



## Winter Cycling Event Series

### NEW FOR SBR Coaching and 2012!

SBR Coaching is partnering with The Peak Centre Winter Racing Series in 2012. The Series originated at Peak Centre for Human Performance, in Vancouver, Canada, 7 years ago. Over the years, they have refined the courses, the series, the system and now have asked us to be a part of it! (NOTE - This new cycling event series will be replacing the original Indoor Cycling Time Trial Series of years past.)

You will be able to ride each week against other cyclists/riders around the country and in Canada. Riders from east and west and north and south will have an opportunity to challenge each other on the same courses for GC (General Classification) and stage titles starting with heats in Canada (Ottawa, Burlington, Montreal, Alaska and Vancouver) as well as a few new CompuTrainer MultiRider centers joining here in the US. There will be an original time trial course that is repeated throughout the series for a "performance check-in and goal setting". Every other course will be new for the series. Riders will race in waves of up to 12 to determine the results of each weekly stage. Results from races here at SBR Coaching will be compiled with all other riders at the home-base website of Peak Centre ([www.peakcentrevancouver.ca](http://www.peakcentrevancouver.ca)).

Stage, General Classification (GC) and point leaders in different categories will be presented along the way to see who the leaders are based on the times posted, points collected and individual improvements. The results will be divided into 4 categories. Men's and Women's A's and B's. **The Winter 12 event indoor series is designed for fun and fitness.** Starting January 2012 and running into March 2012, you can race head to head with 12 riders at a time on linked CompuTrainers at SBR Coaching, in Verona, WI. **The series is for all levels of ability so come for the racing or come for the training and social aspect of it.** Everyone is welcome so book your heat and start time by emailing Jessica at SBR Coaching ([jessica@sbrcoaching.com](mailto:jessica@sbrcoaching.com)).

### COURSE

- Races run on Sunday mornings, and Tuesday evening. Heats of 12 every for 1.5 hrs...see schedule for heat times. Sunday starts the new event week.
- Courses will vary in length between 20km and 30km so count on average 1-1:15 hr of CompuTrainer time including warm-up.
- About every fourth week we will use the same Time Trial course to determine who is improving and to help riders gauge their level of fitness.
- Categories will be decided using the guidelines detailed below. Riders can also request a particular category.



## CATEGORIES

There will be an A and a B category for men and women (depending on numbers in each category).

**Basic Category Descriptions (Riders will be adjusted into a specific category after a profile has been established based on their TT.)**

### **"A" Category guide lines**

- Top 10 riders in the first TT
- Racers who train 8 plus hrs/week in any discipline
- Self-seeded "A" racers
- "B" racers who finish in the top 5 of overall gender stage results in the first 4 stages will be moved up

### **"B" Category guide lines**

- Beginners
- Self-seeded B racers
- Racers who train less than 8 plus hrs/week in any discipline
- "A" racers asking to down grade and who finish in the bottom of the A field

## RACE RULES

- GC will be calculated on points using the formula outlined below.
- Points will be determined based overall stage placing in the following manner
- Points in order of stage finish as follows... 20, 17, 15, 12, 10, 9, 8, 7, 5pts for everyone else who starts
- The sprint points and KoM points are determined through max watts/kg (sprint) and average watts/kg. Same points allocation as a stage ranking but based on the appropriate measure of power to weight.
- Lantern Rouge (last place rider on stage) ...6pts (1pt in addition to the 5pts for starting)
- PB on TT day...3pts. Riders are eligible for PB points providing they have ridden one prior Time Trial to establish a benchmark time.
- Final GC points will be based on the best 9 finishes of the 12 stages in the Winter series. In the event of a tie in GC, the person with the fastest time in the Final series Time Trial moves ahead.



## EVENT DATES

WEEK	DATES	TIMES	DESCRIPTION
Week 1 -	Sunday, January 8, 2012 Tuesday, January 10, 2012	9am, 10:30am 6:30pm	Rolling (Sprint)
Week 2 -	Sunday, January 15, 2012 Tuesday, January 17, 2012	9am, 10:30am 6:30pm	Hilly (KOM)
Week 3 -	Sunday, January 22, 2012 Tuesday, January 24, 2012	9am, 10:30am 6:30pm	Original Time Trial
Week 4 -	Sunday, January 29, 2012 Tuesday, January 31, 2012	9am, 10:30am 6:30pm	Net Downhill (Sprint)
Week 5 -	Sunday, February 5, 2012 Tuesday, February 7, 2012	9am, 10:30am 6:30pm	Plateaus & Climbs
Week 6 -	Sunday, February 12, 2012 Tuesday, February 14, 2012	9am, 10:30am 6:30pm	Uphill Mountain Stage (KOM)
Week 7 -	Sunday, February 19, 2012 Tuesday, February 21, 2012	9am, 10:30am 6:30pm	Rolling
Week 8 -	Sunday, February 26, 2012 Tuesday, February 28, 2012	9am, 10:30am 6:30pm	Original Time Trial
Week 9 -	Sunday, March 4, 2012 Tuesday, March 6, 2012	9am, 10:30am 6:30pm	Rolling (Sprint)
Week 10 -	Sunday, March 11, 2012 Tuesday, March 13, 2012	9am, 10:30am 6:30pm	Net Downhill
Week 11 -	Sunday, March 18, 2012 Tuesday, March 20, 2012	9am, 10:30am 6:30pm	Uphill Mountain Stage (KOM)
Week 12 -	Sunday, March 25, 2012 Tuesday, March 27, 2012	9am, 10:30am 6:30pm	Original Time Trial

KOM = King of the Mountain

Be prepared to set up bike on CompuTrainer at designated race start time. Race starts no more than 20 minutes after start time posted.

You do not have to choose the same race time each week.



## COSTS PER EVENT OR SERIES PACKAGE

There are a limited number of slots for each event so register early to reserve your space.

Single Race: \$20

5 Race Package: \$85

Winter Season Package (12 races): \$180

Full registration and payment only secures a race slot. Registration should be finalized with Kory at SBR Coaching in person, or via email. Payment can be made via cash, check or credit card. Credit card payments, add \$5.

## OTHER NOTES

- In the event that a rider rides twice in one stage, the placing from the best ride will be used.
- Riders wishing to reserve more than one heat start time in a stage will be responsible for paying for all the heats booked even if they do not start.
- Racers who have already completed a heat may ask to race "stand by" in later heats that are not full. In this case, they will only be billed for one start on the day. However, there are no guarantees that a spot will become available. Stand by will be left up to the staff on the day of the heat and can only be requested on that day.
- Riders who are not part of the GC can still take part and will still have their times posted for the day
- Riders do not need to race all races to be eligible for the lead because the race is based on points and is based on the best 9 finishes of the 12 stages.
- To be eligible for any prizes, riders must have taken part in 7 stages.
- Unused portions of packages at the end of the series expire and are non-refundable
- Any disputes regarding points or prizes will be reviewed by Peak Centre with the final decision reached by this panel standing as the final word.
- The overall results of each weekly stage will appear on [www.peakcentrevancouver.ca](http://www.peakcentrevancouver.ca). GC updates will be tabulated after each stage.