

Arctic Bicycle Club Road Racing FAQ

1. Entering a Race

- At a minimum, show up at the staging area at least 1 hour before the race start time with money, a bike and a helmet. Sign-up will end 30 minutes before the race starts so that the race directors can complete the start list and start the race on-time.
- This year we plan to offer online pre-registration as this will help in generating start lists for Time Trials. All races fees will be collected on race day.
 - For adults, race fees will be \$15.
 - Juniors under the age of 18 on January 1, 2007 are free.
- You will need to be an ABC member to race and can sign-up as a club member for \$20 on race day.
- Once you sign the race waiver and select your race category you are all set to race.

2. Numbers

At the first race you enter you will receive two numbers that will carry your race number for the season. The large number must be worn on your back; the small number must be worn on your right shoulder. No matter how long you have been racing here or how familiar your jersey may be, it is your responsibility to make your race numbers clearly visible to the race directors if you expect to get the correct finish time or position. If you lose your number a new one can be acquired for a \$5 fee.

3. Helmets

Helmets are mandatory at all ABC Road Division events. This applies any time you are on the road, be it racing, warming-up or after the race. For racers under the age of 16 it is the law within the Municipality of Anchorage. Failure to wear your helmet will be an instant disqualification this year.

4. Race Categories

In 2007 we are expanding the race divisions, with the following groups available for both Men and Women:

- Expert – Road Race Distances 50-90 miles
- Sport – Road Race Distances 40-70 miles
- Beginner – Road Race Distance 20-40 miles
- Masters (40+) – Typically race sport distances
- Juniors – Age subdivisions vary by turnout. Juniors racing in Expert & Sport categories will be split out for results.

5. Pack Rules

- For Road Races and Criteriums, groups with fewer than 10 participants may be merged.
- Once a race is underway, packs must not merge. Individual riders cannot breakaway and use a pack from a different division to their advantage. If dropped and caught by a group you can sit at the back of the paceline of any group.

6. Yellow Line Rule

For safety in all events, the yellow line is a boundary that should not be crossed. No advantage should be gained in a Time Trial or Hill Climb by cutting corners and crossing the yellow line. In Road Races and Criteriums you cannot cross the yellow line to advance your position in the pack, even if you are trying to cover an attack or sprint on the last lap. Our races are staged on open roads, some with blind corners or humps, and always the potential for oncoming traffic on the other side of the yellow line. So, while the temptation during a race may be to jump across the yellow line just for a few seconds....don't do it. If you are stuck at the back, that's racing. Be patient, work your way to the front and next time don't get caught out. Failure to observe the yellow line rule is grounds for disqualification at the race director's discretion.

7. Time Trials mean No Drafting

Time trials are often the least intimidating format of road racing to get started in. Most important rule for newcomers and experienced riders alike is to avoid drafting other riders. Always ride to the right to allow faster riders to pass on the left, and as a rule allow a 10 bike length gap to a rider ahead of you.

8. Free Laps

Criteriums are the one event where you can get a free lap for mechanical reasons, up until the last 5 minutes of the race. If you do need to swap a wheel in a Crit, you have 1 lap to do so and then reintegrate back into the pack you were with before. You cannot use the mechanical to advance your position in the race. Free laps are not available in road races where you are at the mercy of fate or the generosity of follow racers.

9. Accidents

This is bike racing and accidents do happen. If you are new to pack riding, know your limits and learn from more experienced racers. If there is an accident, we do not generally have medical support at our races. If an accident does occur we rely on the division involved to exhibit good sportsmanship and neutralize their race until the well being of each racer is assured.

10. Hotline

For last minute information about races, always check the Hotline at 566-0177 #1. Race times and locations can change a few days before a race, and in April races may succumb to the weather.

11. Have Fun

Most important of all, most racers take part to have fun and stay healthy. Enjoy the competition but be safe taking part. If you have never raced before but always wanted to try, this is a great place to start. For a Moose Run Time Trial all you really need is a functional bike with gears. Try it once and before you know it you'll be wandering in to your Local Bike Shop looking for an edge in the Tour of Anchorage.