

2014 WCA Road Series Best Practices / Race Director Guidelines

While it is not within the jurisdiction of the WCA, nor is it the desire of the WCA to dictate to race directors how to promote and execute their races, it was proposed at the annual meeting that the WCA could publish a Best Practices or Guidelines document. The intent of this document is to provide suggested WCA Best Practices as guidelines to the race directors to begin to build consistency throughout the event series.

1. Beginner / Cat 5 racing – This needs to be a point of emphasis. This was stressed at the USAC LA mtg in November and is a key to growing the sport. The median age for licenses last year on the road was 46 and it is moving up year over year. We need to attract that next wave of new/younger riders. Here are some Best Practices for inclusion in WCA events to promote beginner racing:
 - a. Inclusion of a Cat 5 race.
 - b. Have a pre race clinic for the Cat 5 participants put on by senior members of the race director's team.
 - c. Have an immediate post race debriefing to offer tips and do a Q&A session.
 - d. Rather than a payout to the winners have a raffle for some swag. This allows for everyone to have a shot to 'win' something regardless of finish. Big key is to make the riders feel involved rather than alienated.
2. Have a podium ceremony for top 3 finishers of all races for an event. A podium backdrop is being made to make the ceremony more of an 'event'. This should add some degree of excitement and legitimacy to events. Race directors should have a photographer assigned to take podium pics and these pics need to be forwarded on to the Social Media Administrator for inclusion on the website, facebook and/or twitter. Race officials should announce this at race start and reinforce at the end of the race. Please consider making this mandatory for all events.
3. Have an announcer if possible, since this was mentioned frequently in the 2012 road series survey results. Rich has a PA system that is brought to races which can be utilized.
4. Create consistency of lineup and starting times for each series within an event. The series has been successfully moving in this direction in recent years. Here is an example of a modified version of that schedule to accommodate a Cat 5 race:
 - a. 9:00 Junior U15
 - b. 9:30 Junior Boys 15-18
 - c. 10:05 Cat 5 Men
 - d. 10:35 Cat 4 Women and Jr Girls 15-18
 - e. 11:10 Elite 4
 - f. 11:50 Masters 35+ 4/5
 - g. 12:40 Masters 35+ 3/4
 - h. 1:35 Women Open
 - i. 2:30 Masters 35+ 1/2/3
 - j. 3:40 Elite Cat 3
 - k. 4:40 Men Pro 1/2/3
5. Create Omniums on weekends rather than two separate events. Big draw in other areas of the country and the WCA believes this would create some new energy. Teams could collaborate on it even if it were to be two crits or perhaps add a simple Eddie Merckx style TT to one of the days.

WCA Guidelines for Cat 5 Pre / Post Race Clinics

Pre-Race

- Safe Race is your #1 Priority
 - Be aware of riders around you
 - Stay alert
 - No half wheeling
 - No sudden movements / swerves
 - No looking left / right or behind – bike will move in the direction you are looking
- Take a practice lap prior to the race and make mental notes of the course
 - Number of turns, right angle, tighter than right angle
 - Road conditions
- Timed event, finish line will have lap cards and will count down, bell last lap
- Final sprint – sprint in a straight line
- Medical if needed is located at the registration area
- Meet back for post-race feedback, comments and drawings
- Have fun!!

Post-Race

- How did the race go? What did you experience? (Open dialog)
- Did you feel it was a safe race? (Open dialog)
- What was your experience with the event? (Race Promoter team, corner marshals, etc.)
- Seek out group rides leaving local bike shops to work on riding in a pack.
- Join a local bike team and find a mentor on that team – best way to learn the ins and outs of racing
- Thank you for coming out and we hope to see you at other WCA races. You can find the complete event schedule at www.wicycling.org