

MIDCOAST RACING

The Kansas Omnium

July 7th, 8th and 9th, 2023

Tech guide (a must read)

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1st annual Kansas Omnium

Dear Race Participant,

Thank you for participating in Kansas Omnium. We are building one of Kansas's largest road races. Our sponsorship has allowed us to have a great prize list for this year's event with over \$5000 in cash and prizes.

With the continued support of several great cycling clubs, sponsors, and local city officials we continue to fine-tune and put together a quality event that gives back to our community and cycling. This race attracts many spectators, especially at the downtown Baldwin City criterium. We would like to leave a lasting **positive** impression on everyone attending this event. **Please be on your best behavior since you are representing our event, your team, and cycling in general.**

Also, this race is supported exclusively by volunteers, so please be polite with all our volunteers, and don't hesitate to thank them for their assistance in making this race possible.

In addition to the USA Cycling rulebook found at ([HTTP://www.usacycling.org/usa-cycling-rule-book.htm](http://www.usacycling.org/usa-cycling-rule-book.htm)) you are responsible for reading the following rules, set forth in this technical guide

The following items are of particular importance:

- **Parking:** Park only where indicated
- **Portable toilets:** please use them. Absolutely no public urination or uncovered changing.
- **Helmets:** must be worn and secured at all times while on a bicycle
- **Road race traffic:** on race day center line rule in effect

Failure to comply with these request will result in fines, and or disqualification

That being said, welcome to our race, and may the odds be in your favor.

Sincerely,

MIDCOAST RACING

General information and scoring policies

This is a three day Omnium based on cumulative points. Point system is as shown below.

Omnium points - time trial, road race, criterium

PLC	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th
PTS	20	17	14	12	11	10	9	8	7	6	5	4	3	2	1

Registration

Online registration is at bikereg.com we have a limit of 50 riders per category and 75 riders in the pro 12 men and pro 123 women.

- No refunds allowed once registration closes
- No rider, substitutions or replacements are allowed
- Riders must register for the category listed on their USA cycling license. Riders will be allowed to change their category at time of race.
- Riders must have a current USA cycling license

Packet pick up

Early - Thursday 7/6/2023 4pm-7pm Sunflower Outdoor and Bike Shop, 804 Massachusetts, Lawrence KS 66044

Time trial - Friday 7/7/2023 Race # pick up Starting at 3:30 PM at the Time Trial start area

SIGN-IN

All riders are required to sign in before the road race and criterium

There is no sign in required for the TT. Failure to sign in may result in a fine of \$20 for the first offense, per USA cycling rules. Sign in will be located at registration near all start lines.

Results

Results will be posted at the start finish. All protest must be made to the chief judge within 15 minutes of posting.

AWARDS CEREMONY

All awards for the Time Trial will be directly after the TT. Awards for the road race will be at noon for the am races and 20 minutes after the last rider for the pm races. Awards for the crit and overall omnium podiums will take place approximately 20 or 30 minutes after your designated race. Failure to be present at your podium will result in forfeit of award and or cash prizes.

PROTEST

Do not leave until you have reviewed the final posted results!

Time Trial: Protest for the TT must be made to the Chief Judge within 15 minutes of posting.

Road Race: Protest for the RR must be made to the Chief Judge within 15 minutes of posting

Criterion: Protest for the crit must be made to the Chief Judge within 15 minutes of posting.

OFFICIALS

Chief Referee - Amy Whitaker

Chief Judge - Lisa Burham

Officials - Amy Fear and Tony Helfrich

Registration - Carey Rainey

CENTERLINE

All roads are open to traffic. Obey and respect all police officers, officials, and staff request. If you cross the center line, you will be disqualified! If no painted centerline, marking exist, riders must keep to the right side of the road at all times.

RACE NUMBERS

Each rider will be given to bib numbers. No frame number. Do not cut, fold or alter numbers! Riders altering numbers may be subject to fine. Please return all numbers after the Crit.

Jersey Numbers

- All riders must wear bib number for all Omnium stages.
- If you do not wear assigned bib number, you will be assessed a one point penalty
- Number must be worn on the lower part of the jersey along the side seem
- Lost bib number will result in a \$20 fine and new bib number will be issued.

