

Race the Ridge 2018

Draft Tech Guide

Dates	Event	Locations:	Address
April 28	Road Race	Arcus Community Resources	9953 256th Street
April 28	Hill Climb	Arcus Community Resources	9953 256th Street
April 29	Criterium	Maple Ridge	11925 Haney Place, Maple Ridge

Registration: Online registration only. Registration closes April 26 at 11:59 pm. Register at: www.bikereg.com

Course Maps and additional details: www.localride.ca

Race Organizer and Contact: Barry Lyster / localrideracing@gmail.com / 604-312-3318

Category	RR	Hill Climb	Criterium	28-April Time RR	28-April Time TT	29-April Time Crit
Youth Boys & Girls*	20 km	4.4 km	20 min	9:00 AM	3:00 PM	10:00 AM
Cat 4, Novice Men	60 km	4.4 km	30 min	9:00 AM	3:00 PM	10:30 AM
Cat 4, Novice Women	50 km	4.4 km	30 min	9:00 AM	3:00 PM	11:10 AM
Master Men 30+ 1/2/3	90 km	4.4 km	50 min	11:00 AM	4:00 PM	11:50 AM
Elite Women Cat 1/2/3	80 km	4.4 km	50 min	11:00 AM	4:00 PM	12:45 PM
Elite Men Cat 1/2/3	100 km	4.4 km	60 min	11:00 AM	4:00 PM	1:40 PM

- Distances, times and race category make-up are subject to change
- A \$5 cash fee is required at sign-in for a number set. You will get this back once you return the number.
- All Youth riders under U19 of age racing in Cat 1 to 4 get 50% off registration. Use promo code "thornhill" at check-out to receive discount.
- DISC BRAKES ARE ALLOWED AT THIS TIME. If UCI changes the rule prior to the race, you will be notified.
- There is an Omnium format, although you do not need to race all the events to qualify for the overall Omnium results, or complete a stage to be eligible to compete in the next stage.

- *Youth Boy's and Girl's category is recommended for those not able to race the Cat 4 pace or distance. Riders U15 and under with a possible few U17's will make up this category. All youth with Cat 4 licenses and the ability to race at that level are required to do so.
- All riders must have a UCI, Cycling BC Provincial Race License, USAC or USAF license. No one-day licenses available.
- If your UCI license is Men's Elite Cat 1/2/3 you must race Elite. If it is Men's Master Cat 1/2/3 then you must race Master. Master Cat 4 can choose to race Master or Cat 4 Novice.
- Cat 3 Elite men and women will be separated for prizing.
- Sign-in closes 30 minutes prior to start time.
- TT and Road Bikes must conform to UCI regulations. Bikes will be checked prior to Time Trial for compliance and weight.
- All riders racing in the youth category are subject to UCI bike restrictions. No Aero Bars, No TT Bikes, No Aero Helmets, No Carbon Wheels, Wheel depth not to exceed 40 mm.
- All Junior and Youth riders are subject to gear restrictions. The 7.93 meter roll-out will be checked prior to racing. This rule applies while racing in all categories, not just youth categories.
- Final tech guide will be available on April 26, 2018.
- Time cuts will be in effect. Exact time will be determined prior to race.
- Podiums are only for GC and will take place during the Criterium on April 29. There are no podiums or prizing for individual races.
- Top 5 results will be posted immediately following the races. There will be a 15 - minute time limit to protest these results. Podiums will proceed immediately after this time. All those on the podium must attend the ceremony in full podium attire. Failure to do so will result in forfeit of prizing. Depending on the race and category, podiums may vary from top 3 to top 5 placings.
- Prize list will be posted in Tech Guide.

Rider Behavior

- All riders are to conduct themselves in a professional, respectable manner at all times. Any rider, parent, coach or spectator who display's abusive and/or violent actions, uses foul language, or who's behavior is deemed inappropriate will be disqualified from the event and asked to leave the area. Further disciplinary actions may be taken.
- Centre line rule is in effect for the road race and time trial. This includes the finish of the road race. Where there is no painted centre line, it is the responsibility of the rider to know where the centre of the road is and not to cross it. Riders will be Disqualified for crossing the centre line.

