

Race Bible

Current as of 14 April 2016

Unless otherwise specified, all Escape Velocity races are conducted according to the UCI's Regulations regarding [Road Races](#).

Equipment

- **UCI Standard Road bikes with drop bars must be used.**
 - For youth-specific (U15, U13) races, disc-brakes will be allowed.
- Fenders must be removed for all races.
 - Small, saddle-mounted fenders (e.g. "Ass-savers") are permitted.
- Aero Bars (e.g. Triathlon or TT bikes) are not allowed.
- Flat bars are not allowed.

Licenses

All races are sanctioned by CyclingBC and all participants must hold one of the following valid licenses:

- Any UCI license
- Cycling BC Provincial license (formerly known as "citizen's" license).
- USAC or USCF license (must sign medical waiver)
- New and unlicensed riders can purchase a "day-of" license at Registration for \$10

Racing Categories & Upgrades

- Adult participants must race in the category indicated on their CyclingBC license.
- Youth may race either in their age category OR optionally according to the ability category on their UCI license.
- Participants with a 1-day or a Provincial (formerly called Citizens) license must race in the lowest category available in the D Group.
- **Riders seeking category upgrades must submit a formal request to CyclingBC and follow the [UCI Category Upgrade procedure](#).**

Waivers

- All riders must sign a waiver each calendar year prior to their first race with Escape Velocity.
- Riders under the age of 19 must have a parent or legal guardian sign their waiver.

Timing chips

- All riders must have a timing tag on their bike for all races with Escape Velocity.
- Tags are \$5 and can be purchased during race check-in.
- Tags from previous years may continue to be used as long as they work.
- **Lost or Damaged tags must be replaced for \$5**

Number bibs

- All riders must have an Escape Velocity 2016 BIB and wear it during all Escape Velocity races.
- All riders must purchase a race bib (\$5) at their first race.
- **Lost or damaged bibs must be replaced at a cost of \$5 each.**
 - If you forget your bib at a race, you must purchase a “temporary” new one. This cost will be refunded if you bring your original bib, along with your temporary one to your next race.

Race Experience

- Riders with no previous or recent mass-start road/criterium racing experience must take a Learn to Race clinic before riding in any Escape Velocity races.
- Proof of completion of an equivalent Learn to Race clinic held by another cycling club or organization will also be acceptable.

Mechanical Incidents

- If you suffer a mechanical and sit out a lap you will be allowed to re-enter the race in the main group or any group behind the main group at the discretion of the Race Director.
- You will be allowed to finish the race but must not influence the outcome of the race in any way.
- For WTNC and other criterium events, you may rejoin without penalty before the last 5 minutes of the race.
- Any racer observed violating this rule will be disqualified from the race and receive a warning from the Race Director.

Yellow / Center Line Rule

- Escape Velocity races are held on open roads and there will be oncoming traffic in the opposite lane. Crossing the centre line is dangerous for both you, the peloton, and other users of the road.
- All racers must remain to the right of the yellow centre line. Riders must also remain to the right of cones or other traffic furniture used to delineate turns and corners on the course.
- If you are forced over the centre line by another rider, you must re-enter the peloton at, or behind, your original position. Riders must not cross the centre line in order to gain advantage or advance up the peloton either intentionally or by accident.
- Violators of this rule should be reported to the Race Director at Registration after the race.
- Any racer observed violating this rule will be disqualified from the race and receive a warning from the Race Director.

Overtaking

- If your race group is being overtaken by a faster group, your entire peloton must immediately neutralize your pace and pull as far as safely possible to the right to allow the other group to pass.
- Once the other group has safely passed, an announcement should be made to 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.
- 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.

Neutralization and Race Control

- Riders must obey instructions from all race officials, including traffic control personnel, finish line officials, motorcycle crews, and others.
- Red flags signal neutralize the race. If you see a red flag, the pack should neutralize immediately, and prepare to obey the instructions of the official, up to and including coming to a stop. Riders **must not pass** a motorcycle or car that is neutralizing them unless specifically ordered to do so. Violation of any order to neutralize is punishable by disqualification.
- Yellow flags displayed by any official warn of an upcoming hazard on course, effectively a "local neutral" in the next section. The pack is expected to self-neutralize and self-resume racing after the hazard has been cleared by the entire pack.

- Traffic control personnel who signal the pack using a slow/stop paddle, voice, or hand gestures must be obeyed. Disobeying their orders will be punished by disqualification.

First Aid

- Before the race, first aid can be located at the Registration desk.
- Once the race has started, first aid can be located at the Start/Finish Line.
 - If you can make it back under your own power, please seek medical attention at the Start/Finish area.
 - If the incident is more serious, please remain where you are. A first aid attendant will be notified and will come to you.

Be Nice

- Be courteous and respectful to vehicles and residents.
- Use the Porta-potties provided.
- Take your litter with you: this includes putting your mid-race gel wrappers back in your pocket and retrieving discarded bottles. Any racer observed littering will receive a warning from the Race Director.
- Offensive language, whether directed at passers-by, fellow racers, officials, or yourself, is not acceptable.
- **Complaints from the public regarding the violation of these guidelines may jeopardize our ability to organize future races.**

Warnings and Repeat Offenders

- Any racer who has received a warning from the Race Director for violating one of the above rules who subsequently violates another rule may be banned from all remaining races at the Race Director's discretion.

Make smart decisions

- Use sound judgment during races. Think twice before chopping a corner or trying to squeeze through a gap that may or may not be there.
- **We want races to be competitive and for you to challenge yourself and have fun, but remember that at the end of the day, everybody has to go back to work on Monday.**

Disputes

- All disputes regarding race results must be made with the Finish Line Officials
- Results made by the Finish Line Officials are considered final.