

# 2004 Bicycle Nova Scotia Member Handbook

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## **About This Booklet**

This booklet was written in order to give Bicycle Nova Scotia Members and the general public an easy reference to Bicycle Nova Scotia programs and policies. Though every effort has been made to include accurate and up-to-date information, it is possible that the information contained within is out-of-date by the time you read it. Be sure to periodically visit the Bicycle Nova Scotia web site (<http://www.bicycle.ns.ca>), where any updated information will be posted.

BNS reserves the right to change any of the information contained in this document without notice.

# Introduction to Bicycle Nova Scotia (BNS)

Bicycle Nova Scotia (BNS) is the coordinating body cycling in Nova Scotia. It is a volunteer-run not-for-profit organization. BNS has a volunteer board of directors who are elected by the membership. The board consists of the President, Treasurer, Registrar, Secretary, Male and Female Athlete Representatives, Provincial Chief Coach and the four sector vice-presidents of Road Racing, Mountain Bike Racing, Transportation & Touring and Education & Advocacy. BNS seeks to promote cycling in all its forms including racing, touring, recreation and transportation. We offer a variety of services and programs to our members, many of which are extended to the general public. We are also involved in cycling education and advocacy projects and cycling for persons with special needs.

Each of the four sectors of Road & Track Racing, Mountain Bike Racing, Transportation & Touring and Education & Advocacy has a committee of volunteers who make decisions on how that sector will function. For instance, the Road Racing and Mountain Bike Racing Committees approve dates for the race, train and appoint officials for the races, set standards for the events, select athletes to attend national level races and perform and coordinate all other activities needed to provide a fair and safe environment for competitive cycling. Currently, BNS also has two special committees, the BMX Racing Committee and the Canada Games / Athlete Development Committee. The BMX Committee currently is currently mandated to introduce BMX racing to Nova Scotia, while the Canada Games / Athlete Development Committee is charged with planning BNS' Canada Games contribution and recommending Athlete and Coach Development projects to the BNS Board.

BNS receives funding from several sources. The majority of our operating expenses are covered through membership, license and other fees. The Touring and Transportation Sector currently has a program for blind cycling (on tandems) that is financed by the touring book sales (Nova Scotia By Bicycle, by Walton Watt). A small portion (mostly athletic training) is funded through grants from the Sport and Recreation Commission of the Province of Nova Scotia.

BNS is also a part of the national coordinating body for cycling. Representatives from the provinces and territories for the Canadian Cycling Association (CCA), which delivers national programs, sets national standards and regulates inter-provincial competition. The CCA also provides a national liability insurance plan for all member cyclists and cycling clubs.

Bicycle Nova Scotia  
5516 Spring Garden Road, 4<sup>th</sup> Floor  
Halifax, NS, B3J 1G6  
902-425-5450 / 902-425-5606 (fax)  
[canoens@sportnovascotia.ca](mailto:canoens@sportnovascotia.ca)  
<http://www.bicycle.ns.ca>

## 2004 Board of Directors, Volunteers and Staff

### 2004 Staff / Board of Directors

<b>Administrator:</b> Ike Whitehead, Sport Nova Scotia 5516 Spring Garden Road, 4 <sup>th</sup> floor Halifax, NS, B3J 1G6 Phone: 425-5450 / 425-5606 fax E-Mail: <a href="mailto:canoens@sportnovascotia.ca">canoens@sportnovascotia.ca</a> <a href="http://www.bicycle.ns.ca">http://www.bicycle.ns.ca</a>	
<b>President:</b> Kevin MacCuish E-mail: <a href="mailto:goatcycle@yahoo.com">goatcycle@yahoo.com</a>	<b>Registrar:</b> Kevin Besner E-mail: <a href="mailto:kbesner@hfx.eastlink.ca">kbesner@hfx.eastlink.ca</a>
<b>VP Touring &amp; Transportation:</b> Gerard Walsh E-mail: <a href="mailto:gmw@dbis.ns.ca">gmw@dbis.ns.ca</a>	<b>Male Athlete Representative:</b> Mark Foster E-mail: <a href="mailto:mafoster@dal.ca">mafoster@dal.ca</a>
<b>VP Road and Track:</b> Eric Weaver E-mail: <a href="mailto:emweaver@win.eastlink.ca">emweaver@win.eastlink.ca</a>	<b>Female Athlete Representative:</b> Cynthia Fry E-mail: <a href="mailto:tuscany_2@juno.com">tuscany_2@juno.com</a>
<b>Secretary:</b> Suzanne Lamb: E-mail: <a href="mailto:lamb@ns.sympatico.ca">lamb@ns.sympatico.ca</a>	<b>V.P. Education and Advocacy:</b> John Smith E-mail: <a href="mailto:cooksmith@eastlink.ca">cooksmith@eastlink.ca</a>
<b>VP Mountain Bike:</b> Position Vacant E-mail:	<b>Treasurer:</b> Walton Watt E-mail: <a href="mailto:wdwatt@hfx.eastlink.ca">wdwatt@hfx.eastlink.ca</a>
<b>Athlete Dev't Coordinator:</b> Sherry Huybers E-mail: <a href="mailto:sherryhuybers@hotmail.com">sherryhuybers@hotmail.com</a>	<b>Marketing Coordinator:</b> Adrian Campbell E-mail: <a href="mailto:campbell@tmclaw.com">campbell@tmclaw.com</a>

