



Welcome to the Coastal Carolina Off-Road Series

The Coastal Carolina Off-Road Series (CCORS) is a Cross-Country Mountain Bike Race Series from January to May each year, 2015 will be the 16th year of the series. The goals of the series is to make quality mountain bike racing available to riders in Eastern North/South Carolina, improve trail systems in our region and bring awareness to bike-friendly businesses. **CCORS is a volunteer run series where all money raised is used to enhance and maintain the mountain bike trails used by the participating clubs.** CCORS 2015 is managed by the Cape Fear SORBA and hosted by these local bike clubs; Cape Fear SORBA of Wilmington, East Carolina Velo of Greenville, Down East Cyclists of Jacksonville and Waccamaw Trail Blazers of Myrtle Beach SC.

This year's race schedule is as follows:

1. January 25th, 2015 – Bicycle Post Trail, Greenville, NC
2. February 15th, 2015 – Brunswick Nature Park, Wilmington, NC
3. March 8th, 2015 – Henderson Pond Trail, Jacksonville, NC
4. March 29th, 2015 – Horry County Bike & Run, Myrtle Beach, SC
5. April 19th, 2015 – Blue Clay Bike Park, Wilmington, NC
6. May 3rd, 2015 – Bicycle Post Trail, Greenville, NC
7. May 31st, 2015 - Browns Creek Trail, Elizabethtown, NC

Racers are broken down into classes based on Age, Gender and Experience levels as follows:

1. Cat 1, Cat 1 40+ (Expert level riders who will race approx 24 miles on the race course)
2. Cat 2, Cat 2 35+ (Intermediate level riders who will race approx 18 miles on the race course)
3. Cat 3, Cat 3 30+, 40+, 50+ and Women (Entry level, older and women riders who will race approx 12 miles on the race course)
4. Youth (Young racers 18 and under who will race approx 6 miles on the race course)
5. First Timers (Riders new to racing who will race approx 6 miles on the race course)
6. Kids (Young racers 12 and under riding a modified race lap of 1 to 1.5 miles)

Race day information:

1. **HELMETS ARE MANDATORY!**
2. Pay close attention to the "Pre-Race Brief" as this will provide specific guidance to that days race course.
3. Place your race number on the front of your bike, if it comes off yell out the number as you cross the start/finish line.
4. Racers will start in "Waves" approximately 1 minute apart starting with Cat 1s, line up on the designated start line with your wave.
5. Follow all course markings and directions. All turns will be clearly marked.
6. When passing, let the rider ahead know your intentions to pass, i.e. "Passing on the Left". Whenever possible, try to move over to one side of the trail to accommodate a passing rider. Do not stop in the trail for a passing rider, they will go around you when it is safe.

7. There will be obstacles (Mud, Hills, Logs, Water, etc.) if you can't ride an obstacle, or crash on one, move out of the way as quickly as possible to allow the riders behind you to get through. Continue riding when safe to do so.
8. If you experience a mechanical problem, move off the trail to affect repairs. If you must walk off the course, stay alert for riders and move off the trail as necessary. **If you "Do Not Finish", PLEASE tell the time keepers.**
9. **KEEP YOUR RACE PLATE:** Each racer will be issued ONE race plate at the first race they attend for use at all 2015 CCORS races, there will be a \$5.00 non-refundable replacement charge for lost race plates.

HAVE A GREAT TIME OUT THERE & BE SAFE!!