- If your race group is being passed by another, please keep to the right to allow them to pass.
- There is to be no littering or urinating in public places. Fines and/or disqualifications may occur.
- Helmets are to be worn anytime you are on a bike.
- Riders are only allowed to race in the category and start wave they are registered in. There is to be no racing with other groups outside of this. If your group gets passed by another category, you are not allowed to use it as an advantage. You will be DQ'd if you do.
- If you are dropped, you must keep to the right side of the road. No riding side-by-side.
- Centre line rule is in effect at all times.
- Once your race is done, you must immediately exit the finish line area. There is to be no standing or loitering near the finish.
- Time cuts may be in effect for all categories. You will be notified of the time prior to your race. If you are outside of the time limit, you will be pulled from the race. If you are pulled from the race, you are not allowed to race or ride on the course while the race is still in progress.
- Lapped riders will be pulled from the race.

Omnium Format

Omnium Point Structure (TT, Road Race, Criterium)

Placing	Points
1	20
2	18
3	16
4	14
5	12
6	10
7	8
8	6
9	4
10	2
11 to 70	1

Thornhill Road Race, Town Core Criterium

Bonus Points (Top 3 Finishers)			
Placing	Points		
1	6		
2	4		
3	2		

Town Core Criterium

Criterium Point Bonus Primes			
Elite / Master Cat 1,2,3			
Placing	Points	# of Prime	
1	4	2	
2	2		
3	1		

- Riders do not have to start and finish all stages to be eligible for a final result and prizing.
- Riders do not have to finish each stage to advance to the next stage. Time cuts will be in place and that time will be presented at the start of the race.

- In the case of a mechanical or crash, riders will be permitted to advance to the next stage with the permission of the Chief Commissaire and Event Organizers.
- All riders in the top five overall Omnium must be present at the Town Core Criterium Awards Presentation. Failure to do so will result in loss of prize.
- Any changes to the Omnium points structure will be posted at the Road Race.
- In the case of a tie, the final placing in the Criterium will break the tie.

Omnium Prize List					
Placing	1	2	3	4	5
Elite Women Cat ½*	\$300	\$240	\$200	\$140	\$100
Elite Men Cat ½*	\$300	\$240	\$200	\$140	\$100
Women Cat 3*	\$100	\$80	\$60	\$40	\$20
Men Cat 3*	\$100	\$80	\$60	\$40	\$20
Master Men Cat 1/2/3*	\$100	\$80	\$60	\$40	\$20
Women Cat 4 / Novice	Cash and or prizes	Cash and or prizes	Cash and or prizes		
Men Cat 4 / Novice	Cash and or prizes	Cash and or prizes	Cash and or prizes		
Youth Boys	Medals	Medals	Medals		
Youth Boys	Medals	Medals	Medals		

Prizing is based on a minimum of 150 riders.

* If less than 5 riders in a category, prizing will only be given to the winner

*If less than 10 riders, prizing for top 3 only

Thornhill Road Race

Date: April 28, 2018

Sign-On Time: Opens at 7:30am. Closes 30 minutes prior to start.

Race Times: 9:00am to 2:00pm (see schedule for detailed start times).

Location: Arcus Community Resources - 9953 256th Street, Maple Ridge, BC

Start Times and Race Distances

Category	RR	Time RR
Youth Boys and Girls	20 km	9:02 am
Cat 4, Novice Men*	60 km	9:00 am
Cat 4, Novice Women*	50 km	9:01 am
Master Men Cat 1/2/3	90 km	11:05 AM
Cat 1/2/3 Women	80 km	11:07 AM
Cat 1/2/3 Men	100 km	11:00 AM

Parking

Parking allowed in these areas only:

- East of 256th on 100 Ave,
- North of 100th Ave. on 256th Street.
- Do not park on the race course.
- Please remove all garbage when you leave. This includes banana peels, apple cores...
- Respect the residents of this area.