### 2004 Mountain Bike Committee

<b>V.P. Mountain Bike:</b> Scott Bonnell E-mail: <a href="mailto:040573b@acadiu.ca">040573b@acadiu.ca</a>	
<b>Chief Commissaire:</b> Kevin MacCuish E-mail: <a href="mailto:goatcycle@yahoo.com">goatcycle@yahoo.com</a>	<b>Events Coordinator:</b> Tom Kavanagh E-mail: <a href="mailto:thebikepeople@hotmail.com">thebikepeople@hotmail.com</a>
<b>Trails/Land Access:</b> Andrew Feenstra E-mail: <a href="mailto:andrew@cyclesmith.ca">andrew@cyclesmith.ca</a>	<b>Provincial Coach:</b> Sherry Huybers E-mail: <a href="mailto:shuybers@dal.ca">shuybers@dal.ca</a>
<b>Media/Results Coordinator:</b> Mark Foster E-mail: <a href="mailto:mafoster@dal.ca">mafoster@dal.ca</a>	<b>Female Athlete Rep:</b> Cynthia Fry E-mail: <a href="mailto:tuscany_2@juno.com">tuscany_2@juno.com</a>
<b>Male Athlete Rep:</b> Mark Foster E-mail: <a href="mailto:mafoster@dal.ca">mafoster@dal.ca</a>	<b>Secretary:</b> Position Vacant
<b>Presidents of Affiliated Clubs:</b> Mostly Vacant	<b>BNS President (ex officio):</b> Kevin MacCuish

### 2004 Road and Track Committee

<b>V.P. Road &amp; Track:</b> Eric Weaver E-mail: <a href="mailto:emweaver@win.eastlink.ca">emweaver@win.eastlink.ca</a>	
<b>Chief Commissaire:</b> Vacant	<b>Provincial Coach:</b> Sherry Huybers E-mail: <a href="mailto:shuybers@dal.ca">shuybers@dal.ca</a>
<b>Female Athlete Rep:</b> Cynthia Fry E-mail: <a href="mailto:tuscany_2@juno.com">tuscany_2@juno.com</a>	<b>Male Athlete Rep:</b> Mark Foster E-mail: <a href="mailto:mafoster@dal.ca">mafoster@dal.ca</a>
<b>Presidents of Affiliated Clubs:</b> Mostly Vacant	<b>BNS President (ex officio):</b> Kevin MacCuish

## 2004 BMX Special Committee

<b>BMX Committee Chair:</b> Vacant	
<b>Members-at-Large:</b> Vacant	<b>BNS President (ex officio):</b> Kevin MacCuish

## 2004 Canada Games / Athlete Development Special Committee

<b>Athlete Development Coordinator / Canada Games Head Coach:</b> Sherry Huybers E-mail: <a href="mailto:shuybers@dal.ca">shuybers@dal.ca</a>	
<b>Female Athlete Rep:</b> Cynthia Fry E-mail: <a href="mailto:tuscany_2@juno.com">tuscany_2@juno.com</a>	<b>Male Athlete Rep:</b> Mark Foster E-mail: <a href="mailto:mafoster@dal.ca">mafoster@dal.ca</a>
<b>Canada Games Assistant Coach:</b> Vacant	<b>Canada Games Team Manager:</b> Vacant
<b>Presidents of Affiliated Clubs:</b> Mostly Vacant	<b>BNS President (ex officio):</b> Kevin MacCuish

