

Crank the Shield – Technical Guide 2010

Participant Guide – Rules and Regulations



TECHNICAL GUIDE 2010

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Crank the Shield – 2010, a word from the organizers.

Cranktheshield.com

Chico Racing is pleased to present the third year of Ontario's multi-day Mountain Bike Stage race, Crank the Shield. A combination of roadways, ATV, and singletrack trails will wind you, the participant, through some of the most scenic country the Canadian Shield has to offer. We're delighted to be part of a growing segment of riding, combining the thrill of competition, adventure and camaraderie with the more day-to-day rituals of sleeping in a cabin and dining amongst friends.

The following guide will take you through the rules and regulations, and ensure there are no surprises as you embark on a 3-day journey with us through Ontario's near north. Last year's big initiative was a revamping of Stage 1, while this year we are anticipating some great changes to Stages 2 and possibly 3, and the addition of a short course option for all 3 days. It is your responsibility to be familiar with the contents of this event guide, and to make sure you understand the various rules and regulations that are in place to make this both a fun and safe event.

Crank The Shield is a mountain bike adventure event, and it is not to be treated as a closed mountain bike race. Riders must use the same caution as if they were on new unfamiliar trails.

Thanks for embarking on this adventure with us,

Adam Ruppel, Race Director

Sean Ruppel, Race Co-Director

Matt Douglas, Assistant Director

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Crank the Shield Event Schedule 2010

Thursday, September 16

4:00 pm to 8:00 pm - Event Registration/Package Pickup – Haliburton Forest

Stage 1: 72 km – Haliburton Forest to Kandalore, Friday, September 17

8:00 am to 10:00 am--Event Registration/Package Pickup.

8:45 am to 10:15 am--Bag drop off.

9:00 am----- Volunteer Meeting – Meet at Info board.

10:00 am----- Participants meeting.

10:30 am----- Event Start, Haliburton to Kandalore.

2:30 pm to 6:30 pm-- Riders finish at Kandalore.

5:30 pm ----- First Seating for dinner at Kandalore.

6:30 pm ----- Second Seating for Dinner.

8:15 pm----- Awards for that day, rider preview of following days' course.

Stage 2: 76 km – Kandalore to Camp White Pine, September 18

6:00 am to 8:00 am--- Breakfast is served.

7:00 am to 8:30 am--- Bags must be dropped off at the cube van, bikes retrieved from storage (if applicable).

8:45 am----- Volunteer meeting at the info board.

8:15 am to 8:30 am--- Riders ride from Kandalore to the start, 3.5 kms away.

9:00 am----- Race starts.

1:30 pm to 6:00 pm-- Long Course racers finish at Camp White Pine, Short Course in Minden, where they are bussed to Camp White Pine.

1:00 pm to 6:15 pm-- Racers finish, and enjoy a swim in Hurrican Lake, retrieve their bag, hand their bike over or work on it and store it in their room.

6:45 pm-----Dinner is served at Camp White Pine.

8:15 pm-----Awards for that day, rider preview of following days' course.

9:00 pm-----Night snack

Stage 3: 70 km – Camp White Pine to Haliburton Forest, September 19

6:15 am to 7:45 am--- Breakfast is served.

7:45 am to 8:30 am--- Bags dropped off at bag transport.

8:00 am----- Volunteer meeting, meet at info board in main area.

8:30 am----- Neutral ride starts from Camp, race begins either 10 kms away at Sir Sam's Ski Resort. Racers must ride.

9:30 am - Timed event starts, quick staging of riders.

12:15 pm to 4:00 pm—Long and Short course riders finish at Haliburton Forest, BBQ, sponsored by Wellington Brewery!

3:30 pm----- Awards Ceremony.

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Section 1: Participant Event Guide

(For official rules, refer to Section 2)

1. Requirements of Participants

All riders participating in Crank the Shield must have a bike in working order, and must wear a helmet at all times. Since riders don't need to qualify for this event, it is the responsibility of the rider to be in excellent physical shape and train in the months leading to the event. To gauge your conditioning, be sure you can ride a mountain bike 4 to 5 hours with relative ease, or complete double the distances traveled in Crank the Shield on a road bike. Crank the Shield is only open to riders over the age of 18, however participants as young as 15 can participate only if they ride as a team with a legal guardian 18 years or older.