Team tents will be allowed on the grass on the grounds of Arcus Community Living and along the road on 100th Ave. just in front of the centre. There will be a marshal there to assist you with a location.

Sign-On / Waiver

By signing-on all riders accept the rules set-out in this Tech Guide and by Cycling BC, Cycling Canada and the UCI. You will all be emailed a Waiver form. Please print this off, fill it out and bring it with you to the races.

Course Map: Please go to www.localride.ca for map.

Timing Chip

You will be required to use your EV Timing Chip for this event. If you do not have one, you can either purchase one for \$5 or rent one for the day with a \$5 refundable deposit. The chip will be good for any up-coming races from Local Ride Racing or Escape Velocity.

Number Placement

You will be required to wear 1 race numbers. One race number is to be placed low left of centre of the jersey. If your numbers do not meet these requirements you may be disqualified or fined by the commissaires. Numbers are not to be folded, or altered in any way. You will be fined for damaged numbers.

You will be required to provide a **\$5 deposit** for the numbers which you will get back once you return the numbers after the race. If you lose, damage or choose to keep the numbers, you will not get your deposit back. If you are planning to attend Hatzic Valley Road Race, you can keep your numbers and get your deposit back at the end of those races. This will allow you to skip the check-in line-up for Hatzic Valley Road Race. You will just need to sign-on and you are good to go.

Start

The start will take place at the parking lot of Arcus Community Living Centre. There will be a neutral roll-out until the entire group is on 100th Ave.

Finish

The finish line will be approximately 100 metres south of 100th Ave. on 256th Street at the top of the short up-hill kicker! Once the finish is done, riders must exit the road immediately and return to the main staging area. Team support and spectators are required to access the finish line via foot along 256th Street. There are to be no team cars or spectator cars on the race course during the races. This will result in a disqualification for any team rider connected with the on-course vehicle.

Bike and Equipment Rules

It is the sole responsibility of the rider to ensure their bikes and equipment meet the requirements set out by Cycling BC with recommendations from Cycling Canada and the UCI. Bikes may be checked prior to the start of the race. **Disc Brakes are allowed.**

Race Caravan

There will be a Race Caravan for this race. This will include a lead vehicle, and a neutral support vehicle as needed. Depending on category numbers, neutral support may not be available. Commissaires will be patrolling all categories during the races to ensure fair play and safety.

Wheel / Service Vehicles

If a wheel car is provided for your category the protocol will be Wheels In / Wheels Out. Teams and riders are required to provide their own wheels for the Service Vehicles. If a rider with wheels in the car flats, they must remove their flatted wheel and hold it in the air to notify the service vehicle. The rider will take their new wheel and replace it themselves. Riders using wheels will be documented and wheels are to be returned after the race.

If the Service Vehicle is full with wheels, the protocol will change to Neutral, meaning all riders have access to all wheels. Riders using wheels will be documented and wheels are to be returned after the race.

Time Cuts

Time cuts will be in place for all categories. These time cuts will be explained at the start of each race. Riders with a legitimate mechanical or who suffer a crash may be eligible to continue. All riders will finish on the lap your category leaders finish on, even if you have another lap to go. Your placing will be determined in the order you finish with the overall category.

Feed Zone

- The feed zone will be located along 256th Street in front of the entrance to Arcus Community Living Centre.
- The feed zone will be marked with delineators
- There will be no feeding on the first and last lap of the race
- Feeding is only allowed in this area
- All bottles, clothing and food wrappers are to be tossed in this area only and to be cleaned up by the riders and team's responsible.

Youth Bike and Equipment Rules

- All youth riders racing in the youth category are subject to UCI bike restrictions. No Aero Bars, No Aero Helmets, No Carbon Wheels, Wheel depth not to exceed 40 mm.

