



RAINEY PARK CYCLOCROSS 20
21

NOVEMBER 20TH 2021
QUEENS, NEW YORK CITY

TECHNICAL GUIDE

RAINEY PARK CYCLOCROSS

After a 2020 hiatus, New York City's only sanctioned cyclocross event is back for its fifth iteration on Saturday November 20th. 2021.

Rainey Park, a small waterfront park along Vernon Blvd in Eastern Queens will once again offer up its undulating terrain and stunning backdrop of the city skyline to host this year's festivities. Things are shaping up to be bigger and better than last year, so we are looking forward to a great day of racing!

LOCATION

Rainey Park
Vernon Boulevard & 34th Ave
Astoria, Queens, NY 11106

CONTACT

Keith Garrison - Event Director
raineyparkcyclocross@gmail.com
845-642-7418

Version 1 - 11/2/21

VACCINATION POLICY

Athletes must be vaccinated to partake in Rainey Park Cyclocross or have a valid medical reason why they cannot be. If you haven't been vaccinated because you're immunocompromised or under 11 years old, please let us know. Proof of vaccination will be required for number pickup.

Thank you in advance for your cooperation.

ZERO-TOLERANCE HARASSMENT POLICY:

All participants should have and will have an equal opportunity to race at Rainey Park Cyclocross regardless of race, color, religion, age, gender, sexual orientation or national origin. Harassment will not be tolerated at our event or within our community. Anyone who attempts to harass or otherwise intimidates athletes, volunteers, staff or spectators will be asked to leave the event immediately. Incidents will be reported to race officials, USA Cycling and SafeSport. We'd like to break the status-quo of cycling being a predominately cis-white-male sport, and encourage it to grow into a diverse cycling community of friends and family. We'd like to encourage you to do your part to help us get there.

REGISTRATION

Registration opens at 7AM Thursday November, 4th on **BikeReg** and closes at 7pm on Thursday, November 18th. Due to NYC Parks Department rules the event is pre-reg only! Don't delay - many fields **will** sell out!

Once again we are continuing the tradition of FREE one day licenses to novice racers. This year Sun & Air has graciously stepped up to sponsor the Women's 4/5 field with FREE ENTRY. We'll continue offering discounted entry to elite women and any women that enter the single speed race. One-day licenses may only be purchased by Category 5 racers for use in the appropriate category races. Non-binary and gender non-conforming folks can self select their race field according to USAC policy.

NOTE: USACycling Rules 2014 - 1A2(c): One-day license may only be purchased by someone who holds the lowest category for the discipline of the race. Nobody who ever held a higher category can purchase a one day. In other words, it is a beginner, trial license.

Racers may compete in a second race where eligible for an additional \$10. Women that wish to race in the SingleSpeed race can contact us for a discount code to use. Wait listed riders will be let in only if spots open up *prior* to close of registration.

Early check-in and number pickup will be between 12:30pm and 7:30pm on Friday 11/19/21 at **Sun & Air** - 788 Driggs Ave, Brooklyn, NY. Stop by, make sure your bike is in working order and tell us how excited you are to race!

Athlete check-in opens at 8:30 AM and will close 30 minutes prior to your scheduled start time. Please be prepared to show your valid USAC license (via app, website or paper). One-day license holders will need to fill out a hard-copy form at the registration table, please allocate time for this.

TRAVEL / PARKING

One of the main goals of putting this race on is to create a race that New York City residents can ride their bikes to. The Vernon Blvd bike lane goes directly to the entrance of Rainey Park. The park is an easy ride from almost anywhere in Manhattan, Brooklyn or Queens, so ride to the race if you are able! Seriously, think about what a joy it is to be able to ride your bike to a bike race!!!

If you are driving, there is a parking lot immediately north of the park with about 75 spots in it, that may or may not belong to Costco. Park at your own risk. There should be a decent amount of street parking directly in front of the park and in the surrounding neighborhood. Historically, our race has been on Sunday, but it's on Saturday this year, so parking rules and meters are very much in effect. If you are not familiar with NYC street parking rules, just pay attention to the signs and avoid being less than 15' from a fire hydrant or parking in a driveway/curb cut. There are a few other garages in the neighborhood if you think you may want to go that route but it has seemed unnecessary the past few years.

This is NYC, and car ownership in the NY Metropolitan area is up ~40% in the last year - so be prepared for some of traffic and trouble with parking but hopefully it won't be that bad, especially in the morning. Please ride to the race or carpool if you can, and if you're not entirely familiar with city rules make sure to pay attention to fire hydrants, bus stops, driveways and bike lanes when parking your vehicle! Don't leave your B bike unlocked on your trunk rack while pre-riding the course or spectating.

SCHEDULE

The course will be open for inspection and warm-ups at **9:00 AM** on race day. There are off-leash dog hours until 9:00 AM, so *please* be courteous to other park users. **Absolutely no pre-riding in the park prior to race day!** Any other access is at the discretion of the Chief Referee; but will usually be available via the course crossing beyond the finish line after the race leader has completed the race. Riders who interfere with those that are still racing will be relegated to the back of the starting grid and heckled mercilessly throughout their race!

