



CYCLING BC

# Elite / Masters

## BC Road and TT Championship

Technical Guide

Organized by:  
Escape Velocity Cycling Club



Escape Velocity

May 25th and May 26th, 2019



## GENERAL INFORMATION

### Event Overview

**Cycling BC and Escape Velocity are proud to present the Elite and Masters Road and Time Trial Championships with Brian Jessel BMW.** These races will be held in the greater Vancouver area of British Columbia.

For site maps and course details, please visit: <https://escapevelocity.bc.ca/brianjesselbcchamps>

## EVENT INFORMATION

Escape Velocity Executive Director: Heather Kay ([kay.heatherk@gmail.com](mailto:kay.heatherk@gmail.com))

Race Organizer and Timing: Stuart Lynne ([stuart.lynne@gmail.com](mailto:stuart.lynne@gmail.com))

Race Director: Ryan Cousineau ([rcousine@gmail.com](mailto:rcousine@gmail.com))

### Cycling BC Staff/Officials

Position	Name	Level	Contact
Technical delegate	Cycling BC Representative	CyclingBC	<a href="mailto:races@cyclingsbc.net">races@cyclingsbc.net</a>
Membership/licensing	Cycling BC Representative	CyclingBC	<a href="mailto:membership@cyclingsbc.net">membership@cyclingsbc.net</a>

### Finish Line Services and Results

Race timing will use EV chip system, with chips mounted on the bike. If you have a chip, please bring it to the races. Results will be posted on the results board following each race. There will be a 30-minute window to allow for disputes.

### Registration and Number Pickup

For Registration go to:

<https://ccnbikes.com/#!/events/2019-bc-road-and-tt-championships-with-brian-jessel-bmw>

Online registration closes on May 23 at 23:59 PM.

Number pick up occurs on race day and requires the presentation of a valid BC, CC or UCI race license. Sign-on and number pickup will close 30 minutes prior to the start of all races.

### Inclement Weather

The race will be held rain or shine. In the event of unsafe weather (e.g. lightning or

cold/freezing conditions or flooding) on race day, race officials may delay or cancel racing.

There will be NO REFUNDS issued.

Results will be posted on the Results Board near Registration following each event.

Podium ceremonies will occur following each race. All podium finishers are expected to be in attendance in clean kit.

## CHAMPIONSHIP INFORMATION

### British Columbia Road, Time Trial and Criterium Championships Rules

- The BC Championships will take place on date and time as scheduled.
- In case of stoppages, priority will be given to “championships” class. Racing format may also be modified at the discretion of the Chief of the Commissaires Panel in response to prolonged stoppages.
- Entry fees are non-refundable.
- Medical assistance will be located near the finish line
- Athletes participating at the 2019 BC Championships events requiring the use of a medication included on the Prohibited List must have a TUE prior to participating in the event. This applies to all categories of athlete: elite, junior, master, etc. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard, [www.cces.ca/en/tuewizard](http://www.cces.ca/en/tuewizard)
- The event(s) will be run under Cycling BC/Cycling Canada/UCI rules. There will be no day of license for the BC Championships categories
- All Master, Elite, and U23 Championship racers must have a valid Cycling BC Provincial Race License, Cycling BC UCI License or Cycling Canada/UCI license
- Categories with fewer than 4 starters may be merged with another age or ability category at the discretion of the Technical Delegate or Chief Commissaires for the start, but will receive awards separately.
- Equipment regulations to be enforced for ALL championship categories. There will be NO exceptions.
- Approved helmets are mandatory for training, competition and anytime you are on a bike.

### Eligibility

- The Elite, U23 BC Road, TT and Criterium Championships and the Master BC Road, TT and Criterium Championships are open to all who hold a valid Cycling BC Provincial Race License, Cycling BC UCI License or Cycling Canada/UCI license. Please note podium procedure below for a non-eligible rider placing among the top three finishers.
- BC Juniors and youth riders who are eligible to race in a Championship Category are eligible to win a Provincial title.
- Prize money (where applicable) will be based on order of finish at the Provincial Championships, regardless of citizenship or nationality.
- Should a non-eligible rider place among the top three finishers in the race category, a podium presentation will take place based on the order of finish of the race and a second

podium presentation based on the Provincial Championship results of eligible riders.

