



# Escape Velocity 2019 Spring Series Race Bible

Last Update: 03 May 2019

The Escape Velocity Spring Series is a Grassroots community-level race series included on the Cycling BC calendar.

Unless otherwise specified, all Escape Velocity races are conducted according to Cycling BC rules and regulations regarding Road Races which adhere to applicable UCI Regulations.

All of the Spring Series races are on open roads with controlled intersections. Yellow line rule is in effect and will be monitored closely for violations at all events. Always be aware that vehicular traffic will also be on the road.

For 2019 there will be:

- Four Spring Classics
- Two Spring Classics will be part of the Cycling BC Cup Series
- Good Friday Race, BC Cup
- DEVO Stage Race, BC Cup
- Two Spring Kermesse and Time Trial Days

All of the races will have the traditional A, B, C, D, and M race starts. See the appendix for details.

All BC Cup categories will be offered. BC Cup events will offer separate starts for the Women. Women 1/2 will be in the 10:30 start. Women 3/4 and Master Women will be in the 12:45 start. The organizer reserves the right to combine categories if registration numbers are low.

The two Spring Kermesse and Time Trial days will be held at Aldergrove Park. The morning will feature short kermesse style races on the Aldergrove Short course. There will be three races each with one or two starts to accommodate all race categories.

The Spring TT's will be held on the Warp Speed Course. The first will be 16km (out and back) and the second will be 32km (out and back twice.) The start and finish for the TT will be in the same location as the finish for the Spring Kermesse Races.

More information on the BC Cup is available [here](#).



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## Spring Classics

2019-03-02	Sat	<a href="#">Hougan North RR</a>	
2019-03-09	Sat	<a href="#">Thunderbird RR</a>	
2019-03-16	Sat	<a href="#">Bradner RR</a>	
2019-03-24	Sun	<a href="#">Atomic Long RR</a>	BC Cup
2019-03-31	Sun	<a href="#">Aldergrove Long RR</a>	
2019-04-06	Sat	<a href="#">Bradner Long RR</a>	BC Cup

## Good Friday Race

2019-04-19	Fri	<a href="#">Murchie West CCW RR</a>	BC Cup
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## Spring Kermesse and Time Trial

2019-03-17	Sun	<a href="#">Aldergrove East Kermesse</a>	
2019-03-17	Sun	<a href="#">Warp Speed Long TT</a>	
2019-04-07	Sun	<a href="#">Aldergrove West Kermesse</a>	
2019-04-07	Sun	<a href="#">Warp Speed Long TT</a>	

## DEVO Stage Race

2019-05-11	Sat	<a href="#">River Road Out and Back TT</a>	BC Cup
2019-05-11	Sat	<a href="#">River Road RR</a> (Cat 3/4/5)	BC Cup
2019-05-11	Sat	<a href="#">River Road Crit</a> (Cat 1/2)	BC Cup
2019-05-12	Sun	<a href="#">Thunderbird Long RR CCW</a>	BC Cup

## Estimated time for Spring Classic Races

Cat 1/2	Master	Cat 3	Cat 4	Cat 5
180 min	150 min.	150 min.	120 min.	90 min.



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## Equipment

- **UCI Standard Road bikes with drop bars must be used.**
- Disc-brakes will be allowed.
- Fenders must be removed for all races.
- Small, saddle-mounted fenders (e.g. “Ass-savers”) are permitted.
- Aero Bars (e.g. Triathlon or TT bikes) are allowed for Time Trials Only
- Flat bars are not allowed.

## Equipment For U13 and U15

- Aero Bars (e.g. Triathlon or TT bikes) are not allowed

## Licenses

- All races are sanctioned by Cycling BC and all participants must hold one of the following valid licenses:
- Any UCI license
- Cycling BC Provincial license ‘Race’ or ‘Ride’.
- USAC or USCF license (must sign a medical waiver) and provide proof of residential medical insurance.
- New and unlicensed riders can purchase a “day-of” license at Registration for \$10. Please note the “day-of” license only allows racing in entry-level categories such as Cat 5 men or Cat 4 women (the ‘D’ Group) and may only be purchased for three (3) events annually.

