

2011 High School Cyclocross

An introduction for: Oregon High School Administrators

May 2011



2010 High School Champions: Corvallis United



Oregon Bicycle Racing Association

Quick Intro and why read more?



In 2010 Oregon became the first state in the country to form a High School Cyclocross league. In partnership with the Oregon Bicycle Racing Association (OBRA [Web Page](#)) 11 High School teams were formed for the fledgling year. Most teams were composite (made up of multiple HS within a region). It was a great start. Where will it go? I want to tell you more about it.

California, Washington, Colorado, Texas, and Minnesota all have formed High School Mt Bike leagues as part of the National Interscholastic Cycling Association (NICA founded in 2001). But only Oregon has tried Cyclocross. So far. Key point: Cycling and High School is not new, and is progressing.

Cyclocross is the fastest growing form of bicycle racing in the world today. The Pacific Northwest boasts the most successful amateur Cyclocross racing in the country, perhaps the world. OBRA is a recognized national leader in organized bicycle racing offering more races per year than any other state. More than California that has 10x the population. Oregon also leads the country in bike racers per capita. The demographics are dominated by adults of all ages. Cyclocross is a healthy recreational sport/activity and many participate into their 60's and 70's.

For the first time in the history of professional Cyclocross the World Championship race will be held in the United States: 2013 in Louisville Kentucky (the first World Championships was held in 1950, Paris France). Awarding this race is in recognition of the sport's popularity & growth in the USA.

Cyclocross is a fun and fantastic sport. I want to help introduce this great sport to our younger population and get more kids involved. It was that motivation that inspired me to start the Oregon Junior Cyclocross Series in 2009, and the Oregon High School Series in 2010.

In only it's second year, 2010, the Oregon Junior & High School Cyclocross Series had the highest participation attendance per race in in the country averaging 86 Junior racers per event in the 5 race HS series*

Cyclocross is well suited for a High School sports program, boys and girls. We have a good start. Let me tell you more.....

John Wilson

Director of the Oregon Junior & High School Cyclocross Series

*Data courtesy of: Crossresults.com



Table of contents



1. Background and Context

- ✓ Quick Introduction – Why you should read further
- What is Cyclocross and why is it appropriate for High School Sports?
- Space required for Cyclocross
- Current status of the High School Series today

2. Looking Forward

- Vision for High School Cyclocross: Near term, and longer term
- Format & Expectations for 2011
- Oregon Bicycle Racing Association (background & governance)
- 2011 Teams so far

3. How you can help in 2011

- Requests to Oregon High School Athletic Directors
- Our Contact information

For more information contact
John Wilson, Director of the
Oregon Junior & High School Cyclocross
541-760-1331 Cel
Email corvallisshscx@obra.org

104 Juniors line up for the November, 7 2010 Hillsboro Cross Crusade round of the 2010 High School Series



What is Cyclocross



What makes Cyclocross good for a High School sports program?

1. It is like a ball sport or cross country running race in many attributes.
2. Courses are easily set up within school grounds or a city park using safety cones and marking tape.
3. No one gets lost in Cyclocross and it is great for spectators.
4. Easy to coach, run clinics, and drills.
5. There is motivation from the group.
6. Beginners advance very quickly.
7. A great sport for women, and men. Individual and coed team competitions.
8. Cyclocross is very safe in comparison to High School ball sports. Typical speeds are 5-15 mph. Serious injuries are rare. Falling or sliding out can happen frequently, especially when conditions are wet, but much like a sliding tackle in soccer, wet conditions reduce friction, and injury risk. Expect occasional falls & superficial skin scrapes with similar frequency/occurrence /magnitude as other ball sports.



What is Cyclocross



It is a form of bicycle racing!

From Wikipedia:

Cyclo-cross (sometimes cyclocross, CX, CCX, cyclo-X or 'cross') is a form of bicycle racing. Races typically take place in the autumn and winter, and consists of many laps of a short (2.5–3.5 km or 1.5–2 mile) course featuring pavement, wooded trails, grass, steep hills and obstacles requiring the rider to quickly dismount, carry the bike whilst navigating the obstruction and remount. Races for senior categories are generally between 30 minutes and an hour long, with the distance varying depending on the ground conditions. The sport is strongest in the traditional road cycling countries such as Belgium (and Flanders in particular), France and the Netherlands.

Cyclo-cross has some obvious parallels with mountain bike racing. Cyclo-cross bicycles are similar to road racing bicycles: lightweight, with narrow tires and drop handlebars. However, they also share characteristics with mountain bicycles in that they utilize knobby tread tires for traction, and cantilever style brakes for clearance needed due to muddy conditions. They have to be lightweight because competitors need to carry their bicycle to overcome barriers or slopes too steep to climb in the saddle. The sight of competitors struggling up a muddy slope with bicycles on their shoulders is the classic image of the sport, although un-ridable sections are generally a very small fraction of the race distance.