- Proof of residence may be required (this includes driver's license, permanent resident card).
- All participants must be licensed to compete in the appropriate discipline.
- All participants must be prepared to present their license upon demand at the event.
- Domestic licenses from other countries or provinces within Canada are not permitted for Championship categories.
- No one-day event licenses will be sold for the Championship races.
- License must be presented during race package pick-up.
- All competitors **MUST** enter their event class as shown on their license, unless they can present a letter granting an upgrade from the provincial association. If your National category is Elite, you cannot race as a Master. If your category is Master, you cannot race as an Elite.
- The categories are defined as per UCI rules based on year of birth. Racing age for the Championship is the rider's age as of on Dec. 31, 2019.
- Any inquiries about upgrades to the Elite category should be directed to Cory Ostertag at [cory@cyclingbc.net](mailto:cory@cyclingbc.net). All upgrades must be submitted no later than 14 days prior to the start of the race.
- Temporary age upgrades for Junior racers will not be permitted.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled:
  - Complete the application form,
  - Sign the waiver
  - Payment has been transacted
  - Riders license has been validated by the designated commissaire or CBC representative.

### Championship Categories

The following categories are official British Columbia Championship categories:

- Elite Men / Elite Women (Road and TT)
- U23 Men / U23 Women (Road Race only)
- Master 30-39 Men / Women (Road and TT)
- Master 40-49 Men / Women (Road and TT)
- Master 50-59 Men / Women (Road and TT)
- Master 60+ Men / Women (Road and TT)

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### Specific Technical Requirements

- The event(s) will be run under Cycling BC rules with following certain CC/UCI rules. All riders must know the rules.
- The BC Championships shall be governed by Cycling BC.
- Equipment regulations, as per UCI Rules, to be enforced for ALL senior and master categories. All non-championship and youth categories are also subject to these rules.
- Please note that non compliant TT bikes will still be allowed to start the event, however in Championship categories their time will not be posted nor considered for results.

### Staging and Start Protocol

- For Elite categories, the call up for the first 10 riders in the road race will be based on

the results from the 2018 Provincial Championships.

- For Elite categories in the Time Trial, the top 10 riders from the 2018 Time Trial Championships will take the last 8 spots in the starting order, with the fastest rider from 2018 Time Trial Championships going last.
- All other category starts will be determined by random draw.
- When multiple categories are starting at the same time, riders from each field will be staged together and separated from other categories by a few feet. Categories will be sent separately from the start grid in waves.

### Warm-Up/Pre-Riding the Course

- Warming up on the course while a race is in progress, or at any other unauthorized time, is strictly prohibited and may result in disqualification. Please respect the other racers by not warming up immediately behind the last place rider in the ongoing race.
- Helmets must be worn AT ALL TIMES when riding the course & failure to comply may result in disqualification.

### Check-In

- Check-In is required for both the BC Provincial Time Trial and the BC Provincial Road Race.
- If you race in the BC Provincial Time Trial, bring your bib number and timing tag to the BC Provincial Road Race.
- Please bring your existing Escape Velocity timing tag if you have one to speed check-in.
- Participants are required to wear the bib number and it must be visible.
- The timing tag is required to be mounted to the seatpost of your bike.

# *Time Trial Details - May 25th, 2019*

Sign on: Aldor Acres, Langley, BC.

Sign on opens at 7:00 AM

First rider starts at 10:00 AM

Course: [https://results.wimsey.co/2019/bc2019/Map\\_and\\_Distance.pdf](https://results.wimsey.co/2019/bc2019/Map_and_Distance.pdf)

StartList and Results: <https://results.wimsey.co/2019/bc2019/>

Schedule: [https://results.wimsey.co/2019/bc2019/Schedule\\_and\\_Prizing.pdf](https://results.wimsey.co/2019/bc2019/Schedule_and_Prizing.pdf)

Additional Time Trial Information:

- All riders must check-in prior to the start of their race
- The draft Time Trial start times will be posted no later than 5 pm, May 24th, 2019. It is the responsibility of the rider to know their start time.
- Riders are required to arrive at the race with plenty of time to allow for bike checks. If your bike does not pass bike check, it is your sole responsibility to correct the problem before starting your race. A Championship category rider whose bike is not compliant with UCI and Cycling BC equipment rules at the time of the riders start, will be allowed to start, however their time will not be posted nor considered in results. All non Championship categories will also be subject to bike check and will be allowed to start regardless if their bike is compliant. Please see the link for more information:  
<https://www.youtube.com/watch?v=wS4lrEDNm6c>
- It is the rider's responsibility to know the time trial course. If the rider takes a wrong turn, misses the turn-around point or gets lost, they may be subject to disqualification from the race.
- There is to be no riding on the course once the races have started. Warm-up is to be done on roads off the course, or on trainers or rollers.
- Drafting is not permitted in a time trial.
- Number placement is to be on the middle of the jersey as low as possible. Do not fold, crinkle, or alter the number in any way.
- Race results will be posted shortly after each race. Riders will have 30 minutes to review the results. If there is an issue with the results, you must contact the timing and results technicians within this 30 minutes. After this period, the posted results are considered final.
- Podiums will take place immediately following the races.

