

# 7th Annual



**NOR.CAL vs SO.CAL  
CALIFORNIA STATE  
CYCLOCROSS  
CHAMPIONSHIPS**

**BONK  
BREAKER**  
NUTRITION

#fuelyourjourney

**FLUID**



**GEAR GRINDER  
GRILL**



**SamBarn  
PROMOTIONS**

**Dec 17th & 18th  
2016**



*The Bear of Cali will ROAR!*

**Lake Ming  
Bakersfield, CA**

**\$4000 in cash and  
prizes!**



**Also races 1 & 2  
SoCal Cross Fever Series**



Held under USA cycling permit, pending

#### FORMAT

Two days of cyclocross madness. Saturday and Sunday are BOTH scored racing days for the showdown AND SoCal Cross Fever Series! Come race it up for your region, it's the SHOWDOWN, North vs South for bragging rights, a cool trophy, Bears and cash! Points for the regional battle are awarded for all categories each day: 1st=28pts 2nd=26pts 3rd=24pts 4th=22pts 5th=21pts 6th=19pts 7th=17pts 8th=15pts 9th=13pts 10th=11pts 11th=10pts 12th=9pts 13th=8pts 14th=6pts 15th=5pts 16th=4pts 17th=4pts 18th=3pts 19th=2pts 20th=1pt. Info and pts for the SoCal CX Fever Series, see [www.socalcross.org](http://www.socalcross.org) for details.

#### COURSE

A fast flowing and challenging course at a NEW venue near Lake Ming. We have found and created an awesome parcours. Grass, dirt, pavement, run ups on a classic Euro style course and the ROCK LOBSTER LAUNCH PAD flyover. Similar course both days, Sunday run in opposite direction. Lap times will vary from 6-8 minutes. **Junior riders age 6-12 might run a slightly modified course each day.** Course is open for inspection Friday Dec. 16th from 2-5 and from 7-7:45am both race days. Course profile and map posted at [www.sambarn.com](http://www.sambarn.com) by Nov 20th.

#### DIRECTIONS

From Hwy. 99 going north, exit Hwy. 178/Downtown business exit and continue EAST. From Hwy. 99 going south, exit the Hwy. 178 Rosedale Hwy/Downtown business exit and go left under Hwy. 99. Continue East thru town approx. 2 miles onto Hwy 178 EAST. 178 all the way to Commanche Dr/Lake Ming/Alfred Harrell Hwy. Turn left (North). Turn right at the stop sign/fire station and down in front of Lake Ming. Entry and parking will be on your right. 13375 Lake Ming Rd, Bakersfield, CA 93306

#### VENUE/FOOD/LODGING

- Lake Ming and the campground areas are local county park. There are over 50 campsites available! Reservations info TBD. Please respect it and enjoy. No driving on the grass, no going to the bathroom in public and keep all dogs on a leash.
- **QUALITY food from the Gear Grinder Grill! Belgian frites, waffles and excellent espresso by Covenant Coffee. Check out our vendors, support our sponsors and enjoy a day at the races.**
- Beer tent is provided by Lengthwise Brewing Co. of Bakersfield.
- Booth opportunities for vendors and or teams are available, contact us.



## ENTRIES

- Info: [sam@amesviolins.com](mailto:sam@amesviolins.com)
- Elite Men and Elite Women entry fees are \$40 per day. All other fields (except juniors) are \$35 per day. Additional races are \$10 per race per day after the higher entry fee is paid. Race day reg. add \$5.
- ALL junior's race junior races for free, second race \$10. "kids race" and 1 lap juniors is also free.
- If you purchased a **SoCalCross Season Pass** contact us via email (above) for entry. You must show your series pass at reg.
- Online reg. at [www.sambarn.com](http://www.sambarn.com) Online reg. closes Wed 12-14-16 at 11:59pm.
- A valid USA Cycling license is required for all race participants. **IF YOU DON'T HAVE A LICENSE, A ONE DAY license is available with pre-registration or on race day for \$10. Annual licenses can be purchased at [www.USACycling.org](http://www.USACycling.org)—IF YOU BUY AN ANNUAL YES IT IS VALID FOR 2017!**

