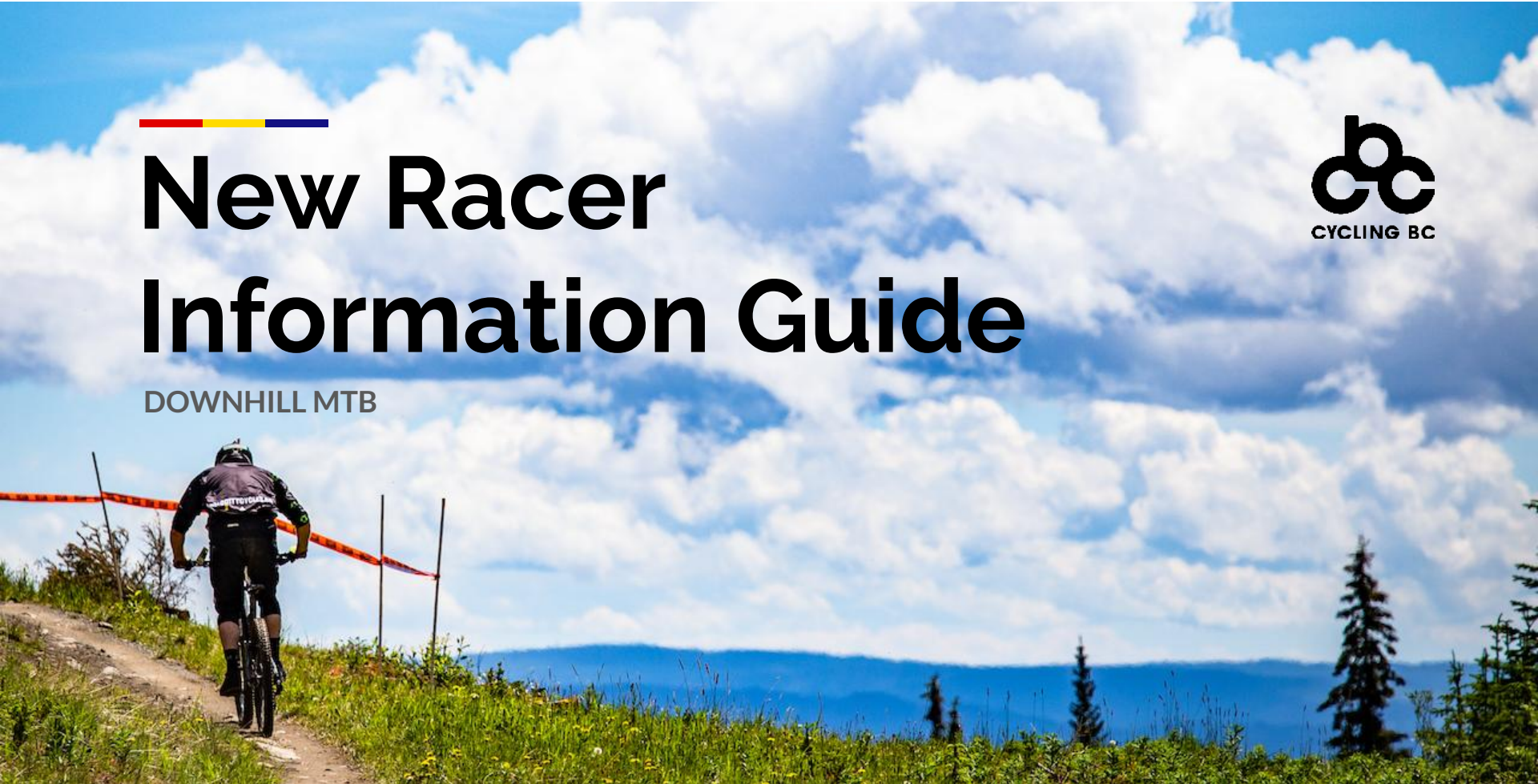
New Racer Information Guide

DOWNHILL MTB



Overview

Preparing for your first race can be overwhelming. That's why Cycling BC put together this New Racer Information Guide as a brief summary of the most important information that a new racer should know before setting out for their first event. The following resource is intended to help riders and their parents/guardians to get the most out of a BC Cup race weekend. It isn't a comprehensive document; however, if you reference this guide you will ensure that you will have the most fun, learn more, and progress each time you compete. Every race is a learning opportunity.