2. Registration – Event Kit Pick Up

Early Event Package Pick Up

Details to come*

We'll have an early registration option. See Chico for details.

Registration Pick Up

Registration will be available Thursday, September 17, at Haliburton Forest, from 4 pm until 8 pm. Also, Registration will be available day of (September, 18th) from 8:00 am, to 10:00 am. **Each rider will also be required to sign-in, the morning of each stage. Those registration hours will be posted at each given venue.**

3. Pre-riding

Crank the Shield does not offer formal pre-riding as a course this size cannot be pre-marked or easily navigated. The route can't be pre-ridden entirely as it crosses some private property that we only have permission to ride on for the event. To obtain similar riding experiences, find any ATV or other trail in the Canadian Shield, with lots of ups and downs, rock and the odd quagmire. For a great riding experience that will prepare you for the event, you may also want to take a day trip to Haliburton Forest and Wildlife reserve, (the first and last leg of our journey). Visit www.haliburtonforest.com for information and directions.

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4. Sleeping Arrangements – For Supported Entries

Crank the Shield provides a unique experience as all supported participants are given sleeping cabins, not tents. Cabins will be allotted based on order of registration, as some are more luxurious than others and are closer to the dining hall and other leisurely amenities. Chico Racing will try our best to pair you up with riders of your choice, assuming you've sent a request. All teammates will be paired in the same cabin.

Cabins are all outfitted with basic sleeping pads, and while some may offer power, others may not. Be sure to include flashlights (headlamps preferable) in your race bag, as some cabins are off the beaten track and require that you light your way. Also make sure you have a working alarm as the early bird gets the worm (or the most bacon!)

Chico Tip: Bring along a pair or two of earplugs in case one of your bunkmates has an aptitude for nocturnal noise emissions (snoring). (Don't worry if you forget your earplugs, we supply them in your race kit!)

5. Shower/Hygiene Facilities

Both nights of accommodation at both Kandalore and White Pine will include shower facilities. In addition, both facilities are on pristine northern lakes and participants are encouraged to take a dip. Please do not use soap in the lakes, even biodegradable soaps require that you use them 50 meters from the lake itself.

6. Food Services

Crank the Shield is excited to provide excellent, calorie-rich foods for your 3-day adventure. We expect voracious appetites and are ready to accommodate them with a varied menu that'll have you coming back for more.

Breakfast:

Available 2.5 to 2 hours before the start, breakfasts will include breads, fruit, cereals, and calorie-laden meats that'll warm your furnace for a long day of riding.

Lunches:

At the finish line, food will be available. Look for fresh fruit and sandwiches to put a hold on your hunger, till dinner is time. Also, a variety of refreshments will be ready for you as well.

Dinner:

The best meal of the day will include meats such as salmon, steak and chicken, plenty of carbohydrates such as pasta, rice and potatoes, and healthy salad and vegetable options.

7. Start Locations:

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Stage #1: Haliburton Forest

The first stage starts right at Haliburton Forest, across from the parking and registration facilities.

Stage #2: Camp Kandalore

The second stage starts 3 km away from camp, and it is the rider's responsibility to get to the start. Riders do again have to ride 2 kms of Highway #35, and must observe standard rules of the road. (Route will be marked to start area.)

Stage#3: Camp White Pine

The last leg of your journey starts with an 10km km neutral ride from Camp White Pine to **Sir Sam's Ski Resort**. After a quick staging, the race begins.

*The organizer reserves the right to change the starts and/or format in the weeks or months leading up to the event. Any serious changes will be noted on the website.

8. Finish Locations:

Stage #1 Kandalore

Riders will finish the first day of riding at Camp Kandalore, with some fun singletrack, and buzz of finishing close to all the amenities of night one.

Stage #2: New for 2010, Camp White Pine**

The exciting conclusion to Stage #2 will end right at Camp White Pine, negating the need for a bus ride from downtown Haliburton!.

