

# 2022 Posies Race Bible

Arctic Bicycle Club

**POSIES**

Women's Cycling Series



# Sponsors



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& Glacier Valley Soap and Janice Tower

## TABLE OF CONTENTS

1	Introduction	4
2	Posies at a Glance	4
3	Important Details	5
	Race Categories	5
4	Race Rules	6
5	Other Details	7
	Unsportsmanlike Conduct	7
	Protests and Disputes	7
6	Competitions	7
	General Classification	7
	Time Bonuses	8
7	Awards	8
8	Results	8
9	Overview of Stages	8
	Stage 1 – Moose Run Time Trial	9
	Stage 2 – Potter Valley Hill Climb	11
	Stage 3 – Gruening Middle School Criterium	13
	Stage 4 – Ruff Road Road Race	15

## POSIES RACE BIBLE

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### 1 INTRODUCTION

Welcome to the 2022 Posies Women's Cycling Series! We are so happy that you have decided to participate and hope that you have a safe and fun experience! **Please read this race bible thoroughly**; it should answer most questions and provides details on each individual stage, as well as race rules. Should you have any additional questions, please refer to the race director, Justin Neff at [bike907@gmail.com](mailto:bike907@gmail.com). We have done our best to summarize everything here, but note that some details may be subject to change once the event is underway.

This series is designed to cater to women of all abilities – we think that there is a little something for everyone! For those of you who are new to the sport, we hope that you have a fun experience and consider racing with the road division again in the near future. For those of you who are returning participants, welcome back! We are glad you have your support!

### 2 POSIES AT A GLANCE

Here is a quick overview of the stages and event details. For more detailed information and course maps, see pages 9-16.

#### Overview of Stages

Date	Event	Staging Location	Sign-in Cutoff Time	Event Start Time
<b>Tues</b> <b>6/14/21</b>	Stage 1: Moose Run Time Trial	Gunnery Range Parking Lot	6:30 PM	7:00 PM
<b>Thurs</b> <b>6/16/21</b>	Stage 2: Potter Valley Hill Climb	Potter Valley Mailboxes, Old Seward Hwy./ Potter Valley Rd.	6:30 PM	7:00 PM
<b>Tues</b> <b>6/21/18</b>	Stage 3: Gruening Middle School Criterium	Gruening Middle School	varies	Varies
<b>Thurs</b> <b>6/23/21</b>	Stage 4: Ruff Road Road Race	Gravel Parking Area off of Ruff Road	6:30 PM	7:00 PM
<b>Fri</b> <b>6/24/21</b>	Awards Party	AK Cycle Chic	--	6:30 PM

#### Contact Information

<b>General comments/questions:</b>	
<b>Club website:</b> <a href="http://www.arcticbicycleclub.org">www.arcticbicycleclub.org</a>	<b>Email:</b> <a href="mailto:bike907@gmail.com">bike907@gmail.com</a>
<b>For emergencies only:</b>	
Race Director, Justin Neff	Phone: 907.830.3511
Road Division Chairman, Eric Flanders	Phone: 907.602.9930
Posies Committee Co-Chairs, Emma H. & Cara F.	Phone: 907.830.5046 & 907.223.4883

## POSIES RACE BIBLE

### 3 IMPORTANT DETAILS

- Online registration will be available for the entire series until 9:00 PM on June 13. You may sign up for individual stages *but*, due to base access requirements, there is NO Individual registration for the Ruff Rd road race. All other stages will have online registration open until 3:00 PM on the day of the stage. We strongly encourage everyone to sign up for the entire series if they are able to. Those registered for the entire series will receive a swag bag full of goodies.
- No on-site registration.
- Riders who are not signed up for the entire series will not be eligible for time bonuses.
- All racers (even if you are pre-registered) must sign in at the registration table prior to each stage. Racer sign-in will open 1 ½ hours prior to each event and will close 30 minutes before the start. **If you have not signed in at least 30 minutes prior to your event, you risk having your name pulled from the start list.**
- Racer meetings will occur 15 minutes prior to each event.
- Racers are free to choose their category based on ability level. Racers may not change their category once the event is underway. If you feel that you have selected the wrong category, please contact the race director. Please note that we will be enforcing time-based upgrades after the time trial in order to ensure fair competition. See details under “race categories.”
- Bib pick up for the series is Saturday, June 11 from 11a - 1pm at the north end of Kincaid Stadium (at the Mountain Bike Festival Vendor Village).
- Your beautiful bibs are optional. All racers will receive a seat post timing chip at each check-in and must use that timing chip in order to ensure accurate results and timing. Chips are secured to your seat post with a provided rubber band. **CHIPS MUST BE RETURNED AT THE END OF EACH RACE.**



### RACE CATEGORIES

Posies will have seven categories for racers to choose from. We will have a “rookie” category for those who are very new to the sport or may not have road bikes (although riders without road bikes are not forced to enter this category). However, in order to ensure fair competition we will be enforcing an upgrade policy for riders who are deemed too fast for their category after the stage 1 time trial. The categories and upgrade times are outlined in the table below.

