



BC BIKE RACE

2010 RACE RULES

The BC Bike Race (BCBR) is a multi-stage cross-country mountain bike race in which competitors are expected to be self-sufficient during the course of each stage. Participants in BCBR undertake this challenge with the expectation that they understand and accept this principle.

The rules outlined below are designed to ensure the safety of racers, support the fundamental concept of fair play, and maintain the overall integrity of the race itself.

1. Racers

- 1.1. Minimum age of participation is 19 years on the day the race starts.
 - 1.1.1. Exceptions to this rule are subject to approval by the Management Team.
 - 1.1.2. Applications for exception will only be considered when the following conditions are met:
 - 1.1.2.1. The applicant under the age of 19 must be accompanied throughout the race by an adult race partner .
 - 1.1.2.2. A parental consent addendum waiver is completed and signed.
 - 1.1.2.3. The adult race partner must be a family member or be authorized as the guardian and have completed one or more similar epic stage races.
- 1.2. Racers must be in good health and well trained.
 - 1.2.1. BCBR does not screen participants.
 - 1.2.2. It is the racer's responsibility to determine if they are fit enough to safely participate.
- 1.3. All non-Canadian racers must have valid travel and medical insurance to participate in BC Bike Race.

2. Medical

- 2.1. The organizers reserve the right to prevent a racer from continuing the race on recommendation of the medical staff.
- 2.2. Any racers requiring specific personal medications are responsible for supplying and carrying such medication each day while racing.
 - 2.2.1. It is recommended a backup set of medication is given to a team member in case primary medications are lost or damaged. If any solo racer is on medication, they are asked to inform Racer Relations.

3. Mandatory Equipment

- 3.1. As per the BCBR Mandatory Gear List.
 - 3.1.1. These items must be considered the bare minimum, and it is strongly recommended that racers ensure that they are fully prepared to deal with emergencies they may encounter.
- 3.2. Prior to registration racers will sign a document which includes an acknowledgement that each racer will carry the items contained in the Mandatory Gear List.
- 3.3. Random checks will occur throughout the race. Racers not able to produce mandatory gear will be subject to a 15 minute time penalty for the first offence, and a 30 minute penalty for the second offense.

4. Bicycles

- 4.1. Only mountain bikes in good working order will be allowed to start the race.
- 4.2. Bikes must be race-ready at the start of each stage, and during the race.
- 4.3. The front number plate must always be securely fitted and visible from the front.
- 4.4. Handlebar ends and handlebar extensions shall be plugged and must not have sharp or jagged edges.
- 4.5. Maintenance of bicycles during the race is the responsibility of each racer.
- 4.6. Any components or equipment may be changed, swapped or repaired during the race but a racer must complete the race with the same number plate with which they started the race. Swapping or exchanging of complete bicycles between racers is not permitted.
- 4.7. In all cases of maintenance and repair during a stage, racers are still required to complete the full distance of the stage with their bikes and within the time allowed.
- 4.8. Bike repair services are available from the BC Bike Race technical service partners in the tech zone at each stage finish.

5. Helmets and Clothing

- 5.1. A racer not wearing a helmet at any stage of the race will be disqualified.
- 5.2. All helmets must comply with international 'ANSI', 'SNELL' standards.
- 5.3. Appropriate riding attire, including a shirt, must be worn at all times.
- 5.4. Eye protection is strongly recommended.
- 5.5. Fully-enclosed footwear is recommended.
- 5.6. No headphones or other audio devices will be allowed to be used during the race. This is for safety reasons.

6. Nutrition and Hydration

- 6.1. Racers retain the ultimate responsibility to carry enough water and nutrition with them for each stage.
- 6.2. The BC Bike Race organization will provide water at Aid Stations on the route. This water is for drinking only.

7. Racer Check-In and Mandatory Meeting

- 7.1. Racer Check-in will be open at Inter River Park in North Vancouver, BC from 10:00am to 2:00pm on the Saturday before the race starts.

- 7.2. A mandatory race prologue (short time-trial stage) will be held at the park, starting at 12:00pm.
- 7.3. A mandatory racer briefing will take place in the park at 5:00pm on the Saturday before the race starts. By this time, all racers must be checked in. No late check-ins will be accepted.

8. Racer Identification

- 8.1. All racers must display all issued race numbers at all times during the stage.
- 8.2. Bike number plates must be firmly fixed on the front of the bike, and must not be obscured by cables or any other item.
- 8.3. Race numbers and bike number plates may not be altered or mutilated in any way, including cutting, adding stickers, removing existing stickers or trimming. Violation of this rule will result in a 1hr time penalty.
- 8.4. Race leaders are obliged to wear the leader jerseys.
- 8.5. A racer's sponsor badge/logo fixed on any leader jersey must not cover or obscure the existing BCBR branding and sponsors' logos.
- 8.6. Racers not displaying their race number properly and clearly will be warned and following a second offence will be given a time penalty of 30 minutes. Subsequent offences will be punished at the discretion of the Management Team.

