

# 2011 Victoria Cycling League Race Calendar

Month	Date	Day	Time	Course Descriptions below	Organizing Club Contacts below	Race Categories	Race Type
March	<b>20*</b>	<b>Sunday</b>	<b>10:30am</b>	Caleb Pike	O2 Cycling	A/B Cat3&4	Road Race
	27	Sunday	10:30am	Latoria	Russ Hay's	A/B/C	Road Race
April	<b>3*</b>	<b>Sunday</b>	<b>10:30am</b>	Newton Hts	OBB/Wheelers	A/B/C	Hilly Criterium
	10	Sunday	10:30am	Neild Rd	OBB/Wheelers	A/B/C	Hill Climb
	<b>13*</b>	<b>Wed</b>	<b>6:30pm</b>	Caleb Pike	O2 Cycling	A/B Cat3&4	Road Race
	20	Wed	6:30pm	Latoria	Russ Hay's	A/B/C	Road Race
	25	Monday	6:00pm	Speedway	Tripleshot Cycling	C : Intro Series	Circuit Race
	<b>27*</b>	<b>Wed</b>	<b>6:30pm</b>	Newton Hts	OBB/Wheelers	A/B	Hilly Criterium
May	2	Monday	6:00pm	Speedway	Tripleshot Cycling	C : Intro Series	Flat Circuit
	<b>4*</b>	<b>Wed</b>	<b>6:30pm</b>	Latoria	Russ Hay's	A/B/C	Road Race
	9	Monday	6:00pm	Speedway	Tripleshot Cycling	C : Intro Series	Flat Circuit
	<b>11*</b>	<b>Wed</b>	<b>6:30pm</b>	Newton Hts	OBB/Wheelers	A/B/C	Hilly Criterium
	16	Monday	6:00pm	Speedway	Tripleshot Cycling	C : Intro Series	Flat Circuit
	<b>18*</b>	<b>Wed</b>	<b>6:00pm</b>	Speedway	Tripleshot Cycling	A/B/C	Flat Circuit
	22	Sunday	830am	Windsor Park	OBB/Wheelers	A/B/C : Intro	Criterium
June	25	Wed	6:30pm	Caleb Pike	O2 Cycling	A/B/C	Road Race
	<b>1*</b>	<b>Wed</b>	<b>6:00pm</b>	Speedway	Tripleshot Cycling	A/B/C	Flat Circuit
	8	Wed	6:30pm	Caleb Pike	O2 Cycling	A/B/C	Road Race
	<b>15*</b>	<b>Wed</b>	<b>6:30pm</b>	Latoria	Russ Hay's	A/B/C	Road Race
	22	Wed	6:30pm	Neild Rd	OBB/Wheelers	A/B/C	Hill Climb
July	<b>29*</b>	<b>Wed</b>	<b>6:30pm</b>	Newton Hts	OBB/Wheelers	A/B	Hilly Criterium
	6	Wed	6:30pm	Caleb Pike	O2 Cycling	A/B/C	Road Race
	<b>13*</b>	<b>Wed</b>	<b>6:30pm</b>	Newton Hts	OBB/Wheelers	A/B/C	Hilly Criterium
	20	Wed	6:30pm	Caleb Pike	O2 Cycling	A/B/C	Road Race
	24	Sunday	830am	Windsor Park	OBB/Wheelers	A/B/C	Criterium
August	27	Wed	6:30pm	Latoria	Russ Hay's	A/B/C	Road Race
	2**	Tuesday	6:30pm	Bazan Bay	Sidney Velo	A/B/C	Time Trial
	9	Tuesday	6:30pm	Bazan Bay	Sidney Velo	A/B/C	Time Trial
	14	Sunday	10:30am	Mt. Doug	OBB/Wheelers	A/B/C	Hill Climb
	16**	Tuesday	6:30pm	Bazan Bay	Sidney Velo	A/B/C	Time Trial
	21	Sunday	10:30am	Willis Point	OBB/Wheelers	A/B/C	Hill Climb
	23**	Tuesday	6:30pm	Bazan Bay	Sidney Velo	A/B/C	Time Trial
30**	Tuesday	6:30pm	Bazan Bay	Sidney Velo	A/B/C	Time Trial	
September	5	Monday	6:00pm	Speedway	Tripleshot Cycling	A/B/C	Flat Circuit
	12	Monday	6:00pm	Speedway	Tripleshot Cycling	A/B/C	Flat Circuit
	19	Monday	6:00pm	Speedway	Tripleshot Cycling	A/B/C	Flat Circuit
	26	Monday	6:00pm	Speedway	Tripleshot Cycling	A/B/C	Flat Circuit

