



SPRING BACK ROAD RACE

March 26 - Aldergrove

Technical Guide

Date: Saturday, March 26, 2022

Location: Aldergrove Regional Park, 685 Lefeuvre Road

Race Director: Ryan Cousineau: 604 512 8863, rcousine@gmail.com

ATTENTION RACERS:

- **THE RACE IS ON OPEN ROADS WITH CONTROLLED INTERSECTIONS.**
- **YELLOW LINE RULE IS IN EFFECT AND WILL BE MONITORED CLOSELY FOR VIOLATIONS (THIS MEANS THAT YOU CANNOT CROSS OVER THE YELLOW LINE INTO THE OTHER LANE).**
- **ALWAYS BE AWARE THAT VEHICULAR TRAFFIC, OR OTHER UNEXPECTED ROAD USERS WILL ALSO BE ON THE ROAD. PLEASE BE COURTEOUS AND GIVE OUR SPORT A GOOD REPUTATION SO WE CAN CONTINUE TO HOST RACES.**

COVID

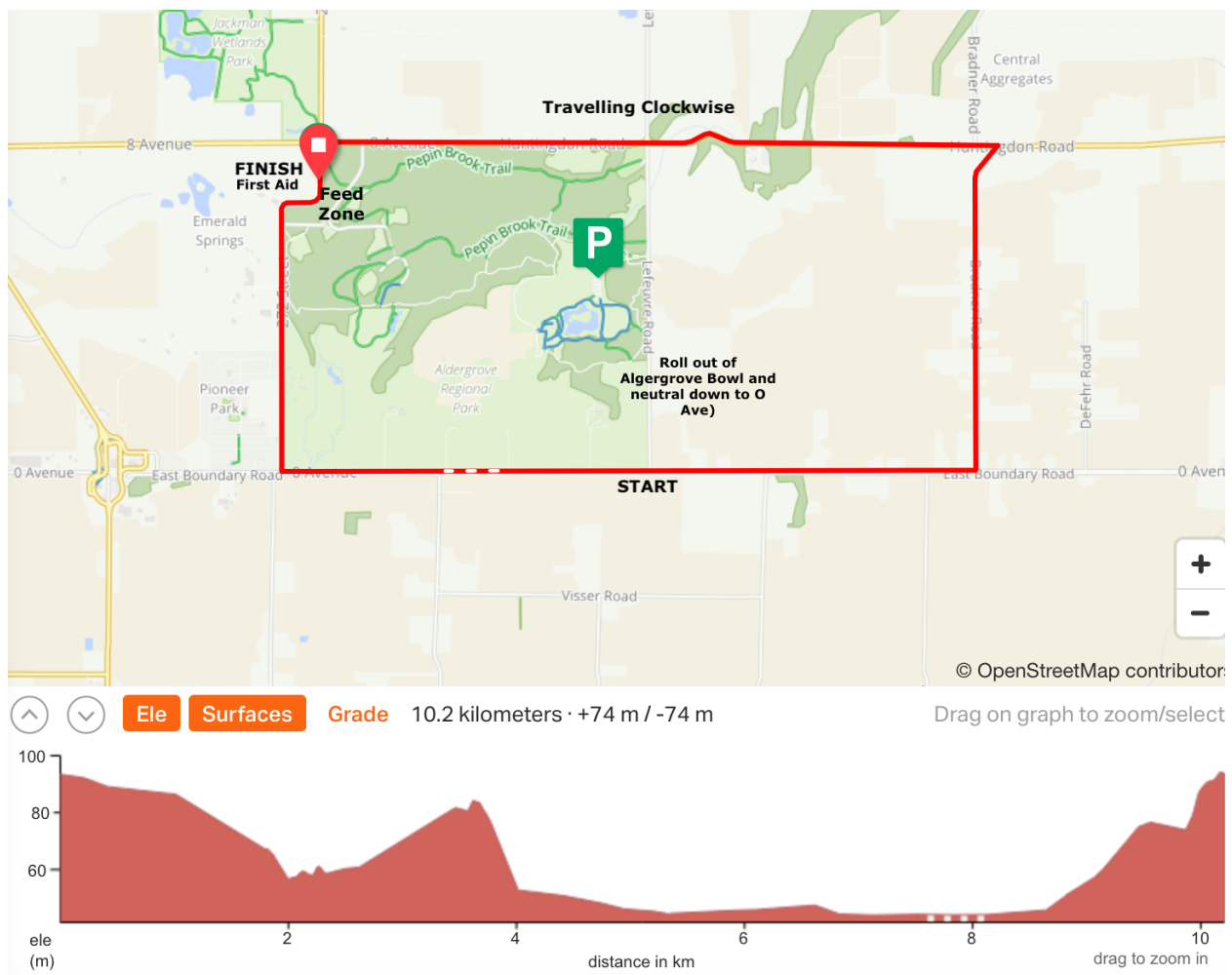
We are following the current COVID 'Return to Sport' Guidelines in adherence with the Province of BC, viaSport and Cycling BC. Please refer to the latest viaSport rules: https://www.viasport.ca/sites/default/files/Return_to_Sport_Restart_2.0_March_11-2022.pdf

