

Fresh Air Experience Fantastic Four **RACE INFORMATION**

WELCOME to the 2nd annual Fresh Air Experience Fantastic Four! We're in for three days of excellent racing in the beautiful Okanagan Valley. On behalf of the volunteers without whom this race would absolutely not happen, we thank you for making the trip out to our event and hope you have a great weekend. Please join us after the criterium on Sunday for awards presentation, draw prizes and a wrap – up barbeque. Good luck!

Race Directors

- Heather White, 764-7404 h., 801-7404 c.
- Martin Tymmm, 764-7404 h., 801-7403 c.

Commissaires

- Kevin MacCuish- Chief commissaire
- Sandy Harrison
- Blake McClennon
- Bill Wild
- Gloria Bordon
- Gary Leung
- John Evanochko

Registration and Package Pick – up

- Registration cut – off is Thursday August 2 at midnight
- Package pick – up and sign – in
 - Thursday August 2, 12 – 5 pm, Fresh Air Experience, 18 - 2070 Harvey Ave (behind Wendy's), 763-9544
 - Friday August 3, 9:30 – 2 pm, Fresh Air Experience
- At the time of sign – in racers must present their race licence in exchange for race numbers; licences will be returned following return on all **three** race numbers at the end of the event or after abandoning an individual stage
- Loss of race number(s) will result in a \$10 fine

Event Sign – on

- There is no sign – on for the Hill Climb and Individual Time Trial; riders must simply show up for their appointed start time
- For the Road Race and Criterium, all riders must sign the starting sheet found at the start / finish upon arrival; failure to sign the starting sheet will result in a \$30 fine

Hill Climb

- Riders will be given their hill climb start time when they complete the registration process; there will be no registration period at the race venue
- Start order within each category will be by order of registration

Individual Time Trial

- Within each category, the start order will be in reverse order of the General Classification, i.e. the rider with the lowest cumulative time in each category will start last

Stage Details (see maps)

Hill Climb

- Competitor and spectator parking along Broadway Ave and Ellis St at the base of Knox Mountain Park
- Warm up on the roadways located adjacent to the course
- Start at the base of Knox Mountain Rd to the top as indicated by the white finish line painted on the road
- **There are three speed bumps on the hill climb which can be ridden around or over**
- Riders will be given their hill climb start time when they complete the registration process; there will be no registration period at the race venue
- Start order within each category will be by order of registration
- There is no sign – on for the Hill Climb; riders must simply show up for their appointed start time
- The first rider will start at 5:00 pm sharp and each subsequent rider at 60 second intervals
- This course is ~3.4 km with the finish indicated by a heavy white line and the presence of the finishing line judges
- There will be toilets and water and both the start and finish of the hill climb

Road Race

- Competitor and spectator parking South East Kelowna Elementary School on Spiers Rd at Saucier Rd
- Warm up on the roadways located adjacent to the course
- Start / finish is on Spiers Rd just north of Saucier
- Competitor sign – on is required; sign – on begins at 7:15 am at the staging area and closes at 7:50 am for the 8:00am race, and 10:45am – 11:20am for the 11:30am race
- Failure to sign – on will result in a \$30 fine
- Heats will take place as follows:
 - 8:00 am: Cat. 1&2 men- 9 laps
 - 8:05 am: Cat. 1-3 women- 6 laps
 - 11:30 am: Cat. 3- 6 laps
 - 11:35 am: Cat. 4&5 men- 5 laps
 - 11:40 am: Cat. 4 women- 4 laps
- The course is a winding, hilly 12 km loop which is completely open to traffic though certified flaggers will be controlling cars; racers will rider in a clockwise direction

- The course will be well marked but riders are responsible to familiarise themselves with the course
- *Riders observed crossing the centre yellow line or traffic cones indicating the centre line will be immediately disqualified*
- One 100 m feed zone indicated by traffic cones will be located on Sallows Rd; riders are responsible for supplying their own drinks, food, etc (see *Specific Technical Details*)
- Only the 8:00 am and 8:05 am heats qualify for BC Cup points though all other heats qualify for general Cycling BC upgrade points
- Each heat will have a lead vehicle, lead and follow commissaries and a neutral support vehicle; the cat. 1&2 men's race will have additional neutral support for any breakaway group
- There will be a limited number of wheels available from the neutral support vehicle and wheel in – wheel out rules apply; riders may reclaim their wheel at the end of their race
- Riders may supply their own spare wheels provided they are clearly labelled with name and race number
- There will be water, food and two portable toilets are located at the staging area

