

This is the Escape Velocity 2020 Race Bible for the Spring Classics, DEVO Stage Race and World Tuesday Night Championships.

Unless otherwise specified in the Rules and Regulations section below, Escape Velocity races are conducted according to Cycling BC rules and regulations and applicable UCI Regulations. In the event of a conflict between Cycling BC Rules and/or applicable UCI Regulations the Rules and Regulations in this document take precedence.

- **All of the 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, or other unexpected road users will also be on the road.**

## 2020 Spring Classics, Kermesse and Time Trials

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

For 2020 there will be:

- Nine days of Spring Classics
- Atomic Long RR on March 22nd will be part of the Cycling BC Cup Series
- Spring Crit/ Kermesse and a Time Trial
- DEVO Stage Race

All of the races will have the traditional A, B, C, D, and Master race starts.



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

## 2020 Spring Series Classics, Kermesse and Devo Stage Race Schedule

Date		Location	Course Map	Parking
2020-02-29	Sat	Hougan RR	<a href="#">Hougan North RR</a>	<a href="#">Hougen Park</a>
2020-03-01	Sun			
2020-03-07	Sat	Thunderbird RR	<a href="#">Thunderbird RR</a>	<a href="#">Thunderbird Show Park</a>
2020-03-08	Sun			
2020-03-14	Sat	Bradner Long RR	<a href="#">Bradner Long RR</a>	<a href="#">Bradner Elementary School</a>
2020-03-15	Sun	Wix Brown RR CCW	<a href="#">Wix Brown RR CCW</a>	<a href="#">Wix Brown Elementary</a>
2020-03-21	Sat			
2020-03-22	Sun	Snake RR	<a href="#">Snake RR</a>	<a href="#">Aldor Acres</a>
2020-03-28	Sat			
2020-03-29	Sun	Aldergrove Long RR	<a href="#">Aldergrove Long RR</a>	<a href="#">Aldergrove Regional Park</a>
2020-04-04	Sat	Thunderbird Long RR CCW	<a href="#">Thunderbird Long RR CCW</a>	<a href="#">Thunderbird Show Park</a>
2020-04-05	Sun	Aldergrove West Kermesse	<a href="#">Aldergrove West Kermesse</a>	<a href="#">Aldergrove Regional Park</a>
2020-04-05	Sun	Warp Speed Long TT	<a href="#">Warp Speed Long TT</a>	<a href="#">Aldergrove Regional Park</a>
2020-04-18	Sat	Murchie West CCW RR	<a href="#">Murchie West CCW RR</a>	<a href="#">Wix Brown Elementary</a>
2020-04-19	Sun			
2020-05-09	Sat	River Road Out and Back TT	<a href="#">River Road Out and Back TT</a>	<a href="#">Aldor Acres</a>
2020-05-09	Sat	River Road RR	<a href="#">River Road RR</a>	<a href="#">Aldor Acres</a>
2020-05-09	Sat	River Road Crit	<a href="#">River Road Crit</a>	<a href="#">Aldor Acres</a>
2020-05-10	Sun	Atomic Long RR	<a href="#">Atomic Long RR</a>	<a href="#">Aldergrove Regional Park</a>

## 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.



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

- We suggest arriving one hour before your start time.

## Spring Classic Road Race Categories and Start Times

Spring Classic Road Race Categories and Start Time			
<b>A Group 10:30</b>	<b>Cat 1/2 Open</b>		
<b>M Group 10:33</b>	<b>Masters 1/2/3</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 12:35</b>	<b>Cat 4 Men</b>	<b>Cat 3 Women</b>	<b>Junior Women</b>
<b>D Group 12:38</b>	<b>Cat 5 Men</b>	<b>Cat 4 Women</b>	<b>Master 4/5 &amp; Master Wmn</b>

1. Cat 1/2 open can be entered by anyone with a Cat 1/2 license.
2. Masters 1/2/3 can be entered by anyone with a Masters license with ability Cat 1/2/3.
3. Masters 4/5 can be entered by anyone with a Masters license with ability Category 4 or 5.
4. The Masters 1/2/3 group will be combined with the B group if less than 20 riders start.
5. BC Cup qualifying categories highlighted in blue.
6. Junior men and women may optionally race Cat 1/2 or Cat 4 (not BC Cup).
7. The organizer reserves the right to combine categories if registration numbers are low.