## Membership Benefits

Currently, Bicycle Nova Scotia offers two basic types of individual membership – a General Membership and a Race Membership. Group membership in the form of an Affiliated Cycling Club is also possible. Here is a list of the benefits for each type of membership:

### General Membership Benefits

- Annual Cost: \$20
- Personal Medical and Liability Insurance when participating in non-competitive cycling events hosted by any Cycling Club in Canada
- A vote at the Annual General Meeting and the right to hold office within the association
- An opportunity to support the provincial and national organizations advocating the interests of cyclists

- An opportunity to join with cycling enthusiasts within a recognized provincial organization with the goal of promoting all aspects of cycling in Nova Scotia
- Discounts at participating retailers (see list below)

## **Race Membership Benefits**

- Annual Cost: Varies, depending upon type of race license (ranges between \$20 - \$110)
- Includes an internationally recognized race license
- Personal Medical and Liability Insurance when participating non-competitive cycling events hosted by any Cycling Club in Canada
- Personal Medical and Liability Insurance when participating in any Competitive cycling event in Canada sanctioned by any provincial cycling federation
- Personal Medical and Liability Insurance when training under the supervision of an NCCP Certified Cycling Coach
- A vote at the Annual General Meeting and the right to hold office within the association
- An opportunity to support the provincial and national organizations advocating the interests of cyclists
- An opportunity to join with cycling enthusiasts within a recognized provincial organization with the goal of promoting all aspects of cycling in Nova Scotia
- Discounts at participating retailers (see list below)

## **Affiliated Cycling Club Benefits**

- Annual Cost: \$110
- Insurance for club executive, volunteers and landowners for club activities and events (coverage limited to incidents that occur during club events / activities)
- Access to insurance and BNS race services should the club decide to organize a bicycle race
- The right to participate in and vote at (1 vote per club) the Mountain Bike, Road Bike, BMX and Canada Games / Athlete Development program committees
- Access to BNS communications and marketing programs for club related advertising purposes
- Access to BNS Coaches, Commissaires and training programs
- The right to apply for funding from BNS to help complete cycling related projects
- Access to a BNS membership discount for club members
- The right of club members to wear the club jersey and shorts at bicycle races

## **Discounts for Bicycle Nova Scotia Members**

The following discounts are available to individual Bicycle Nova Scotia members at these businesses. This season BNS will attempt to expand this list; check the BNS web site for further updates.

- Cyclesmith (Halifax & Dartmouth Locations): 10% off regular price parts and accessories and clothing
- Bicycles Plus (Bedford): 10% off regular price parts and accessories
- Hub Cycle (Truro): 10% off regular price parts, accessories, snowshoes and skis
- Lunenburg Bike Barn: 10% off regular price parts and accessories and clothing
- Sportwheels: 10% off regular price parts and accessories
- Via Rail: Present your membership at any ticket office location and receive 10% off regular fares

## **Insurance Information**

Bicycle Nova Scotia is pleased to be able to offer its members an excellent sport and recreation insurance policy through its affiliation with the Canadian Cycling Association.

For each member, the coverage is as follows:

Comprehensive General Liability Insurance: \$5,000,000 per incident  
Accidental Death and Dismemberment Insurance: Depends on Circumstances

For General Members, coverage is available when they participate in any non-competitive cycling event held by any Cycling Club in Canada that is affiliated to the Canadian Cycling Association through that club's provincial cycling federation.

For Race Members, coverage is more comprehensive. In addition to being covered when participating in non-competitive events held by Cycling Clubs affiliated with the CCA, race license holders are covered when participating in any bicycle race sanctioned by a provincial cycling federation that is affiliated with the CCA. Also, race license holders are covered when they are training under the supervision of a NCCP Certified Cycling Coach (National Coach Certification Program).

The executive and volunteers of BNS affiliated cycling clubs and the landowners on whose property those clubs hold non-competitive cycling events are also covered by the Liability Insurance Policy to the tune of \$5,000,000 per incident. Should a club wish to hold a bicycle race, event insurance is available through BNS for \$125 - \$150 depending upon the type of event.

Note: Members of affiliated cycling clubs do not personally receive Liability and Medical insurance unless they are also at least General Members of Bicycle Nova Scotia. There is no requirement for club members to become BNS members, though for the sake of \$20, there are very clear advantages for them to do so (see above).

Insurance is also available to cycling event organizers that are not affiliated cycling clubs; the cost is \$350 plus \$2 per non-BNS participant.

