

Rock the Ridge / Jailhouse Rock

Gravel Series

Rock the Ridge

Date: April 30

Start: 13600 - 216 Street (North of 132nd Ave)

Jailhouse Rock

Date: May 1

Start: Allco Park - 13255 Alouette Road, Maple Ridge

Registration: Online registration only. Registration closes April 27 at 6 pm. Register at: www.bikereg.com

Course Maps and additional details: www.localride.ca

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

Category	RtR Distance / laps	Jailhouse Distance/laps	Start Times	Single Race Price	Omn ium Price
Women Cat 3/4/5	73 km / 3	72 km / 4	9:00 am	\$65	\$120 \$140
Men Cat 4 Men Cat 5	73 km / 3	72 km / 4	9:00 am	\$65	\$120 \$140
Elite Women Cat 1/2/3	73 km / 3	72 km / 4	9:00 am	\$65	\$120 \$140
Elite Men Cat 1/2/3 Men Cat 3 Master Men 35+	73 km / 3	72 km / 4	9:00 am	\$65	\$120 \$140

Race Distances, Start Times and Categories Subject to Change

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

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

- Sign-in closes 30 minutes prior to start time.
- Please keep your race numbers from Jeremy's Roubax/Thornhill/Wix Brown. We may have you reuse these numbers. You will be notified if so.
- Those needing numbers will be issued them on-site. Please bring your own pins.

- All waivers have been signed on-line. No paper copies required.
- You will receive 2 numbers: 1 for your jersey and 1 for your bike. The jersey number is to be pinned on the Right side of your jersey for Rock the Ridge and the Left side for Jailhouse Rock. 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 number. If you will not be attending additional races, please return the numbers.

UCI Rules, Licenses, Upgrade Points

- UCI, Cycling BC Provincial License, USA Cycling license required.
- One-day licenses available. Please get your license on-line. If you are unable to, print off a copy of the form and bring it along with payment.
Online: <https://ccnbikes.com/#!/events/10387-event-registration>
Paper: <https://cyclingbc.net/wp-content/uploads/2020/02/One-Day-Licence-Form-2020.pdf>
- Masters must be 35+ as of December 31, 2021
- Sign-in closes 30 minutes prior to start time.
- Category up-grade points are available. <https://cyclingbc.net/membership/category-upgrades/> - contact cory@cyclingbc.net if you need more information.

Race, Bike and Course Information

- **There is to be no parking, stopping on bikes hanging out etc. on Alouette Road from Allco Park to the gate at the gravel road. This includes racers, photographers, family, friends etc. You can walk or ride a bike to the gravel road and watch the race from the finish line or to access the feed zone. Corrections does not want any obstructions on this roadway. If we violate this rule, we will not get a future permit for this course.**
- This race is suitable for a gravel bike or cyclocross bike and can be done on a road bike. Wide tires with some traction is recommended. All bikes must be road style drop bar bikes and conform to UCI road/gravel/cyclocross bike rules. No mountain bikes or flat bars. No E-bikes allowed in any category. It is the riders responsibility to know what bike and tires is the best option.
- This will be a mass start event with possible short gaps between groups. Start order for the Elite Race will be according to licensed ability categories (Elite, Cat 1, Cat2, Cat 3, Cat 4, Cat 5)
- 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 / gravel roads are open to the public, so please ride responsibly, be courteous to those you encounter, do not litter and watch for dogs, and dog, horse and beer 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.

Rock the Ridge

- The course is a 23 km circuit including gravel and grassy dykes, gravel roads and paved roads. It is recommended pre-riding the course. See maps for details

JailHouse Rock

- The course is a 19 km circuit including paved roads with 2 climbs and gravel roads. It is recommended pre-riding the course. See maps for details.

Parking

Jeremy's Roubaix

- 17130 Barnes Rd, Pitt Meadows

Rock the Ridge

- parking will be along the gravel portion of 216th Street. North of 132nd Ave. Additional parking if needed along Cedar Street. Please respect the neighboring properties and do not toss anything in their yards. This includes banana and orange peels, apple cores etc.

Jailhouse Rock

- Parking will be in Allco Park and along Allco Park Lane

Washrooms

- Portable toilets will be used for this event.

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.
- 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 the dyke near the start area for Rock the Ridge and along the gravel road near the finish line at Jailhouse Rock. It will be marked by cones. **There is no feeding outside of this zone.** Riders and their support staff are responsible to remove all their garbage, empty bottles etc.
- **There is no neutral mechanical support for this race.** It is the responsibility of all riders to be self sufficient on the course. Be prepared to either walk to the nearest traffic marshal or event staff for up to 3 km. Wheel service is available at the feed zone.

Time-Cuts

- Time cuts will be in effect. Riders must complete the courses in under 3.5 hours. If your pro rated time heading into your last lap puts you above 3.5 hours, you will not be eligible to complete the race. You will be placed for scoring according to your finish.

Podiums and Prizes

- Top 5 results will be posted immediately following the race. There will be a 15 - minute time limit to protest these results. There will only be podiums for the Omnium on day 2. 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 posted or available on site.

Omnium Prize List	Placing		
	1	2	3
Women 1,2,3	TBA	TBA	TBA
Women 3,4,5	TBA	TBA	TBA
Elite Men 1,2,3	TBA	TBA	TBA
Men 3	TBA	TBA	TBA
Master 35+	TBA	TBA	TBA
Men 4,5	TBA	TBA	TBA

Race Series Format

These races will be run as a 3-event Omnium. Points will be given to all placings in each race. The person with the highest total points at the end of the event will win. If there is a tie, the winner will go to the rider with the highest finishing place in *Jailhouse Rock*. You do not need to start or finish each race to be eligible for a placing.

Race Series Points – Jeremy’s Roubaix / Rock the Ridge / Jailhouse Rock										
Placing	1	2	3	4	5	6	7	8	9	10
Points	30	28	26	24	22	20	19	18	17	16
Placing										
Placing	11	12	13	14	15	16	17	18	19	20
Points	15	14	13	12	11	10	9	8	7	6
Placing										
Placing	21	22	23	24	25	26 +				
Points	6	5	4	3	2	1				

Opening Lap Bonus Point Prime

1st – 6 points

2nd - 4 points

3rd – 2 points