, you must stay to the right-hand side and yield to any oncoming traffic. Any rider caught crossing the center line may be disqualified and eliminated from the race. Please note the Highway Traffic Act is in effect and you must follow instructions from the Police when entering any intersection along the course.



- **For your safety, if you withdraw from the event for any reason, you must immediately inform the Chip Timer at the Finish line area that you have withdrawn. Any unreported DNF will be reported back to OCA.**
- You are required to wear an approved cycling helmet at all times while riding your bike. Non-compliance will result in disqualification.
- Cyclists should dress and be prepared for harsh riding conditions in this event including snow, rain, and sleet.
- Bring along adequate fluids/snacks as the rest stop will be located at 40km for the Steaming Nostril & 25km for the Runny Nose (approximate locations).
- No cyclist will wear earphones or listen to music while riding in this event.
- The races will be held under the rules of the UCI with CCA and OCA modifications.
- The CCA & OCA rules are available on-line at:  
<http://www.ontariocycling.org/commissaires/commissaires-rules/>
- The penalty scale of the OCA rulebook will be applicable.
- Registration closes at 10am on April 14<sup>th</sup> approximately 30 minutes before the start of each race.
- This event is pre-registration and event day registration.
- All riders (or parents/guardians) must sign on at registration and sign the CCA and Cycle Waterloo waiver before riding, unless they have an OCA-issued license.
- Races will start promptly at the indicated start times.
- There will not be any team vehicles permitted on the course.
- Riders who are dropped from the main bunch must proceed at their own risk and should always, when possible, ride on the right side of the road with the flow of traffic.
- The prize list will be displayed at registration.
- Awards will be presented per the published schedule below.
- Riders are encouraged to wear their competition uniforms for the presentation.
- Race Results: [www.racetiming.ca](http://www.racetiming.ca)

## Specific Course Rules

As this is a Cycle for All race, riders suffering mishaps will be supported by the mechanical service vehicles and can continue the race from the point of the mishap. If unable to continue a sweeper vehicle will be dispatched for pickup.

- In the event of a mishap, riders are strictly forbidden from drafting behind vehicles for lengthy periods in attempting to catch up to their group. Such drafting may result in disqualification.
- Any riders outside the cut-off time limit (averaging 18 km/hour or slower) will not have police coverage at intersections and will follow the Highway Traffic Act. Please proceed with caution and the race will still have mechanical and first aid support for all riders regardless of speed.
- The Rest Stop will be located at approximately 40 km marker on course for Steaming Nostril and one at approximately 20 km for the Runny Nose event. The rest stop is located on the left side of the road. They will have a portable toilet, drinks and snacks.
- Radio communication is not permitted between riders and anyone else.



## Awards and Protocol Steaming Nostril Race

Category	1st	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	Fat Bike	Single Speed
Overall Male	\$400 + medal	\$200 + medal	\$150+ medal	\$100 + medal	\$75 + medal	Medal	Medal
Overall Female	\$400 + medal	\$200 + medal	\$150+ medal	\$100 + medal	\$75 + medal	Medal	Medal
Overall Masters 40+ Male/Female	\$100 + medal	\$75 + medal	\$50 + medal				
Age division medals M/F <19, 20-29, 30-39, 40-49, 50-59, 60+ Note: overall winners will not be taken out of divisions	Gold Medal	Silver Medal	Bronze Medal				

**Total Cash Purse \$2,300**

- You must attend the awards ceremonies to receive your winnings.
- Riders are encouraged to wear their team competition uniforms for awards

**Please note that the cash prize amounts below *may vary and are dependent on a minimum of 400 registrants.* Official cash prize amounts will be posted the day of the race.**

### Runny Nose Event

Category	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Overall Male/Female	Medal	Medal	Medal
Single Speed	Medal	Medal	Medal
Fat Bike	Medal	Medal	Medal

**Medal prizes will be awarded for top 3 Male/Female winners**

- **No cash prizes in this event**



## Directions and Map Waterloo Rod & Gun Club St. Jacobs, Ontario

<https://www.google.ca/maps/dir//Waterloo+Rod+%26+Gun+Club+Assn,+1075+Bo+De+Ln,+St.+Jacobs,+ON+N0B+2N0/@43.5305413,-80.5786712,17z/data=!4m1!1m7!3m6!1s0x882bf1ba04d547c7:0xc713d6dec1660a73!2sWaterloo+Rod+%26+Gun+Club+Assn!3b1!8m2!3d43.5305413!4d-80.5764825!4m7!1m0!1m5!1m1!1s0x882bf1ba04d547c7:0xc713d6dec1660a73!2m2!1d-80.5764825!2d43.5305413>

### From Hwy 401

- Take Exit #278 - Hwy 8 exit to Kitchener for approximately 8km.
- Take Hwy #85 North or the Conestoga Parkway to Waterloo / St Jacobs
- Take Regional Road 15 towards St Jacobs
- Turn left onto King St North / Waterloo Regional Road 15
- Turn left onto Lobsinger Line
- Turn right onto Three Bridges Road
- Turn left onto Bo De Lane
- Waterloo Rod & Gun Club is at the end of Bo De Lane

### Course Safety

- St. John's Ambulance will be on-site at the Community Hall and at one rest stop plus REACT emergency services will have vehicles patrolling the courses. We will have Police at intersection with radios connected into REACT. Mechanical support and additional vehicles to pick up any riders who abandon the race. We will supply each rider with key Mobile contact numbers to call in the event of an emergency. These numbers will be printed on a map and provided in the registration kits.
- REACT emergency contact cell number will be provided to all participants.
- Grand River Hospital which has the largest Emergency services in the Region as well as St. Mary's Hospital.

**Grand River Hospital**  
835 King St W  
Kitchener, ON N2G 1G3  
519 742-3611

**St Mary's Hospital**  
911 Queen's Boulevard  
Kitchener, ON N2M 1B2  
(519) 744-3311