

# Tech Guide - 2024 Vanier Park Cyclocross

**Hosted by West Coast Cycling**

**September 22, 2024**

**Event Location:** Vanier Park Vancouver

Sign-on and Start In area adjacent to the Bard On The Beach Parking Lot.



Course direction is CCW. The organizer reserves the right to revise or "improve" the course.

# **Emergency Action Plan**

## **Vanier Park CX 2024**

In the event of an incident requiring medical attention or assistance, please utilize the following.

Chief of Course: Sven Sturm Cell 604 353-6324

Alternate - Ian Parker Cell 403 921-6406

First Aid Attendant: Brian Thornburn Cell 778 836-1676

Call Person: Brian Thornburn Cell 778 836-1676

First Aid Station: Located at First Aid Tent near Start / Finish area

Local Emergency Services: Call 911

Pick-up location at Vanier Park East Parking Lot

“Bard On The Beach” Parking Lot Location.

Nearest Hospital: St. Pauls Hospital, 10 minutes by car.

1081 Burrard St. Vancouver

Emergency 604 806-8016

Main no. 604 806-8622

Alternative Hospital: Vancouver General Hospital, 15 minutes by car.

899 W 12Th Ave

Main no. 604 875-4111

### **Provincial Health Orders**

In the event there are any Provincial Health Orders in place at the time of the event, we will arrange to implement and take any and all requirements to heart.

We must and will conform to any new or revised Provincial orders.

### **Additional requirements:**

All our activities will be outdoors. We request you be respectful of others, regardless of their fears or actions.

There will be no organized food or drink provided to race participants or guests. All riders must bring their own food and drinks.

There may be food trucks or vendors that are in attendance, but these will be independent operations and are not directly associated with West Coast Cycling.

## **On Site Parking**

Unfortunately, parking at Vanier Park is not free. There are however several choices.

- You can car-pool or transit to the park, better yet, ride in. Call it a warm-up.
- Parking is available in the East lot adjacent to “Bard On The Beach”.

Note:

Some spots are reserved for trucks, boats and trailers.

**Do Not Park in a Truck / Trailer spot. You will be ticketed.**

Rates for the general lot are \$3.65 per Hr or \$13.40 per day. At last check.

- On the South side of Whyte Ave is the Easy-Park Gravel Lot.  
This is not very large, but it is a bit cheaper than the main lot.

## **Garbage**

Yes, Trash Talk.

Please, if you pack it in, pack it out. Not only is volunteer time and effort involved in collecting trash, **we** have to pay to get rid of it. Please treat the park as you own, **it is**. Please also pass on this message to any guests you bring to the races.

## **Sponsorship For Event**

We need to offer up thanks to all our volunteers and sponsors for assisting with management of equipment, support and prizes for our event. Their contribution is critical and most appreciated.

Giant Bikes for providing the Belgian Stairs and build support for the course. They routinely supply course tape and other materials that go un-noticed but not un-appreciated. BIG thanks to the guys at Giant.

## **REGISTRATION**

Registration will be On-Line through BikeReg.com. \$40.00 adults and \$15.00 for Youths There is Race-Day or on-site reg for \$50.00 for adults and \$25.00 for youth. Cash exact amount is preferred. Closes 1 hour prior to race start. We want to do all we can to encourage on-line registration prior to Race Day.

Regardless of how creative your excuse is, Race-Day reg will not get you on the call-up list. Just remember how much fun it is starting at the back and working your way up. The cut-off for on-line Reg is 7:00 PM on September 21.

## **Bonus for the hardy, the misguided and those wanting more.**

If you have the want or need to race in two categories, your second entry is \$10.00. This means that those BASS racers or anyone else who can fit it in, can get in a little more action if they want. This is available for all the adult race categories. Just make sure you meet the criteria for entry in each group. Eg. You could do Mens Novice and Masters B, or SS and Elite, Masters or ..? Calling this the Jade K Program.

## **Timing Numbers and Pins.**

Good news, we are back to a previously loved Timing Chip System. RFID Tags will be issued to racers. If you have any old ones, bring them and they can be checked to see if they are useable. Not clear at this time, but if you need a new tag, they may be \$5.00 each or less. Good news, if you look after them, they can be used at subsequent events. Make sure they are securely mounted to your seat post and for Pit-Bikes, bring your second tag to Reg.

If you have pins, bring them. Just in case ... The alternative is Duct Tape.