## POSIES RACE BIBLE

### Race Categories and Time-based Upgrades

Category	Description	Time Trial Upgrade Times*
<b>D</b>	A rider who has never raced before &/or may not have a traditional road bike.	Sub 32 minutes
<b>C</b>	Racers with developing fitness, or riding 3 or fewer times per week.	Sub 30 minutes
<b>B</b>	Experienced racers with intermediate fitness, or riding 3-5 times per week.	Sub 28 minutes
<b>A</b>	Experienced racers with a high level of fitness, or riding 5+ times per week.	None
<b>Master 45+, 60+, 70+</b>	Riders over the ages of 45, 60, or 70 respectively. The 45+ category tends to be fairly competitive.	None, age-based category
<b>Juniors</b>	Riders under the age of 18.	None, age-based category.

\*Any rider who finishes the stage 1 time trial in their respective category faster than these times listed will be subject to upgrade. The race director and/or event organizers may use their discretion when upgrading participants (i.e., if a rookie division rider is truly new to cycling and not comfortable with the pace of the novice group but finishes in 31:30.)

## 4 RACE RULES

*It is your responsibility to familiarize yourself with and adhere to these rules – read them carefully! Failure to follow these rules may result in disqualification from the tour.*

**Timing chips:** Timing chips must be on your seat post. Failure to attach your timing chip may result in inaccurate results (or no result whatsoever!).

**Sign-in:** Racers must sign in at least 30 minutes prior to each event! Failure to do so may result in being excluded from your event.

**Combined Categories:** Categories of similar ability may be combined for mass start events (stages 2, 3 and 4). Racers may draft and work with any other racers in the group with which they start, and will still be scored within their individual category. Racers may **not** draft or work with racers from other groups on the road outside of the group with which they started.

**Helmets:** Helmets must be worn at all times!! This includes before and after events – even if you are just riding around the parking lot. Riding without a helmet at any time is grounds for immediate disqualification.

**Earpieces:** Devices with earpieces are not permitted at any time while riding (including before and after racing), during any stage. Earpieces may be worn for trainer warm-ups, but not at any time when your bicycle is in motion.

**Aerobars:** Aerobars are permitted during the stage 1 time trial only.

**Drafting:** Drafting is permitted in any of the mass start events (stages 2, 3, and 4), except as outlined above (drafting off of groups other than the group with which you started is prohibited). Drafting is prohibited in stage 1.

**Yellow line:** The yellow line rule is in effect for all stages (with the exception of stage 3). Riders may not cross the yellow line lane divider at any time. If a painted yellow line is not present,

## POSIES RACE BIBLE

riders must stay as far to the right as possible. This is extremely important to ensure riders' safety. Failure to follow this rule may result in disqualification.

**Support:** Support/follow cars will not be provided by the race organizers, and follow cars for individual racers are prohibited. For the stage 3 criterium and stage 4 road race, there will be designated pit areas for spare wheels and other equipment. Outside support is permitted only within these pit areas. Racers may take assistance from teammates or other racers. During the stage 4 road race only, racers may take outside support (food, bottles, clothing, etc.) within the designated feed zone. Accepting a hand-up from a moving vehicle is not permitted in any stage.

**Free laps:** During the stage 3 criterium only, a racer may be granted a free lap in the case of a mishap or major mechanical problem. Racers must return to the designated pit area under their own power and rejoin the race within one lap to be eligible for the free lap. Racers may not ride their bicycle backwards on the course to reach the pit area. When re-entering the race, racers must re-enter at the back of the group which they were with at the time of the incident. The free lap rule is no longer in effect within three laps of the finish. Inside of three laps to go, racers suffering a mishap or major mechanical problem may not re-enter the race, and will be given the same time as the group they were with at the time of the incident.