START TIME	CATEGORY	RACE LENGTH	PAYOUT	FIELD LIMIT	COST
9:30 AM	SINGLESPEED	40 MIN	SWAG	50	\$25
10:15 AM	men cat 5	30 MIN	SWAG	60	\$35
10:16 AM	JUNIORS (9-18)	20 MIN	SWAG	30	FREE
11:00 AM	men cat 3	45 MIN	SWAG	60	\$35
12:00 PM	women cat 1/2/3	50 MIN	\$400/5 DEEP	50	\$15
1:00 PM	men cat 1/2/3	60 MIN	\$300/5 DEEP	50	\$35
2:15 PM	women cat 4/5	40 MIN	SWAG	50	\$15
3:00 PM	men cat 4	40 MIN	SWAG	60	\$35

Staging

Staging for all categories will be done according to CrossResults.com ranking after registration closes. Front row call-ups will be awarded to volunteers that sign up for a shift prior to race day! <https://volunteersignup.org/LWAHL>

Staging will begin 10 minutes prior to listed start times. Please listen for announcements. If you miss your call up, please fill in the next available spot in the starting grid and do not try to force yourself into an opening that isn't there.

Results

Timing will be provided by **Mainsport Event Solutions** at the finish line. Results will be posted at the registration tent, located near the start/ finish line approximately 10 minutes after the last racer has finished in an event.

Results will also be uploaded on [MyRaceResult](#).

Racers have 15 minutes from the time that results are posted/announced to protest the standings. After that time, the results become official and no further changes will be made. Results will be submitted to CrossResults and USAC on the following morning.

Podium presentations for the top-three in each category will take place approximately 30 minutes after race finish. Please listen for announcements.

\$311 cash payout for Elite Men's field and \$420 for the Elite Women's field!
Podium Bread for First place in each race graciously provided by She Wolf Bakery.
Swag packs for top 3 in all races from a bunch of generous partners.

COURSE MAP



COURSE DESCRIPTION

Like most things in NYC, we're cramming a lot of action into a little bit of space! The prologue starts on a slightly false-flat section of grass, turns onto pavement briefly and then back onto grass where it links up with the main course. A slight drop in elevation flows into a series of U-turns before a series of fast sweeping turns around the baseball field, followed by some brief up and down along a small hillside (*which is in the outfield for some reason?*) before passing the pit for the first time. Next up is a quick dip down onto the pavement, down an off-camber right hand turn and back onto the paved, slightly up-hill finishing stretch. The following section is a series of flat zig-zags in between and around the large trees that line the park. Once the course takes you along the water it starts to get interesting. A set of 25cm (10") high barriers (lower than the standard 40cm, but still tricky to bunny hop!) precedes a series of up/down off-camber turns leading to a stair run-up. After passing the pit for the second time there is a long sideways off-camber

descent back down to the lowest elevation in the park. Some more up and down before an up hill drag with 3 Belgian steps (spaced apart enough to be ride-able with some finesse). Elevation levels out again as you begin to approach the street, and some more root-y turns follow. Next up is a fast section back towards the playground before one last trip up and down the off-camber hillside and heading back towards where the prologue enters the main course.

The average lap times for the pointy end of the Elite fields the last two years have been between between 6:45 and 7:45 depending on weather conditions.

As always, course is subject to change - and we've got some new goodness for schemed up for 2021!

FACILITIES + EQUIPMENT PIT + NEUTRAL SUPPORT

KING KOG will be on hand to offer neutral support services with a work stand in the pit and near registration for any mishaps.

Dual-sided pit will be available. Only authorized personnel are allowed access to the equipment pits. Please use common sense when using the pit and be sure to remove any equipment immediately following the conclusion of your race.

Due to being late in the year, the water supply will be turned off in the park; this means no potable water or working toilets. Please come prepared with drinking water. We'll have porto-potties near the comfort station at the south end of the park. Due to the lack of water, and also the swamp it would create in the park, it also means no pressure washers. In the past it hasn't been much of an issue, even with muddy races. We may figure out an alternative solution for this if time and budget allow, but as of now please plan accordingly.

FACILITIES

We'll have the STUF'D food truck on site serving up breakfast and lunch. They are long time supporters of bike racing, so please support them! Additionally the **BeCyclocross** team will be giving away a limited amount of food vouchers! Pop by their tent and chat them up for more info. There is a Costco immediately north of the park, as well as several bodegas, cafes and restaurants scattered around the neighborhood.

Due to NYC laws about public consumption there will be **ABSOLUTELY NO ALCOHOLIC BEVERAGES ALLOWED INSIDE OF THE PARK.**

MEDICAL

Hopefully you wont need it but we will have a NYS-Certified Medical Team with a basic life support kit on-site at the registration tent throughout the duration of the event. Race organizers and course marshals will be able to contact medical team via race radio. In case of emergency, please dial 911.

Closest hospital:

Mount Sinai Queens 25-10 30th Ave
Long Island City, NY 11102 (718) 932-1000

VOLUNTEERING

We've got a ton of people asking how they can help!

The biggest way you can help is by signing up to race!

Second to that is by signing up for a volunteer shift to assist with course set up/take down, athlete check-in, course crossings/crowd management.

Making this race happen is no small feat, it takes a village!

Sign up here: <https://volunteersignup.org/LWAHL>

If you sign up to volunteer we are counting on you to show up for your shift. If your plans change, we kindly ask to be notified as soon as possible so we can plan accordingly.

We'll have hot coffee and donuts available for morning volunteers and pizza for afternoon volunteers. Please come dressed appropriately to be outside all day. Temperatures and weather conditions have fluctuated wildly the last few years.

Bonus - All racers that are signed up for a volunteer shift prior to race day will receive front row call-ups at staging.

AFTERPARTY

Please join us for a beverage at Other Half Brewing Domino Park in the evening after the race. They've been a long time supporter of the race and the King Kog x Sun & Air Cyclocross team.

34 River Street, Brooklyn, NY 11249.

SPONSORS

Thanks to all of our sponsors for their support in putting this race together!