## **Cycling As A Sport**

Bicycle Nova Scotia is pleased to be able to offer racing programs for all levels of Road and Mountain Bike racers. As soon as 2004 / 2005, we hope to be able to host BMX racing as well. This section of the handbook describes most everything you need to know about local, regional and national bicycle racing.

### **License Information**

The most important document for any race competitors is the race license. Just as a driver's license indicates that you have the skill and privilege to drive a car, a race license indicates that you have the skill and privilege to race your bicycle.

Without exception, you must present your race license at registration every time you want to race. No License = No Race. The only exception to this rule is when one-event licenses are available for purchase; purchasing a one-event license will allow you to race in the sport category for your age group.

Your license is very important for these reasons:

- It identifies you as a member of BNS and of the CCA and UCI
- It proves to race officials and organizers around the country that you carry liability and medical insurance, which are necessary for you to participate in races
- It proves to race officials and organizers that you fit within the age category and skill level shown on your license
- It indicates that you have agreed to abide by all CCA and UCI regulations
- It proves your national identity should you decide to race internationally
- If you are a coach, Commissaire or team manager it proves that you have a certain level of technical credentials

When you receive your license in the mail, it is your responsibility to do the following:

- Verify that the age and category information on the license is correct; if a Commissaire at a race finds any errors, you may not be allowed to race in your correct category. Having any errors corrected is your responsibility.
- You must sign the reverse side of your license.
- You should paste a passport-sized photo on the back of your license; you'll have to present other photo ID at race registration if you don't.
- It is a good idea to have your license card laminated after you've signed it and attached a photo.

- Keep your license with your race gear or in your wallet. You must take it to every race that you attend!
- It's a good idea to make a photocopy of both sides of the license in case you lose the original. Keep the photocopy with your race gear or in your race toolbox.



## Reading Your License

A race license looks like this:

Front View:

UNION CYCLISTE INTERNATIONALE		2004
CANADIAN CYCLING ASSOCIATION		
Cat. UCI:	Master 30-39	Code UCI: CAN19741104
Cat. Nat.:	XXM DMS RMA MCN RCPA MC1	
Surname/Given:	Doe, John	Sex: M
Address:	1234 Smith Street Halifax, NS, B3K 3V7	
Birthdate:	04-Nov-74	Age: 30
Nationality:	Can	Tel.: (902) 425-5450
Trade Team:		
Club:	Cyclesmith Cycling Club	
Prepared:	05-Mar-04	04899

Back View:

UNION CYCLISTE INTERNATIONALE	
CANADIAN CYCLING ASSOCIATION	
<p>OPTIONAL PHOTO</p> <p>If no photo is affixed, the holder shall present photo ID with license at all times.</p>	<p>The holder will abide by the UCI and CCA rules and regulations and accepts any drug and blood tests that may be performed.</p>
 Licensee's Signature	 President's Signature

As mentioned above, you should check to make sure that your license is correct when you receive it in the mail.

First, check to see that your UCI Category is correct. Your UCI category corresponds to your age as of December 31 in the current year. The following table lists the age range for each UCI Category.

Your Age	Your UCI Category
Under 17	Jeunesse
17 – 18	Junior
19 – 22	Espoir
23 – 29	Elite
30 – 39	Master 30-39
40 – 49	Master 40-49
50 – 59	Master 50-59
60+	Master 60+

The next thing to check for correctness is your UCI Code. This is composed of your Country abbreviation (in Canada “CAN”) and your birth-date in the form: Year – Month

– Day (CANYYYMMDD). So, if you were born in Canada on November 4, 1974, your UCI Code would be “CAN19741104”.

Most importantly, make sure that your National Category (Cat. Nat.) codes are correct. For every qualification you have – Cross Country Racer, Downhill Racer, Road Racer, Commissaire, Coach or Manager, there is a corresponding code for your age and skill level. Look up the license codes listed in the table below and make sure they’re correct.