Registration

- Registration closes on March 23, 2022 at 11:59 PM

- Refunds: No refunds- a credit for another date may be offered if you notify us before the registration close
- If the event is canceled you will be refunded 100% of the registration fee (you will also be given the option to make a donation to DEVO youth cycling instead)
- The fee for all adult racers is \$50; however, *all U19 youth are free*
- **THERE WILL BE NO 'DAY OF RACE' REGISTRATION - NO EXCEPTIONS!**

Course Map (10.2 km loops staged out of Aldergrove Regional Park):



Note: There may be horses in Aldergrove Regional Park. Please give them space as horses can be spooked by bikes. Never sneak up behind a horse.

Rider Distances/Times* (may be subject to change):

Each Loop is 10.2 km

- A 9:30 AM: CAT 1,2 men (10 $\frac{1}{3}$ laps)**
- M 9:33 AM: Speedy Masters 1,2,3 (7 $\frac{1}{3}$ laps)**
- B 9:36 AM: CAT 3 Men, Junior Men, CAT 1,2 Women (7 $\frac{1}{3}$ laps)**
- C 11:30 AM: CAT 4 Men, CAT 3 Women, Junior Women (6 $\frac{1}{3}$ laps)**
- D 11:33 AM: CAT 5 Men, Cat 4 Women, Leisure Masters 4,5 (5 $\frac{1}{3}$ laps)**

All riders off course by 2PM.

Rider Conduct

- It is a privilege for us to stage our race out of Aldergrove Regional Park and to race on the adjacent roads. Please respect the rules of the park and be courteous on the roads.
- 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.
- No littering or urinating in public places.
- If you are dropped please keep to the side of the road.

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.

Time Cuts

Time cuts will be in effect. You will be notified of the time prior to your race. If you are outside of the time limit, you will be stopped once crossing the finish line. You will get a result. **Everyone will finish on the same lap as the winner in your category.**

Category Info, UCI Rules, Licenses, Upgrade Points, Category Info

- You must race in the category indicated on your race license. Cat 3 Men and Women can choose to race up in the Elite category but will not be eligible for upgrade points You will only get upgrade points if you compete in your Cat 3 race.
- This race will follow UCI road race guidelines. There will be commissaires on course to enforce these guidelines to ensure a safe, competitive, fair play environment for all participants. It is the responsibility of all riders to know the rules set-out by the UCI.
- UCI or Cycling BC Provincial License required. No one day licenses available.

Equipment

- All bikes must be road style drop bar bikes and conform to UCI bike rules. No mountain bikes or flat bars. Bikes cannot have fenders, racks, mirrors or other accessories that may pose a safety risk to the race. No E-bikes allowed in any category.
- Helmets must be worn at all times while on the bike.