**TWO DAY RACE DISCOUNT! Riders PRE-registering for non-junior categories and non SoCalCross Season Pass holders for both days of racing, take \$5 off PER DAY! We will give you \$10 cash when you check in for registration on SUNDAY!**

## RULES AND MISCELLANEOUS INFO.

- Warming up on the course: Warm up before racing begins, on a trainer or on the road. At no time should riders be on course during racing OR cross over the start/finish line unless they are racing and do not pass any racer in a current race.
- All USAC Cyclocross rules apply. For more info. go to [USACycling.org](http://USACycling.org)
- Helmets must be worn at all times when you are on your bicycle.
- Cyclocross bikes recommended but mountain bikes work great! You must remove your bar ends.
- Bike and wheel exchanges may be made in the pit area, which will be marked. Bike wash will be available if needed.
- If lapped, all riders will finish behind the leader on his or her lap.
- Your racing age for the 2016-17 cross season is the age you will be Dec. 31<sup>st</sup>. 2017
- Call ups FOR SATURDAY will be arranged FOR PRE-REG RIDERS upon the following criteria: district and national champs, USAC points and overall placing from other NOR CAL OR SO CAL races prior to this race. SUN call ups based on Sat results!!
- Water or bottle hand-ups not allowed unless approved by the race officials
- Medical is available at the registration tent

## AWARDS AND PODIUMS

- Podium presentations will be done and awards given once results are finalized for a given wave/race. Only the top 3-5 will be called to the podium for any race.
- Points will be tabulated after each race Saturday with a total running board for all to see. Sunday the count continues towards the final trophy awarded to North or South at the conclusion of the Cat 4/5 men's race SUNDAY.
- Individual championship for bear jerseys are awarded on SUNDAY only and is tabulated by overall points of the two days for each category. Winners can choose to purchase a jersey and other gear on their own, details will be provided race day. We are working hard to pay for winners jerseys, more soon!

**rock lobster**



## Schedule-both days

Start time	Category	Duration	Prizes
8:00 am	Jr. boys 11-12, Jr. girls 11-12	25 minutes	Prizes / Top 3ea
8:02 am	Jr. boys 9-10, Jr. girls 9-10	25 minutes	Prizes / Top 3ea
8:03 am	Youth boys and girls 6-8	1 lap	Prizes / Top 3ea
8:40 am	Jr. girls 15-16, Jr. girls 17-18	30 minutes	Prizes / Top 3ea
8:41 am	Women 3/4	30 minutes	\$100/Prizes / Top 5
8:42 am	Master Women 35+, 45+, 55+	30 minutes	\$50+Prizes / Top 3ea
8:43 am	Jr. boys 13-14, Jr. girls 13-14	30 minutes	Prizes / Top 3ea
9:25 am	Single speed Men 1-5	40 minutes	\$150 / Top 3
9:26 am	Jr. boys 15-16, Jr. boys 17-18	40 minutes	Prizes / Top 3ea
9:27 am	Single speed Women 1-4	40 minutes	\$150 / Top 3
10:20 am	Master Men 35+ 1-5	45 minutes	\$200 / Top 5
10:21 am	Master Men 45+ 1-5	45 minutes	\$200 / Top 5
10:22 am	Cat 3/4/5 Men	45 minutes	\$200 / Top 5
11:20 am	Elite Women 1-4	45 minutes	\$500 / Top 8
12:10 pm	KIDS RACE	1 short lap	
12:20 pm	Master Men 35+ 3/4/5	40 minutes	\$100 / Top 3
12:21 pm	Master Men 45+ 3/4/5	40 minutes	\$100 / Top 3
12:22 pm	Master Men 55+, 65 1-5	40 minutes	\$100 / Top 3ea
1:15 pm	Elite Men 1-5	60 minutes	\$500 / Top 8
2:30 pm	Cat 4/5 Men	40 minutes	\$100/Prizes / Top 5

For those who might be confused or don't do USAC sanctioned events, the cat 3/4/5 are like "B" and 4/5 like "C". Elite men 1-5 is "A". Junior and master women categories are 1-5 and 1-4 respectively. We recognize there are some VERY good riders who do not have a license. If you are not an expert level rider, please...do not enter the elite men 1-5, thanks...lots of other races for you to do, that race is for ELITE level riders and they take this gig seriously...thanks!



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