## Table of License Codes

Code Road	Qualification Road	Code XC	Qualification XC MTB	Code DH	Qualification DH MTB
RU13	Under 13 M/W (10-12)	XU13	Under 13 M/W (10-12)		
RU15	Under 15 M/W (13-14)	XU15	Under 15 M/W (13-14)		
RU17	Under 17 M/W (15-16)	XU17S	Under 17 Sport M/W (15-16)	DU17S	U17 Sport (15-16)
RJ	Junior M/W (17-18)	XU17X	Under 17 Expert M/W (15-16)	DU17X	U17 Exp. (15-16)
RS1	Senior 1 M/W (19-29)	XJS	Junior Sport M/W (17-18)	DJS	Jr. Sport (17-18)
RS2	Senior 2 M/W (19-29)	XJX	Junior Expert M/W (17-18)	DJX	Jr. Expert (17-18)
RS3	Senior 3 M/W (19-29)	BS	Beginner Sport M/W (19+)		
RS4	Senior 4 M/W (19-29)	XSS	Senior Sport M/W (19-29)	DSS	Snr. Sport (19-29)
RS5	Senior 5 M/W (19-29)	XSX	Senior Expert M/W (19-29)	DSX	Snr. Expert (19-29)
RMA	Master A Men (30-39)	XSE	Senior Elite M/W (19-29)	DSE	Snr. Elite (19-29)
RMB	Master B Men (40-49)	XMS	Master Sport M/W (30+)	DMS	Master Sport (30+)
RMC	Master C Men (50-59)	XMX	Master Expert M/W (30-39)	DMX	Master Exp. (30+)
RMD	Master D Men (60-69)	XM40X	Master Expert Men (40+)		
RME	Master E Men (70+)	MM	Mtn Bike Manager		
RMW	Master Women (30+)	MCA	UCI A Commissaire		
RMR	Road / Track Manager	MCB	UCI B Commissaire		
RCA	UCI A Commissaire	MCN	National Commissaire		
RCB	UCI B Commissaire	MCPA	Provincial A Comm.		
RCN	National Commissaire	MCPB	Provincial B Comm.		
RCNU	UCI Nat. Commissaire	MCPC	Provincial C Comm.		
RPCA	Provincial A Comm.	MO	Mountain Bike Organizer		
RCPB	Provincial B Comm.	MC1	MTB Coach Lvl 1		
RCPC	Provincial C Comm.	MC2	MTB Coach Lvl 2		
RCTA	Prov. Track Comm.	CC3	Cycling Coach Lvl 3		
RO	Road / Track Organizer	CC4	Cycling Coach Lvl 4		
RC1	Road Coach Lvl 1	CC5	Cycling Coach Lvl 5		
RC2	Road Coach Lvl 2	GM	General Member		
TC1	Track Coach Lvl 1				
TC2	Track Coach Lvl 2				

## Race Categories

The category in which you race depends upon your age and your skill level. For licensing purposes, your age for the current season is your age on December 31 of the current year.

As an example, even if you're only 18 when you apply for your license, if you turn 19 between the time when you apply and December 31 we consider you to be 19 for the entire race season.

Your license lists the category in which you can race for the current season for each cycling discipline. As a matter of National policy, you must race in the category printed on your license; that's why it's important to make sure that your race license is correct. Within Nova Scotia, we have pre-grouped several race categories for the purposes of our provincial series; these categories match the distribution of people who usually show up to races. Consult the following table to determine where your license will allow you to race in Nova Scotia.

### **Nova Scotia Mountain Bike Cross Country Categories**

Nova Scotia Category	Age Range	Allowed License Codes
Open Beginner 19+	19+	XSB, 1-Day
U13 Male AND Female	10 – 12	XU13, 1-Day
U15 Male	13 – 14	XU15, 1-Day
U15 Female	13 – 14	XU15, 1-Day
U17 Sport Male	15 – 16	XU17S, 1-Day
U17 and Junior Sport Female	15 – 16	XU17S, XJS, 1-Day
U17 Expert and Junior Sport Male	17 – 18	XU17X, XJS, 1-Day
U17 Expert and Junior Expert Female	17 – 18	XU17X, XJX
Junior Expert Male	17 – 18	XJX
Senior Sport Male	19 – 29	XSS, 1-Day
Senior Sport Female	19 – 29	XSS, 1-Day
Open Expert Male, 19 – 39	19 – 39	XSX, XMX
Master Sport Male, 30 – 39	30 – 39	XMS, 1-Day
Master Expert Male, 40+	40+	XMX
Master Sport Male, 40+	40+	XMS, 1-Day
Master Sport Female, 30+	30+	XMS, XMW, 1-Day
Open Elite Male	17+	XJX, XSX, XMX, XSE
Open Elite Female	17+	XJX, XSX, XMX, XSE

### **Nova Scotia Mountain Bike Downhill Categories**

Nova Scotia Category	Age Range	Allowed License Codes
U15 Male & Female *	13 – 14	DU15, 1-Day
U17 and Junior Sport Male	15 – 18	DU17S, DJS, 1-Day
U17 and Junior Sport Female	15 – 18	DU17S, DJS, 1-Day
Open Expert Male	17+	DU17X, DJX, DSX, DMX
Open Expert Female	17+	DU17X, DJX, DSX, DMX
Senior Elite Male	19+	DSE
Senior Elite Female	19+	DSE