**\*New this year:** Cycling BC Upgrade Points are earned on race dates **bolded** with a \*

**\*\*Bazan Bay races:** will be included if this race course is approved for 2011. Please check Sidney Velo website.

**Race Cost:** Most races cost \$10; Hill Climbs cost \$5; Juniors-free **Race Number:** \$2 for the series, or for replacement

**To race, you must show proof of your license or membership at each race course – you will not race without this:**

- A racing license issued by the UCI (International Cycling License) or Cycling BC or a Citizen's Racing License; or; (you may bring a copy of your Cycling BC email confirmation if you have not received your license or membership)
- Membership in the club hosting the race, **or join the club onsite.** Please contact the club for further information.
- Riders under 19 years old, Juniors & Cadets, require a waiver signed by a parent or legal guardian for each club race. No exceptions will be made. Waivers are available on Club websites – see below for web links.

**Ride single file to and from the race course and do not obstruct traffic.** Riders obstructing traffic to and from a race lead to public complaining to the Police or Municipality. Complaints may lead to course cancellation.

**Arriving before race time for sign up:** Please arrive at least 15 minutes prior to race time. If you have *not* previously raced the course, arrive at 30 minutes prior to sign paperwork and pre-ride the course. If you have never raced before, please speak to the race organizer before the race.

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## More Race Information.....

### **Race rules are strictly enforced.**

Do not cross the road's centre line at any time, for any reason, during a race. Crossing the centre line will result in an automatic disqualification from the race.

Rules are in place for the safety of all riders and/or the consideration of the community. Questions or concerns about race rules should be directed to the race organizer or race Commissaire.

### **Cycling BC Upgrade Points:** In cooperation with Cycling BC, designated races will earn points toward upgrading your race license. Please see details at Cycling BC. [www.cyclingbc.net](http://www.cyclingbc.net)

### **Spectators are welcome to all races – bring your family and friends to cheer you on.**

### **League Standings** can be found at <http://duanebc.com/raceresults.html>

### **Race Information:**

#### **O2 Cycling Club** [www.schwalbecycling.com](http://www.schwalbecycling.com)

**Caleb Pike Road Race:** Contact: Ian Phillips: [ijphillips@shaw.ca](mailto:ijphillips@shaw.ca) or Cycles West 474-2477

Directions: From Highway 1, take Exit#14 onto Millstream Road. Continue north for approx 5kms to a distinct fork in the road and stay left on Millstream Road (DON'T go up the hill to the right which is Millstream Lake Road). Continue for approx 2kms and turn left on Caleb Pike. Continue for about 1/2 km to Registration. Mapquest: Caleb Pike Road

#### **Oak Bay Bikes/Victoria Wheelers Cycling Club** [www.oakbaybikes.com](http://www.oakbaybikes.com)

**Mount Douglas Hillclimb:** Contact: John Errington 479-0276

Directions: Follow Shelbourne Street to Mount Douglas Park. Meet in the parking lot. Mapquest: Churchill Drive

**Neild Road Hillclimb:** Contact: John Errington 479-0276

Directions: Sooke Road onto Happy Valley Road, Right onto Neild Road. Mapquest: Neild Road

**Newton Heights Hilly Criterium:** Contact: 598-4111

Directions: Turn onto Mt. Newton Cross Road, right onto East Saanich Road, left onto Haldon Road which turns into Thompson Place. Parking is on Thompson Place outside of the race course. Mapquest: Newton Heights

**Willis Point Hillclimb:** Contact: 598-4111

Directions: From West Saanich Road, turn onto Wallace Drive, turn onto Willis Point Road.

Parking at the Willis Point Fire Hall. Mapquest: Willis Point

**Windsor Park Criterium:** Contact: 598-4111

Directions: In Oak Bay at Windsor Road and Newport Avenue. Mapquest: Windsor Road

#### **Russ Hays Bikes** [www.russhays.com](http://www.russhays.com)

**Latoria Road Race:** Contact: Mike Corb or Marty Clermont 384-4722

Race Course info: This Road Race is a fast and technical 2.4k loop. Lap Primes! More details at our first event.

Directions: From Highway 1, take Exit #14 (Langford/Highlands) turning into Veterans Memorial Parkway. Turn right on Sooke Road; left on Happy Valley Road; right on Latoria Road. Ride to the race using the Galloping Goose Trail to Langford. Mapquest: Klahanie Road.

Note: parking is available close by at the LUXTON FAIR GROUNDS: enter on Marwood Road, off of Happy Valley Road. Parking is not allowed on the race course, no exceptions - past events have been cancelled by the city as a result of parking issues. Vehicles located on the course during event times will be removed. Safety is a top priority.