- All Junior and Youth riders are subject to gear restrictions. The 7.93 meter roll-out will be checked prior to racing. This rule applies while racing in all categories, not just youth categories.

Results

Results will be posted as soon as possible after each start wave has finished. All riders are required to verify their result at this time. If there are issues, they must be brought to the attention of the Event Organizer prior to the start of the Thornhill Time Trial.

There are no podiums following the Thornhill Road Race.

First Aid

First Aid will be provided by St. John's Ambulance. They will be situated at the corner of 256th Street and 100th Ave.

Medical / Hospital

- The local hospital is: Ridge Meadows Hospital / 11666 Laity Street, Maple Ridge
- Maps are available at sign-on

Thornhill Hill Climb Time Trial

Date: April 28, 2018

Location: Arcus Community Resources - 9953 256th Street, Maple Ridge, BC

Parking

Parking allowed in these areas only:

- East of 256th on 100 Ave,
- North of 100th Ave. on 256th Street.
- Do not park on the race course.
- Please remove all garbage when you leave. This includes banana peels, apple cores...
- Respect the residents of this area.

Team tents will be allowed on the grass on the grounds of Arcus Community Living and along the road on 100th Ave. just in front of the centre. There will be a marshal there to assist you with a location.

Sign-On

You do not need to sign-on for the Time Trial. You need to show-up for your posted start time.

Course Map: Please go to www.localride.ca for map.

Number Placement

You will be required to wear 1 race numbers for this event. This race number is to be placed low centre of the jersey. Numbers are not to be folded, or altered in any way. You will be fined for damaged numbers.

Start

The start will take place at the bottom of 256th Street along 98th Ave. Riders will be placed in order of registration. Riders will depart at 30 second intervals.

- **It is the responsibility of all riders to know the course!**
- **It is the responsibility of all riders to make their start time!**

Start Times and Distances

Category	TT	Time TT
Youth Boys and Girls	4.4 km	3:00 PM
Cat 4, Novice Men	4.4 km	3:00 PM
Cat 4, Novice Women	4.4 km	3:00 PM
Master Men 30+ Cat 1/2/3	4.4 km	3:45 PM
Cat 3 Women	4.4 km	4:00 PM
Cat 1/2 Women	4.4 km	4:00 PM
Cat 3 Men	4.4 km	4:00 PM
Cat 1/2 Men	4.4 km	4:00 PM

Finish

The finish line will be approximately 4.4 km at the top of Rolley Crescent. Once the finish is done, riders must exit the area immediately and return to the main staging area. Team support and spectators are required to access the finish line heading East on 100th Ave. then left up 256th Street. There are to be no team cars or spectator cars on the race course during the races. This will result in a disqualification for any team rider connected with the on-course vehicle.

Bike and Equipment Rules

It is the sole responsibility of the rider to ensure their bikes and equipment meet the requirements set out by Cycling BC with recommendations from Cycling Canada and the UCI. Bikes may be checked for weight prior to the start of the race. **Disc Brakes are allowed.**

Youth Bike and Equipment Rules

- All youth riders who are entered in the youth category are subject to UCI bike restrictions. No Aero Bars, No Aero Helmets, No Carbon Wheels, Wheel depth not to exceed 40 mm.
- All Junior and Youth riders are subject to gear restrictions. The 7.93 meter roll-out will be checked prior to racing. This rule applies while racing in all categories, not just youth categories.

Results / Podium

Results will be posted on-line at www.localride.ca. Omnium placings will also be posted no later than 9am, April 29 prior to the start of the Criterium. All riders are required to verify their result. If there are issues, they must be brought to the attention of the Event Organizer prior to the start of the Criterium.

There are no podiums following the Thornhill Time Trial.

First Aid

First Aid will be provided by St. John's Ambulance. They will be situated at the corner of 256th Street and 100th Ave.