** Short Course riders will finish in Minden, and take a bus ride to Camp White Pine.

Stage #3: Haliburton Forest

The event's exciting conclusion in Haliburton Forest provides riders with a lake for swimming and ample refreshments. There you will be greeted with a BBQ, beer and bands, courtesy of Wellington Brewery.

*The organizer reserves the right to change the finish and/or format in the weeks or months leading up to the event. Any serious changes will be noted on the website.

9. Bike Tech at Camp

As it's hard to bring along an extra bike in your bag, Crank the Shield will have everything provided to keep your bike in working order. In addition to the Trek Bicycle Store having equipment available for sale, we are delighted to have technical and lubrication support from a variety of sponsors, and some of the best mechanics in the business in Norco and Shimano Canada. Supplies will be available for purchase on event site, but keep in mind that the selection might not

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always be perfect. The bike maintenance and cleaning service provided by Trek is an incredible value, and takes the stress away of having to deal with a dirty mess after a long day of riding.

10. Run-ins with Wildlife

Though we're not putting you through the carnivore-laden Savannah, there are some wildlife concerns to be aware of. Most of Ontario's animals are quite harmless, while the only slight concern is that of the black bear. While rare, black bears have been known to have run-ins with humans. The good news is that a bear in the wild fear humans more than those in more urban settings, such as garbage dumps. Any bear encounter will likely result in the animal running off into the bush, but if you do come across an aggressive animal there are some rules by which to abide.

- Bears tend to be more aggressive while with young. Avoid being between a mother and her cub.
- In the unlikely event you meet a hostile Bear, avoid eye contact, do not turn and run and try to make yourself appear larger than you are (ex. Hold your bike over your head)
- Do not play dead with a black bear, this technique is more common with grizzlies.
- Those looking for protection in the unlikely event of an encounter can purchase Bear spray in most outdoor stores.

For further information on Bear safety, check out www.canadatrails.ca/outdoors/bears.html

11. GPS

The bulk of our 3 courses will be mapped with GPS, and will be available just prior the event. Those with GPS of their own will be able to download the data and have it stored, in case of any complications, or in the event they want to pre-ride sections of the course. (Standard GPX format)

12. Luggage

Each participant registered for fully supported, in Crank the Shield will need to use a **bag with dimensions of 32 inches long, 16 inches wide and 14 inches deep**. (This is the same size as previous year's duffels). Official CTS bags are made of high quality rip-stop nylon with zippered pockets on 3 of 4 sides. It is the riders' responsibility to fit all their belongings for the 3 days in this bag. Luckily bulky sleeping pads will not be needed, giving you more space for your sleeping bag (try to get a lighter fall bag), and 3 sets of riding gear and lounging wear.

Crank the Shield will NOT transport any additional luggage, those hoping to bring additional bikes, and everything but the kitchen sink, will have to have their own

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support. Crank the Shield will not provide lodging or food for rider's support staff, but there is a list of accommodations for your family/friends at www.cranktheshield.com

It is the responsibility of each rider to have their bags at the bag drop-off each morning, where our staff will transport the bags to each day's finish.

Extra Crank bags are available at registration for \$50 including HST for those who did not order one, or have lost it.

Crank the Shield will not be responsible for any lost or stolen items.

13. Team / Individual Support

Crank the Shield does not have the facilities to accommodate or feed, team or individual riders' support staff, however we encourage those who want to join in the fun to do so. The communities' within easy driving distance of the event have ample lodging and dining facilities, such as those around Minden and Haliburton. Check out cranktheshield.com for details on these accommodations.

In addition to support, there will be maps available with directions so team support can track and watch various locations within each leg of the race.

14. Bikes – Keep at your own cabin.

Keep your bike at your cabins with you and put a lock on them if you wish. Crank the Shield racers, and staff are the only people staying at both camps, but keeping an eye on your bike is your responsibility. Both camps have ample room in the cabins for your bike!

* Remember, if you opt for the full service provided by the Trek Bike Store, bicycle storage is part of the service!

