

BC Provincial Mountain Bike Championships

Saturday, June 3rd 2023

Races For All Ages and Abilities

**Hosted By: Glenridge Acres
7585 Lefevre Rd Abbotsford, BC**

Sanctioned by



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2 Welcome Remarks

Welcome to the 2023 Glenridge Acres Provincial Mountain Bike Championships. We are honored to be hosting BC Provincials again this year and looking forward to organizing this full day event.

Don't forget that racers of any age or ability can race in this event. There will be three race starts, and appropriate categories for all. Come out and race for fun, then watch the Elite riders lay it down on the same course!

3 General information

3.1 Event Overview

An all-day event with three race starts throughout the day. Racing for all ages and abilities. Camping permitted by request. Glenridge Acres is private land, and trail use is permitted by invitation only. Please respect this venue so that we can host races and kid's camps for years to come.

3.2 Venue

Glenridge Acres is located 10 minutes east of Fort Langley on the edge of Glen Valley. This private trail network has been created by the land owner to host i-Ride kids camps, summer "Throwdown Thursday" races, and the "12 Hours of Glenridge" mountain bike race. A diverse trail network suited for racers of all abilities, from professional level athletes to kids and beginners.

Event Address: 7585 Lefevre Rd, Abbotsford, BC.

3.3 Site Map



3.4 Race Staff

Position	Name	Contact
Chief Organizer	Mike Rauch	mike@cahilty.com
Course Director	Simon Blythe	

3.5 Officials Committee

Position	Name	Contact
Technical Delegate	Cory Ostertag (Cycling BC)	cory@cyclingbc.net
Chief Commissaire	Wally James	
Member	Gary Leung	
Member	Sue Duxbury	
Member	Steve Sleep	

3.6 Inclement Weather

Event held rain or shine. In the Event of unsafe weather (e.g. snow or smoke) on race day, race officials may delay, modify or cancel racing.

3.7 Race Headquarters, Awards, Podium location, Media

Race headquarters, awards and podiums all located on near the Start/Finish area.

3.8 Useful Links

[UCI Mountain Bike Regulations](#)

[Cycling Canada Companion Guide](#)

3.9 Registration and package pickup

- Online Race Registration:
- Registration closes Thursday, June 1st @ 11:59pm
- Onsite package pickup will be open on race day from 8:00am until 30 minutes before the scheduled race start
- Registration costs \$65 per racer. \$40 for U17 and younger.

3.10 Race Day Schedule

Course open for practice 8:00am-9:45am

Race 1			
Category	Championship?	Start time	Approximate Race Duration
U17 Men	Yes	10:00am	3 laps - 60 Minutes
U17 Women	Yes	10:02am	2 laps - 45 minutes
U15 Men	Yes	10:04am	2 laps - 50 minutes
U15 Women	Yes	10:04am	2 laps - 55 minutes
U13 Men	Yes	10:06am	1 lap - 30 minutes
U13 Women	Yes	10:06am	1 lap - 35 minutes
Race 1 Podium – 11:30pm			

Course open for practice approx. 11:30am – 12:15pm

Race 2			
Master Men 35-44	Yes	12:30pm	3 laps - 65 minutes
Master Men 45-54	Yes	12:32pm	3 laps - 65 minutes
Open – Sport/Novice Men	No	12:32pm	3 laps - 70 minutes
Master Men 55+	Yes	12:34pm	3 laps - 70 minutes
Master Women 35-44, 45-54 & 55+	Yes	12:36pm	3 laps - 70 minutes
Open – Sport / Novice Women	No	12:36pm	2 laps - 60 minutes
Race 2 Podium – 2:15pm			

Course open for practice approx. 2:15pm – 2:45pm

Race 3			
Elite / Expert Men	Yes	3:00pm	4 laps- 80 minutes
Junior Men	Yes	3:02pm	3 laps - 65 minutes
Elite / Expert Women	Yes	3:04pm	4 laps - 85 minutes
Junior Women	Yes	3:04pm	3 laps - 70 minutes
Race 3 Podium – 5:00pm			

3.11 Rules & Racing format

- The BC XCO Provincial Championships will be run according to UCI and Cycling Canada rules.