[Click for a video example of professional cyclocross - 1 min 35 seconds](#)



Space Required for Cyclocross



Typical Mt Bike Course

Cyclocross courses are a perfect match for a city park or school grounds. Courses can be set up or taken down with Cones and Tape in about one hour

***National Level
CX Course:***

*A High School course
would be smaller*

A Running Track

***Typical High
School Fields***

Rainer High School* Course Example



This is an example of a course from Rainer High School, in Rainer Oregon.

This course is much larger than needed for a High School only event but happily takes advantage of the space available at this particular venue. Half this size is more typical.

The course stays off all sensitive playing fields using established pathways, some pavement, and trails around the perimeter of the school.

* This popular and successful venue has been in use since 2007 as part of the premier Cyclocross series in the country, the Cross Crusade. [Cross Crusade](#)



Current Status of High School CX



- In 2010 we had 11 composite teams. 4 in Portland, Corvallis, 2 in Eugene, Mapleton, Roseburg, Hood River, and Bend.
- The largest teams were Corvallis and Roseburg with 10 racers each. The average team size was 6. A minimum of 3 was required to form a team.
- The team members and coaches are all members of the Oregon Bicycle Racing Association. All events are run under the supervision and governance of OBRA.
- The HS teams were operated essentially identically to how OBRA cycling teams support their own Junior programs.
- OBRA provides liability insurance for coaches, promoters, racers.
- 2010 was a huge success. Corvallis United, coached by John Wilson won the inaugural team competition in a hotly contested battle with Team Summit from Bend.
- 2011 is expected to build on 2010 success.
- The cycling industry is very excited and eager to support the cause, series, and make it easier for High School kids to purchase bikes, and gear. Their motivation is simple and pure. For the honest love of the sport, Juniors, kids, need to be involved to assure it's future. From a business stand point, a strong future ensures the cycling industry.

Looking Forward



Looking Forward

- Vision for the future of High School Cyclocross in Oregon
- Format for 2011
 - Race schedule,
 - Practice
 - Administration
- 2011 team outlook
- 2011 Teams



Vision High School Cyclocross in Oregon



Then: 2009 & 2010

- Create an improved Cyclocross racing opportunity for Juniors, young adults, and High School Boys & Girls that was missing in the Oregon Bicycle Racing Association (OBRA).
- Create a separate Junior only race program and series so all Juniors had a place to race free of adults (prior to 2009 Juniors typically raced on the course together with adults). This created some safety concerns and diminished the fun, and focus on younger racers.
- Grow Junior participation in Oregon.
- Put some sponsorship \$\$ into the Junior/HS series to make it exciting & motivating for the kids/parents.
- Keep participation costs down for Juniors. Minimal fees only to cover promoters expenses. Work with the bicycling industry to find discounts on bikes, equipment for qualified High School teams.

Now:

- Build on the early success. Keep it going with basically the same formula.
- Make Oregon Junior Cyclocross participation the shining example and bench mark in the USA.
- No rigid requirements on HS teams in 2011 but strongly encourage taking the next step to official "Club Status" (fill out the paper work at schools, etc). All returning teams should be there.
- Get even more kids involved, spread the word, grow the number of High School teams.
- Continue to use existing OBRA races with dedicated Junior / High School race slots.

2012 and beyond:

- Pour more energy into the HS series. Ratchet up another step. Create a Board of Directors still relying on OBRA for governance & oversight (vs creating something new, or joining National Interscholastic Cycling Association - NICA). Keep building towards a self sustaining HS League & Letterman sport across Oregon.

Even Longer Term:

- If HS racing get's big enough we may move to Regional races (High School Only participants on HS property). This will be less travel within the region. Top teams from the regions move onto state championships race or series.
- Keep an eye on NICA and High School MTB. Leverage the good, keep and open mind (but continue to take advantage of OBRA)

Format & Expectations for 2011



High School Cyclocross Series (HSCX)

- Best 4 out of 5 races.
- Races will be held from Mid September to Mid November.
- Yes this overlaps with Soccer, Football, and Cross Country Track. We believe this is workable. High School students competing in other fall sports may not be able to make all practices, or races, but can still be part of the team. All races are on weekends and have minimal conflict with other Fall Sports.

Teams, Coaches, and League administration

- OBRA will provide administration oversight for the series in 2011. John Wilson, Bill Warburton, and Kenji Sugahara are the key contacts in OBRA.
- Teams and Coaches will form grass roots, but can rely on John/Bill/Kenji for organizational support, coaching manuals, training tips, etc.
- Each team will work independently with their respective High School to reach agreement on organization formality and operating structure. For 2011 OBRA is not requiring official "Club" status. It is strongly encouraged however, and all teams must be in compliance with High School administration requirements.

