DECEMBER 2022 UPDATE



Oregon XC Tech Guide

For passionate mountain bikers

PRESENTED TO Our MTB crowd PRESENTED BY Mudslinger Events mike@mudslingerevents.com ~ 541-225-7946

The 2023 Oregon XC Series is a multiple race series with the best four events counting towards your overall finish in the same category.



For the latest info, subscribe to the Oregon XC newsletter! Scroll to the submission section to request to be added to the newsletter.

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Races in the Series – 2023

Race #1 Echo Red to Red - March 25th

Race #2 Mudslinger - April 1st

Race #3 Coast Hills Classic - April 30th

Race #4 Silver Falls XC - May 20th

Race #5 Sisters Stampede - May 28th

Race #6 Alpine Epic - June 10th

Race #7 Washougal XC - July 29th*

Race #8 Alsea Falls - August 5th

* Elite, Singlespeed, Clydesdale 200+, and certain age groups will be awarded OBRA State Championship Titles. Please see Washougal's Website or OBRA.org for more updates.

Since 2001 the Oregon XC Series combines the best of Oregon Mountain Bike Racing with multiple independent race directors to bring racing to the Pacific Northwest! This series is produced and marketed by Mudslinger Events with the collaboration of independent race directors to provide consistent and fun racing for all abilities.

What makes the XC series great is YOU! We hope you will discover new areas to race, new trails to ride, and make new friends. No matter if you are new to the sport or an experienced racer, we welcome you to our MTB family!

Each venue features unique terrain with fantastic trails and landscapes of Oregon. Anyone can partake as long as they have a mountain bike, helmet, and gear to protect them from the elements if it is cold or wet!

The spirt of MTB is steeped in the ability to take care of yourself and be self-sufficient. Our task as race directors is to provide an inclusive and safe environment for all to participate and have fun while maintaining competitive fairness.

We are part of the Oregon Bicycle Racing Association Rules that include licensing and insurance for the production of the Oregon XC Series.

Scoring / Awards

Each race will assign 200-500 custom race plates for you and twist ties or zip ties to attach to your front handle bars. These plates you can keep. Do not use these plates in any race other than the one you are racing. You will not use OBRA numbers for mountain bike events.

All events will be chip timed by **<u>E8 Timing</u>** (The best timing company in the west) for live results and consistant scoring. Red timing chips will be given to you at packet pick up. This chip is only used for that race only and must be returned that same day.

- Timing chips should be securely attached to your right front fork using 2 zip ties. (To prevent scratching: wrap electrical tape directly on the fork, then zip tie chip on top. Do not tape chip.)
- Return the chip immediately after finishing or this will cost you \$100.
- Do not accidentally switch chips with your friend or lose your chip.
- Live results are sent to your phone when a cell phone signal exists and if you provided your cell phone number on your registration.
- For any rider who went off course, did not finish, or has questions regarding the results, please report directly to the on-site timing trailer asap. Post race questions can be sent to e8timing@gmail.com.

Series winners will be based on the best **four** races all in the same category to count towards your final score. First place receives 100 points, second place receives 99 points, etc. **Highest** points win the series. The final race in the series will decide any ties and in addition be awarded 150 points for first place, adding value for all in contention for a series win.

Points do not carry up to the next ability level. If you upgrade, your points will stay in that category. This also applies to Clydesdale and Singlespeed categories.

Please note all USA Cycling Juniors will have their USAC numbers tracked and scored for rankings. Please let us know your USAC number when registering.

THE OREGON XC SERIES AWARDS CASH PAYOUT AT EACH EVENT FOR THE ELITE/CAT 1/SINGLESPEED WAVE. Please note that if the Singlespeeds do not start at the same time as the Elite/Cat 1's, then they will not be included in the cash purse, double check the start schedule for each race.

All Cat 3 Series winners will receive a custom trucker hat! All higher abilities Series winners will receive a custom Pactimo Cycling Vest for your longer course efforts!

1st, 2nd, and 3rd place for each division will be awarded a custom pint glass at the Series final race at Alsea Falls on August 5th.

Category Descriptions

Please note most events will have two distances, while some may have an even longer loop for the Elite, Cat 1 over 19, and Singlespeed riders.