3.12 Eligibility and License information

- All athletes must be in possession of a valid UCI international license or a Cycling BC provincial race license. Single event license may be available at the discretion of Cycling BC (see below).
- Domestic licenses from other countries or provinces within Canada are not permitted
- A rider whose license could not be verified and whose status as approved cannot be established in any other manner may not start and may not figure in the classification of the event.
- Single event licenses will be available for the following categories:
 - Open – Sport / Novice Men
 - Open – Sport / Novice Women

This competition is open to residents and non-residents of BC.

- Only residents of BC, and current members of Cycling BC will have access to the provincial title, Provincial Championships podium positions and Provincial Championships medals.
- Residency is defined as keeping a permanent residence in the province for a minimum of 183 days out of the calendar year.
- Canadian Citizenship is not a requirement for provincial championship eligibility.
- Prize money (where applicable) will be based on order of finish at the Provincial Championships, regardless of residency.
- Should a non-resident (out of province racer) place amongst the top three overall finishers in the race category, a podium presentation will take place based on the order of finish of the race and a second podium presentation based on the Provincial Championships results of eligible BC residents will follow.

3.13 Categories

- U13 (ages 10-12) Men / Women
- U15 (ages 13-14) Men / Women
- U17 (ages 15-16) Men / Women
- Junior (ages 17-18) Men / Women
- Elite & Elite Expert Men / Women
- Masters A (35-44) Men / Women
- Masters B (45-54) Men / Women
- Masters C (55+) Men / Women
- Open Category: Sport / Notice Men / Women

3.14 Race numbers and timing information

Electronic timing is provided by Zone 4. “Active” chips must be placed on handlebars or stem. Chips are NOT disposable and must be returned after the race or the racer will be charged the replacement fee of \$65.

3.15 Doping Control

- All races are conducted under UCI Antidoping regulations.
- It is the rider’s and team manager’s responsibility to know the rules.
- Drug Test Facility for CCES Antidoping Inspector to be announced at each venue.
- Athletes who are selected for testing will be met at the finish line by a chaperone. *Note to all athletes who DNF you must report to the finish line. – Medical problems should be reported to a commissaire.
- Athletes participating at the BC Provincial Championships requiring the use of a medication included on the Prohibited List must have a TUE prior to participating in the event.
 - This applies to all categories of athlete: elite, junior, master, etc. To obtain forms and TUE requirements, athletes are encouraged to visit the TUE Wizard, <http://cces.ca/tueforms>

3.16 Course Map

The course length is 5.5 km long with 90% single track and 150m of vertical per lap. Visit: <https://www.strava.com/segments/28767434> for Strava Segment. Visit:

<https://www.relive.cc/view/v36AjomPRGq> for Relive detailed course map. Note: there will be a 400m open start loop prior to the first lap.

3.17 Feed/Tech zone

There is one Pit/Feed zone per lap approximately 100m after the start/finish line. There is no water or power supply provided in this area, so pit crews must be self sufficient. Water and power is provided near the Start/Finish area. See site map for details.

3.18 Warm ups/Pre-riding the course

See race schedule above.

3.19 Equipment

- Helmets are required while riding a bike at all times.
- Championship category riders are required to wear club or team jerseys corresponding to their license.

3.20 Podium Protocol

- All championship category podium finishers are expected to be in attendance and in clean cycling apparel representing their club or team corresponding to their license.

3.21 Results

Live results will be available from zone4.ca

3.22 Race Services and Amenities

3.22.1 Team Tent area, washroom and showers

Team tents and camping can be set up on the grass bench above the start finish area. No vehicle movement is allowed through this area between 9am and 5pm on event day.

3.22.2 Pit and bike washing area

Bike wash is provided in the Race Headquarters area. There is no power or water in the Pit area.

3.22.3 Parking

All parking will be in the lower field via access near the red pumphouse. Vehicles can enter and exit at any time during the event. Parking is approximately 200 meters from Race Headquarters and Start/Finish area.

3.22.4 First aid and medical

First aid is provided near the Race Headquarters. All racers must provide emergency contact information via registration. Any racers with a special medical condition must supply their own needs.

3.22.5 Lodging and restaurants

Camping is provided free of charge. Closest cities are Langley and Abbotsford. Food Truck is planned for onsite.