Time Trial

- Competitor and spectator parking at the start on Airport Rd and at the finish in the Cintas parking lot on Argus Rd
- Warm up on the roadways located adjacent to the course
- Start is on Old Vernon Rd at Airport Rd and Argus Rd heading east; finish is on Old Vernon Rd just west of Argus Rd as indicated by the heavy white line on the road
- Within each category, the start order will be in reverse order of the General Classification, i.e. the rider with the lowest cumulative time in each category will start last
- There is no sign – on for the Time Trial; riders must simply show up for their appointed start time
- The first rider will start at 5:00 pm sharp and each subsequent rider in 60 second intervals
- *Riders observed drafting will be immediately disqualified*
- The time trial is a 8.5 km point to point course
- There will be water and one portable toilet at the finish area

criterium

- Competitor and spectator parking on Jim Bailey Rd north of the race course
- Warm up on the course from 8:30 am – 8:50am and on adjacent roadways
- Start / finish on Jim Bailey Rd heading south in a counter – clockwise direction
- Competitor sign – on is required; sign – on begins at 8:15 am start - finish area and closes 10 minutes prior to the start of each heat
- Heats will take place as follows:
 - 9:00 am: Cat. 4&5 men- 15 laps
 - 9:50 am: Cat. 4 women- 13 laps
 - 10:35 am: Cat. 3 men- 18 laps
 - 11:30 am: Cat. 1-3 women- 18 laps
 - 12:25 pm: Cat. 1&2 men- 28 laps

- The course is a ~1.7 km slightly rolling
- Each heat will have a lead and follow vehicle with the commissaire in the follow vehicle
- The Neutral Support Pit will be located near the start / finish line and all technical assistance must be carried out in the pit area
 - Wheel in – wheel out rules apply; riders may reclaim their wheels at the end of their race
 - Riders may supply their own spare wheels provided they are clearly labelled with name and race number
- There will be water, food and two portable toilets are located at the staging area

Calculation of Standing

- The Fresh Air Fantastic Four is a stage race
- A stage race consists of two or more separate road events (road races or time trials) in which the overall winner is the rider who has the lowest cumulative time for all stages
- Each rider must finish the current stage in order to start the next
- The Fantastic Four stage race consists of 4 stages, held in the following order:
 - Hill Climb (individual time trial)
 - Road Race
 - generally flat individual Time Trial
 - Criterium
- For every stage, each rider who completes the stage will receive a finishing time; this time will be used to calculate the general classification for each category
- **Riders who abandon a stage are not permitted to start any remaining stages**

Time Bonuses

- In each stage, for each category, the first 3 riders to finish will receive a time bonus as follows:
 - 1st place: 15 seconds
 - 2nd place: 9 seconds
 - 3rd place: 6 seconds

Road Race

- As is the case with any mass start race, riders finishing in the same bunch will be given the same time
- The first three riders to finish in each category will be awarded the time bonuses described above
- As this Road Race is a circuit race, riders about to be lapped by the leaders within the category will be pulled by the lead Commissaire; pulled riders will be given a calculated time, determined by the following method:
 - Calculated Time = (finish time of the last rider not pulled) * time factor
 - Time factor = (laps to go when pulled / total laps) + 1
 - Example: If the time of the last rider not pulled is 3 hours, and the race is run over 7 laps, then a rider pulled with 1 lap to go would have the calculated time:
 - Time factor = (1 / 7) + 1 = 1.14

- Calculated Time = 3 hours * 1.14 = 3 hours 25 minutes 42 seconds

criterium

- The same time calculation method as the road race will be used
- Riders in danger of being lapped will be pulled
- The Commissaires may decide to impose time penalties for various race incidents; the completion time for a stage will include any applicable bonuses or penalties
- Only the road race will be awarded with FloraGlo BC Cup Championship points
- The entire event is sanctioned under Cycling BC so all events qualify for general upgrade points
- Results will be posted on the event website, www.freshair.bc.ca/fantasticfour

