

Vanier Park Cyclocross 2023

Hosted by West Coast Cycling

Tech Guide

October 1, 2023

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 2023

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 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 and masks are not required. We request you be respectful of others, regardless of their fears or actions.

Anyone who has been in recent close contact with someone with symptoms of COVID-19 or if you are experiencing symptoms of COVID-19 yourself, should not participate or attend any events for their health and the protection of others. "Stay the Blazes Home!"

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 and are not 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 site, better yet, ride in. Call it a warm-up.
- Parking is available in the East lot adjacent to Bard On The Beach tent. 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.

- 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, this is the part dedicated to 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 your 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 Hansen Industries and Trek Red-Truck Racing for assisting with management of equipment and support for our event. Their help is most appreciated.

Giant Bikes has provided 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 CCN. 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 10:00 PM on October 30th.

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, 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 JK Program.

For those who wind up doing Race Day Reg. And needing a Day-Of license, there will be a QR code available for access to the CCN registration system for the Day-Of License.

Be sure to have your registration and waiver sorted prior to getting your number and timing chip.

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

Timing chips will be assigned at Reg before your event. Take note, these chips are expensive. We get charged \$75.00 for each missing chip. They will be picked up at the finish area and if you get missed, we will hunt you down.

Do not take it home thinking you will use it at the next event. This doesn't work.

Chips can be attached to your person, in a jersey pocket or secured to the bike. If you have a pit-bike, you will only get one chip so keep it on your person or transfer it when you pick up the other bike. Do not put it in a pocket with another electronic device, phone, Garmin etc. They get confused.

Numbers ... DO NOT LOOSE THEM. They will be re-used at other events in 2023 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. Save your number, run it through the wash, but DO NOT Leave Home without it.

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 30th 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

Beginner/Open youth

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

CATEGORIES DEFINITIONS

Since Cyclo-Cross World Championships are in January 2024, categories are based on rider's age as of December 31, 2024. It may not seem logical, but that is how it works.

See important note on new format for U13-19 racing.

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, 2024)
- 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 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, 2024)
- 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.
- 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
- Riders holding a Cat 1/2 road license
- Racers age 40+ can race Masters A (optional)
- Elite category is open to Juniors

Single Speed

- Open to all ages and abilities

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>
5 x entry fee	4 x entry fee	3 x entry fee	2 x entry fee	1 x entry fee
\$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) will race as one group but will be started separately.

Overall Series Standings: Standings will be posted on the WCC web Site.

- Series standing will be scored for all categories and will be posted on the WCC web site.
- All races in the series count toward the overall series standings
- The final race of the year is scored for single 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 2022. We don't know how many races, but 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
30	28	26	25	24	23	22	21	20	19
11th	12th	13th	14th	15th	16th	17th	18th	19th	20th

17	16	15	14	13	12	11	10	9	8
21st	22nd	23rd	24th	25th					
6	5	4	3	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 available)
- **ALL OTHER CATEGORIES:** Riders are required to hold a current Cycling BC **RACE** or **UCI** license (one day event insurance is available)
- **Foreign / Out of Province:** Foreign or out of province Riders with a **UCI International** are allowed 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 are permitted. (yes, Fat Bikes 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

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