



VALLEYCROSS CX 2021

Technical Guide

Sunday, November 21, 2021

In the event of an incident requiring medical attention or assistance, please utilize the following.

Organizer: Matt Scott 604-839-5573

Alternate: Mike Rauch 604-309-6578

First Aid Station: Located at First Aid Tent near Start / Finish area

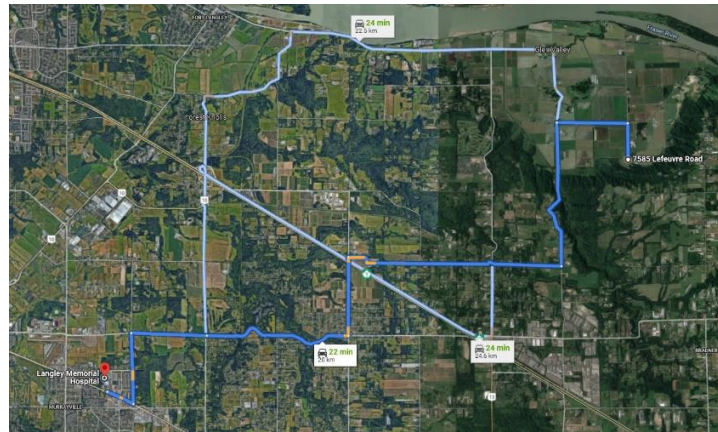
Local Emergency Services: Call 911

Pick-up at 7585 Lefevre Road, Abbotsford, British Columbia Canada

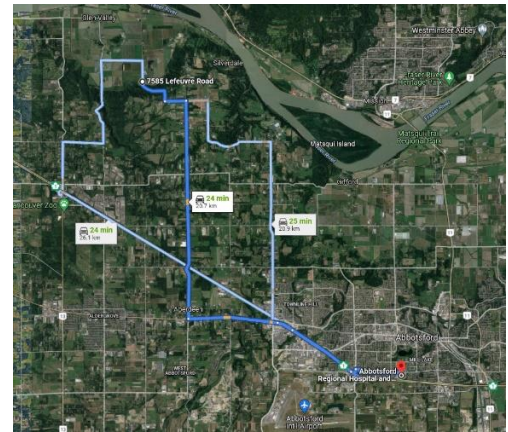
Nearest Hospital:

24mins est. equal driving distance to either the Langley or Abbotsford Hospitals respectively.

Langley Memorial Hospital
22051 Fraser Hwy, Langley Twp,
BC V3A 4H4



Abbotsford Regional Hospital
32900 Marshall Rd, Abbotsford, BC
V2S 0C2



COVID Protocol

Provincial Health Orders

https://www2.gov.bc.ca/gov/content/covid-19/info/restrictions?bcgovtm=20210311_GCPE_Vizeum_COVID___Google_Search_BCGOV_EN_BC__Text

While we will not be requiring proof of vaccination for participants or volunteers, being doubly vaccinated is highly recommended. We must and will conform to any new or revised Provincial orders as of race day.

Additional requirements:

All our activities will be outdoors and while masks are not required, we would ask that for the protection of others, masks be worn at Sign-On and when interfacing with officials. Where possible, consider giving yourself and each other 2 metres of distance.

All riders must bring their own food and drinks.

Team Alley

On-site parking in the lower field of the Glenridge Acres.

Upper Venue is car free, except for event vehicles. All Team tents and equipment must be walked up from the lower field or unloaded at upper gate and walked into the upper venue. There will be a limited amount of 15'x25' team plots available, that can be reservable for \$35 for the weekend. Set up during the day on Saturday, Nov 20th and leave secured over night.

Sponsors

Giant Bikes is providing tents at sign-on, course tap and snow fencing. These items may seem inconsequential, but they are highly appreciated. HUGE thanks to the guys at Giant!

Tinhouse Brewing will be on-site. These guys are big into CX and will be providing podium prizing. This is a big investment into ValleyCross, and we are pleased to have them on board.