**Neutral zones:** In the stage 1 time trial, 100 meters before and after the turnaround is a neutral zone. Passing is not permitted within the neutral zone. Please be courteous of your fellow racers, and allow others to collect food and clothing safely. Racers taking support should signal their intention to do so.

## 5 OTHER DETAILS

### UNSPORTSMANLIKE CONDUCT

Unsportsmanlike conduct of any kind will not be tolerated – period. When you are on your bicycle, you are a role model for other racers, cyclists, and the club. Be competitive, but be courteous and respectful of others. None of us are getting paid to do this.

### PROTESTS AND DISPUTES

Race officials will not be present on the road with the racers, so racers must be self-governing. All perceived rule violations must be reported within 30 minutes after the race finish. Perceived errors in the results must be reported in a timely manner to the race director after results are posted, and at least one hour before the start of the next stage. Disputes will be resolved by the members of the Arctic Bicycle Club – Road Division Committee.

## 6 COMPETITIONS

### GENERAL CLASSIFICATION

All racers competing for the entire series are eligible for the general classification (GC). Racers must complete each stage to remain in the GC. Racers who cannot complete a stage due to a mishap or major mechanical problem may be given a prorated time, at the race director's discretion, and permitted to advance to the next stage (see also "free laps" under rules).

## **POSIES RACE BIBLE**

The GC placing will be based on lowest overall accumulated time, including any time bonuses earned and/or time penalties incurred.

### **TIME BONUSES**

Time bonuses will be awarded only in the stage 3 criterium. The rookie division will not receive any time bonuses as it is intended to truly be introductory level.

Time bonuses are applied to GC time and do not affect the stage placing. Racers who are relegated or disqualified may be stripped of their time bonuses for that stage only, in which case the bonuses would roll down to the next racer(s) in the finishing order.

### **7 AWARDS**

Awards will be presented at the banquet on Friday, June 24 at 6:30 PM. Awards will be given for the top three GC racers in each category. (But we have amazing door prizes and series drawing raffle prizes, too!)

### **8 RESULTS**

Results will be posted after each stage on the road division website: [arcticbicycleclub.org](http://arcticbicycleclub.org)

To stay updated with the latest news and be informed as soon as results are available, be sure to follow the road division on Facebook.

### **9 OVERVIEW OF STAGES**

The following pages provide added detail and maps for each stage and should answer most questions. Please contact the race director or club president should you have additional questions regarding any stage or event details.

## STAGE 1 – MOOSE RUN TIME TRIAL

Date	Tuesday, June 14
Sign-in	5:30-6:30 PM
On-site registration?	No
Race start	7:00 PM

