

Jeremy's Roubaix Technical Guide / Draft

**IF TRAINING ON THE DYKES PRE RACE, PLEASE KEEP SPEEDS TO 25KPH.
SLOW TO PASS OTHER USERS.**

Date: March 31, 2024

Location / Address: Ridge Meadows BMX at 17130 Barnes Road, Pitt Meadows

Registration:

- Online registration only. Registration will open February and closes March 29 at 6:00pm. Register at: www.bikereg.com
- No refunds. Riders can substitute their registration to another rider for no charge up to registration cut-off date or get a credit for a future race.
- If the event is postponed due to weather, your entry fee will be transferred to the new date.
- If the event is cancelled due to reasons beyond our control, registered riders will receive a 50% refund. Juniors save 50%. Use promo code: jeremystorie at checkout.

Course Maps and additional details: www.localride.ca

Race Organizer and Contact: Barry Lyster / localriderracing@gmail.com / 604-312-3318

Race Summary

Category	Total Distance	Lap Distance	# of Laps	Start Time	Finish Time	Single Race Price
Start Wave 1,2						\$65 March 27
Cat 4,5 Men	53 km	6.62 km	8	8:30am	10:00 am	\$50/\$55/\$60/\$65
Women Cat 3,4,5	53 km	6.62 km	8	8:32am	10:00 am	\$50/\$55/\$60/\$65
Start Wave 3						\$50/\$55/\$60/\$65
Master Men 40+	73 km	6.62 km	11	10:15am	12:15pm	\$50/\$55/\$60/\$65
Cat 3, 4 Men	73 km	6.62 km	11	10:20am	12:15pm	\$50/\$55/\$60/\$65
Start Wave 4,5						\$50/\$55/\$60/\$65
Elite Men Cat 1,2,3	93 km	6.62 km	14	12:30pm	3:00 pm	\$50/\$55/\$60/\$65
Elite Women Cat 1,2,3	73 km	6.62 km	11	12:32pm	2:30pm	\$50/\$55/\$60/\$65

Race Distances, Start Times and Categories Subject to Change

*GST and service charges will be added at check-out.

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. 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.
- To race Master, you must have a Master license.
- Categories in each start wave may be combined if numbers are low. If so, there may be a difference in race distance than what is posted.
- UCI or Cycling BC Provincial License required. No one day licenses available.
- Category up-grade points are available.

Numbers

- You will receive 3 numbers: 2 for your jersey and 1 for your bike. One jersey numbers is to be pinned lower left side on back of your jersey and the other on the left side of body facing the commissaire at finish line. The frame number is to be mounted on the seat post. Please bring your own pins for the number. If you race in March's circuit races use those numbers. If you have lost or don't have your numbers from March races, let us know ASAP and we will issue you new ones. If you will not be attending additional races, please return the numbers.

Course Information

- This race is suitable for a road bike.
- 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.
- The course will be marked along with Traffic Marshals in place. The roads and dykes are closed to the public. With that being said, be courteous to those you encounter, do not litter and watch for dogs, and dog poop! **IT IS THE RIDERS RESPONSIBILITY TO KNOW THE COURSE.**
- While on the paved roads, centre line rule is in effect. It is recommended to ride close to the right side of the road at all times.

Race Day Package Pick-Up, Sign-On and Waivers

- Sign-in closes 30 minutes prior to start time.
- Waivers are signed on Bikereg.com when you register

Parking

- Parking will be at Cottonwood Park at the Ridge Meadows BMX at 17130 Barnes Road, Pitt Meadows.

Washrooms

- Washrooms are located in the building near the BMX track.

Rider Behavior

- 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.
- There is to be no littering or urinating in public places. Fines and/or disqualifications will occur.
- Helmets are to be worn anytime you are on a bike.
- Riders are only allowed to race in the category and start wave they are registered in. There is to be no racing with other groups outside of this. If you are passed by another category group during the race, you must let it pass and continue on your own.
- If you are dropped, you must keep to the right side of the road. No riding side-by-side.
- Centre line rule is in effect at all times.
- Once your race is done, you must immediately exit the finish line area. There is to be no standing or loitering near the finish.

Feed Zones and Mechanical Support

- Feed Zone is located on the dykes directly across from Barnes Road entrance. It will be marked by cones. Riders and their support staff are responsible to remove all their garbage, empty bottles etc. You can feed on all laps except first and last.
- ***There is no neutral mechanical support for this race.*** It is the responsibility of all riders to be self sufficient on the course. Wheel service is available at the feed zone.

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.

Podiums and Prizes

- Top 3 results will be posted immediately following the race. There will be a 15 - minute time limit to protest these results. Podiums will proceed immediately after this time. Only top 3 riders will be on the podium and must attend the ceremony in full podium attire. Failure to do so will result in forfeit of prizing. Prizing will be given out at the podium ceremonies. Final results will be posted within 24 hours at www.localride.ca. Full results may not be available on site.
- Prizing will be determined according to registration numbers. This will be listed no later than April 1
- If less than 8 riders in a category, prizing will only be given to winner.

ThornHill Prize List	Placing				
	1	2	3	4	5
Women Cat 1/2/3	100	80	60		
Men Cat 1/2/3	100	80	60		
Master Men 40+	60	50	40		
Women Cat 3/4/5	60	50	40		
Men Cat 3/4	50	30	20		
Men Cat 4/5	50	30	20		

Medical / Hospital

- First Aid will be provided on site.
- The local hospital is: Ridge Meadows Hospital / 11666 Laity Street, Maple Ridge Maps are available at sign-on

