

## Another UC Diatribe: CX Upgrades

Attention Kansas Cyclocross Racers! 'Cross is just a few short weeks away and plans are already underway by area promoters to make this the biggest and BEST season of 'Cross the state has ever seen!

To that end, it is imperative that we all know and understand the rules in regard to upgrades. For those of you following along at home, please reference pages 26-27 in your 2009 USAC Rule Book if you have any questions about where I'm getting all this.

### 1D4. Cyclocross Upgrades

Cyclocross categories are upgraded similarly to road upgrades using the system below:

- (a) Requirements for upgrading via points:
- 4-3: Experience in 5 qualifying races or 7 points in 12 months
  - 3-2: 10 points in 12 months (2 wins is an automatic upgrade if the field had at least 11 competitors)
  - 2-1: 20 points in 12 months (two wins is an automatic upgrade if the field had at least 40 competitors)

(b) Points awarded for Cyclocross Races

Placing	Number of Starters			
	5-10	11-20	21-50	50+
1	3	4	5	7
2	2	3	4	5
3	1	2	3	4
4		1	2	3
5			1	2
6				1

### 1D5. Cyclocross Conversion

Cyclocross categories may also be upgraded by conversion from a rider's earned road or cross country category. If during the season, a rider upgrades his or her road category or XC category, the cyclocross category can be upgraded to match the road or XC category shown below by request of the rider or by request of the administrator.

CX Category based on road or XC category		
Road Category	MTB XC Category	CX Category
1	Pro	1
2	1	2
3	2	3
4 or 5	3	4

Okay, so what does this mean for you, the local racers? It means that if you raced all last 'Cross season as a Category 4, you're now a Category 3! Go to the "My USAC" button at [www.usacycling.org](http://www.usacycling.org) and request your upgrade! If you raced as a Category 3 or 2, check your results from last year and see how you're doing points-wise. If you've got the points, you guessed it – request that upgrade! Another great resource for results and points, although not official but a lot of fun, is [www.crossresults.com](http://www.crossresults.com).

Now, a word on Master's Upgrade Points: I know a lot of our local folks are going to compete in the USA Cycling CX Nats in Bend this year. And, I also know that you'll be lined up not only according to your AGE, but also according to your CATEGORY. So, if you're racing Masters this year and wanting upgrade points so you have a better starting place, I've got great news: you will earn HALF POINTS for your placing in Masters races this season! Just see table (b) above and divide the points earned by two!

***Cyclocross has grown in size and quality the past few years in Kansas, enough so that field sizes often rival that of the bigger road races. This is awesome for everyone in the sport. But it is very important that we leave the true "beginner" categories there for the real beginners! Do your part to help grow the sport in Kansas and request your CX upgrade today!***

It is much easier if everyone does their part and requests upgrades on their own. I will be going through last year's results in the next few weeks to help "encourage" people to upgrade. Please, don't make me "encourage" you!

If you have questions, please email me at [Jeffrey@renaissancecoachingllc.com](mailto:Jeffrey@renaissancecoachingllc.com).