Numbers ... DO NOT LOOSE THEM. They will be re-used at other events in 2024 and if you loose, forget or destroy your assigned number, the price is 10 full push-ups for the guys, and 10 knee pushups for the girls. We might be prepared to accept \$5.00 for a new one. If you need a new number, our first choice is a Tyvek Sheet with a Jiffy-Marker to do the job. Once you have your number, plan is to keep that for the series.

Save your number, run it through the wash, but DO NOT Leave Home without it.

### **VANIER PARK PROTOCOLS:**

Racers ... Helmets MUST be worn any time you are riding a bike. Only exception is on trainers or rollers. Repeated violation will result in disqualification.

Vanier Park is a City Park and we absolutely need to minimize riding off-course. This means no pre-riding before Sunday the 22<sup>nd</sup> or after-event trips around the park.

### **RACE CATEGORIES**

#### **Men's Categories**

- Elite Men
- Masters A (Open) Men (40+)
- Masters B (Intermediate/Novice) Men (40+)
- Super Masters 55+
- Intermediate Men
- Novice Men
- Single-Speed Men

## **Women's Categories**

- Elite Women
- Masters Open Women (40+)
- Intermediate Women
- Novice Women
- Single-Speed Women (note: all SS racers, men and women, will race together)

## **Beginner/Open youth**

- U13 to U19 Boys and Girls, various age categories.

## **CATEGORIES DEFINITIONS**

Since Cyclo-Cross World Championships are in February 2025, categories are based on rider's age as of December 31, 2025. It may not seem logical, but that is how it works.

## **Beginner/Open Youth**

- Youth riders between the ages of 12 and 18 who are new to cyclocross and are ready to experience the full course
- The race will run for not more than 20 minutes (typically 1 or 2 laps of the course)
- Provision of timing and scoring will be at the organizer's discretion. There are no podiums or prizing.
- Boys and girls will race together
- Mountain bikes are allowed
- Once riders feel comfortable at the distance and pace, it is strongly recommended that they move up to the Novice Category

## **Beginner U13/U15**

- Licenced riders who are under the race ages of 13 or 15 respectively (age as of Dec 31, 2025)
- The race will run for 20 minutes
- There are no podiums or prizing.
- Boys and Girls will start in the Novice field of their respective gender category
- Riders may choose to start near the front, back, or middle of the field, as per their coach's recommendation. Typically, very young or new riders will start at the back of the field. Take it from me, it is loads more fun to be passing than to be getting passed. Starting at the back is nothing to be ashamed or afraid of.
- Mountain bikes are allowed

## **Novice**

- Riders that are new to bike racing, cross racing, trying their first sports events or just getting back into competition
- Equivalent to racing Cat 4/5 on the road
- As with all of our categories if you are too fast we will give you a gentle nudge
- U13/U15 riders would typically choose this category unless they are high performance and choose to race Intermediate or Elite.

### Intermediate

- Riders that have graduated from beginners. Faster but not quite fast enough to race Elite
- Equivalent to racing Cat 3/4/5 on the road
- Racer age, over 40, you Need to race Masters A or B
- U17 and U19 riders would typically choose this category unless they are high performance and choose to race Elite

### Masters

- Masters riders must have a racing age of 40 or older (age as of Dec 31, 2025)
- Super Masters 55+ is open to any racers 55 or older. This is a voluntary class, if you are over 55 and wish to race in another class, good on you. Ironically, the lap times for the 55+ group is usually faster than the Masters B leaders.
- Masters “B” is equivalent to Intermediate or Cat 3/4/5 on the road.  
Masters “A” is equivalent to Elite or Cat 1/2 on the road
- Masters A and Elite race in the same field  
Masters A riders are scored separately for results and series standings

### Elite

Too fast for Intermediate, upgraded from Intermediate, or have finished in the top half of the Intermediate field consistently. Races are 60 minutes.

- Riders holding a Cat 1/2 road license
- Racers age 40+ can race Elite or Masters A (optional)
- Elite category is open to Juniors, but ya better be quick.

### Single Speed

- Open to all ages and abilities
- No Fixie bikes. Flat or drop bars accepted.

### PRIZING

#### Elite Men / Elite Women

Elite Men & Elite Women will receive equal day-of cash prizing as follows:

<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>
\$175	\$140	\$105	\$70	\$35

## Other Classifications:

Podiums will be arranged following races and the top 5 in each group will be honored. Under the current climate, it has been “challenging” to arrange prizing and it may not be possible to reward all that we would like.