15. Aid Stations (2 per day)

Aid stations will be situated at about a third and two thirds through each stage of Crank the Shield. These stations are there to provide water and sports drinks, snacks, and some technical support. Lubes, tools, and limited wrenching, will be available, as keeping you on your bike is both good for you and the organizer! (Stage 2 will have a 3rd emergency aid station, towards the end of the largest wilderness section of the stage. Location is marked on course map) Clif Bar and Eload will be available at Aid Stations 1 and 2 each day.

16. Bag Transportation:

Each supported racer will have bag transportation service between Stages. different. Please read below, as this is very important information. **Number plate identification is how this system will work, no proof of number, no gear, or bike (wrist bands will be issued).**

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Here is a breakdown of how each day will work:

Stage 1: Friday September 17

Start: Haliburton Forest

- 8:45 AM – 10:15 AM Bag drop-off

Finish: Kandalore

- Bags will be available at Camp Kandalore for pick-up

Stage 2: Saturday September 18

Start: Ox Narrows, Pine Spring Road

- 7:00 AM – 8:30 AM Bag drop-off at Camp Kandalore

Finish: Camp White Pine

- Bags will be available at the finish, where you can find your cabin, go for a swim and relax.

Stage 3: Sunday September 19

Start: Camp White Pine

- 7:00 AM – 8:30 AM Bag drop off at Camp White Pine

Finish: Haliburton Forest

- Bags will be available at the finish, where there will be a BBQ courtesy Wellington brewery, and awards ceremony.

17. Rider checklist

Riding

- Min. 3 pairs riding clothing.
- Basic tool kit, chain breaker, spare tube(s), pump, **extra wet and dry lube, brake pads**
- Riding shoes, Helmet, 2 or 3 pairs of gloves.
- Small hydration pack with water/room for tools recommended.
- Glasses with various tints.
- Water bottles.

Lodging

- Sleeping Bag (ideally a fall bag, takes up less space), though nights can get chilly.
- Pillow, or a pillowcase can be stuffed with clothes for makeshift pillow.
- Earplugs, though these will be available to you.
- Alarm.
- Flashlight (headlamp ideally).
- Towel, soap, toothbrush and other hygiene products.

Lounging/ Misc.

- Comfortable lounging apparel.
- Rain gear.
- Sandals and/or shoes for foot travel.
- Cash in case you need bike parts.



Section 2:

Crank The Shield Race Rules and Procedures

1. Participant Withdrawal

In the unlikely event that you can't finish one or all of the stages, it is your responsibility to inform a race official of your withdrawal. If you stop partway and do not inform the event we may have to employ local search and rescue parties, and the cost for this would be incurred upon you.

If your teammate must quit for any reason, the other teammate can continue on solo, and will be timed but placed in a non-category, their previous times being converted to the non-category.

It is important that riders inform either an official race personnel, one of the two rest stops per day, or start/finish officials of their decision to end their ride. Only under severe medical problems, or severe exhaustion, will Crank The Shield offer transportation to the finish line. Riders must assume that this will not be provided, should have enough supplies to make it to the finish under all but extreme circumstances. Crank The Shield participants should all have the physical and mental conditioning to complete the event.

In the event of complete withdrawal due to injury, fatigue or other problems, it is the rider's responsibility to get transportation back. If you do not have family or friends within a reasonable distance of the event it is encouraged to have alternate arrangements in the case of your withdrawal from the event. In extenuating circumstances Crank the Shield may provide alternate transportation, however this is not our responsibility.

2. Code of Environmental Responsibility

As avid outdoors people, we expect all our riders to be responsible and aware of their impact on the environment. While your relatively harmless bikes will do little comparative damage compared to the ATV's that frequent many of the trails, there are ways to avoid becoming an environmental disturbance.

- Stay on the trail unless markings tell you to do so. White Chico Racing tape may lead you off the main path onto a drier section made by motorized vehicles. Unless marked, stay on the most used path.

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- Please put any garbage back in your pocket where it belongs, not on the trail. It is very difficult to clean up a large course and it should not be our job to do so.
- Please avoid public urinating, whether at the staging area, on a roadside, or at the finish areas.
- All our facilities will have bike-washing stations, please avoid dunking your bike in a lake or nearby stream.
- Riders caught dropping gels or leaving garbage will be ejected from the event.