The best information and guidance come from experienced and certified coaches. Cycling BC highly recommends that new racers seek out a certified professional coach. Please visit our coach database for more information and a list of trained and certified coaches.



General Information
Licences

All racers participating in downhill races in BC must have a race licence. In addition to confirming your identity and category, a race licence tells race organizers, officials, and the cycling federations that govern the sport that you are adequately insured to participate.



A race licence confirms your identity, team affiliation, racing credentials and participation rights as conditionally set forth through international (UCI) and national (Cycling Canada) race categories.

Two types of Race Licences:

1. **Provincial Race Licence**: good for racing in BC, race in any category at non-UCI races, race in non-championship categories at UCI races (U15, Sport, Masters)
2. **UCI Race Licence**: good for any race, including Canada Cups and National Championships

Pro Tip: Since BC is home to so many UCI DH races, it is often simpler for participants to have a UCI licence so they can rest assured that they can enter any race.

In lieu of a race licence, participants may also be able to buy a single event licence for a small fee. However, this may limit the categories they can compete in.

For more information about Cycling BC memberships and licences, please visit cyclingbc.net

General Information
Categories

Races in BC and other jurisdictions will use different models for segmenting participants into different categories. Some races will feature exclusively age-based categories, others will be ability-based, and some will use a mix of both.

Age categories and ability categories are mutually exclusive. Your racing age (age as of Dec 31 of that year) will determine your age category while your experience and competency, as demonstrated by your results history, will determine your ability category.

Age categories will automatically be adjusted to reflect a racer's change in age but ability categories can only be changed by Cycling BC (or another licensing authority) and this requires athletes to report their results in order to change categories.

Currently, BC Cup racers are categorized broadly by age and gender, then further segmented by ability:

General Age Groups	**Ability categories**		
Youth (U19, U17, U15)	Sport	Expert	
Elite (adult 19-34)	Sport*	Expert*	Elite (aka Pro)
Masters (older adult 35+)**	Sport*	Expert*	

* Note: In adult categories, Sport and Expert riders are often combined unless the field sizes warrant splitting them up.
** Once a rider is aged 35, they can choose to race in Masters or they may opt to continue riding in Elite if they prefer.



Race Preparation Checklists

Race Prep Checklist: At Home

1. Bike is in excellent running order before leaving.

2. Athlete registered online - race registration is generally done on ccnbikes.com

3. Accommodations booked – this should be done well in advance in order to secure rooms during high season and to take advantage of group booking discount rates.

4. Print or download race bible (Technical Guide) if available.

5. Gear Checklist:

- ✓ Registration confirmation
- ✓ Race license and identification
- ✓ BC Care Card
- ✓ Helmet and goggles with optional spare lense(s)
- ✓ Pads - knees, elbow, spine - check race regulations for mandatory requirements
- ✓ Riding shoes
- ✓ Gloves
- ✓ Practice kit(s)
- ✓ Race kit
- ✓ Extra tire
- ✓ Extra tube and/or sealant
- ✓ Derailleur hanger
- ✓ Basic tools - allen wrenches, pump, tire levers, etc.
- ✓ Running shoes and clothing for track walk
- ✓ Casual shoes and clothes
- ✓ Garbage bags (for dirty kits)

Race Prep Checklist: On-Site

1. Locate registration - complete registration and plate pickup as soon as possible.
2. Confirm registration, category selection, and practice times.
3. Set up bike maintenance area, organize kits and equipment for the weekend.
4. Ride! Pay attention to how the dirt, roots, and rock is different than what you're accustomed to at home. Consider how it may be different as weather changes.