Prizing and Awards

- Only the men pro, cat. 1, 2 and the women cat. 1-3 will receive cash prizing as follows:
 - Hill Climb: 1st - \$75, 2nd - \$50, 3rd - \$35
 - Road Race: 1st - \$500, 2nd - \$300, 3rd - \$200, 4th - \$100, 5th - \$50
 - Time Trial: 1st - \$75, 2nd - \$50, 3rd - \$35
 - Criterium: 1st - \$150, 2nd - \$80, 3rd - \$50
 - Overall: 1st - \$500, 2nd - \$300, 3rd - \$200
- **Prizing is subject to change based on number of riders per category**
- All other categories will receive sponsored prizes
- All riders are eligible for draw prizes including a Cannondale CAAD 9 frame and fork, a set of Bontrager Race Lite wheels and a set of Bontrager Select Aero wheels
- In the criterium all categories will have at least one cash prime and one time bonus prime
- Each stage will be prized out to the top three finishers according to the following schedule:
 - Hill Climb and Road Race together following the Road Race
 - 12:15 pm- Cat. 1&2 men, Cat. 1-3 women
 - 3:00 pm- Cat. 3 men, Cat. 4&5 men, Cat. 4 women
 - Time Trial and Criterium together following the Criterium
 - 11:00 am- Cat. 4&5 men, Cat. 4 women
 - 2:00 pm- Cat. 1&2 men, Cat. 1-3 women, Cat. 3 men
- Presentation of the top three overall general classification winners will take place following the criterium; winners of the different stages are expected to be present for photos and presentations at that time
- The new BC Cup leaders will be announced after the road race and once the overall general classification has been established
- Any prizing not collected at this time will be sent to the Cycling BC offices in Vancouver and it will be the responsibility of the racer to arrange collection

General Information

- Categories with fewer than eight starters may be merged with another age or ability category at the discretion of the commissaire
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled (application and waiver), payment has been transacted and the rider's licence has been validated by a designated official
 - All competitors must have a valid UCI or domestic licence or purchase one event insurance (\$10 for member of Cycling BC affiliated clubs, \$30 for non - members); those without a race licence will be placed in Category 4/5
- During the hill climb, road race and time trial all riders are to be aware of traffic and be responsible to ride accordingly; please move to the right for passing traffic and racers
- Riders will stay in the bike lane wherever possible
- Be alert for road hazards: traffic, dirt, water, oil, debris, loose gravel on shoulder, etc.
- Riders MUST sign – on for the road race and criterium
- There is no sign – on for the hill climb and time trial; riders are simply required to start at their appointed time
- *Unsportsman – like conduct toward volunteers, marshals, flaggers or commissaires will result in immediate disqualification*
- *Riders seen littering will be immediately disqualified*
- Decisions of the commissaires are final
- Fresh Air Experience Fantastic Four will take place rain or shine
- Entry fees are non-refundable

Specific Technical Details

- All four events will be run under CCA / UCI rules
- All riders must have agreed to or signed a race waiver, including a one – day event waiver as necessary
- All participants must be prepared to present their licence upon demand at the event
- All participants must be licensed to compete in the appropriate discipline
- Approved hard shell helmets are mandatory for competition
- Any rider(s) that are lapped or in danger of being lapped by the lead group shall, at the Chief Commissaire's discretion, be eliminated from that race; further details will be provided at the start of each event by the Chief Commissaire or starter
 - All eliminated riders must withdraw from the race immediately upon being called out by the race official on the course; failure to withdraw immediately will result in disciplinary action

Race Numbers

- All racers will receive **three** Flora Glo race numbers in their package
- Placement of the race numbers is as follows:
 - 2 Bib numbers: middle back as low as possible without sitting on number; advise pinning to shorts

- Bike Frame number: place on the top tube near the neck tube; if the size of bike frame does not allow this placement riders may place number on the seat post as close to the wheel as possible – frame numbers under the saddle are not visible
- Race numbers must NOT be folded, altered or covered in any way
- Numbers must be clearly visible at all times
- Fines will be levied for numbers folded or not visible
- Should a number be lost please report to the Chief Commissaire prior to the start of the race for a replacement
- It is suggested by medical personnel that pertinent medical information be written on the back of one of your race numbers (e.g. name, age, medical issues & emergency contact number)
- **Hand - written** numbers will be used for identification for Wheel Service
- Following the last event riders must return all three numbers to race organisers; failure to do so will result in a \$10 fine