3. Course Safety

In addition to the two aid stations along each course, Crank the Shield will have several riders and sweep vehicles to assist any injured parties. Though we encourage safe riding practices, accidents can happen and if you do come into contact with an injured party there are some protocols to follow:

- If the injury is minor, and the rider implores you to continue, do so but alert the next aid station of a possible problem, and give them the rider's #.
- In the event of a serious injury, either stay with the rider or get someone else to. Continue riding and alert the next aid or marshal station of the injury and the rider's #. If the rider is near the back they will likely be in contact with the sweep medical staff, though do not use this as an excuse to leave a severely injured rider alone.
- Rider fatigue can be similar to an injury, if you come across a severely fatigued rider try to get them additional food and water, and encourage them to rest before continuing. If severe, they can quit once they reach an aid station or marshalling location.

Though the organizers of Crank the Shield will do our best to get to injured parties, remember this is a wilderness adventure stretching long distances, and it may take some time for safety staff to reach injured parties.

4. Personal Music Players

The organizers of Crank the Shield are adamant that riders enjoy the event without the use of personal music players or earphones of any kind. Riders that cannot hear their surroundings compromise the safety of both the user, other riders, and other user groups. Riders found breaking this rule will be dealt with by the race official, which could result in disqualification.

5. Start Procedure

The first day of the event will be a mass start with no sorting due to ability. Haliburton Forest will have a long start of doubletrack to allow ample passing,

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however we do ask riders to arrange themselves according to their abilities. For the second and third day, **we will have call-ups for the top riders in their respective fields, to allow them a chance to start unaffected by slower riders.** Please be at the start with ample time to stage yourself and make sure you, and your bike, are ready for the challenge.

6. Finish Procedure

Upon the completion of each stage, your number will be recorded and you will be entered in the timing system. It is important we get your number for both results and rider tracking purposes. The finishes for each day vary in terms of their proximity to that night's accommodations. **Racers in the team categories will be required to cross the finish line within 2 minutes of each other. Failure to do so will result in a time penalty.**

7. Mechanical Assistance on course

a). Limited neutral support will be available at the two major check points along each stage of the race, including some, chain breakers, mutli-tools, tubes, and some available assistance. It is, however, your responsibility to keep your bike running from Start to Finish. This means riding with extra care through especially treacherous sections, and being more cautious on technical terrain.

b) Fellow rider/team rider assistance is permitted, and encouraged during this event. If you can help someone in need, you are welcome to do so.

c). Riders are also allowed to receive mechanical service from outside sources anywhere on the race course, **(except the 118 crossing on Stage 2)** including full bike switches. For example in the result of a broken frame, we as organizers do not want that to impede your ability to complete a stage of the event. The number plate must be re-affixed to the new bike, as we will only be issuing one number plate to each competitor. Bikes being used for changes also must be a mountain bike. No road or cross bikes are allowed during any section of Crank the Shield.

8. Short vs. Long Course logistics

New for 2010 is a Short Course option, allowing for a wider range of riders to participate in the excitement of Crank the Shield.

To differentiate Long and Short course riders, riders will be given different color number plates, and Short Course riders will be given an extra, smaller plate to hang from their seat saddle. This is done so that Long Course riders that overtake you will know that you are in fact not in their category.

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While not all the logistics have been ironed out, we do know that at least once per day, riders will have a point in the course where they will have to go one direction or the other, based on which course they are riding. The Short course arrows will be a DIFFERENT colour, to match your plate, while the Long course arrows will remain white on blue. The short course arrows will differ ONLY in sections where it is short course ONLY, for the shared sections standard marking will apply. Each split will be clearly marked, 100m before the split AND at the split. In addition, a marshal instructed NOT to leave their post will be there to ensure you go the proper direction. Merge points may not be marked, as you will easily merge onto the main course.

- Important – If you choose to switch from the short to the long course, or vice-versa, you will have to inform the timing staff, at which point you will be issued a different colored plate.