9. Start

- 9.1. Only bicycles with official 2010 BC Bike Race plates will be permitted in the start chutes.
- 9.2. The start chutes open 30 to 60 minutes before the start of each stage.
- 9.3. Differential start zones will be allocated according to overall ranking in the race (with the exception of Day Zero where a time-trial style start will be used)
- 9.4. The top 3 in each category will have the option to start from the first row, if present at the start line no later than 10 minutes before the start of the stage.
- 9.5. The seeded starting zones will close 10 minutes before the stage start.
- 9.6. There are no in and out privileges in the start zone.
- 9.7. Racers that are not in their start zones 10 minutes before the start will be required to start in the last zone.
- 9.8. Any racers who are planning on racing a route that is not their currently assigned category (Epic vs Challenge) must notify Racer Relations 60 minutes before race start.
- 9.9. No biking in ferry terminals. We have multiple starts in busy ferry terminals where large amounts of traffic are loading/unloading off of ferries. On these days, there will be a neutral, rolling start, enabling riders warmup before reaching the trails.

10. Route and Stages

- 10.1. Racers must complete the full designated route and distance of all stages.
- 10.2. Only racers who complete all seven Epic stages within allocated times will be considered BC Bike Race Epic Finishers.
- 10.3. Racers who complete seven stages, one or more of which is a Challenge distance stage, will be considered BC Bike Race Challenge Finishers.
- 10.4. Racers who do not complete seven stages will be considered BC Bike Race Participants.

11. Race Timing

- 11.1. Individual racer times will be advertised, including time penalties. Awards will be based off of team stage times.
- 11.2. Team's stage time is determined by the recorded time of the final team member to cross the line. The recorded time includes the individual racer's stage time, plus applicable penalties.
- 11.3. Timing will start with the start gun each morning.

- 11.4. The start line will remain open for 5 minutes after the start gun.
- 11.5. Any racer who cannot make the start deadline must report to the Operations Director within 5 minutes of the start gun to request approval for a late start so that BC Bike Race can inform the Safety Team and Aid Stations.
- 11.6. No racer is allowed to start late without approval. If no approval for a late start has been given the racer will be considered a DNS (did not start), hence receive no stage result and not qualify as a race finisher.
- 11.7. The finish cut-off time will not be adjusted for racers who are permitted a late start.

12. Finish, Cutoff Times and Out of Race

- 12.1. Cutoff Times are in place for the safety of the racers and the BCBR staff
- 12.2. Cutoff Times may be modified for all racers in the event of extreme conditions, or course damage
- 12.3. Racers who do not arrive prior to a designated cut off time will be considered NOR (Not Officially Ranked), unless they are redirected to the Challenge Course from the Epic Course. If a complete team does not arrive prior to a designated cutoff time, the team will be considered NOR.
- 12.4. Racers not making the cutoff times or who do not reach the finish line under their own power will have their bike plates removed. Any racer defined as NOR will have their bike plate removed once they are off the course for the day.
- 12.5. If this happens at an aid station, the NOR racer may be restricted from continuing further, and transportation may be provided back to the finish by BCBR staff. All effort will be made to transport such racers and their bikes to the final stage finish at their own cost.
- 12.6. If a racer is permitted to continue to the finish, they must check in at the finish line timing tent to have their plates removed. If a racer changes from the Challenge Course to the Epic Course during a stage, they must also check in at the finish line to have their category changed.
- 12.7. Following the plate removal or category change, the NOR racers are required to check in at the Racer Relations Office to indicate their intentions for the following day.
- 12.8. Racers wishing to race on another day must report to the Racer Relations Office to acquire a blue plate.
- 12.9. Blue plated racers are permitted to race all remaining days as long as they reach aid stations and finish lines by the posted daily cutoff times. They are still eligible for daily awards if riding in category they started the event in, but not for overall awards.
- 12.10. If a blue plated racer does not make a second cutoff on a subsequent day, their plate will again be removed once they are off the course for the day.
- 12.11. When they reach the base camp, they must again check in with Racer Relations to declare their intentions for the following day.
- 12.12. If they still wish to race, they must be checked by the Medical Team in order to be allowed onto the course.
- 12.13. For results: Any Time Penalties issued that put a racer or team past the cutoff times will not result in NOR status.
- 12.14. Racers may also have their plates removed by the Medical Team if they are deemed to be incapable of finishing the day.
- 12.15. If a racer cannot or will not continue the race on subsequent days for whatever reason, they must report to the Racer Relations Office and follow the guidelines of the Racer Out Program.
- 12.16. Racers finishing on Day 7 with a Blue Plate will continue through the finish chute but will not be considered an Official Finisher of the BC Bike Race.
- 12.17. Stage winners and overall category leaders must be present at the daily awards ceremony, including the final ceremony. Absence may result in time penalties. Racers will be advised daily of any changes to the awards ceremony start times.