12hrs of Glenridge has been gracious in allow ValleyCross to host on their 87 Acres of Privately owned land. This facility boasts a 11kms, machine-built, flow trail network. You will only be experiencing an 300m stretch these mtb trails during ValleyCross, but that little taste is all you'll need to want to come back to check out their 2nd annual 12-hour race in Spring 2022.

Registration

Registration for ValleyCross is only available through CCN (ccnbikes.com). Day-Of registration is not accepted.

If Provincial Health Orders cause a limit to occupancy, order of registration will be used as a call-up order.

If Provincial Health Orders cause the cancellation of ValleyCross, a **full refund** will be issued, minus transaction service fees.

RACER CATEGORIES

Men's Categories

- Elite Men
- Masters A (Open) Men (40+)
- Masters B (Intermediate/Novice) Men (40+)
- 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

RACE DAY SCHEDULE

Time	Race	Categories	Duration
8:15 AM	Registration Opens	All	
8:30 AM	Course Opens	All	1 hr
9:30 AM	Race #1	Novice / U13 / 15 Men	30 mins
		Open Youth / Beginners	1 Full Lap
10:15 AM	Race #2	Men - Intermediate Men / U17 Men	45 min
11:15 AM	Race #3	Women - Intermediate / U17 / Master (40+)	45 min
		Women - Novice / U13 / U15 Women	
12:00 PM	Course Open	All	60 mins
	Kids Race	See Kids Race Schedule	Half Lap
12:30 PM	Podiums	Races 1 + 2 + 3	
1:00 PM	Race #4	Single Speed Men / Women	45 mins
		Masters B Men (40+)	45 mins
2:00 PM	Race # 5	Elite Men	60 mins
		Masters A Men	50 mins
		Elite Women	50 mins
3:15 PM	Podiums	Races 4 + 5	

Kids Event

Start	Finish	Event	Duration
10:30	12:00	Kids Race Registration (Cycling BC Tent at the Mini-Course)	
11:00	12:00	Skills Session (Drop-in Style)	
Kids Racing !!!			
12:00	Kids Race 1	Age 2-4 - Kids Mini Course	
	Kids Race 2	Age 5-6 - Kids Mini Course	
	Kids Race 2	Age 5-6 - Kids Mini Course	
	Kids Race 3	Age 7-8 - Kids Mini Course	
12:30	Kids Taster Race	Age 8+ - Main Course	Half Lap

*Kids Taster Race: Please meet at the kids registration tent @ Mini-Course. Coaches and volunteers will take the participants to the adult start line for 1 lap of the full course, starting at approximately 12.40pm. All participants must be off-course by 12.55pm.

CATEGORIES DEFINITIONS

Since Cyclo-Cross World Championships are in January 2022, categories are based on rider's age as of December 31, 2022. 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, 2022)
- 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.
- 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+ Race Masters 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, 2022)
- 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 daily 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+ race Masters A (optional)
- Elite category is open to Juniors

Single Speed

- Open to all ages and abilities

PRIZING

Elite Men & Elite Women will receive equal day-of cash prizing as follows:

1st	2nd	3rd	4th	5th
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

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. Yes, it was a long time ago.

All others will be staged randomly.

- Combined categories (eg., Elite / Master A men) will race as one group but will be started separately.

TIMING

Cycling BC chips

Category Upgrades

- Riders with three podium finishes within a specific category during the season will be required 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

CBC Points Table

1st through 25th places receive points as follows:

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.

RULES/PROCEDURES

Licensing

- Kids Races / Youth Beginners / iRide Program: license required; charge is waived.
- 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 (No Fat Bikes allowed)
- Juniors/Intermediate/Masters: Cyclocross (or Gravel) bikes are highly recommended for Intermediate and Master B races; Mountain Bikes are permitted, but discouraged (No Fat Bikes allowed)
- Elite/Masters A: Elite and Master A races will be subject to UCI rules regarding equipment
- Single Speed: Bikes must be limited to one gear (No Fat Bikes allowed)

LMCX 2019 CATEGORIZATION CHANGES

Youth Racer Categorization

LMCX series races have adopted a harmonized ability-based model for youth (U13-U19) riders for the 2019 season. This change is in response to feedback from riders and coaches. The 2019 LMCX model is similar to the one used by Cross On the Rock.