### Details:

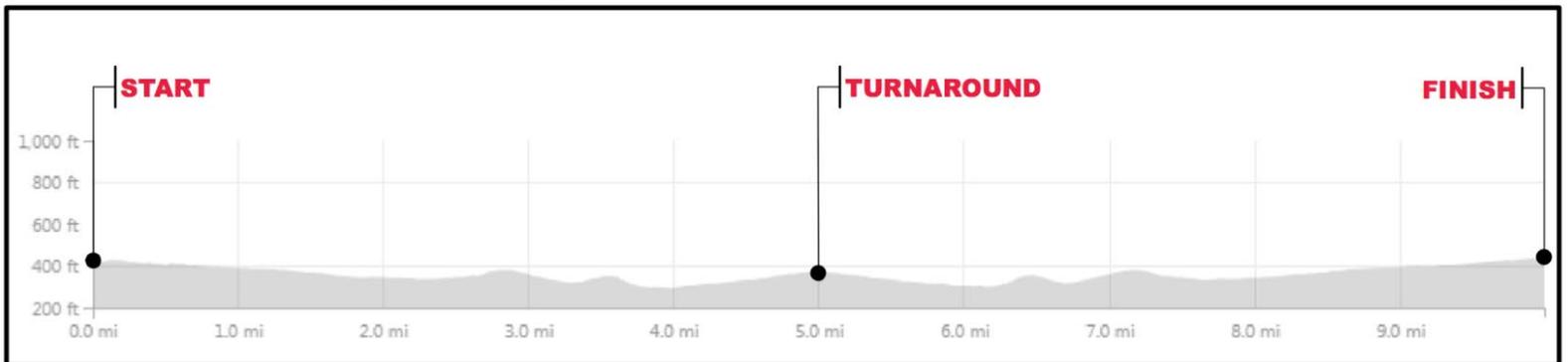
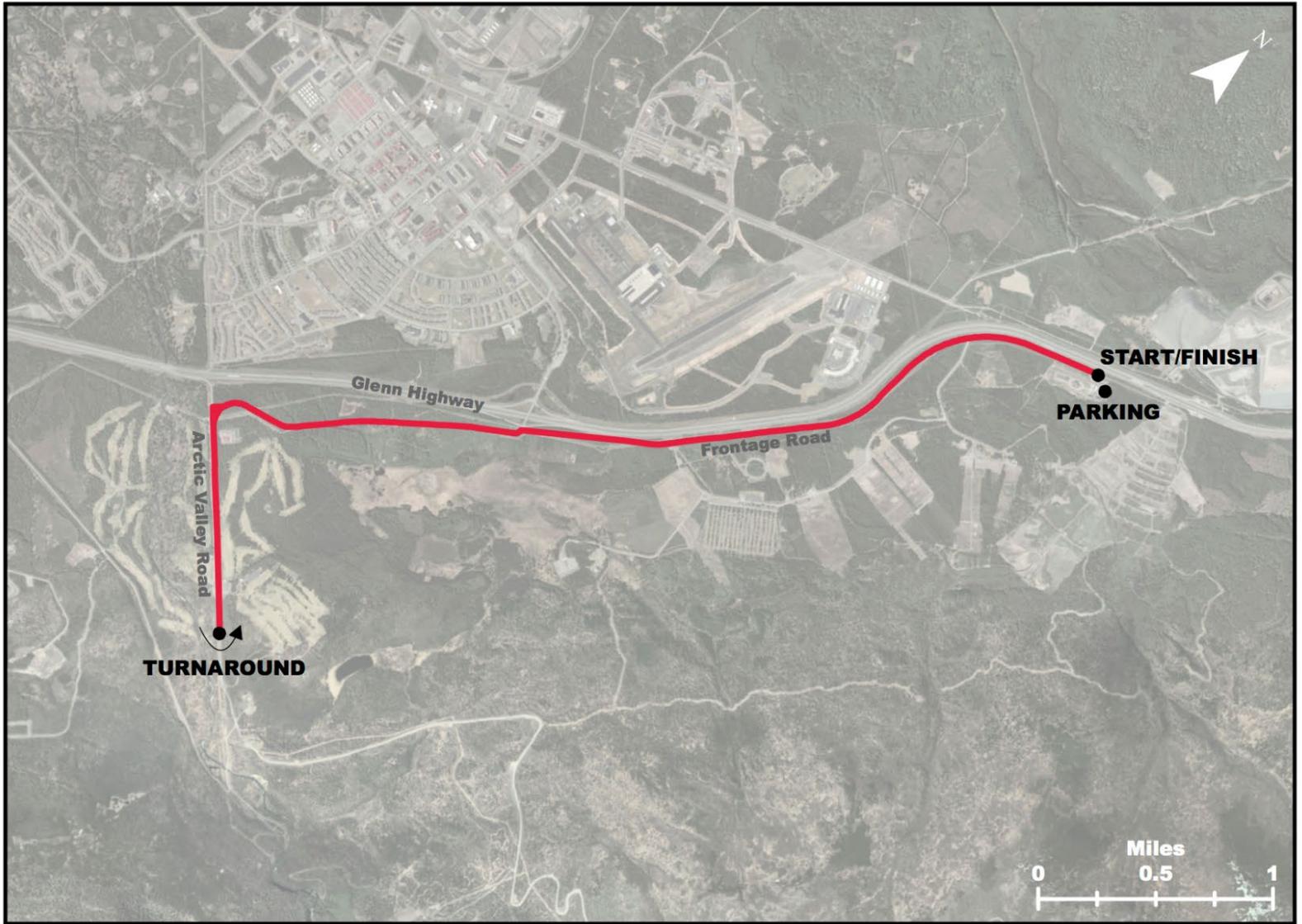
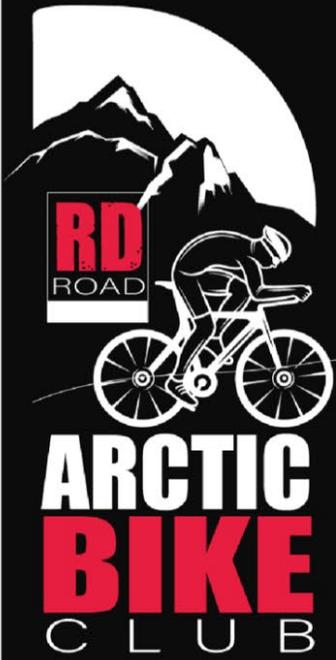
- **Directions** – Take the Glenn Highway north to the Fort Richardson exit. At the exit, continue on to the frontage/gunnery range road. Parking is on the right, about a quarter of a mile from the end of the road.
- **Parking** – Park in the paved parking lot at the shooting range.
- **Warm-up** – warming up on course is permitted until the first racer goes out.
- **Start** – individual TT starts in 30 second intervals. Exact start times will be posted 30 minutes prior to race start. Slower groups will go out first, but individual start order will be random, with the race director to use discretion to seed faster riders first within each group based on results from this season.