Combined categories

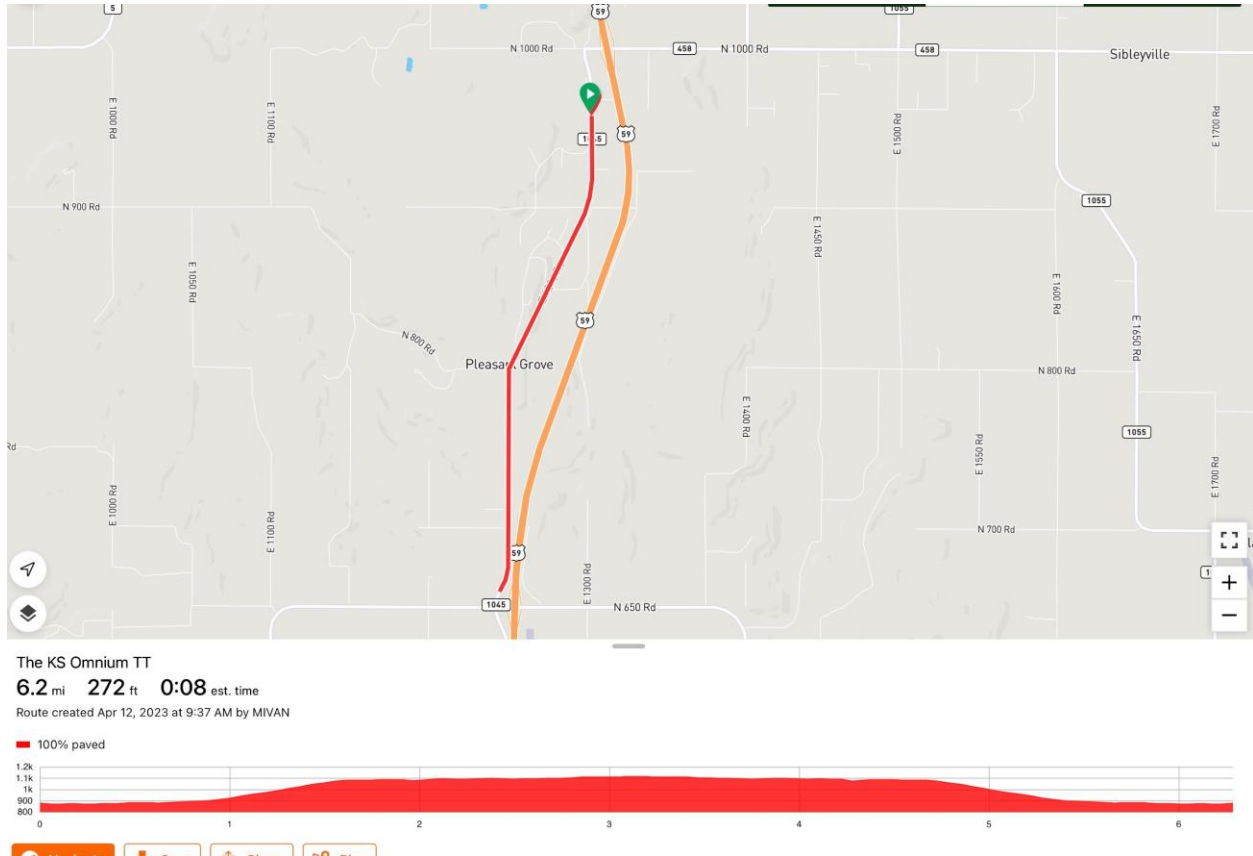
All categories are subject to be combined.

Stage 1 The KS omnium time trial P/B The Lance Project

960 E 1296 Rd, Lawrence, KS 66047

Course description

The time trial is on country roads that are open to traffic. The course is a 10k out and back. There will be course marshals, and or police at the start, finish and turn around.



Warm up

The course is closed to a warm-up session after 5 PM. We recommend warming up on a trainer if possible.

Vehicles: The only vehicles permitted on the course officials and race staff. A sweep vehicle will be on the course at all times to pick up riders if needed.

Neutral wheel support is not provided during the TT and team cars are not permitted to follow racers

The Kansas State Championship Road Race 7/8/2023

Stage 2 of the Kansas Omnium takes place on smooth Douglas county roads. The start of the road race will take place at the church of the Brethren located at 883E 800 Rd, Lawrence, KS 66047

Parking will be at the Church of the Brethren ONLY!

FEED ZONE

The feed zone will be at the intersection of E 650 Rd and County Rd 458. The address is 946 E 650 Rd, Lawrence, KS, 66047. Please park on E 650 Rd (Gravel rd).

THE COURSE

The course is an 8.3 Mile 5 corner course. The course is open to traffic. Centerline rule is in effect. **Be cautious at the corners.**

VEHICLES ON COURSE The course is open to traffic. All racers and groups of racers must NEUTRALIZE when approaching any vehicles especially medical vehicles on the course.

WHEEL SUPPORT

All wheel vehicles will be wheels in/wheels out. This means if you flat, you only get a wheel if **you** put one in or your teammate's wheel.

Wheel drop off - Take spare wheels to the follow vehicles at least 30 minutes before your race with the approved wheel tag. Wheel tags will be available at packet pickup and sign-in.

Post-race wheel pickup – Wheels will be returned to the start area. Please pickup your wheels immediately following your race. Do not expect them to be transported to the crit. Midcoast Racing, sponsors, officials and volunteers are not responsible for any equipment left at the race.

Racers entering and exiting the parking lot must proceed with caution. Most of the morning races will be finished well before the start of the afternoon races.

JUNIOR/MINOR MEDICAL

Minor racers must have a parent, guardian, or a coach present to refuse EMT treatment to a minor.

UNPAVED ROAD?

The course is 100% paved, so no need to break out the gravel tires

Please see map link below

<https://ridewithgps.com/routes/43416979>

The Baldwin City Criterium

Presented by Baldwin City Parks & Rec

LOCATION – 520 High St., Baldwin City, KS 66006

Parking is located at 6th and Freemont

COURSE DESCRIPTION: The criterium course is a flat 6 corner 1.6 km (1 mile) course. It is traversed in a clockwise direction. Watch out for raised road “buttons.” The finish is approximately 500 meters after the last corner, and all on brick.

WHEEL PIT is wheels in/wheels out. Midcoast Racing, sponsors, officials and volunteers are not responsible for any equipment left at the race.

SIGN IN at the start/finish line. You must sign in 10 minutes prior to the race start.

FREE LAP rule is in effect until three laps to go. Riders with legitimate incident and unable to return within Free Laps will be placed at the end of the field they were with and same time.

LAPPED RIDERS will be pulled, with the exception of juniors and some smaller fields. This is at the discretion of the race officials.

RESULTS will be posted near the sign in area on the RV trailer.

AWARD CEREMONIES will be announced throughout the day. Riders must be present at ceremony to collect prizes.

PRIMES can be picked up at the Start/Finish trailer behind the barricades.