## Estimated race times for Spring Classic Road Races

<b>A</b>	<b>M</b>	<b>B</b>	<b>C</b>	<b>D</b>
<b>180 min</b>	<b>150 min.</b>	<b>150 min.</b>	<b>120 min.</b>	<b>90 min.</b>

## Kermesse Race Categories

### Race 1 - 10:30 AM

<b>Wave 1</b>	<b>Cat 4 Men</b>		60 minutes
<b>Wave 2 Women</b>	<b>Cat 1/2/3/4 and Junior Women</b>		55 minutes
<b>Wave 3</b>	<b>Cat 5 Men</b>	<b>Masters 4/5</b>	50 minutes

### Race 2 - 11:40 AM

<b>Wave 1</b>	<b>Cat 1/2</b>		70 minutes
<b>Wave 2</b>	<b>Masters 1/2/3</b>		65 minutes
<b>Wave 3</b>	<b>Junior Men</b>	<b>Cat 3 Men</b>	60 minutes



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

## Spring Classics Time Trial Estimated Start Time and Start Order

<b>Estimated Start Time</b>			
<b>1:30 PM</b>	<b>Masters Women</b>	<b>Cat Women</b>	<b>Master 4/5</b>
+10 minutes	<b>Cat 3 Women</b>	<b>Cat 4 Men</b>	<b>Cat 5 Men</b>
+25 minutes	<b>Cat 3 Men</b>	<b>Junior Men</b>	
+15 minutes	<b>Cat 1/2 Women</b>	<b>Masters 1/2/3</b>	
+15 minutes	<b>Cat 1/2 Open</b>		

Note: Start times are approximate and depend on signups

## Cycling BC Cup March 22nd Extended Categories - Separate Womens Fields

Spring Classics Extended BC Cup Road Race Categories	
<b>A Group 10:30</b>	<b>Cat 1/2 Open</b>
<b>M Group (1) 10:33</b>	<b>Masters 1/2/3</b>
<b>B Group 10:36</b>	<b>Cat 3 Men      Junior Men</b>
<b>W1/2 Group 10:38</b>	<b>Cat 1/2 Women</b>
<b>C Group 12:45</b>	<b>Cat 4 Men</b>
<b>D Group 12:48</b>	<b>Cat 5 Men      Master 4/5</b>
<b>W3/4 Group 12:50</b>	<b>Cat 3/4 Women    Junior Women    Masters Women</b>

1. Cat 1/2 Open can be entered by anyone with a Cat 1/2 license.
2. Masters 1/2/3 will be combined with the B group if less than 20 riders start.
3. BC Cup qualifying categories highlighted in blue.
4. Junior men and women may optionally race Cat 1/2 or Cat 4 (no BC Cup points).
5. Master 4/5 participants may race in Masters 4/5 or their ability category.
6. The organizer reserves the right to combine categories if registration numbers are low.

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



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

## DEVO Stage Race

### DEVO Stage Race Time Trial Estimated Start Time

<b>Estimated Start Time</b>			
<b>9:30 AM</b>	<b>Masters Women</b>	<b>Cat Women</b>	<b>Master 4/5</b>
+10 minutes	<b>Cat 3 Women</b>	<b>Cat 4 Men</b>	<b>Cat 5 Men</b>
+25 minutes	<b>Cat 3 Men</b>	<b>Junior Men</b>	
+15 minutes	<b>Cat 1/2 Women</b>	<b>Masters 1/2/3</b>	
+15 minutes	<b>Cat 1/2 Open</b>		

Note: Start times are approximate and depend on signups

### DEVO Stage Race Kermesse Start Times

River Road Kermesse Start Time			
<b>Race 1 12:00 PM</b>			
Wave 1	Cat 4 Men		
Wave 2	Cat3 /4 Women	Junior Women	Master Women
Wave 3	Cat 5 Men	Master 4/5 Men	

Race 2 1:00 PM			
Wave 1	Masters 1/2/3		
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 1/2/3 will be combined with the B group if less than 20 riders start.
3. BC Cup qualifying categories highlighted in blue.