9. Course Markings

With 3 separate days spanning 70 to 80 km a day for the long course, 50 to 60 for the short course, marking for Crank the Shield will not be up to the standard of, say, an Ontario Cup race. That said, riders who keep aware of their surroundings should have no problem navigating the race. Here are some of the markings you can expect on Crank the Shield courses:

- 8 inch by 8 inch, blue signs with white arrows will be the marking of choice along the course. Major intersections will likely employ up to two arrows, while use of bright blue tape dangling from trees will be used in unison.
- Less important intersections, such as singletrack divergences around a nasty bog, will be marked only with sections of white Chico tape.
- Major roadways will employ Marshals and/or Police to help navigate crossings or ride alongside larger roads. Riders MUST obey standard rules of the road at all times. Treat every intersection or area like it is wide open.
- Secondary roadways may be marked with a series of white on blue arrows, and pylons where applicable.
- When riding on roadways keep to the right hand side, the roads are not closed to other traffic.

There will be large sections of forested trail with no major intersections, in which case tape will be employed every few kilometers to instill confidence that you are indeed on the trail. In an event where you come to a major intersection with no markings, or get off course some other way, backtracking is your safest option. Course maps are available for all 3 days and can be beneficial in case of an emergency.

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Please note: The trails and roadways for Crank the Shield are NOT closed to other users, including ATV's, vehicles, and hikers. It is the riders' responsibility to yield to other users and ride without personal listening devices, such as ipods, so that they may hear other forest and road users. Mp3 players are strictly prohibited for Crank The Shield.

10. Course alterations/last minute changes

In the unlikely event of environmental problems or other unforeseeable problems the organizer reserves the right to make last minute changes to the course, or make delays where needed

11. Observations of poor rider etiquette

If you observe an instance of poor rider etiquette, such as course cheating, littering, or disrespect of other riders, you can protest these actions to a race official. The organizers expect riders to conduct themselves in a respectful manner and don't anticipate many problems. If problems do occur, however, they will be taken very seriously. Be sure to remember the rider # and report any unbecoming behavior to a race official. There will be no fee for protests, but do realize a lot of riders will be under stress and report only activities serious in nature.

12. Insurance and Race License Requirements

The Ontario Cycling Association is providing 3rd party liability insurance only. If you seriously hurt yourself your lost income, health/rehabilitation, and suffering costs will not be covered by our insurance company, and this is your responsibility only. If you are an out of country rider it is important that you purchase health insurance to cover you for this event.

Riders should realize this is a dangerous sport and that the organizers can not reasonably protect them from many of the hazards. Courses are not groomed, will have holes, rocks, branches, fallen trees, other forest users, and riders must expect the unexpected.

Riders will need to have an OCA/UCI Race License, or an OCA Citizen Permit. If you do not have any such race license then you will need to purchase an OCA One-Day on site, for \$10. A One-Day license will cover you for all three Stages.

13. Mandatory Race Equipment

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To ensure each rider is well equipped for the rigors of mountain biking over the Canadian Shield, we have made certain items mandatory for all racers to have on them. This is the minimum requirement.

- approved cycling helmet
- mountain bike in perfect working condition
- 2 spare tubes (or one and a patch kit)
- 1 tire pump
- Allen keys
- tire levers
- chain tool
- small bottle of extra lube
- drinking water / riding food

14. Categories and Race Leader Information

Crank the Shield will have two race divisions, Solo, and Two Person. Within those divisions are separate age categories. Here are the categories:

- Solo Men ~ U30, 30-39, 40-49, 50 and over, and Singlespeed
- Solo Women ~ U40, 40+
- Two Person Male ~ U80, 80+ (possible 100+ if more than 5 entries)
- Two Person Mixed (1 male, 1 female)
- Two Person Female

Upon the conclusion of all three stages, the overall winners in each category will receive a special Crank the Shield Winners jersey.

15.* Important: Acts of God

Though Chico Racing does not foresee any major environmental problems in mid-September, in the unlikely event of an act of god such as a tornado or major storm, the organizers reserve the right to end any stage early and transport riders to the next location. In the event of a cancellation due to environmental problems out of the control of the organizer, riders will not be reimbursed for lost days.