Race Prep Checklist: Track Walk

1. Track walk is an opportunity to assess course conditions and line options before practice begins. Anticipate that the track will deteriorate significantly.

2. Keep it simple! No need to memorize every inch of the track. Instead, focus on the handful of sections where there are a number of line options, and determine which one suits you best.

3. Consider weather forecast: will the incoming weather increase or decrease traction? Will the incoming weather make certain lines harder or easier?

4. Don’t get too caught up in making final decisions now. Track walk is more about anticipating where the “main line” might go once practice begins, and if/where you might choose to deviate from it.




Practice
Sessions

Practice Session 1

This is a sample schedule for a day of practice. It is not comprehensive, and there will always be individual preferences, but it is a great starting point. Times will differ.

The first practice session is more about getting a sense of how the dirt, rock, and roots behave.

There is no rush to commit to an entire run. Be patient - no need to ride too fast, too soon. Learn the dirt. No need for top to bottom runs - take lots of breaks.

0800 | Breakfast

0900 | Bike check - tire pressure, bolts, axles

1000 | Practice

1230 | Lunch and bike check

1300 | Jr. Ex. & Pro practice and (optional) course walk

1800 | Dinner

1915 | Riders Meeting

2000 | Dynamic and static stretch, hydrate, relax

2130 | In bed, lights out

The priority for today's practice is to ride enough that you feel comfortable on most sections of the track. No need to ride fast. Instead, focus on riding accurately (i.e. brake early, set up wide for corners, and prioritize exit speed). You may still have a few areas where you haven't chosen a line. This is totally fine.

Practice Session 2

The schedule for today need not differ from the first.

The priority for today is to make (near) final decisions about line choices for the entire track.

As you ride, focus on riding accuracy and once you're feeling comfortable with your line choices you may choose to ride them a little bit faster if you can still do so with accuracy.

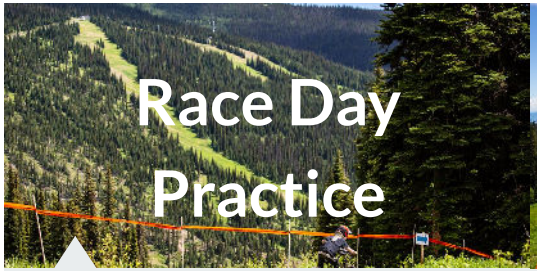
Ride key sections with accuracy and safety in mind but faster - this is your "race pace". Once you're inaccurate, you need to back off to a more consistent speed.

Consider a couple of complete runs today. No need to sprint or pedal too aggressively, instead continue to focus on accuracy and get a sense of the physicality and length of the track.



Note - Most races require racers to complete a minimum of two complete practice runs.


Race Day







Race Day Practice

This short practice is simply a confirmation of what you already know. No need to make last minute changes to line choice unless they're glaringly obvious. Instead, focus on executing your accurate run from top to bottom. You may choose to do a complete lap, but saving energy for the race must be a consideration.

Before you leave the pits

- Bike and equipment check
- Consider warming up - this can be just about anything. Begin with general off-bike warm up techniques and get progressively more bike specific
- On your bike: Warm up pedalling, flat corners, wheelies/manuals… play! Get a feel for the bike. Some riders may choose to do a warm up lap on an easier trail if time permits.

At the Top

- Check in with commissaire or volunteers if required
- Find your space in line (use the other racers' plate numbers as your guide)
- Repeat a similar warm up routine
- Stick to your race plan. Ride with accuracy!