## Racing Categories & Upgrades

- Adult participants must race in the category indicated on their Cycling BC or another valid license.
- Youth may race either in their age category OR optionally according to the ability category on their UCI license. \*Please see below for Junior Roll out and gear restrictions.
- Participants with a 1-day or a Provincial Ride license must race in the lowest category available in the D Group.
- **Riders seeking category upgrades must submit a formal request to Cycling BC and follow the [UCI Category Upgrade procedure](#).**



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## Junior Roll Out

**Junior riders are restricted to Junior gearing regardless of whether racing age category OR ability category.**

- All Junior athletes and/or their coaches/parents are responsible for ensuring gear restrictions are in compliance with Cycling BC regulations found at <https://cyclingbc.net/clubs/youth-racing/>.
- Junior roll out may occur before and/or immediately after the competition.

## Waivers

- All riders must sign a waiver each calendar year prior to their first race with Escape Velocity.
- Riders under the age of 19 must have a parent or legal guardian sign their waiver.

## Timing chips

- All riders must have a timing tag on their bike for all races with Escape Velocity.
- Tags are \$5 and can be purchased during race check-in. Please bring last years tag if possible to lessen expenses and environmental impact.
- **Lost or Damaged tags must be replaced for \$5**

## Number bibs

- All riders must have an Escape Velocity 2019 BIB and pin it visibly during all Escape Velocity races mid back low pockets.
- All riders must purchase a race bib (\$5) at their first race.
- Your race bib is good for all of the Spring Series races including the Good Friday race and DEVO Stage Race,
- **Lost or damaged bibs must be replaced at a cost of \$5 each.**

## Race Experience

- Riders with no race experience must complete a Learn To Race (LTR) course prior to participating in EV events including Spring Series and WTNC. More information can be found here: <https://escapevelocity.bc.ca/ltr>



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### Mechanical Incidents

- If you suffer a mechanical and sit out a lap you will be allowed to re-enter the race in the main group (if that was the group you were in at time of the mechanical) or any group behind the main group at the discretion of the Race Director.
- You will be allowed to finish the race but must not influence the outcome of the race in any way. Absolutely no contending for the finish sprint if you have re-entered the race.
- Any racer observed violating the above rules associated with mechanical incidents may be disqualified from the race and receive a warning from the Race Director, and an additional surcharge may be added to their next EV race event fee.

### DNF – Did Not Finish

- All racers who DNF MUST report to the finish line, registration or to medical staff (if that is the reason for the DNF). Failure to report a DNF may result in receiving a warning from the Race Director, and an additional surcharge may be added to their next EV race event fee.

### Yellow / Center Line Rule

- Escape Velocity races are held on open roads and there will be oncoming traffic in the opposite lane. Crossing the center line is dangerous for both you, the peloton and other users of the road.
- All racers must remain to the right of the yellow center line. Riders must also remain to the right of cones or other traffic furniture used to delineate turns and corners on the course.
- If you are forced over the center line by another rider, you must re-enter the peloton at, or behind, your original position. Riders must not cross the center line in order to gain advantage or advance up the peloton either intentionally or by accident. This will result in immediate disqualification and an additional surcharge may be added to their next EV race event fee.
- Violators of this rule should be reported to the Race Director at Registration after the race or to the finish line.
- As noted above any racer observed violating centerline rules will be disqualified from the race and receive a warning from the Race Director, and an additional surcharge may be added to their next EV race event fee.

### Crossing the Finish Line

- Once you cross the finish line on your final lap you may not cross the finish line again in the direction of the race while riding your bicycle. Any racer observed violating this rule will be disqualified from the race and receive a warning from the Race Director, and an additional surcharge may be added to their next EV race event fee.
- Do not loiter near the finish line with your bike tags as this interferes with the timing equipment. You can bring the finish line crew chocolate and other goodies but leave your bike tag behind

### Overtaking

- If your race group is being overtaken by a faster group, your entire peloton must immediately neutralize your pace (30 km/hour for neutralization) and pull as far as safely possible to the right to allow the other group(s) to pass.
- Once the other group(s) have safely passed, communication should occur within your entire group and a reasonable gap should be allowed to form before your group's pace is brought back up to race speed.
- Faster groups must not overtake slower groups around turns and other areas of the course with low visibility. Self-neutralize, and overtake on the next clear section of the course. Please communicate with all groups on the road when you are approaching to pass.
- Racers must not take advantage of a passing group by attempting to bridge to, and then drafting, the faster group. Any racer observed violating this rule will be disqualified from the race and receive a warning from the Race Director.