All Racers may self select any category with the exception of Elite. All Elite riders must have prior approval and/or be an annual OBRA licensed Elite.

Elite = Pro or highest ability (Longer Course)

Super fast, depending on distance versus elevation. Requires approval to race at this level email **OBRA.** Note: this group stages and races with the Cat 1s.

Cat 1 = Expert with advanced endurance and skills (Longer Course)

If you can ride anything and can go fast for over 2 hours, then try the "Expert" or "Category 1" (Cat 1) field. If you race Cyclocross Cat 1/2 or Road Cat 1/2/3, then this is likely to be your category. Note: this group stages and races with the Elites.

Cat 2 = Intermediate or Sport Level. (Longer Course)

If you've done several races or raced in other sports, you may choose "Sport" or "Category 2" (Cat 2). Racing Cyclocross Cat 3/4 or Road Cat 4 would be equivalent. These races vary from 2 to 3 hours and may include technical features and sustained climbs. 60% of all racers are Cat 2 (Sport), and having fun on your bike is the name of the game.

Cat 3 = Novice or New to the sport (Shorter Course)

If it's your first race and you want to take it one step at a time, you're in the "Novice" division or "Category 3" (Cat 3). These races take most people about an hour and are accessible to all abilities. Once you move up, you cannot downgrade unless you send a written request or by emailing <u>OBRA</u>.

Clydesdale = Over 200 lbs (Longer Course)

No requirement to be any certain category - anyone may enter as long as they are over 200 lbs. These racers will ride the longer course distance and will be scored as their own category.

Singlespeed = 1 Gear all day long! (Longer Course)

No requirement to be any certain category - anyone may enter as long as they ride a bike with just one gear or no means of changing gears. These racers will ride the longer course distance and will be scored as their own category.

UNDER NO CIRCUMSTANCE SHOULD YOU SELF SELECT TO ELITE WITHOUT PRIOR APPROVAL FROM OBRA or the Series Director.

Please do not self-downgrade, such as Elite to Cat 1 or Cat 1 to Cat 2 or Cat 2 to Cat 3. The time to request a downgrade is prior to the season or by submitting a request to **OBRA**. Please notify any event that you have signed up with, alerting them to this change in category.

Categories

Race age is based on how old you will be on December 31st of the current series year.

Longer Course:

Elite Men





These categories require an upgrade or prior approval from **OBRA** or a current USAC Pro License:

The rest of the categories are self-select, please refer to the <u>Category Level Descriptions</u>

NOTE: Do not downgrade without prior approval from OBRA. Please see the <u>Downgrading</u> section for more information.



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Categories cont.

Shorter Course:

Cat 3 Men 9-13 Cat 3 Men 14-18 Cat 3 Men 19-39 Cat 3 Men 40-49 Cat 3 Men 50-59 Cat 3 Men 60-69 Cat 3 Men 70+ Cat 3 Women 9-13 Cat 3 Women 14-18 Cat 3 Women 19-39 Cat 3 Women 40-49 Cat 3 Women 50-59 Cat 3 Women 50-59 Cat 3 Women 60-69



Each event may offer additional unique age groups or other categories (such as Ebike) in addition to the above Series Categories, as long as it is clearly identified as a **NON-Series Category.**

At certain events parents may be allowed to ride with a junior racer. This is up to the individual event director and must not impede the other racers on course. All racers including parents must sign the waiver online or in person.

Upgrading / Downgrading / Staging

Upgrading

If you won your category the previous year, please upgrade to the next ability, unless you do not meet the OBRA guidelines.

OBRA Rules mandate three top 3 finishes in a 15-person men's field or 10-person women's field in the last 12 months are required to upgrade from Cat 3 (Novice) to Cat 2 (Sport) or from Cat 2 (Sport) to Cat 1 (Expert). Anyone 50 and over does not have to upgrade to Cat 1 or Elite, and 50+ riders can stay in Cat 2 (Sport) per OBRA rules. This also applies to Cat 2 (Sport) 40+ Women.

The Cat 1 or Cat 2 Junior Categories 14-18 are NOT self-select. These categories are for independent, faster junior racers who can be accountable for the longer and more remote courses.