## Nova Scotia Road Race Categories

Nova Scotia Category	Age Range	Allowed License Codes
Senior 2-3 Men * See Note Below *	17+	RS1, RS2, RS3, RJ
Senior Women	17+	RS1, RS2, RS3, RMA, RJ
Senior 4 Men	19+	RS4, 1-Day
Master A Men 30-39 * See Note Below *	30-39	RMA
Master B Men 40+ * See Note Below *	40+	RMB, RMC, RMD
Junior Men	17 - 18	RJ
U17 Men	10 - 16	RU13, RU15, RU17
Novice Men	17+	1-Day
Novice Women	17+	1-Day

The only time when you will be allowed to race outside your category is if there are not enough people present at the race in order to hold your category. Generally, if there are 3 or fewer people present, you'll be given the opportunity to race with the next most difficult category; if you'd rather not do that, you'll be given a refund of your race fees.

### Note For Masters Road Racers Who Race Senior In Nova Scotia

Masters who wish to race in the 'Senior 2-3' Category in Nova Scotia can opt to apply to do so on their license application. Such masters will be given a Masters License, permitting them to race masters out of province. However, a notation 'RS2' will be made elsewhere on the license, allowing them to race 'Senior 2-3' within Nova Scotia. Be aware however, that once such a racer elects to race 'Senior 2-3' within Nova Scotia, they must race 'Senior 2-3' in Nova Scotia for the remainder of the season; they may not register locally as a Master.

## Upgrading / Downgrading to a different Skill Level

### Mid-Season

For both road and mountain bike it is currently possible to upgrade to a more difficult skill category or downgrade to a less difficult skill category during the course of the season. In order to do this, you must submit your request and the reason for the change to either the Road Racing Committee or the Mountain Bike Committee.

If the committee decides to approve your request, it will issue you a letter giving you permission to race in your new skill level. For the remainder of the season, you must present this letter along with your license in order to race in your new category. If you don't submit the letter, you'll have to race in your old category.

### At the Start of The Season

For mountain bike, the only current regulation with respect to changing skill levels is that you must have raced in expert for at least one season before applying for an elite license.

For road bike, most cyclists with at least one season's experience road racing will fall in 'Cat 3'. Beginning and sport-level road racers will be in 'Cat 4', while local expert racers will be in 'Cat 2'. As a note, 'Cat 1' is an elite / pro designation, meant for cyclists with considerable national and international elite racing experience. As a note, both Cat 2 and Cat 3 racers usually race together in Nova Scotia.

## **Provincial Race Series**

In 2004, Bicycle Nova Scotia will again run both a provincial Road Race Series and a Provincial Mountain Bike Race Series. The race calendar will be finalized by the end of March and will be published by the following means:

- On the Bicycle Nova Scotia web site
- Fold-out brochures / posters in Bike Shops province wide
- Sent to the 2003 / 2004 membership list
- Published in the Chronicle Herald

The mountain bike series will again include both a Cross-Country and Downhill series as well as a provincial championship race in each discipline. At each race, points will be awarded in each category based upon each rider's percentage of the winning racer's time. When determining the overall series outcome, the number of races used to determine the overall series points will be approximately 80% of the number of races in the series (for example if there were 5 races, the best 4 results would be used). The 3 people with the highest point total in each category will be recognized at the annual awards night. The total number of races will vary by discipline. At the time that this document was printed, the exact number of races for each discipline was unknown.

The 2004 road series will include road races, time trials and criterium races, with a provincial road championship and provincial time trial championship.

## **Atlantic Cycling Series**

The purpose of the Atlantic Cycling Series is to raise the calibre of regional cycling competition by making it possible for local cyclists to vie for a regional title in their respective disciplines.

In 2004, Bicycle Nova Scotia will likely participate in the Atlantic Cycling Series along with Velo NB and Cycling PEI. At the time that this guide was printed, negotiations with the other Atlantic Cycling Associations with respect to this series were not yet complete. As a result, all information concerning the Atlantic Cycling Series will be published on BNS' web site as it becomes available.

## **National Cycling Events**

As Bicycle Nova Scotia is a member of the Canadian Cycling Association, race members are encouraged to enter most competitions listed on the CCA's national calendar should an opportunity arise. The national event calendar is available on the CCA's web site (<http://www.canadian-cycling.com>).