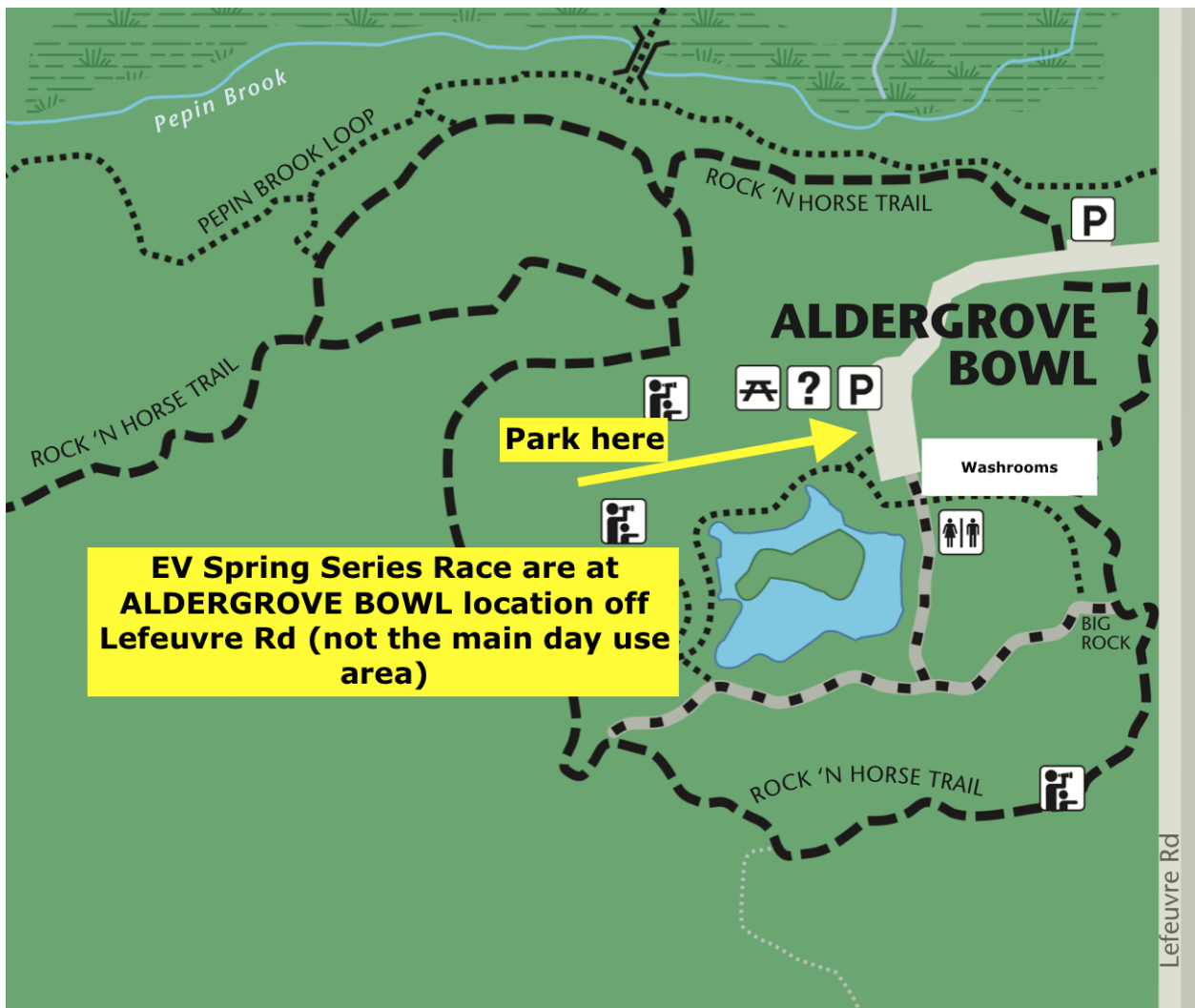
Numbers/Chips

- You will receive a number for you you to pin on the back of your jersey
- You will receive a race timing number chip to place on the back of your bike under your seat post (please hold on to this number chip for future EV races). Chips in the future will cost \$10).

Race Day Check In and Other Details

- Parking and registration is located at Aldergrove Bowl in Aldergrove Regional Park (see map below). **685 Lefevre Road is the address.**
- Race Day registration will open at 7:45 AM
- Sign in closes 30 mins before race time

- There will be portapotties on site



Results and Podiums

- There will be podium prizes for top three finishers in each category
- Final results will be posted on our website within 24 hours

First Aid/Medical:

- There will be **First Aid on site located near the finish line**
- The closest hospital is Abbotsford Regional Hospital, 32900 Marshall Rd, Abbotsford BC