All riders must request your upgrade from Mike Ripley or OBRA

Downgrading

Please do not race in different ability levels from race to race. If you start out and are over your head, you can downgrade officially through <u>OBRA</u> and move to your appropriate ability. However, you may race in the unique Singlespeed or Clydesdale 200+ categories regardless of your ability.

The most common downgrading situation is when someone does not feel like racing the longer course in Cat 2 and downgrades to Cat 3 for the shorter distance. **Do not do this without permission.**

Staging

Please see each event's staging schedule with staging time for all 33 categories.

If you are top 3 in your category, please feel free to take the front rows by calling out top 3. In some cases the start line will be crowded, so be patient and make your move on the course when it is safe to do so.

Junior Staging: Cat 2 Juniors will stage with Cat 1 Juniors on the Long Course to allow for ranking points at the National Level from USA cycling. OBRA and USA Cycling have a reciprocal agreement to allow Junior riders to gain ranking points for USA Cyling Nationals. When any XC race offers two loops (short and long), the Cat 2 Juniors will race at the Cat 1 Junior time frame and stage with the Cat 1 Juniors. When three loops are offered (short, long, and longer - such as Echo Red to Red) the Cat 1 Juniors will stage with the Cat 2 Juniors at their appropriate time. **Cat 3 Juniors race the short course at each event.**

Safety / Rules

Please wear a helmet AT ALL TIMES while on your bike. This includes before and after events. You can be disqualified for not doing this. OBRA rules apply!

The most important rule of any race is: **BE RESPECTFUL!!** It is on **YOU** to follow the rules, to show consideration for others, and to be a good example for others to follow.

All of the events in the Oregon XC Series operate on open land. This means that the course is **NOT** closed to others. In some cases other foot, bike, or vehicle traffic may be present. **Pay attention at all road and trail crossings**.

Mountain bike racing is a participate-at-your-own-risk sport. Once you have signed up, you are not required to participate if you feel your safety or the safety of your junior racer is in danger. Over the years, the collective group of mountain bike races have had very limited issues with injuries outside of normal crashing, scrapes, and bruises.

Numerous hazards exist, including terrain, possible trees on the course, weather, vehicles, spectators, and other recreational riders not involved in the event that may be unaware that the event is going on. All of the courses are open to others, and your race does not supersede the **safety** of any other person. We encourage all to be self sufficient and **Rules of the Road are in place at all times!**

When warming up on nearby roads, please stay to the right and watch for vehicles. Having a taillight for your safety is encouraged as well as bright reflective clothing.

Do not drop gel packs or anything on the course except for your sweat. No bad language or attitude. Please use toilets and do not urinate where others can see.

BE nice when passing slower riders and ALWAYS do so in a safe area. Calling out "Coming by" or "On your Left/Right" as you approach is encouraged.

In case of an emergency, send someone to the nearest checkpoint with your bib number and details of the injury if possible. We reserve the right to call the EMT or 911, but depending on where you crash it may take up to 30 minutes or more to get to you. If evacuation is needed, Search and Rescue will take another hour at least.

RIDE WITHIN YOUR LIMITS! There is limited insurance provided by OBRA if you crash. Accident Insurance is available through <u>**Get Spot**</u> for purchase as an individual monthly plan or as an add on with an OBRA annual membership. This is a third party plan, so please check all conditions to see if this is a good fit for you.

OBRA Membership

Being an OBRA member is required for each race.

You can do this in two ways:

Purchase a 1-Day OBRA membership available at each event or through online registration.

\$5 for adults

OR

Become an Annual OBRA member See <u>obra.org</u> for pricing for Juniors, 19-22, and Adults

This will cover you for an entire year of racing any discipline. We prefer you order direct from **OBRA online** to receive your license as soon as possible.

Please visit **<u>obra.org</u>** for all rules and regulations.

Sponsors

We could not promote the series and host each event without support!

Please contact Mike at Mudslinger Events to get involved!

We need support to keep the wheels turning as we reach well over 2500 mountain bikers per year and continue to be a guiding force in cycling culture for all abilities.

Thank you so much for all our current sponsors! We appreciate all you do!