Drafting is not permitted, passing on the left only. Turnaround is a neutral zone. Roads will be open to normal traffic. Use caution at the start/finish line, be alert for finishing racers and stay off the road when not racing. **Please be very respectful on base; follow speed limits, do not talk on your phone while driving, do not wear headphones while riding, and only use the provided port-a-potties.**

# MOOSE RUN TIME TRIAL

**OUT & BACK**  
**Distance: 10mi**  
**Elev. Gain: 340ft**



## POSIES RACE BIBLE

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### STAGE 2 – POTTER VALLEY HILL CLIMB – classic (short) course

Date	Thursday, June 16
Sign-in	5:30-6:30 PM
On-site registration?	No
Race start	7:00 PM

#### Details:

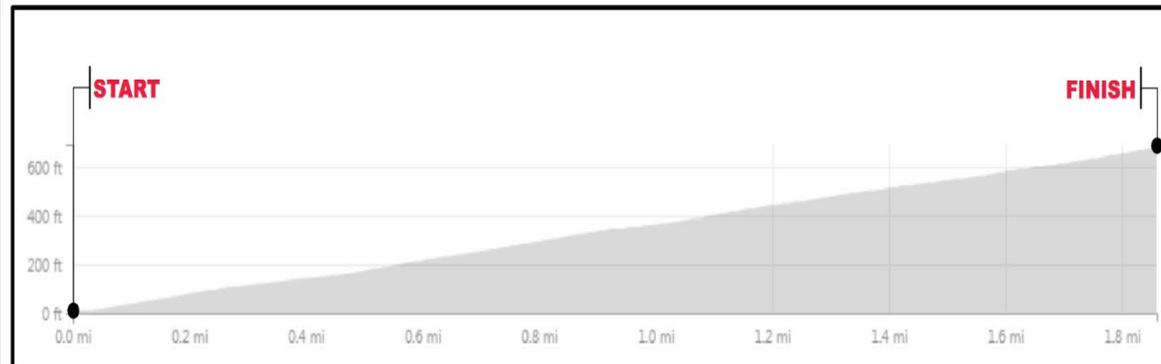
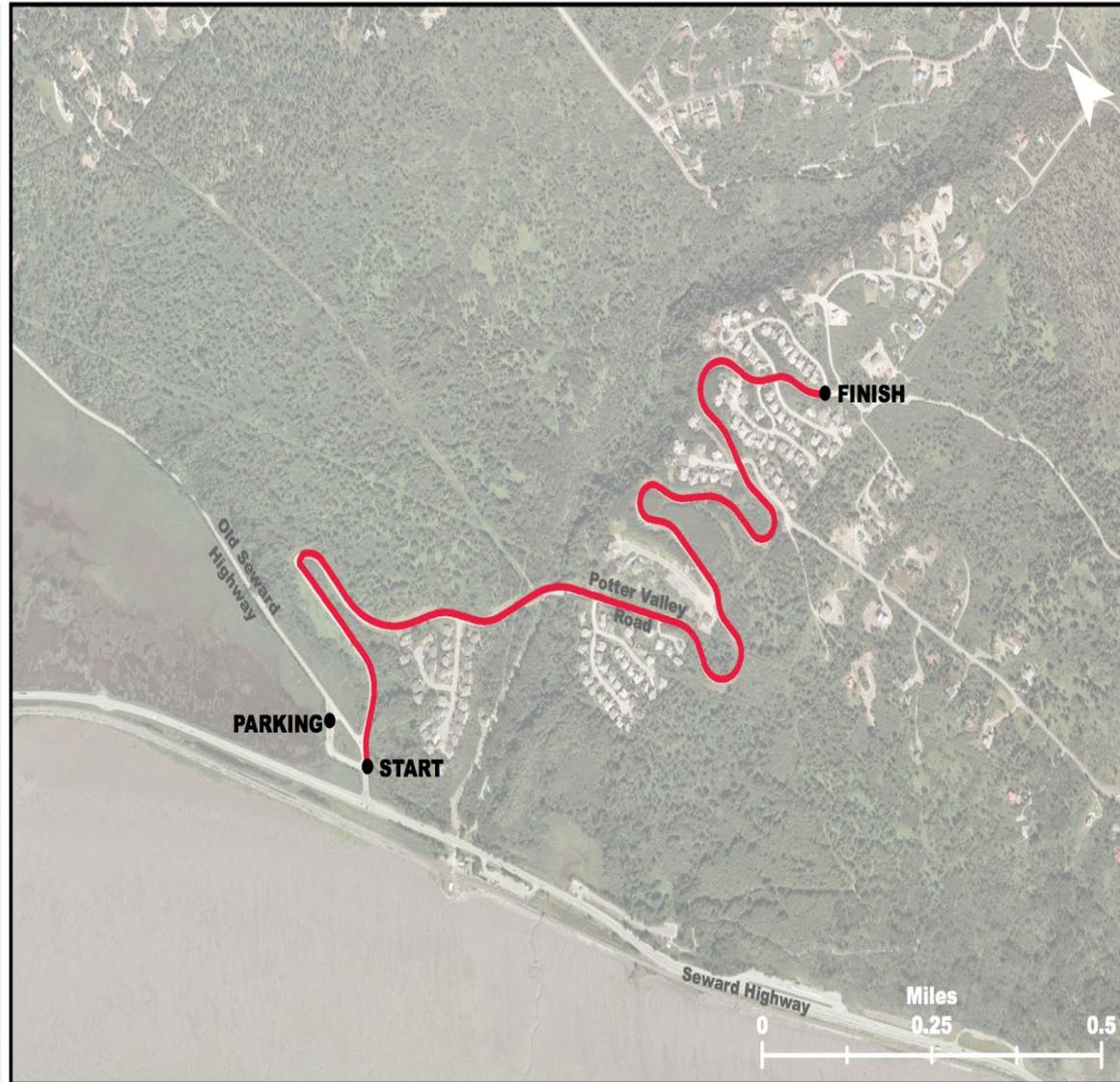
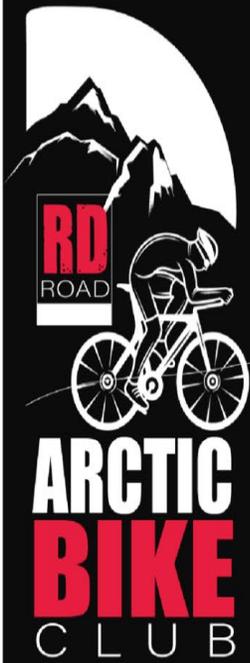
- **Directions** – follow the Seward Highway south to Potter Marsh. At mile 115.5 (approximate), turn left onto Potter Valley Road. The paved parking area immediately to your left is where event sign-in and parking for this event will be.
- **Parking** – Potter Valley mailbox area. Please do not block access to the mailboxes. Be courteous to the local residents who will also be using this parking area.
- **Warm-up** – Old Seward Highway offers good access to hillside roads, and warming up on the course (Potter Valley Road) is allowed. Warming up on the Seward Highway is not recommended due to heavy, high-speed traffic.
- **Staging** – on the shoulder of Potter Valley Road, just back from the start line. Stage as far to the right side of the road as possible, in order to allow traffic turning in from the Seward Highway to pass.
- **Start** – mass start by category. Exact start times will be posted 30 minutes prior to race start. Categories of similar ability may be combined for this event.
- **Distance** – 1.9 miles.



