

The Bike Lane/MABRA Mid-Atlantic Women's Race Series Rules and Guidelines for 2015

Goal of Each Series:

To provide a positive racing experience for varying levels of ability by facilitating races within each peer group. By creating a competitive race environment amongst each category, the likelihood of the "average" woman racer to continue to participate in women's races increases, thereby promoting growth across all women's fields.

Any promoter wishing to participate in this series should contact the series promoter as soon as possible to be listed on the pre-season (mid-March) series promotional materials. The series promoter is willing to work closely with race promoters in an attempt to achieve the best race options for the women and the promoter.

General Rules for Cat 3 & 4 Series:

- Series points are independent of BAR points.
- Any participant attaining the maximum USAC upgrade points in their category will no longer acquire series points and will be asked to upgrade.
- Cat 3 & 4 races must meet USAC upgrade requirements.
- Promoters participating in either or both series will identify the race(s) as being part of the "*MABRA Mid-Atlantic Women's Race Series*" in their official race announcement and ALL subsequent advertisements, web announcements, and promotions.
- Combined Cat 3 & 4 races will have a prize list for each category and have each field's results listed separately.
 - If the promoter chooses to list the race as a Cat 3 & Cat 4 BAR event (encouraged), then the Officials will provide results for each field.
 - If the event does not include both BAR categories, then the series promoter or her designee will separate the results, with the full assistance from the promoting club's registrar to obtain start lists and results.
- The official race announcement must reflect whether a combined field has 2 BAR classes competing in the same race, and if the Cat 3 and/or Cat 4 fields are part of the Women's Race Series. This rule especially applies for Cat 3 women being picked from a Senior Women's (Open: 1-4) or 123 field.
- Cat 3 & 4 riders entering races with combined fields must specify their category *at the time of registration* (applies to 3-4, 123, and Senior Women (open) field races participating in the series). The promoting club's registrar should be made aware to ask riders to state their category and check licenses when riders sign in, and document the rider's USAC race category.
- No race qualifies for the series if the field is mixed with any men's or Junior field.
- The MABRA Women's Coordinator (MWC) and/or the Women's *Series Coordinator* would like to be included on Flyer review *before* final approval by the BAR & Permit Coordinator.

Category 4 Series Guidelines

- Cat 4 races should be BAR events. The *Series Coordinator* will consider Non-BAR events for inclusion on a case-by-case basis.
- **Criteria:** It is *highly* recommended that **criteria** be for Cat 4 women, **ONLY**. It is the discretion of the *Series Coordinator* to include a mixed field criterium in the series, depending on elements of the race and current series race calendar.
- **Road Races:** A Cat 4-only or combined Cat 3 & 4 field is acceptable. Both fields **MUST** be picked and scored separately with separate prize lists. (See the above general rules).
- **Time Trials:** Any time trial can count towards the Cat 4 series with minimal effort from the promoter. Age-graded time trials can offer a Cat 4 Women's field if it is stated on the race announcement as part of the Cat 4 Women's Series and their category (age vs. Cat 4) is specified at the time of registration.
- **Stage Races:** Will be considered by the *Series Coordinator* provided Cat 3 & 4 women as scored separately with separate prize lists.

Category 3 Series Guidelines

- Cat 3 races can be considered for the **Cat 3 Women's BAR** if the above general rules for combined fields are met (with BAR Administrator approval). The rider's category must be specified *at the time of registration*. The promoting club's registrar should be made aware to ask riders to state their category, check licenses, and document the USAC category on the start list.
- Category 3 women may choose to compete in the Senior Women's BAR, and not the Cat 3 Women's BAR (and Series) in combined races that are designated Cat 3 BAR events. If the Senior Women's BAR (or choosing to race the Sr. race vs. Cat 3) is not specified *at the time of registration*, the BAR (and Series) points will go towards the Cat 3 Women's BAR (and Series).
- **Criteria:** Cat 3 women can be picked separately from a 123 or Senior (open) women's field (following the above guidelines).
- **Road Races:** Combined Cat 3-4 or 123 is acceptable (following the above guidelines).
- **Time Trials:** Any time trial can count towards the Cat 3 series with minimal effort from the promoter.
- **Stage Races:** Will be considered by the *Series Coordinator* provided Cat 3 & 4 women as scored separately with separate prize lists.

Other Comments & Suggestions:

- Due to attrition (overall) towards the end of the season, it is recommended that the early season have races with an emphasis on Cat 4-only fields. This will encourage new riders to come out and try racing. As the season progresses, combined 3-4 races may become more desirable for the better Cat 4 women who have been racing so far, as well as for the promoters, who see smaller fields late in the season.
- ****Please consult the Series Coordinator &/or MABRA Women's Coordinator when devising your race fields in an effort to have a balanced schedule of Cat 4 and Cat 3-4 races!*

- The Cat 3 & 4 Series races are listed early in the season on the MABRA web sites and results and points are updated frequently.
- Please consult with the *Series Coordinator* &/or MWC about any changes in your race format once you have committed to be part of the 3 or 4 series.
- YOUR event is promoted several weeks in advance by the *Series Coordinator*! The Women's Series information (upcoming events, results, updates, news) are sent out weekly via e-mail to women throughout the region during the season.
- Be aware of scheduling times of the women's races. Cat 4 women are encouraged to race twice (in Women's 'Open' races) when possible. Allow enough recovery time between races, but not 4-5 hours!
- Consider having Cat 3-4 races as well as 123 races. The better Cat 3 women prefer to ride with the higher categorized women.
- Promoters are asked to acknowledge the Cat 3 winners and include them in their printed results. This adds to personal accomplishment and recognition.
- Prize lists for the secondary field may be cash or merchandise. Prizes and supplemental prize money/merch MAY be available to promoters with advanced planning and preparation with the *Series Coordinator*.
- Suggestion from one of our officials on scoring mixed fields:

"Separate Scoring in the Same Field"

Within the same bib number series, assign low numbers ascending to group #1 and the high numbers descending to group #2. Example: A Women 1/2/3 race with separate scoring for the Cat 3 Women, all wearing bib numbers 200-299. The Cat 1/2 riders get bib numbers starting with 200 (or 201?), and work their way up from there (202, 203, etc). The Cat 4 riders get bib numbers starting with 299, and work their way down from there (298, 297, etc). From an Official's standpoint, staying within the same 'hundred' series makes scoring easier; from a Promoter's standpoint, this eliminates the need to purchase another set of bib numbers. Field limit would be set at 100 (or 99?), but for the typical Women's race this presents no practical restriction."

Please feel free to contact me with any other suggestions or comments.

Mary Schmerge
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MABRA Women's Coordinator



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thebikelane
rideglobally.shoplocally.