## Parking

Parking is at Aldor Acres, please park as directed.

# Road Race Details - May 26th, 2019

Sign on: Aldergrove Regional Park, Bowl Parking Lot, Abbotsford, BC.

Sign on opens at 7:00AM

First race at 8:30AM

Second race at 12:00 PM

Course: [https://results.wimsey.co/2019/bc2019/Map\\_and\\_Distance.pdf](https://results.wimsey.co/2019/bc2019/Map_and_Distance.pdf)

Results: <https://results.wimsey.co/2019/bc2019>

Schedule: [https://results.wimsey.co/2019/bc2019/Schedule\\_and\\_Prizing.pdf](https://results.wimsey.co/2019/bc2019/Schedule_and_Prizing.pdf)

Feed Zone: 200m past the finish line.

## Additional Road Race Information:

- All riders must check-in prior to the start of their race
- <https://results.wimsey.co/2019/bc2019/BC%20Provincials%20Schedule%20and%20Categories.pdf> here will not be neutral service. This means that a rider must supply her or his own wheels to the service vehicles before each race start.
- Centre line rule is in effect at all times. Any rider who crosses the middle of the road, whether there is a yellow line present or not, could be subject to penalization or disqualification.
- There will be a designated feed zone for the road race. Attendance at the feed zone meeting (time and location TBC) is required before working the zone. **Support outside of the feed zone is not permitted.** Feeding is allowed for all races, except on the first and last lap of the race.
- Race results will be posted shortly after each race. Riders will have 30 minutes to review the results. If there is an issue with the results, you must contact the timing and results technicians within this 30 minutes. After this period, the posted results are considered final.
- Podiums will take place immediately following the races.

## Parking

Parking is available in the Aldergrove Regional Park East Parking lot. Registration and check-in will be there.

Overflow parking is available in the main Aldergrove Regional parking lot.

**Event participants MUST NOT park in the small parking lot near the East park entrance.**

## Equipment

### Championship Races

- Cycling BC / UCI equipment rules apply. It is the responsibility of all riders to know these rules.

### Other Equipment Regulations

- Riders are required to wear club or team jerseys corresponding to their license.
- Independent riders are required to wear a jersey with no significant logos, team names or advertising displayed on them. Sleeveless jerseys are not permitted.
- The use of glass containers is strictly prohibited.
- Bicycle helmets are required to be worn by riders on or off the course at ALL times when riding a bike.
  
- Race numbers and timing chips will be distributed at registration. However if you have a timing tag please bring this with you.
- Chip placement will be on the seat post.
- Numbers must not be folded or modified and must clearly show all advertising.
- Numbers must be completely visible at all times during the race.
- Number placement will be displayed at sign-on.

### Important

- All athletes who have placed on the podium must attend the awards ceremonies. Failure to do so will result in a fine and loss of award (including prize money). Riders who cannot attend the awards ceremony must advise the Chief Commissaire Panel and the Technical Delegate with a valid reason. Reasons such as, "I have a ferry to catch" will not be accepted.
- Riders must wear cycling apparel to the awards ceremony. Failure to do so may result in a fine and loss of award (including prize money).
- As per UCI rule 9.1.046, riders shall appear on the podium in racing attire, wearing their Provincial jerseys but bare-headed and without headband or sunglasses, until they leave the official ceremony enclosure. Failure to do so may result in a fine and loss of award (including prize money).

## Doping Control

- All races are conducted under UCI anti-doping regulations
- It is the riders and team manager's responsibility to know the rules
- Doping control location will be clearly marked

## AMENITIES, SAFETY, ETC.

### Race Services and Amenities

- Team Tent area is available nearby the start/finish. Contact the race organizer for details.
- Washrooms are available on the site.

### Parking

- Check with the event organizers web site for parking available on site
- Team parking will be available close to the start/finish.

### First Aid and Medical

- Trained, dedicated medical staff will be in place during the event, with primary location near the



start/finish line.

- The area is served by 911 service
- The nearest hospital with full emergency/trauma capabilities is:  
Langley Memorial Hospital  
Address: 22051 Fraser Hwy, Langley, BC V3A 4H4  
Phone: (604) 534-4121

### Nearest Airport

The nearest airports are:

- Abbotsford International Airport
- Vancouver International Airport (YVR)

### Lodging and Other Services

Go to event organizers websites for recommended hotel and other services

### Schedule and Prizing

- [BC Provincial Schedule and Prizing](#)

### Maps and Distances

- [BC Provincial Maps And Distances](#)