Road Race

- Neutral Support services will be provided; spare wheels should be brought to the service vehicle by 7:30am for the 8am heat, and 11:30am for the 12pm heat
- All wheels must be marked with name and race number of the rider
- Roads will be marshaled however, they are not closed to public traffic; **use only the right lane- rules of the road apply**
- A bell at the start / finish line will signify the last lap and the lapboard will show one lap to go
- Feed Area is located between red pylons on Sallows Road; feed only between pylons and on the right-hand side of the road
- Feeding is allowed only as follows:
 - Cat. 1&2 men: laps 5 – 7
 - Cat. 1-3 women: lap 5
 - Cat. 3 men: lap 5
- In the event that a rider overtakes another rider in a separate race the onus shall be on the overtaken rider to give way and fall back to avoid riding in company, an overtaking rider must pass on the left side as far apart as practical to road safety
- Riders from one event (i.e. Women's / Men's) must not ride with another event as it would be considered drafting

Criterion

- Two free laps will be given for riders who suffer a recognized mishap (as reported at the wheel pit)
- Free lap rule is in effect until 6 laps to go
- There will be primes throughout the event signalled by a bell and announcement
- A bell will signal the last lap and the lapboard will show one lap to go
- In the event that 2 or more riders lap the field, the bunch will be given the bell at 4 laps to go, and will finish when the lap counter displays 3 laps to go

- The riders who lapped the field will be given the bell at 1 lap to go
- All riders still in the field will be given a calculated time as if they were pulled with 1 lap to go (based upon the last time of the winning group)
- Lapped riders shall be eliminated upon being passed by the Lead Commissaire and must immediately leave the course
- The Neutral Support Pit will be located near the start / finish line and all technical assistance must be carried out in the pit area
 - The pit will be manned by race staff mechanics
 - Riders wishing to bring their own wheels must bring spare wheels which are clearly marked with your name and race number to the pit area no later than 15 minutes prior to race time
 - In case of an accident, puncture, or legitimate mechanical malfunction, a racer will be allowed to rejoin the race group at the direction of the Commissaire located in the pits, in the position held at the time of the mishap after sitting out one (1) lap
 - A racer may not accept support from any other personnel except the neutral service personnel

Protests

- All protests concerning the order of finish shall be examined and resolved by the Chief Commissaire, whose decision is final and without appeal
- Protests may be made verbally to the Chief Commissaire and require no deposit- final decisions will be announced as soon as possible
- Protests regarding the final results must be made within 15 minutes after publication of the results; the decision of the Chief Commissaire is final and without appeal
- CCA/UCI Scale of Penalties shall apply

In Order to Race in British Columbia You Must:

- Hold a valid licence issued by Cycling BC, or CCA license issued by a province or by the CCA
- International riders must have a UCI recognized license; disputes will be resolved by the Chief Commissaire
- Have signed the licence
- If no photo on the license then must present picture identification

Race Results

- Results will be posted at the start / finish as soon as possible following each event and at the start / finish of the following stage
- Copies of the race results will be available upon request
- Commissaires are not responsible for the distribution of race results
- CCA regulations are in effect regarding filing of protests or appeals regarding results
- Prize pick-up is at the criterium course following the criterium on Sunday

GOOD LUCK!

Wrap – Up Barbeque

All racers, support crew and volunteers are invited to a BBQ after the Sunday's criterium. For the very low price of \$2 come out and enjoy for some grilled goodies and cold bevies!

All important driving instructions (from Fresh Air Experience)

To the Hill Climb

- Follow Highway 97 / Harvey Ave toward the lake and turn right at the lights onto Ellis St
- Follow Ellis north all the way to the end and you'll be at the base of Knox Mountain

To the Road Race

- Take Cooper Rd south across the highway; it merges onto Benvoulin Rd
- Follow Benvoulin Rd to the lights at KLO Rd
- Turn left on KLO Rd
- Immediately after you cross the Mission Creek bridge, turn right onto Spiers Rd
- Stay on Spiers (watch the road signs as Spiers twists and turns a bit) and you will come out behind South Kelowna Elementary on your left
- The start – finish is at the front across the field

To the Time Trial

- Follow the highway north toward Vernon
- Turn right at the lights of Sexsmith Rd / Old Vernon Rd
- The finish is at Acland Rd on your left about 500m down Old Vernon Rd
- To get to the start follow Old Vernon all the way around behind the airport to Airport Way on your left

To the Criterium

- Follow the highway north toward Vernon, past the airport and into Winfield
- Turn right at the lights of Beaver Lake Rd / Glenmore Rd
- Follow Beaver Lake Rd down the hill and across the railway tracks
- Turn right on Jim Bailey Rd and park before you get to Jim Bailey Crescent
- The start – finish is just further down on Jim Bailey Rd