Practice

- Practice sessions will be short, 60 to 90 minutes once, or twice a week in the early evening after work/school. Practice sessions can be run at local parks, or with permission on a portion of school grounds.
- Practices consist of specific skill drills in a small area of grass / field using orange cones to mark out a mock course, circuit, or pattern for a drill.
- It is assumed that participants have basic bike riding skills & fitness. The key focus of the practices are to develop specific skills unique to Cyclocross, bike handling on grass/dirt, plus training in race strategy and tactics.
- Participants completely new to cycling, or lacking any basic fitness will be given additional instruction.
- Participants involved in other Fall Sports can participate on a reduced practice cycle as arranged with coaches.

Oregon Bicycle Racing Association



Foundation & Background

- The Oregon Bicycle Racing Association was founded in the late 1970's and is one of, if not the premier example of a bicycle racing governing body in the United States.
- OBRA provides equipment for races. Trains and qualifies officials, and provides liability insurance for all registered OBRA members.
- In 2011, and the foreseeable future, all High School Cyclocross races will be run as OBRA events.

Governance

- The Oregon Bicycle Racing Association is an Oregon Non Profit Corporation that has its Constitution and Bylaws on file with the State of Oregon. The business and affairs of OBRA are managed by its Board of Directors. There are six members of the Board of Directors. Each director is elected to a 3 year term by a majority of club representatives at an annual meeting. Two directors are elected each year.
- OBRA governance ensures all events, officiating, course design, safety, rider qualifications, etc are implemented, managed, and executed in accordance with OBRA rules and requirements.

There are four paid positions in OBRA:

- Executive Director
- Webmaster
- Membership Coordinator
- Equipment Manager

Types of racing

- OBRA sanctions events for six different cycling disciplines. They are road, track, criterium, time trial, cyclo-cross, and the mountain bike disciplines of cross-country, downhill and super-d.

Reciprocity

- OBRA currently maintains a reciprocity agreement with Federation of Independent Associations of Cycling (FIAC), United States Cycling Association (USAC) and other organizations. These agreements currently include honoring of memberships and/or suspensions, cooperation and production of programs.

2011 High School Team Status



● Returning
● New



2010 Teams:

West Portland
East Portland
Catlin Gable
Westview
Hood River
Corvallis
Bend Summit
Eugene
Willamette HS
Roseburg
Mapleton

Prospective 2011 Teams:

Vancouver
Salem
Bend Mt. View
Sisters

2011 Teams Status as of May 2011



Count	Team Name	Region	Coach	Email	Phone	2011 Status
1	Corvallis United	Corvallis & Mid Valley	John Wilson	corvallishscx@obra.org	541-760-1331	Returning
2	Summit Storm	Bend	Ambrose Su	akaasms@aol.com	541-410-0355	Returning
3	Roseburg Step Up	Roseburg Area	David MacFarlane	roseberghscx@obra.org	541-680-7051	Returning
4	Hood River	Hood River	Edward Tyynismaa	tyynismaa@msn.com	509-430-2183	Returning
5	East Portland	East Portland	Sheilagh Griffin	jakeshouseAJM@comcast.net	503-774-6935	Returning
6	Mapleton HS	Mapleton Area	Brian Vollmer-Buhl	mapletonhscx@obra.org	541 359-8583	Returning
7	Catlin Gable HS	Portland	Mark Vanbergen	vanbergenm@catlin.edu	TBD	Returning
8	West Side Story	West Portland	Matt Martel	cyclematt@gmail.com	541-760-8471	Returning
9	Westview	Beaverton	Brian Baumann	brianfsrxc1@yahoo.com	971-678-3750	Returning
10	Willamette HS	Eugene	Robert Bingham	rbingham@bethel.k12.or.us	TBD	Returning
11	Westview	Beaverton	Pam Reid	pireid1@yahoo.com	TBD	Returning
12	Mountain View	Bend	Matt Fox	foxmatt@msn.com	503-803-8107	New
13	Sisters	Sisters	TBD	TBD	TBD	New
14	Eugene	Eugene Area	Mike Roseburg	eugenehscx@obra.org	541-517-8180	New
15	Vancouver	Vancouver	TBD	TBD	TBD	New

How you can help?



Oregon High School Athletic Directors:

- Minimal support needed from you at this point. We are not asking for permission to use school grounds, or support events. Long term maybe, but not now.
- Please be aware of what we are doing.
- Help spread the word.
- Encourage and help prospective teams & coaches.
- Provide information & forms to coaches to set up "Club Status".
- Help OBRA and Coaches find interested Teachers & Administrators who might want to get involved.

Our Contact Information



Contact info for

OBRA: Executive Director Kenji Sugahara

kenji@obra.org

P.O. Box 5773 Salem, OR 97304

(503) 278-5550

Director of High School Cyclocross: John Wilson

corvallishscx@obra.org

(541) 760-1331

Assistant Director of High School Cyclocross: Bill Warburton

bendhscx@obra.org

(541) 335-1346