A race vehicle will be available to transport food, water, and clothing to the finish area. Use caution on the descent. Yellow line rule is in effect, even after the race. Roads will be open to normal traffic. **Participants are encouraged to stay at the finish line to cheer until the last racer has finished – support for your fellow racer.**

# POTTER VALLEY HILL CLIMB

Distance: 1.8mi  
Elev. Gain: 680ft  
Avg Grade: 7%



## POSIES RACE BIBLE

### STAGE 3 – Gruening Middle School Criterium

Date	Tuesday, June 21
Sign-in	Varies: 30 mins prior to start of race, see start times in details below
On-site registration?	No
Race start	Varies by category

#### Details:

- **Directions** – head north on the Glenn Highway toward Eagle River. Exit right on Artillery Road and then take the quick right on Eagle River Road. Turn right on Lee Street. Gruening Middle School will be right ahead (9601 Lee St, Eagle River, AK 99577).
- **Parking** – Gruening Middle School.
- **Warm-up** – No warming up on course.
- **Start** – mass start by category as follows:

Division	Start Time	Race Duration	Number of Primes
D, Juniors	6:00 PM	20 mins + 1 lap	-
C, Master 60+, 70+	6:30 PM	30 mins + 1 lap	1
B, Master 45+	7:10 PM	35 mins + 1 lap	2
A	7:50 PM	40 mins + 1 lap	3

\*The D division will begin with three neutral laps, joined by experienced riders who will be able to answer questions and provide assistance. Rookie division riders who believe they may need additional assistance or practice are encouraged to arrive early to pre-ride the course; experienced riders will be available prior to the race to assist as well.

- **Feed Zone / Pit Area** – At the start/finish area.
- **Competitions** – Finishing and prime bonuses will be offered to all categories, with the exception of the rookie division, as follows:

Place	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
Finishing Time Bonus	:10	:06	:04
Prime Time Bonus	:03	:02	:01



Categories of similar ability will be combined for this event as outlined in the start time table. Riders may use the entire road, yellow line rule does not apply for this stage.

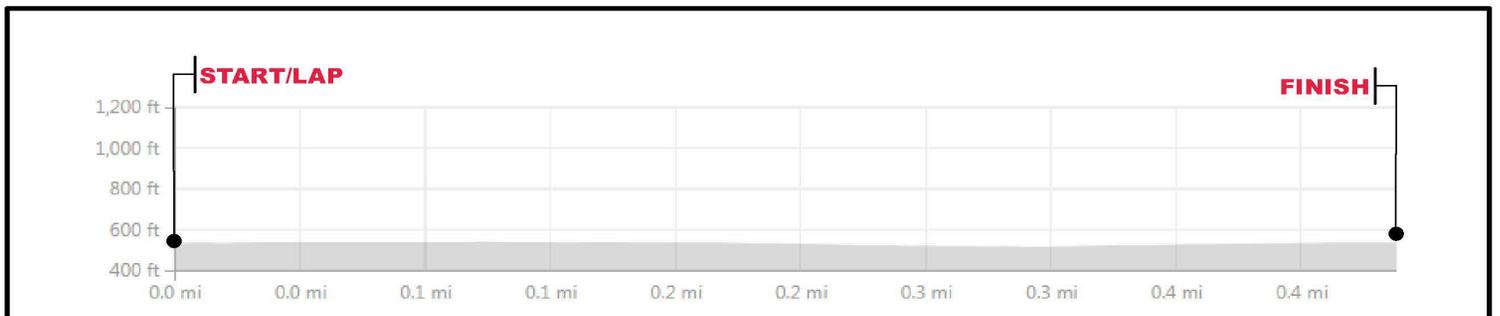
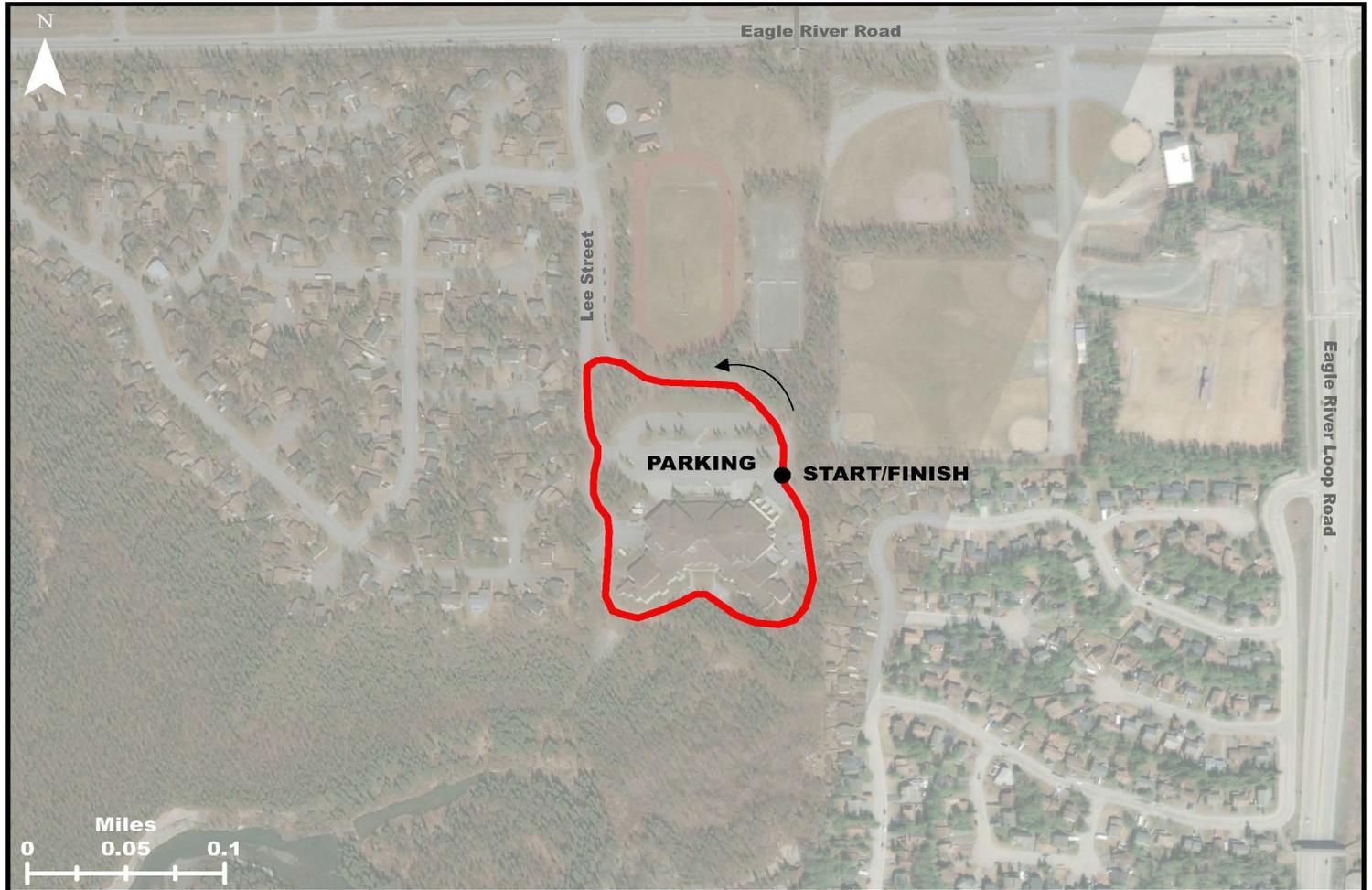
# GRUENING MIDDLE SCHOOL CRIT