#### **Triple Shot Cycling:** [www.tripleshotcycling.com](http://www.tripleshotcycling.com)

##### **Speedway Circuit Race**

Flat circuit race at the Western Speedway Race Track. This race course will be cancelled if raining.

Directions: From Highway 1, take Exit #14 (Millstream Road) to the Highlands and drive to Treanor Road.

Mapquest: 2207 Millstream Road

#### **Sidney Velo Cycling Club** [www.sidneyvelo.ca/tt\\_details.shtml](http://www.sidneyvelo.ca/tt_details.shtml)

**Bazan Bay Time Trial.** Directions: Bazan Bay Park on Lochside Road, Sidney

### **Race Categories:**

A Group: Generally comprised of category Pro 1 & 2's as well as very fit and experienced 3's

B Group: Category 3's & 4's as well as top Junior racers

C Group: Category 4's & 5's as well as Novice racers that have some but limited race experience.

Women: Race in the category above that best suits their fitness and race experience. Results are kept separate.

**The next page has loads of information for Novice or returning riders.**

# 2011 Victoria Cycling League Race Calendar

## ✚ Are you new to Bike Racing, or not sure that you are fit enough to race?

**C Category Races at Victoria Cycling League (VCL) events** are open to anyone new to group racing, or those with not enough training to do 'B' races. New riders should have enough experience to handle the bike, know the gears, and braking. Some group riding experience is recommended too, but not required. Most riders at our races are between 14 years old to 65+ years old. There is no minimum or maximum age; there are some kids younger than 14 that are strong enough, and some over 65 that attend too! We encourage riders to come out and watch an event before racing.

This year brings a new emphasis in the VCL race series. **TripleShot Cycling** is hosting a **Monday night** series at Western Speedways Race Course in late April-May and again in September for 'C' riders only. If these are well attended, more will be held subject to course availability. Also, **Oak Bay Bikes/Victoria Wheelers Cycling Club** has two races planned for Windsor Park with dedicated 'C' race categories.

Most other VCL races will offer a 'C' race if enough riders come out, and most of the Cycling Clubs will be encouraging their 'C' category riders to come.

### **Experienced riders can help!**

We encourage and welcome experienced riders to participate and help new racers 'get the hang of it'. Experienced racers will fill gaps, offer the odd bit of advice, and organize groups if they separate. The main idea is to be welcoming, encouraging, teach a bit, and ride with the power of the riders around, but, of course, not try to win.

*If you are interested in assisting in a 'C' race, please contact the Race Organizer before the race starts.*

## ✚ What you get in 'C' Racing:

The main idea is to educate, and turn riders on to group racing. Road racing is a tactical, exciting sport using your head and skills to have fun. No one will be left behind to ride on their own for long.

## ✚ Description of 'C' Racing at Western Speedway:

At the *TripleShot Cycling* races held at the Western Speedway, there will be a supervised warm-up pace line session for 15 minutes at 6:00. Races start at 6:30. There will be a variety of shorter races so you can give it a go, rest up, and try again.

*For example:*

A Women's race of 5 laps (a lap is about 600 m), followed by:

A Men's race, of ? laps, then:

Another Women's race, then:

Another Men's race

We might do 'handicap' races where stronger riders chase weaker riders who get a head start, and then first racer across the line wins.

Each race will have more advanced riders in the group, helping to set an example, and advise new riders, without trying to win. Most races will start with a neutral lap behind experienced riders to let the nerves settle, and experienced riders will be at the back to help newcomers figure out drafting, and organize chase groups if it splits up. We're also open to requests for events. How about a team pursuit with teams of ten? Boys vs. Girls? You get the picture.

## ✚ For group riding experience before coming out to race, check these out:

**O2 Cycling Club** [www.schwalbecycling.com](http://www.schwalbecycling.com) 474-2477

- If you have a passion for cycling the O2 Cycling Club is the club for you. Cycling disciplines range from Triathlon to Cyclocross. Open Group rides every Thursday evening starting at 6pm from CYCLES WEST on Burnside. Come join us. ITS WORTH THE RIDE.

**Oak Bay Bikes, 1990 Oak Bay Avenue** details at [www.oakbaybikes.com](http://www.oakbaybikes.com) 598-4111

- Intro group ride at the shop 9:30 Saturday mornings. This ride has leader(s). Requires drop handle bars. Around 50 kilometres and runs at a slower pace than the regular rides. You may pull out at any time.
- Regular ride leaves 9 am Saturdays. Typically a 100 - 120 km ride depending on where you pull off.
- Women's ride Mondays at 6pm. Moderate pace for 1-2 hours.

**Russ Hays Bikes, 650 Hillside Avenue** details at [www.russhays.com](http://www.russhays.com) 384-4722

- Leaves the store at 6pm on Tuesday