

Aldergrove Long RR

March 23, 2024

THRASHERS BC

<https://www.thrashersbc.ca>

Organizer: Drew Nelson, 236-983-6995, andrew_nelson@cargill.com

Location: Aldergrove Bowl, 560 Lefevre Rd. Abbotsford

Course Description: the classic 10km mostly flat course with 2 ramps. The finish line is on 272nd.

Course GPS Map: <https://ridewithgps.com/routes/2119103>

Registration : <https://www.BikeReg.com/aldergrove-long>

- Block pricing: \$50 till March 8. \$60 after. \$80 Day of.
- Novice Categories \$50. \$60 Day of. (Open Men, Open Women, Master Men of Leisure)
- Youth 18 and under \$30.
- Online registration closes March 22 at 6pm
- GST and service charges will be added at checkout.

Categories and Licenses: All racers must hold a Cycling BC license. Novice racers can hold a 'Cycling for All' license or purchase a 'Single Day Event' license. Novice categories are Open Men, Open Women and Master Men Leisure. All other categories must hold a 'UCI' or 'Provincial Race' license.

- Single Event Licenses must be purchased online through CCN before race start. Link here: <https://ccnbikes.com/#!/memberships/cycling-bc-single-event-license-2024>
- Racers register for the category on their race license. U19 can use the Youth link for discount price and will be moved to correct category by admin.
- Your category is what is declared on your 2024 Cycling BC license.

Cat 1/2/3 Women - Combined results and podium. Must have a Cat 1, Cat 2, Cat 3, or Master 1/2/3 license.

Open Women (Cat 4) - Novice female racers of any age. Can hold any CBC license or buy a single event license.

Cat 1/2 Men - Combined results and podium. Racers must have a Cat 1, Cat 2, or Master 1/2 race license.

Master Men - Must have a Master License.

Cat 3 Men - Must have a Cat 3 or Master 3 license.

Cat 4 Men - Must have a Cat 4 or Master 4 license.

Open Men (Cat 5) - This group is for novice male racers of any age. Can hold any CBC license or buy a single event license.

Master Men of Leisure 40+ - Can hold any CBC license or buy a single event license.

Start Times and Distance

Category	Reg. Price	Start Time	Finish Time	Total Distance	# of Laps	Lap Distance
10am Start						
Cat 1/2 Men	\$50-60	10:00	12:30	100 km	9.8	10.2
Master Men	\$50-60	10:02	12:30	100 km	9.8	10.2 km
Cat 3 Men	\$50-60	10:04	12:30	80 km	7.8	10.2 km
Cat 1/2/3 Women	\$50-60	10:05	12:30	80 km	7.8	10.2 km
1pm Start						
Cat 4 Men	\$50-60	1:00	3:30	70 km	6.8	10.2 km
Master Men of Leisure 40+	\$50	1:02	3:00	60 km	5.8	10.2 km
Open Men (Cat 5)	\$50	1:04	3:00	60 km	5.8	10.2 km
Open Women	\$50	1:05	3:00	60 km	5.8	10.2 km

- Riders cannot join another group and will be subject to disqualification for infringement.
- Dropped riders from the same group can ride together.
- Categories may be combined if registration numbers are low.
- Distance and Start Times subject to change.
- Race distances may be shortened in inclement weather.

UCI Rules, Equipment and Code of Conduct

- The races are conducted according to Cycling BC rules and regulations and applicable UCI regulations.
- All 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. DO NOT cross the Yellow Line. Subject to disqualification for infringement
- Always be aware that vehicular traffic, or other unexpected road users will also be on the road.

- All bikes must be road style drop bar bikes and conform to UCI bike rules. Bikes cannot have fenders, racks, mirrors, or other accessories that may pose a safety risk to the race. No E-bikes allowed.
- Helmets are to be worn anytime you are on a bike.
- Shaved legs will not be required.
- All participants should abide by the code of conduct established by our governing body: <https://cyclingbc.net/wp-content/uploads/2014/11/Rider-Code-of-Conduct.pdf>

Stagging, Toilets, Parking and Team Zone

- Parking and Stagging at the Aldergrove Bowl parking lot. Riders need to be in the staging area 10 minutes before their start time.
- No parking in small lot near entrance.
- Park toilets located near registration. Portable toilet near finish line.
- Team Tents can be set up in the grass field next to the parking lot.

Race Day Sign-On

- Online registration closes March 22 6pm. Day of registration will be available for \$80 cash.
- Sign on and package pick up at Aldergrove Bowl parking lot.
- Sign on closes 30 minutes prior to start time.
- You will need to present your race license.

Timing and Numbers

- Electronic timing by Lynn
- **Please bring your RFID plates.** WTNC seat post plate or plate issued at Southie Circuit. A \$5 surcharge will be required for each plate.
- **Please bring your race bib from last week.** A \$5 surcharge will be required for an additional bib.
- The number bib is to be pinned over the back pockets of your jersey.

Feed Zones and Mechanical Support

- There will be a designated Feed Zone location determined on race day. It will be marked by cones.
- There is no neutral mechanical support for this race. It is the responsibility of all racers to be self-sufficient on the course. There will be a support vehicle to pick you up if you need help, however they will only provide you a ride back to stagging and will not provide mechanical support.

- If you DNF (Do Not Finish) you must report to the Commissioners at the timing tent.

First Aid / Medical

- Certified First Aid Attendants will be on site.
- The closest hospitable is Abbotsford Hospitable 32900 Marshall Rd. Abbotsford

Results and Podiums

- The official results will be verified by the Commissioners. There will be a 15-minute time limit to protest the results. Podiums will proceed immediately after this time.
- The top 3 individuals from each category will be recognized after each race. There will be podiums and results for Cat 1/2 Men, Master Men, Cat 3 Men, Cat 4 Men, Open Men, Master Men of Leisure, Cat 1/2/3 Women, Open Women.

The Spring Series Team Competition - The G.T.C.

- Points will be awarded to the placings of individuals within each category.
- Riders can earn points for their team within their own race. Points from each category carry the same weight. There is no limit to a team’s roster.
- Points will be available to the top 10 placings in each intermediate sprint and the top 20 placings of the finish. Placings will be based on the electronic timing system.
- Each race will have 2 intermediate sprints. The intermediate sprint line will be the same as the finish line. Intermediate sprints will be roughly at the 1/3rd and 2/3rd mark of the race. A whistle and sign will be used to indicate ‘points lap’.
- The team’s points accumulate over the 6 races. The team standings will be available online after the first race and updated following each race. The team leading the G.T.C will wear yellow bibs for the second race. The top 3 teams with the most points will be awarded at the Series Finale.

The Spring Series Individual Competition – the Green Jersey

- The same points will be used to rank individuals. The individual leaders of each group will wear a green bib. The top individual of each group will be recognized at the series finale.

Finish Line Points

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

11th	12th	13th	14th	15th	16th	17th	18th	19th	20th
10	9	8	7	6	5	4	3	2	1

Intermediate Sprint Points

1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
15	12	10	8	6	5	4	3	2	1

Enjoy the Race