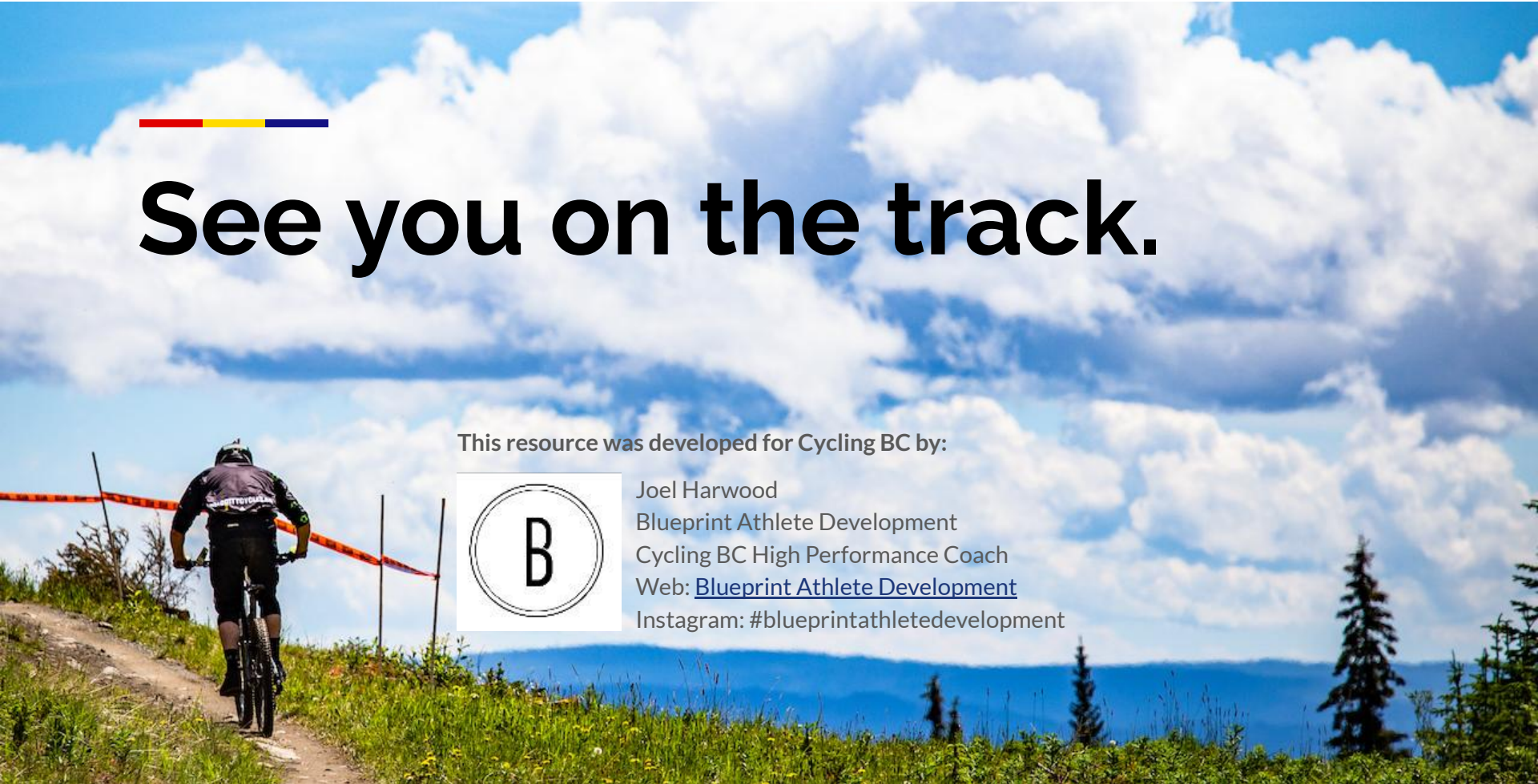
POST-RACE REFLECTION

These reflections are meant to help riders to recognize how they can set themselves up for success at the next event. The focus must always be on the process. You can't control everything, so consider doing a better job of managing what is within your control.

- Was equipment managed well?
- Was time managed well?
- Did you eat, sleep, and hydrate well?
- Did you stick to your race plan or deviate at the last second?

There is no such thing as the perfect run. Everybody makes mistakes when they compete. Focus on the process, reflect on the outcome, and keep it fun!

See you on the track.



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