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

4. Junior men and women may optionally race Cat 1/2 or Cat 4 (no BC Cup points).

Devo Stage Race - Road Race Categories			
<b>A Group 10:30</b>	Cat 1/2 Open		
<b>M Group 10:33</b>	Masters 1/2/3		
<b>B Group 10:36</b>	Cat 1/2		
	Cat 3 Men	Women	Junior Men
<b>C Group 12:45</b>	Cat 4 Men	Cat 3 Women	Junior Women
<b>D Group 12:48</b>	Master 4/5 &		
	Cat 5 Men	Cat 4 Women	Master Wmn

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



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

## 2020 World Tuesday Night Championships 'WTNC'

The Escape Velocity WTNC are a Grassroots community-level race series included on the Cycling BC calendar.

### WTNC Schedule

Race	Date	Race	Date
Glenlyon	2020-04-14	Glenlyon	2020-06-23
Glenlyon	2020-04-21	UBC	2020-06-30
Glenlyon	2020-04-28	Glenlyon	2020-07-07
UBC	2020-05-05	SuperWeek no Race	2020-07-14
Glenlyon	2020-05-12	SuperWeek no Race	2020-07-21
Glenlyon	2020-05-19	Glenlyon	2020-07-28
Glenlyon	2020-05-26	UBC	2020-08-04
UBC	2020-06-02	Glenlyon	2020-08-11
Glenlyon	2020-06-09	Glenlyon	2020-08-18
Glenlyon	2020-06-16	Glenlyon	2020-08-25

### WTNC Race Times and Categories

Please note there is a Category 5 at Glenlyon ONLY

<b>Glenlyon</b>				
<b>Start Times</b>	<b>Duration</b>			
6:20 Wave 1	25	M4A	W4	M5
6:55 Wave 2	30	W1/2/3	M4B	
7:30 Wave 3	35	M1/2 Open	M3 Open	
<b>UBC</b>				
<b>Start Times</b>				
6:30 Wave 1	25	M4B	W1/2/3	W4
7:00 Wave 2	30	M3 Open	M4A	
7:30 Wave 3	30	M1/2 Open		



## Rules and Regulations

### 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 Race license, Cycling For All Ride license
  - USA racers need to have a UCI license. Here is the USAC schedule of fees: <https://www.usacycling.org/resources/schedule-of-fees#membershipfees>.
  - 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

- **NEW** - Please note for 2020 the Masters categories have moved to a number system to keep consistency with ability based categories. Master 1/2/3, formally known as Masters A/B and Masters 4/5 formally known as Master C/D.
- Adult participants must race in the category indicated on their Cycling BC or other 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.





# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

- Participants with a 1-day or a Cycling For All 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](#).**

## 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 2020 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 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>



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

## 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 the 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 including **not 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 a medical issue 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. **DO NOT DO IT!!!!**
- 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 centerline in order to gain advantage or advance up the peloton either intentionally or unintentionally. 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.

## 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



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

violating this rule will be disqualified from the race, 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 timing 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 rider or group, your entire peloton must immediately neutralize your pace (20 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.

## Neutralization and Race Control

- Riders must obey instructions from all race officials, traffic control personnel, finish line officials, motorcycle crews, and other race personnel and volunteers.
- **Riders may not join or work with other groups from a different start time. If passing a group, or individual rider, riders from different start times ARE NOT ALLOWED TO JOIN OR WORK TOGETHER.**
- Red flags signal neutralization of the race. If you see a red flag, the pack should neutralize (20 km/hour for neutralization) immediately, and prepare to obey instructions, 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 disqualification and an additional surcharge may be added to their next EV race event fee.
- Yellow flags are a 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.



# Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

- Traffic control personnel may also signal the pack using a slow/stop paddle, voice, or hand gestures which must also be obeyed.
- Disobeying any orders from all race officials, traffic control personnel, finish line officials, motorcycle crews, and other race personnel and volunteers, **will** result in 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 the incident is 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 non-race 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.**

## 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 while at races, including warming up and cooling down. 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.

# **ev** Escape Velocity 2020 Race Bible

Escape Velocity Last Update: 07 March 2020

- **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, or race incidents, must be made with the Finish Line Officials immediately after the conclusion of your event.**
- Results and decisions made by the Finish Line Officials are considered final 20 minutes after posting.