## **Department of Transportation Road Race Policy**

In 2004, the Department of Transportation has put in place and will enforce a policy that it will use to grant road-use permits to road race organizers. Without a permit obtained under this new policy, it is illegal to hold a road race or time trial in Nova Scotia.

Under the conditions of the permit, police officers are required to control traffic at intersections. Also, racers are required to stay on the right-hand side of the road; crossing the center-line is absolutely forbidden for any reason. Should participants in road races fail to observe the policy guidelines (particularly the center-line rule), it is possible that BNS will be refused further road permits. It is also possible that the police officers responsible for controlling traffic and enforcing the conditions of the permit will revoke the permit and cancel the race on the spot.

As a result of the permit policy, BNS will enforce the conditions of the permit policy at every road event. Unfortunately, BNS feels that it has no choice but to harshly penalize these particular infractions in order to protect our ability to hold road races in Nova Scotia. From a participant's point of view, the conditions of the permit and the penalties for breaking them are these:

### **Rule 1.0: The Center-line Rule**

Any racer seen to cross the center-line of a road, for whatever reason, shall be immediately disqualified from the race and will be assessed a fine of \$100, and the incident reported to the Road and Track Committee. A repeat occurrence later in the season will result in suspension and a \$500 fine. A third occurrence will result in disqualification and a 1-year suspension.

### **Rule 2.0: Un-marshalled Intersections**

Any racer seen to disobey a stop sign or red traffic light at an un-marshalled intersection will be immediately disqualified from the race and assessed a fine of \$100, and the incident reported to the Road and Track Committee. A repeat occurrence later in the season will result in suspension and a \$500 fine. A third occurrence will result in disqualification and a 1-year suspension.

## **Cycling Development Project Information**

Throughout each season, Bicycle Nova Scotia undertakes a variety of projects to promote interest in both recreational and competitive cycling. The major focus of these programs has to do with encouraging youth and women to participate in cycling, particularly those who are in the age group that qualifies for the next Canada Summer Games. In addition to these critical development areas, BNS also hosts several annual projects aimed at assisting developing athletes in being selected for the Canadian National Cycling Team.

In support of athlete development programs, BNS also hosts annual courses to develop new coaches and officials and to further develop those who are already active in the province. BNS' partners in these initiatives include its affiliated cycling clubs and Sport Nova Scotia.

Finally, BNS is involved in a variety of transportation, bicycle safety and recreation oriented projects to further the needs of Nova Scotia's growing population of recreational cyclists. BNS' partners in these projects include Recreation Nova Scotia, Halifax Regional Municipality, the Nova Scotia Department of Transportation and the Ecology Action Centre.

For further information concerning the variety of annual projects in which BNS is involved, please visit the BNS web site.

## **Provincial Team and Canada Games Selection**

Bicycle Nova Scotia's Provincial Cycling Team and the Canada Games Team are the primary tools used to assist Nova Scotia's Developing Athletes. Each year, a variety of projects are undertaken to assist these developing athletes. For 2004, athletes who qualify may apply to be included in these projects; unfortunately, BNS will be unable to provide athlete funding outside of these projects. For further information, consult the BNS web site.

## **Elite Athlete Programs**

During each calendar year, BNS may undertake one or more projects to assist developing elite athletes in getting selected for the Canadian National Team. In order to be considered for such projects for the 2005 season and onward, attendance at the national championship in the applicant's discipline for the previous year is mandatory. Other eligibility criteria for each project may be announced. Unfortunately, BNS will be unable to provide elite athlete funding outside of the schedule of such projects announced for each race season. For more information, consult the BNS web site.

## **Coach Development**

Development of coaching expertise in all cycling disciplines is essential for developing interest in cycling sport and recreation. Cycling coaches are sport and recreation leaders who work to help others get the most out of their participation in cycling, whether they are interested in becoming a better recreational cyclist or a competitive athlete. Each year, BNS hosts several courses for those interested in becoming coaches as well as for helping existing coaches gain more experience and higher degrees of qualification.

Further, some Nova Scotia cycling coaches may be available to assist community groups with learning how to cycle safely.

If you are interested in becoming a certified cycling coach, or wish to be put in contact with a cycling coach, please contact the BNS Office for more information.

## **Commissaire Development**

As with every sport, Cycling has a group of officials who are responsible ensuring the safe and fair conduct of competitions. Commissaires are these officials; they specialize by discipline. Hence, BNS maintains a group of volunteers who comprise its roster of Road and Mountain Bike Commissaires.