13. Split Teams

If one team member succumbs to injury or mechanical failure and the team decides that the other racer should carry on, then a number of things happen:

- 13.1. Eliminated racers must be made safe and brought to attention of BCBR Team for extraction
- 13.2. In the event of a racer subjected to a head injury, the partner of the injured racer (or in the instance of a solo racer, a competitor who witnessed the incident) must stay with the injured racer until the injured racer is deemed fit to make decisions on his or her own.
- 13.3. In the event that a racer has been commandeered to assist the medical team with an emergency situation, that racer will not be subjected to time penalties that would result in his or her eligibility to be considered an Official Finisher of the BC Bike Race.
- 13.4. Continuing racer will then be considered a solo rider and must meet cutoffs to be eligible for BCBR Finishers Awards
- 13.5. Upon completion of race day, both team members (if possible) must visit Racer Relations to declare next day intentions. Racer Relations will make decision on issuing plates.
If one member of the team is incapable or unwilling to continue, then the Continuing Racer receives a new bike plate and rides as a Solo Racer in order to continue.
- 13.6. Upon completion of the event, all racers will receive BCBR Finisher Awards in the Epic or Challenge categories unless they have been issued a blue plate.

14. Traffic Regulations

- 14.1. BC Bike Race will not have exclusive use of any public roads during the race.
- 14.2. All regular traffic regulations must be observed at all times during the race.
- 14.3. Instructions of marshals and local authorities must be strictly followed.
- 14.4. Racers who do not obey the traffic regulations or who endanger others will be warned and following a second offence will be given a time penalty of 30 minutes. Subsequent offences will be punished at the discretion of the Management Team.

15. Checkpoints

- 15.1. In each stage there will be mandatory checkpoints at Aid Stations.
- 15.2. Racers must walk their bikes through all Aid Stations.
- 15.3. It is the responsibility of the racers to make sure they have been checked in.
- 15.4. Racers that do not ensure they are checked in at the checkpoints will be disqualified.
- 15.5. The locations of Aid Stations will be published.
- 15.6. All team members must be within two minutes of each other at all checkpoints, including the finish line, otherwise the follow penalties will apply.
 - 15.6.1. First offense – 15 minute team time penalty.
 - 15.6.2. Second offense – 60 minute team time penalty.
 - 15.6.3. Third offense – at discretion of Management Team, but disqualification is an option.
- 15.7. The above mentioned two minute rule can and will be checked at random at or between any checkpoint on the course.

16. Ethical, Environmental and Fires

- 16.1. No alcohol or illicit drugs are permitted during the race.
- 16.2. No littering or unnecessary damage to the environment will be tolerated. Any offence will lead to time penalties or disqualification.
- 16.3. Neither fires nor smoking will be permitted on course at any time. Racers violating this rule will be disqualified.
- 16.4. No open flames will be permitted at any of the Base Camp locations.

17. Support Vehicles and Support Staff

- 17.1. Competitors may not receive any outside assistance other than at the designated tech zone at the completion of each stage, but may receive internal technical assistance from their team partner.
- 17.2. No outside assistance is permitted with the exception of during the neutral rolling starts. Outside assistance is only permitted at the designated BCBR Aid Stations by BCBR Staff.
- 17.3. Outside assistance includes bike maintenance, nutrition support and physically aiding racers.
- 17.4. No towing or pushing is allowed except in cases of emergency and this will be subject to the Commissar's call. Time penalties may be applied.
- 17.5. Bike repairs may be performed on the route by the racers but without obstructing other racers.
- 17.6. Neutral feeding and watering will be supplied by the race organization at designated Aid Stations.
- 17.7. Racers are not allowed to draft behind other racers who are not participating in BCBR, but may draft their own team partner or other racers taking part the event.
- 17.8. No other form of drafting is permitted whatsoever including, but not limited to, private vehicles, motorcycles and trucks.
- 17.9. Specific escort or support vehicles not provided by the BC Bike Race organizers are not permitted to follow the race route. However, supporters may drive their own vehicles along public roads to reach vantage points to vocally support racers. Some sections of the course will be closed to all non-event traffic, including public roads. Their closures must be respected by all.
- 17.10. A racer whose supporters follow the route will receive a time penalty and on second offence will be disqualified.
- 17.11. A racer whose supporters take a ferry they have been instructed NOT to use will receive a time penalty or will be disqualified. Please refer to the Support Team Guidelines document for this information.
- 17.12. Support Vehicles and Support Staff not adhering to the Rules will have their racers penalized by 1 hour and may result in disqualification – subject to the Commissar's decision.