## SCORING

### Combined Category Starts

- When multiple categories are combined into one race start (i.e., Elite / Master A Men) individual categories are scored separately for day-of results and series standings  
Same for Men's Masters B and Super Masters 55+

### Start Order Procedure

- For the first race of the series riders will be staged according to the standings from the most recent season if they are available.  
All others will be staged randomly or by order of sign-up.
- Combined categories (eg., Elite / Master A men / Elite Women) will have separate starts when possible. If they race as one group, they will be scored separately.

### Overall Series Standings:

- Series standing will be scored for all categories and will be posted on the WCC web site. Sometimes it may take a few days to work out the standings.  
<https://westcoastcycling.ca>
- All races in the series count toward the overall series standings
- The final race of the year is scored for points in the same way as all other races
- Every race counts – no placings are dropped

### Category Upgrades

- Riders with three podium finishes within a specific category during the season will be encouraged to upgrade
- A rider who upgrades to another category in the middle of the season, will be allowed to carry over 50% of their points up to 45 points

## Series Points Table

Yes, there is going to be a Lower Mainland CX Series, (LMCX) for 2024. There will be a table created showing who came where in what and the points they earned. I know this because it is me doing it. Pity the fool.

Points are awarded based on the following .... With luck, we will have a soiree at the end of the season to toast and award the winners.

### 1st through 25th places

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
32	29	26	23	21	20	19	18	17	16

11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
15	14	13	12	11	10	9	8	7	6
21st	22nd	23rd	24th	25th					
5	4	3	2	1					

Ties will be broken by greatest number of wins, or, if still tied, by the placing in the final race. If that doesn't do the job, Rock Paper Scissors, best 2 out of 3 wins it.

## **RULES/PROCEDURES**

### **Licensing**

- **Kids Races / Youth Beginners / iRide Program:** single event license required, charge is waived by Cycling BC.
- **Novice / Juniors:** Riders are required to hold a current Cycling BC **RIDE** license, Cycling BC **RACE** or **UCI** license (one day event insurance is also available)
- **ALL OTHER CATEGORIES:** Riders are required to hold a current Cycling BC **RACE** or **UCI** license (one day event insurance may be available, TBC)
- **Foreign / Out of Province:** Riders with a **UCI International** license are welcome to race the category listed on their license (**All other Riders** - one day event insurance is available)

**NOTE:** Cycling BC **will not** process a Riders request for category upgrade, or recognize their result for an upgrade request until the Rider has purchased a Provincial **RACE** or **UCI** license.

### **Commissaires**

Cycling BC Commissaires will be used as per CBC's requirements.

### **Bike Requirements**

- **Novice:** Gravel, Mountain and Hybrid bikes are allowed for Novice races though Cyclocross bikes are recommended (While I don't like Fat Bikes, they are allowed in the Novice classes)
- **Juniors/Intermediate/Masters:** Cyclocross (or Gravel) bikes are highly recommended for Intermediate and Master B races; Mountain Bikes, however, are permitted. (yes, Fat Bikes and flat bar bikes are allowed).
- **Elite/Masters A:** Elite and Master A races will be subject to UCI rules regarding equipment. Yes, No Fat Bikes.
- **Single Speed:** Bikes must be limited to one gear (if it only has one gear, it is allowed)
- **Did we mention:** No E Bikes.



**RACE DAY SCHEDULE**

<b>Time</b>	<b>Race</b>	<b>Categories</b>	<b>Duration</b>
9:00	Course Open	All	30 min
9:30	<b>Race #1</b>	Novice / U13 / 15 Men	30 min
		Open Youth Beginners	Full Lap
10:30	<b>Race #2</b>	Men's Intermediate / U17 Men	45 min
		Single Speed, Men and Women	45 Min
11:30	<b>Race #3</b>	Women's Intermediate / U17 Women	45 min
		Masters Women (40+)	45 Min
		Novice / U13 / U15 Women	30 min
12:00	Kids Races	See Kids Race Schedule	Half Lap
12:30	Course Open		
1:00	<b>Race #4</b>	Masters B Men (40+)	45 min
		Super Masters Men 55+	45 min
2:00	<b>Race #5</b>	Elite Men	60 min
		Master A Men	50 min
		Elite Women	50 min