

ThornHill Circuit Race Technical Guide / Draft

Date: March 10, 2024

Location / Address: Arcus Community Resource 25598 100th Ave, Maple Ridge

Registration:

- Online registration only. Registration will open January 8 at 12:01 am and closes March 7 at 6:00 pm. 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, 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.

Course Maps and additional details: www.localride.ca

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

Race Summary

Category	Total Distance	Lap Distance	# of Laps	Start Time	Finish Time	
Open D	60 km	6km	8	9:00am	10:30am	
Licensed Categories: Women Novice, Cat 4, 5 / Men Cat 5 / Open Youth Boys & Girls Cat						
Open C	60 km	6 km	10	9:00am	10:30am	
Licensed Categories: Women Cat 3, 4 / Men Cat 4						
Open B	72 km	6 km	12	11:30am	2:00pm	
Licensed Categories: Women Cat 1,2,3 / Men Cat 3,4 / Master Men 40+ Cat 1,2,3						
Open A	84 km	6 km	14	11:30am	2:00pm	
Licensed Categories: Elite and Master Men Cat 1, 2, 3 / Women Cat 1						

Category groupings, race distances and start time subject to change.

Race Costs:

Adults - Jan 16 to 31 - \$50 / Feb 1 to 15 - \$55 / Feb 16 to March 5 - \$60 / After March 3 - \$65

Youth – All under 19 youth get 50% off. Use code: youthdiscount2024

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

Category Grouping

9:00 – CD Men (will race together, score separately)

9:03 – CD Women (will race together, score separately)

11:30 -A Men and Women (will race together, score together)

11:36 – Master Men and B Women (will race together, score separately)

11:33 – B Men (will race together, score together)

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

The categories for these races are designed to be ability based and to allow larger racing groups to help prepare riders for the season ahead. They are intended to be part of one's early season racing with riders having the ability to work on developing fitness, tactical and technical skills. We encourage riders with the option and ability to race in a higher category. We also encourage teams of over 4 riders to split into smaller teams to keep the racing alive and competitive. Big teams that come in and "team tactic" these races to death will be frowned upon!

- You must race in the Open category which you are licensed to race in.
- We want to encourage Cat 1 women to race in Open B to create a big, competitive field. Cat 1 women riders are allowed to race Open A if needed to help prepare for major international competition.
- We encourage teams of over 4 riders to split into smaller teams to keep the racing alive and competitive. Big teams that come in and "team tactic" these races to death will be frowned upon!
- 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.
- We are working with Cycling BC to offer upgrade points. This will be in place prior to the start of Thunderbird.

Numbers / Chips

- You will receive 2 numbers: 1 for your jersey and 1 for your bike. The jersey number is to be pinned on the lower left side of your jersey. The frame number is to be mounted on the seat post. Please bring your own pins for the number. If you will be attending more Local Ride races, keep your numbers. If you raced Thunderbird, use those numbers.
- You **May** also receive a timing chip. This is to be mounted on your handle bars. **THE CHIP NEEDS TO BE RETURNED POST RACE OR YOU WILL BE CHARGED \$60.**

Course Information

- The course is a 6 km circuit with a short, punchy climb, a fast decent with a sharp right hand turn at the bottom and some flats leading into the finish of the circuit containing an uphill finish.
- 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 are open to the public, so please ride responsibly, be courteous to those you encounter, do not litter. **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.
- You will be issued them on-site. Please bring your own pins.
- All waivers have been signed on-line. No paper copies required.

Parking

- Team parking will be along 100th Ave. in front of the school and in school parking lot. Additional parking will be North of 100th Ave along 256th street. Please respect the neighboring properties and do not toss anything in their yards. This includes banana and orange peels, apple cores etc.

Washrooms

- Portable Toilets at School

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 join that race group, you will not get a result.**
- 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 along 256th street across from the school entrance. It will be marked by cones. Riders and their support staff are responsible to remove all their garbage, empty bottles etc. Commissaires will announce what laps feeding is allowed.
- ***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.
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Results, Podiums and Prizes

- Top 5 results will be announced at the end of 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 March 10. If less than 8 riders in a category, prizing will only be given to winner.

Open A Prize List	Placing				
	1	2	3	4	5
Open A					
Open B Women					
Open B Men					
Master Men 40+					
Open C Women					
Open C Men					
Open D Women	Podium	Podium	Podium		
Open D Men	Podium	Podium	Podium		

Cash and prizes are subject to change due to registration numbers and category sizes.

Medical / Hospital

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