### Neutralization and Race Control

- Riders must obey instructions from all race officials, including traffic control personnel, finish line officials, motorcycle crews, and others.
- Red flags signal neutralize the race. If you see a red flag, the pack should neutralize (20 km/hour for neutralization) immediately, and prepare to obey the instructions of the official or authority, up to and including coming to a stop.
- Riders **must not pass** a motorcycle or car that is neutralizing them unless specifically ordered to do so. Violation of any order to neutralize is punishable by



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disqualification and an additional surcharge may be added to their next EV race event fee.

- Yellow flags displayed by any official warning of an upcoming hazard on course, effectively a “local neutral” in the next section. The pack is expected to self-neutralize and self-resume racing after the hazard has been cleared by the entire pack.
- Traffic control personnel who signal the pack using a slow/stop paddle, voice, or hand gestures must be obeyed.
- Disobeying any orders from all race officials, including traffic control personnel, finish line officials, motorcycle crews, and others, **will** be punished by disqualification.

### First Aid

- Before the race, first aid will be located at the Registration desk.
- Once the race has started, first aid will be located at the Start/Finish Line.
- If you can make it back under your own power, please seek medical attention at the Start/Finish area.
- If the incident is more serious, please remain where you are. A first aid attendant will be notified and will come to you.

### Be Nice

- Be courteous and respectful to all, including vehicles and residents.
- Use the Porta-potties provided. Any racer observed violating this rule will be disqualified from the race and receive a warning from the Race Director, and an additional surcharge may be added to their next EV race event fee.
- Take your litter with you: this includes putting your mid-race gel wrappers back in your pocket and retrieving discarded bottles. Any racer or team representative observed littering will receive immediate disqualification and an additional surcharge may be added to their next EV race event fee.
- Offensive language, whether directed at passers-by, fellow racers, officials, or yourself, is not acceptable.
- **Complaints from the public regarding the violation of these guidelines will jeopardize our ability to organize future races.**



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## Warnings and Repeat Offenders

- Any racer who has received a warning from the Race Director for violating one of the above rules who subsequently violates another rule may be banned from all remaining races at the Race Director's discretion.

## Make smart decisions

- Use sound judgment during races. Think twice before chopping a corner or trying to squeeze through a gap that may or may not be there.
- Do not descend while sitting on your top tube, this is just plain common sense.
- **We want races to be competitive and for you to challenge yourself and have fun, but remember that at the end of the day, EVERYBODY has to go back to work on Monday.**

## Disputes

- All disputes regarding race results must be made with the Finish Line Officials
- Results and decisions made by the Finish Line Officials are considered final.

## Spring Classics Race Day Schedule

- Pre-registration closes at 11:59 PM the Thursday before a race.
- On-site registration and sign-on open at 8:30 AM on race day.
- Registration and sign on closes 15 minutes before race time.
- Please leave extra time for registration and sign-on at your first race of the season or if you are completing day-of registration.
- We suggest arriving one hour before your start time.





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## Spring Series Road Race

Spring Series Road Race Categories			
<b>A Group 10:30</b>	<b>Cat 1/2 Open</b>		
<b>M Group (1) 10:33</b>	<b>Masters Open</b>		
<b>B Group 10:36</b>	<b>Cat 3 Men</b>	<b>Cat 1/2 Women</b>	<b>Junior Men</b>
<b>C Group 12:45</b>	<b>Cat 4 Men</b>	<b>Cat 3 Women</b>	<b>Junior Women</b>
<b>D Group 12:48</b>	<b>Cat 5 Men</b>	<b>Cat 4 Women</b>	<b>Master C/D</b>

1. Cat 1/2 open can be entered by anyone with a Cat 1/2 license.
2. The Masters Open group will be combined with the B group if less than 20 riders start.
3. BC Cup qualifying categories highlighted in green.
4. Junior men and women may optionally race Cat 1/2 or Cat 4 (not BC Cup).
5. Master C/D participants may race in Masters Open or Masters C/D Open or their ability category.