Medical / Hospital

- The local hospital is: Ridge Meadows Hospital / 11666 Laity Street, Maple Ridge
- Maps are available at sign-on

Town Core Criterium

Date: April 29, 2018

Location: 11925 Haney Place, Maple Ridge

Sign-on / Package Pick-up

Time: Opens at 8:30 am / Closes 30 minutes prior to your start time.

Location: 11925 Haney Place, Maple Ridge

By signing on, riders have agreed to their race category and the race rules set out in this race bible, Cycling BC, Cycling Canada and the UCI.

Parking

There is lots of free street parking surrounding the course. There is also pay underground parking at the course. Access for underground parking is just east of 224th street on Dewdney Trunk Road at Maple Ridge City Hall. **DO NOT PARK IN THE WALMART PARKING LOT. YOU WILL GET A TICKET!**

Team Alley

Teams and clubs can set-up their support area inside the race course in the designated area. Vehicles can only access this area heading north bound at 224th street at 119th ave. and prior to the start of the first race. There is limited space, so vehicles will need to park outside of this area unless prior arrangement is made. Please wait for assistance at this point before proceeding. **DO NOT SET-UP TENTS ALONG 224TH OR ANY SIDEWALKS. TENTS ONLY IN DESIGNATED AREAS.**

Start Times and Distances

Category	Criterium	Time
Youth Boys & Girls	20 min	10:00 AM
Cat 4, Novice Men	30 min	10:30 AM
Cat 4, Novice Women	30 min	11:10 AM

Master Men 30+ Cat 1/2/3	50 min	11:50 PM
Cat 1/2/3 Women	50 min	12:45 PM
Cat 1/2/3 Men	60 min	1:40 PM

- Distances and Times are subject to change.

Course Map

Please go to www.localride.ca for map.

Number Placement

You will be required to wear 1 race number for this event. The race number is to be placed low right of the jersey. If the numbers do not meet this requirement riders are subject to being disqualified or fined by the commissaires. Numbers are not to be folded, crunched or altered in any way. If you want to receive your deposit back, numbers are to be returned after the race in good condition.

Bike and Equipment Rules

It is the sole responsibility of the rider to ensure their bikes and equipment meet the requirements set out by Cycling BC with recommendations from Cycling Canada and the UCI. Bikes may be checked prior to the start of the race.

Lapped Riders

Lapped riders may be pulled at the discretion of the commissaires.

Wheel / Service Pit

There will be a wheel pit. Riders are required to supply their own wheels and have someone change them if needed. Riders with a flat or caught in a crash may get a free lap and get back into the race. An official will be there to determine whether a free lap will be given. There is no free lap given with 5 laps or less to go.

Feed Zone

There is no feeding allowed in the criterium.

Youth Bike and Equipment Rules

- All youth riders who are entered in the youth category are subject to UCI bike restrictions. No Aero Bars, No Aero Helmets, No Carbon

Wheels, Wheel depth not to exceed 40 mm.

- All Junior and Youth riders are subject to gear restrictions. The 7.93 meter roll-out will be checked prior to racing. This rule applies while racing in all categories, not just youth categories.

Primes

There will be 2 bonus point primes for Elite and Master categories. Prize and/or cash primes will be announced at the start of the race. See Omnium format for details.

Results

Results will be posted as soon as possible after each start wave. There will be 15 minutes for protests. All riders who are eligible for the podium must be in full kit (jersey, shorts and race shoes). All rider who are eligible for the podium must attend the award presentation. An excuse like *"I have a ferry or flight to catch"*, will not be accepted. Failure to do so will result in loss of podium placement and any prize or award that will be given.

First Aid

First Aid will be provided by Ridge Meadows Search and Rescue. They will be situated near the start on 224th Street in front of Memorial Park.

Medical / Hospital

- There will be first aid on hand at the sign-on area.
- The local hospital is: Ridge Meadows Hospital / 11666 Laity Street, Maple Ridge
- Maps are available at sign-on