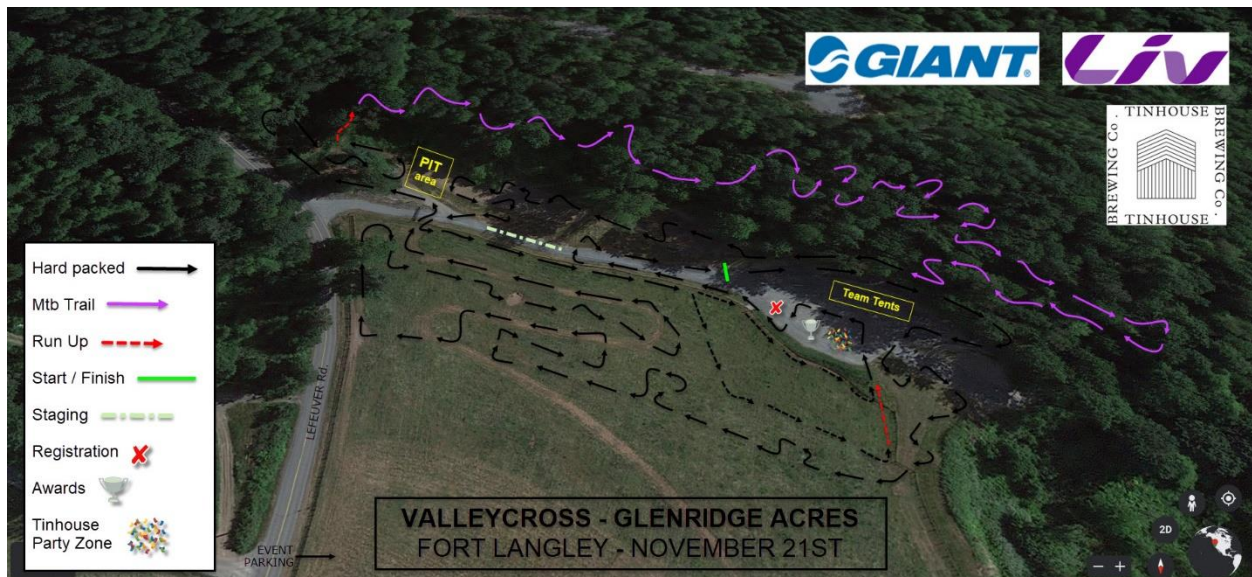
Why?

- Integrating youth riders into ability-based categories will promote more development through increased competition.
- We're thinking about creating better rider experiences for our youth.
- The previous system in which riders could choose to race either age category or ability category made provincial ranking very difficult.
- Many of the youth age+gender groupings in the LMCX series do not have enough racers to field a podium.
- This change is reflective of what has been occurring on a smaller scale already. Certain youth have already been choosing to race within ability categories to help with their development

How?

- Coaches, youth riders and parents can choose from one of the options available to them in deciding which category to race in, whether it be novice, intermediate or elite

- General guidelines are as follows but can be adjusted for each individual rider:
 - o U13/U15 race in Novice.
 - o U17/U19 would race in Intermediate
 - Youth racers will be allowed to stage wherever they are comfortable at the first race of the season, Donkey CX. They can choose to stage near the front row, middle of the pack or at the back. We strongly recommend that this staging position decision be made in consultation with the athlete's coach.
- What was the process?
- We reached out to some of the key stakeholders such as DEVO, Tripleshot, and TAG Cycling as well as Cycling BC coaches.
 - We consulted with Cross on the Rock to better understand their model and how it integrates youth
 - LMCX organizers developed this implementation plan based on feedback received.
 - Racers will not be pulled if they are lapped



ValleyCross