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## Kermesse Race Categories

<b>Kermesse Race Cat</b>			
<b>Race 1 10:30 AM</b>			
<b>Wave 1</b>	<b>Cat 4 Men</b>		<b>60 minutes</b>
<b>Wave 2</b>	<b>Cat 1/2/3/4 and Junior Women</b>		<b>55 minutes</b>
<b>Wave 3</b>	<b>Cat 5 Men</b>	<b>Masters C/D</b>	<b>50 minutes</b>
<b>Race 2 11:40 AM</b>			
<b>Wave 1</b>	<b>Cat 1/2 Men</b>		<b>70 minutes</b>
<b>Wave 2</b>	<b>Masters Open</b>		<b>65 minutes</b>
<b>Wave 3</b>	<b>Junior Men</b>	<b>Cat 3 Men</b>	<b>60 minutes</b>

## Spring Time Trial Start Times

	<b>Spring TT Start Times</b>		
<b>Start 13:30 PM</b>	<b>Masters C/D</b>	<b>Cat 4 Men</b>	<b>Cat 5 Men</b>
	<b>Junior Men</b>	<b>Cat 3 Men</b>	<b>Cat 3 Women</b>
	<b>Cat 1/2 Men</b>	<b>Cat 1/2 Women</b>	<b>Masters Open</b>

**N.B. Start times are approximate and depend on signups.**



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## Spring Classics Extended Categories - separate Womens fields

Spring Classics Extended BC Cup Road Race Categories	
<b>A Group 10:30</b>	Cat 1/2 Open
<b>M Group (1) 10:33</b>	Masters Open
<b>B Group 10:36</b>	Cat 3 Men          Junior Men
<b>W12 Group 10:38</b>	Cat 1/2 Women
<b>C Group 12:45</b>	Cat 4 Men
<b>D Group 12:48</b>	Cat 5 Men          Master C/D
<b>W34 Group 12:50</b>	Cat 3/4 Women    Junior Women    Masters Women

1. Cat 1/2 open can be entered by anyone with a Cat 1/2 license.
2. The Masters Open group will be combined with the B group if less than 20 riders start.
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4. Junior men and women may optionally race Cat 1/2 or Cat 4 (not BC Cup).
5. Master C/D participants may race in Masters Open or Masters C/D Open or their ability category.



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DEVO Stage Road Race - Road Race categories and starts will be the same as the Spring Classics Extended Road Races.

River Road Kermesse Start Time			
<b>Race 1 12:00 PM</b>			
Wave 1	Cat 4 Men		
Wave 2	Cat 3 Women	Junior Women	Cat 4 Women
Wave 3	Cat 5 Men		

Race 2 1:00 PM			
Wave 1	Masters Men		
Wave 2	Cat 3 Men	Junior Men	
Wave 3	Cat 1/2 Women		

Race 3 14:10 PM			
Wave 1	Cat 1/2 Men		

1. Cat 1/2 open can be entered by anyone with a Cat 1/2 license.
2. The Masters Open group will be combined with the B group if less than 20 riders start.
3. BC Cup qualifying categories highlighted in green.
4. Junior men and women may optionally race Cat 1/2 or Cat 4 (not BC Cup).
5. Master C/D participants may race in Masters Open or Masters C/D Open or their ability category.



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<b>Start 9:00 AM</b>	Master C/D	Cat 4 Men	Cat 5 Men	Cat 4 Women
	Junior Men	Cat 3 Men	Cat 3 Women	Junior Women
	Cat 1/2 Men	Cat 1/2 Women	Masters Men	
<b>N.B. Start times are approximate and depend on signups.</b>				

Last Update: 03 May 2019