LAP

Distance: 0.5mi

Elev. Gain: 20ft

Direction: Counter CW



## POSIES RACE BIBLE

### STAGE 4 – RUFF ROAD Road Race

Date	Thursday, June 23
Sign-in	5:30-6:30 PM
On-site registration?	No
Race start	7:00 PM

#### Details:

- **Directions** – IF you completed the Google form for pre-approval you may proceed thru the gate. If not, you will need to arrive between 5:30 - 6:00p and then proceed to the guard shack to meet with a sponsor.
- From the Fort Richardson gate (Fort Richardson [JBER] exit at Glenn Highway mile 8): Proceed on D Street for approximately 1/4 mile. Take the first right turn at Dyea Avenue, and another right onto Ruff Road. Follow Ruff Road east and north for about a mile to the gravel parking and start/finish area.
- **Parking** – Gravel parking area off of Ruff Road (left side of the road); overflow parking is available in the parking lot at the first building to the northeast.
- **Warm-up** – Warming up on course is permitted, be alert for wildlife and vehicular traffic, roads will be open.
- **Feed zone / Pit Area:** at the start/finish line.
- **Start** – Mass starts by category, categories of similar ability may be combined for this event. Start times and distances are as follows:

Division	Start Time	Laps	Distance (approximate)
A	7:00 PM	8	34 miles
B, Masters 45+	7:01 PM	6	25 miles
C, Masters 60+	7:02 PM	4	17 miles
D, Juniors	7:03 PM	3	12 miles



Yellow line rule is in effect for this stage. Similar categories may be combined depending on group size. Roads will be open to normal traffic

# RUFF ROAD ROAD RACE

## LAP

Distance: 4.3mi

Elev. Gain: 80ft

Direction: Clockwise

