

# **DRAFT**

## **Pumpkin Cross Technical Guide**

Welcome to the 15th Annual **Pumpkin Cross** cyclocross race presented by **Local Ride Bike Racing** on Sunday October 29th! This fun and action-packed family cycling event is traditionally Halloween-themed and features best costume prizes. The event is geared to all abilities and ages of cyclists with the number one goal of having a great and spooky time on two wheels.

**Date: October 29, 2023**

### **Location / Address / Parking:**

- Albion Fair Grounds - 23448 105 Ave, Maple Ridge, BC V2W 1B8
- Parking is at the corner of 105<sup>th</sup> Ave. and Lougheed Hwy. It is your first left once you turn off Lougheed on 105 Ave. Team parking will be at a location in the Planet Ice parking lot. Only 1 team vehicle is allowed and must be with a team tent. Please contact us if you will need space for your team.

**Race Organizer and Contact:** Local Ride Racing, Barry Lyster – 604 312-3318  
[localrideracing@gmail.com](mailto:localrideracing@gmail.com)

### **Event Sponsors:**

- Giant/Liv Canada
- Born Superior Sportscare
- Power2Max
- Orange Sport Supply
- Hansel and Gretel Bakery

### **Sandra Walter Liv Giant Women's Clinic**

- Join Sandra Walter on October 28th at 2 pm for a free beginner women's skills clinic to be held on the Pumpkin Cross race course. You must be registered for Sunday's race. Space is limited. Sign-up for the clinic at [www.bikereg.com](http://www.bikereg.com).

**Course Maps and additional details:** [www.localride.ca](http://www.localride.ca)

**Registration:**

- Online registration only. Registration will open Sept 27 and closes October 26 at 6:00 pm. Register at: [www.bikereg.com](http://www.bikereg.com)
- \$40 Adult / \$20 Junior, Youth / \$15 Single Speed add-on (must already be registered in another race). GST and Service Charges will be applied to the registration fee. • No refunds. Riders can substitute their registration to another rider for no charge up to registration cut-off date.
- Day of registration is \$60 cash only.
- If the event is postponed, your entry fee will be transferred to the new date.

## Licensing

- **Kids Races / Youth Beginners.** No license required
- **ALL OTHER CATEGORIES:** Riders are required to hold a current Cycling BC Provincial **RACE** or **UCI** license (one day event insurance is available for \$12/\$5 - Juniors) • **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 for \$15 (out of country) \$12 (Adults)/\$5 - Juniors). You can purchase on-line at the link below and bring a copy of your receipt. You can also print out a copy of the form and bring it to the race with cash for your payment. ○ Link: <https://ccnbikes.com/#!/memberships/builder-v2/cycling-bc-2022-single-event-license>
- **Print Copy:** <https://cyclingbc.net/wp-content/uploads/2020/02/One-Day-Licence-Form-2020.pdf>

## CATEGORIES

### Men's Categories

- Elite Men
- Masters A (Open) Men (40+)
- Masters B (Intermediate/Novice) Men (40+)
- Master Men 55+
- Intermediate Men
- Novice Men
- U17 Boys
- 13/15 Boys
- Single-Speed Men

### Women's Categories

- Elite Women
- Masters Open Women (40+)
- Intermediate Women
- Novice Women
- U13/15 Girls

- U17 Boys
- Single-Speed Women

## **RACE DAY SCHEDULE**

<b>Time</b>	<b>Race</b>	<b>Categories</b>	<b>Duration</b>
9:00	<b>Course Open</b>		30 min
9:30	<b>Race #1</b>	Novice / U13, 15 Men	30 min
10:30	<b>Race #2</b>	Intermediate / U17 Men	45 min
		Single Speed Men / Women	45 min
11:30	<b>Race #3</b>	Intermediate / U17 Master (40+) Women	45 min
		Novice / U13, U15 Women	30 min
12:00	<b>Kids Races</b>		½ and Full Lap
1:00	<b>Race #4</b>	Single Speed Men/Women	45 min
		Masters B Men (40+)	45 min
2:00	<b>Race #5</b>	Elite Men	60 min
		Master A Men	50 min
		Elite Women	50 min

## **CATEGORIES DEFINITIONS**

Since Cyclo-Cross World Championships are in January 2024, categories are based on rider's age as of December 31, 2023.

### **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, 2023) • Master C is for those mature Cat 4/5 road riders looking for bragging! (55 or older as of Dec 31, 2023).
- 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
  - Master A riders are scored separately for daily results

### **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)
- Open to Juniors

### **Single Speed**

- Open to all ages and abilities

## **Important Site Information**

- The facility is open to the public throughout the year. Please respect others if you come down to pre-view the site. Do not train at race speed and please stay off the grass until race day.

## **Race Numbers**

- If you have raced in a previous LMCX cyclocross event in 2023, please use that number.

## **Timing / Scoring**

- We will be using Zone4 timing. You will get a timing chip which you will put on your bars. This chip needs to be returned after the race. If the chip is lost, or not returned you will be charged for the cost of the chip (around \$75).
- When multiple categories are combined into one race start (i.e., Elite / Master A Men) individual categories are scored separately for day-of results

## 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 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)

## Prizing

- **Elite Men / Elite Women** - Elite Men & Elite Women will receive equal day-of cash prizing. • Prizing may be adjusted according to field sizes

<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>
TBA	TBA	TBA	TBA	TBA

## All other Day-of Prizing

- Podiums and special awards will be awarded to the top 3 in all other categories.

## LMCX Series

- Pumpkin Cross is part of the LMCX race series.

## 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