The role of the Commissaire is essential to the success of bicycle racing; without the presence of a certified Commissaire, a BNS sanctioned bicycle race cannot take place. Despite the responsibility associated with this role, being an official is a fun way to participate in cycling. As the enablers of competition, Commissaires have the ability to make a real difference in the success of our sport.

Each year, BNS hosts several courses to qualify provincial Commissaires for both Road and Mountain Bike. If you are interested in becoming a Commissaire, please contact the BNS office for more information.

## **Annual Banquet**

Following the close of the race season, BNS hosts an annual awards banquet and ceremony for all of its members. This represents an excellent opportunity to relax in the company of your fellow cyclists and reflect upon the past season. The date and location of the 2004 Banquet will be posted on the BNS web site in late February.

## **Non-Competitive Cycling**

## **Recreational Cycling / Touring**

Once again, BNS is pleased to welcome recreational cyclists to its membership. In addition to its popular “Nova Scotia by Bicycle” tour book (available at local Bicycle Shops), BNS has several affiliated recreation clubs that may interest recreational cyclists. These include Velo Halifax (<http://www.velohalifax.ca>) and Randonneurs Nova Scotia (Contact: Mark Beaver, 902-425-1756).

## **Cycling for Transportation**

As part of its mandate, Bicycle Nova Scotia participates in projects and government initiatives to improve roadway access for Nova Scotia cyclists. BNS is currently involved with the Ecology Action Centre, Halifax Regional Municipality and the Departments of Education and Transportation. For information on current initiatives, or to seek Bicycle Nova Scotia’s input on cycling for transportation projects in your area, please contact us.

## **Club Membership**

Cycling with others, whether recreationally or in competition, can greatly enhance the enjoyment that can be found in cycling. Often the best way to ride with others is to join a Cycling Club. Cycling Clubs affiliated with Bicycle Nova Scotia are able to offer a variety of services to members, including insurance valid during club rides and races (call BNS for details: 902-425-5450 ext. 316), access to coaches and all manner of organized cycling activities. For a list of Nova Scotia Cycling Clubs, consult the BNS web site or office.

## **Volunteer Recruitment**

As with most Amateur Sport and Recreation Associations, Bicycle Nova Scotia depends on the contribution of volunteers in order to operate. Currently, BNS is almost entirely volunteer run; the only staff assistance we have is our office administrator, Ike Whitehead, whom we share with three other provincial sport associations.

BNS is always in need of volunteers to assist with all its programs. There are many ways that you can help your association; there are volunteer opportunities with BNS to match every level of experience, qualification or time commitment. Opportunities include sitting on the BNS board and / or program committees, assisting at races, or even by becoming a coach or commissaire.

Currently, BNS is seeking volunteers to fill the following positions:

**Volunteer Recruiter:** This person actively recruits volunteers for BNS and attempts to resolve any issues that volunteers have in order to increase the amount of time that we retain their services.

**Chair, BMX Committee:** This person reports to the Board of Directors on the activities of the BMX committee and is responsible for calling and running BMX Committee Meetings

**Members-at-Large, BMX Committee:** These people assist the Chair of the BMX committee in developing the policies necessary to host BMX competition in Nova Scotia; further, they actively work with Cycling Clubs to help them with any organizational activities necessary build BMX tracks

**Members-at-Large, Mountain Bike Committee:** These people assist the VP of the Mountain Bike Sector in developing MTB Race Policies and in getting the race season off the ground each year. Specifically, club presidents need to participate on a regular basis. Check the Mountain Bike Committee contact list at the start of this booklet for information on which positions are currently vacant.

**Members-at-Large, Road and Track Committee:** These people assist the VP of the Road and Track Sector in developing Road & Track Race Policies and in getting the race season off the ground each year. Specifically, club presidents need to participate on a regular basis. Check the Mountain Bike Committee contact list at the start of this booklet for information on which positions are currently vacant.

**General Volunteers:** Volunteers of all kinds are needed for BNS projects like the annual sport fair, for course marshals at races and to help with race timing.

If you would like to become involved in running your association, please contact BNS directly.

## **Partners**

Bicycle Nova Scotia would like to thank the following organizations for their past, present and anticipated future assistance.

Government of Nova Scotia Office of Health Promotions

Recreation Nova Scotia

Sport Nova Scotia

Canadian Cycling Association

Nova Scotia Trails Federation