18. Withdrawals and Partner Changing

- 18.1. Teams or racers that cannot continue the race, for whatever reason, must immediately inform the Racer Relations Office. This can be done at the race start and finish.
- 18.2. In the event of a search and rescue operation being initiated for a racer that has withdrawn, but has not informed the Racer Relations Office, the cost of the search and rescue will be the responsibility of the racer and the racer will be prohibited to race in BC Bike Race again.
- 18.3. Separated teams will not qualify for team ranking, but individual racers will qualify as finishers, on condition that they complete all stages.

19. Evacuations

- 19.1. It is up to any medical staff and/or moto and/or medical director to decide the most appropriate method of extraction
- 19.2. Racers are responsible for the extraction (logistics and cost) of their bicycles and gear, but the BC Bike Race staff may assist where possible.
- 19.3. BC Bike Race cannot accept responsibility for racer gear that is left behind as a result of an extraction. Only injured or ill patients will be extracted. Uninjured members will continue on to finish.
- 19.4. In the event that a racer has been commandeered to assist the medical team with an emergency situation, that racer will not be subjected to time penalties that would result in his or her eligibility to be considered an Official Finisher of the BC Bike Race.
- 19.5. Any racer extracted from the course must report to the Racer Relations office when capable of doing so.
- 19.6. All uninjured racers involved in an extraction must report to or contact the Racer Relations office (778-846-5746) with all due haste to minimize the extent of a Lost Racer Search & Rescue Operation.
- 19.7. Racers who voluntarily leave the course without notifying Racer Relations within 4 hours of departure are subject to paying for the cost of a Search & Rescue Operation.

20. Protests

- 20.1. Any protests must be submitted in writing to the Racer Relations Office or to the Race Director after the racer has crossed the finish line, and within the allocated time period.
- 20.2. A deposit of \$25CAD must accompany any protest, before the protest will be considered.
- 20.3. If the protest is upheld, the deposit will be refunded. If the protest is not upheld, the deposit will be forfeited to be used for local trail development.
- 20.4. Race protests must be submitted within 30 minutes of the racer crossing the finish line.
- 20.5. Result protests must be submitted within 30 minutes of the results being posted.

21. Doping

- 21.1. BC Bike Race reserves the right to conduct doping tests on all racers.
- 21.2. Positive results will lead to disqualification from the event, and those results will be forwarded to the national cycling federations.

22. Disqualification and Penalties

- 22.1. Racers may be disqualified at the discretion of the Commissar / Racer Relations Office for any one or more of the following reasons including, but not limited to:
 - 22.1.1. Riding at any point on any stage without a helmet
 - 22.1.2. Littering
 - 22.1.3. Disrespect of or damage to the environment
 - 22.1.4. Smoking or lighting fires
 - 22.1.5. Bad sportsmanship
 - 22.1.6. Abuse of race officials
 - 22.1.7. Traffic rule violations
 - 22.1.8. Breaking of the BC Bike Race race rules as described above
- 22.2. Time penalties will be applied to stage results and to overall results or general classification.

23. Basic Mountain Bike Racing Rules and Etiquette

- 23.1. Racers must complete the entire distance of the race and are responsible for following the official route.
- 23.2. A racer is not permitted to take any shortcuts or to omit a circuit, or take other advantage of a similar nature against opponents.
- 23.3. Racers who exit the route of the course for any reason must return to the course at the exact same point at which they exited.
- 23.4. Any walking, running or riding by a racer, which is carried out without the intention of directly re-joining the course, or other activity in breach of the regulations, which takes place outside of the marked course area, can result in disqualification.
- 23.5. Racers must act in a polite manner at all times and permit any faster racer to overtake without obstructing.
- 23.6. Racers must respect the countryside and ride only on the official route. Racers must avoid polluting the area and not leave any waste or litter.
- 23.7. No glass containers of any kind are permitted on or near the course.
- 23.8. Racers must not use offensive or abusive language during the race, act in an unsporting manner, be disrespectful to the officials, or ignore the race regulations.
- 23.9. Any racer reported for trespassing on private land relating to the route of the BC Bike Race at any time of the year will receive a lifetime ban from riding the race.

24. Discretion of the Commissar

- 24.1. Where any additional rule interpretation is required, or where specific provision for any incident has not been made in these rules, the decision of the Commissar will be final.