

What is a CRITERIUM race?

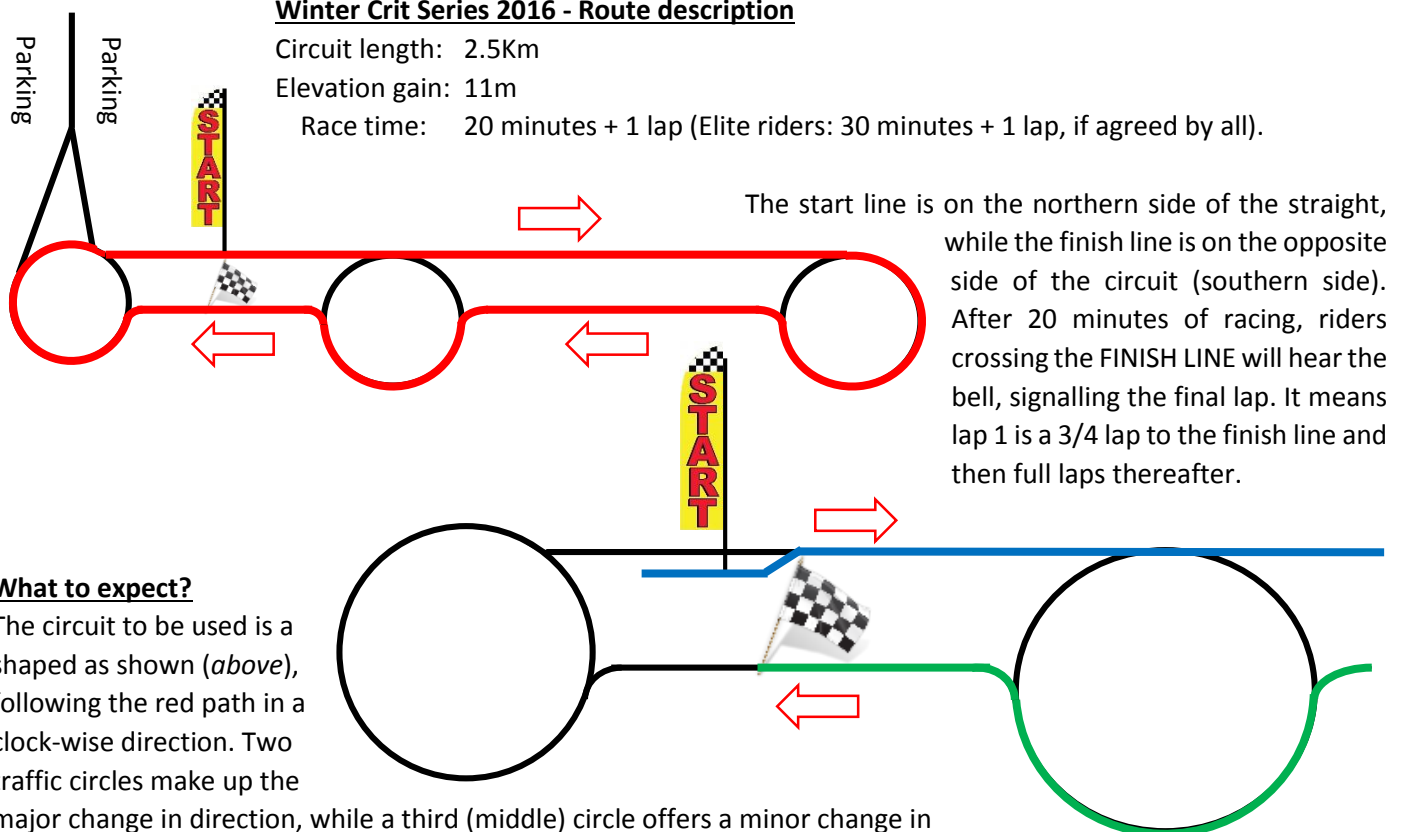
A CRITERIUM is a bike race, of several laps on a short street circuit (about 1-2Km in length). The duration of the race can vary, by the number of laps or by duration. The duration is less than that of a road race, as the intensity is generally higher.

Winter Crit Series 2016 - Route description

Circuit length: 2.5Km

Elevation gain: 11m

Race time: 20 minutes + 1 lap (Elite riders: 30 minutes + 1 lap, if agreed by all).



What to expect?

The circuit to be used is a shaped as shown (above), following the red path in a clock-wise direction. Two traffic circles make up the major change in direction, while a third (middle) circle offers a minor change in direction on the straight. Riders start on the blue line (above), complete as many laps in the 20 minutes before completing the race on the green line. **Note: The race does not finish at the same point as the start!**

The circles are very big and skilled riders can maintain their speed through these turns. The tar is still in perfect condition, and we will sweep the roads of loose sand and other potentially harmful objects. To keep the race circuit safe, vehicles will not be allowed onto the route, and participants will be instructed to park along the road leading up to the circuit. Signage will be erected to assist with parking.

Each category, except the first one, will start their event as soon as the current racing group on the circuit has passed the START LINE on their final lap. They will start once the straight has been cleared of riders. Riders crossing the finish line will be requested to keep riding around the top circle and return to the holding area at the start, ensuring the circuit is kept clear for the next race.

Provisional Time table

Licensed and non-licensed are the first split. We then split by gender, then age category. This is all dependant on the numbers taking part on the day. Below is an example of the timing we would use for 6 categories:

10:30	Ladies (non-licensed, fun riders, all ages)
+/- 10:52	Men (non-licensed, fun riders, all ages)
+/- 11:14	Ladies (licensed)
+/- 11:36	Men (licensed 50+)
+/- 11:58	Men (licensed 30 – 49)
+/- 12:20	Men (Elite, U23 and Juniors)
+/- 13:00	Closing (final Prize giving)

Please arrive at 10:00, so that we can advise on the number of categories and revise the start times, if necessary.

Prize giving

Prize giving for each category will take place 10 minutes after the next race has started. Nothing fancy, just a photo and hand over of the prize. The prize giving area will be held next to the start line.

Racing etiquette

1. Hold your line, and ride in a responsible manner (especially on the turns).
2. Don't overlap your front wheel to another rider's rear wheel.
3. Racing may be serious, but we are all here to have fun – don't forget to treat your fellow participants with respect, whether you're in the right or wrong.
4. If you are dropped, you may continue riding for the duration of your race, but please keep the left as much as possible, including in the big circles.

Some basic rules

1. No helmet, no ride.
2. No time trial bikes, or aero bars allowed.
3. Participants will be requested to complete the entry form, and sign the indemnity form before being allowed to enter.
4. Entry fee covers basic (mandatory) equipment hire, eg. Ambulance, toilet hire, number printing, safety pins.
5. Entry is not refundable.
6. Race official's decision is final, and no correspondence will be entertained.
7. The organisers reserve the right to cancel the event due to safety concerns, and cannot be held liable for any claims whatsoever.