



Rider Handbook  
2023

## Race Night Procedure

All riders MUST register on each race day for that race. If you register but cannot make the race, please notify the track prior to racing commencing.

<b>Online Registration</b>	Race day <u>only</u> until 5:30PM
<b>In Person</b>	Race day only from 5:30 to 6:30PM at the moto shed

## Race Night Schedule

<b>5:30PM</b>	The track is open for warm-up starting at 5:30 on race nights. The track is closed to the public at this time. Be aware that there may be volunteers on the track preparing for race night. During this time we ask that the riders proceed along the whole track and leave the track at the finish line to ensure everyone's safety.
<b>6:30 PM</b>	Rider Sheets will be posted following the closing of registration at 6:30PM. It is up to the rider to ensure that their registration is confirmed and that they are slotted in the correct classes (age and ability). You will hear "rider sheets are posted" <a href="https://our.sgorz.com/org/stonybmx">https://our.sgorz.com/org/stonybmx</a>
<b>6:50 PM</b>	Motos will be posted on <a href="https://our.sgorz.com/org/stonybmx">https://our.sgorz.com/org/stonybmx</a> beside each rider's name there will be a set of numbers. The first number in each set represents the moto (race) and the second number is the lane number. It's handy to have some painters tape and a sharpie to record your riders' motos and stick them on the top tube of the bike. You will hear "moto's are posted".
<b>7:15 PM</b>	Racing begins at 7:15PM. Racers must be race-ready at that time (helmets secured correctly, gloves, jerseys tucked in). Riders will be called to the staging area, located behind the start hill. Staging volunteers will call out the moto numbers and riders names. There is also another staging volunteer at the top of the start hill. Each rider will have 3 + motos.
<b>Main Events</b>	If there are more than 8 riders in one class there will be a "main" event to determine final ranking. The main events will take place at the conclusion of the scheduled motos.
<b>Results</b>	After races, results are tabulated and riders receive a placement sticker. Plaques are available for stickers.

## Racing Requirements

<b>Gear</b>	<b>Bike</b>
Full face helmet	No front brake, MUST have rear brake
Full fingered gloves	No pegs
Long sleeved jersey (tucked in)	No chain guard
Tear resistant pants (no jeans)	No reflectors
Fully enclosed footwear	Single gear only
	Number plate (purchase at the track)
	No clipless pedals for anyone under the age of 13
<b>Recommended</b>	
Chest protector	Knee/shin guards
Elbow pads	Neck brace

## Race Classes

All riders begin in the Novice rider class. Whenever possible, novice racers only race other novice racers of the same age. On occasion it may be necessary to mix classes in order to complete a viable moto.

Male challenge class riders move up in class as follows:  
Novice to Intermediate after 10 wins  
Intermediate to Expert after an additional 20 wins

Female challenge class riders move up in class as follows:  
Novice to Expert after 20 wins (No intermediate class)

All wins are lifetime wins – they transfer and accumulate across seasons and tracks. When your rider has reached the number of wins needed for advancement, please email [info@albertabicycle.ab.ca](mailto:info@albertabicycle.ab.ca)

Please note –The Track Operator may assist your efforts, but ultimately it is the riders/parents responsibility to record and track wins and advancements. Mistakes happen, please follow-up with us to confirm class change or email the ABA.

## Moto Points and Placement

In each race, riders are assigned a point value for the place they finish.

1st place = 1pt, 2nd place = 2pt, 3rd place = 3pt, ...and so on

The rider with the lowest number of Moto Points receives first place for the evening, with others placing accordingly. If there is a tie between two riders, their placing in the third moto will be the deciding factor. All riders receive a placement sticker regardless of where they place.

## Injured Riders

As in any sport, injuries do occur. There will be a certified First Aid Volunteer on the track during races. If a rider falls or crashes, it is important that no one runs on the track. The First Aid provider needs to properly assess the situation. If a parent is needed a track official will escort them onto the track. If additional support is required the track emergency plan will take effect. Please follow the directions of the announcer and track officials at that time. We wish to ensure the safety of all participants – riders, spectators and volunteers.

## Track Etiquette

Track etiquette is very important at Stony Plain BMX. Helmets are to be worn at all times while you are riding a bike on the property. No exceptions. Any unsportsmanlike behaviour and foul language will not be tolerated. Stony Plain BMX has a strict discipline policy that will be enforced. Please note the track is one direction, do not cut across the track, stop on a feature or sit on the top of the corners (we understand it is fun to hang-out, but during official practice and race times it is prohibited).

## BMX Glossary

BMX	Abbreviation for Bicycle Motocross. BMX indicates a style of bike and a kind of race or competition.
Commissaire	Head official of the race.
Chainwheel	A one-piece front gear. The chainwheel is attached to the cranks.
Crank	The metal arm to which the pedals are attached.
Fork	The double pronged section of the bike, which holds the front wheel.
Freewheel	A one-piece rear gear that allows the rider to back pedal. A "Cassette: has the bearings built in.
Gear Ratio	A number, which indicates the relationship between the two gears and tells how much work a particular combination of gears will do.
Holeshot	Taking the lead position out of the starting gate and going into the first turn.
Manual	The act of riding a wheelie without pedaling.
Moto	A single race heat.
Rhythm Section	A series of jumps or rollers back to back on a track that pose as an obstacle.
Roller	An obstacle on a track that is rolled over as opposed to being jumped.
Step-Up	A jump in which the landing is elevated above the launch.
Tabletop	A jump on a track that is completely level or flat all the way across it from the lip to the landing.

## Volunteer Requirements

As with most sport organizations, we rely almost completely on volunteers in order to host a successful season. Rider families are asked to write 2 post-dated \$200 cheque (totalling \$400.00) dated July 31<sup>st</sup>, 2023 and October 1<sup>st</sup>, 2023, to be deposited if volunteer requirements are not met by those dates). We require 16 volunteer hours per family. With three events per week (two races and one practice), and several track work bees scheduled through the season, it is very easy to meet these requirements. If you know, in advance, that you will not be able to meet the requirements, a monetary payout (limited availability) is an alternative. Volunteer hours should be tracked by you and will also be tracked by our volunteer coordinator. If you require information regarding volunteering, please email [volunteers@stonyplainbmx.com](mailto:volunteers@stonyplainbmx.com)

## Volunteer Opportunities

Track Set up	One position on race nights only. Set up the lights, gate starter plug-in and test, check the air compressor, takedown lights and starter controller, ensure the corners and start hill are swept.
Gate Operator	One position on race and practice nights. The gate operator is responsible for the testing and safe operation of the gate for the evening. It is important to be aware and communicate with the Commissaire to know what is happening on the track in order to correctly judge when to start the next moto. The Commissaire will tell the gate operator when to drop the gate.
Staging	Two to three positions are required on race nights only. Positioned at the top of the start gate and bottom of the start hill and using a list of the evening's motos, staging volunteers are responsible for calling out motos and riders to ensure they are present. Bottom Stager collects riders in order in an individual moto and sends them up the start ramp. Top Stager confirms the correct riders are lined up and ready for their assigned gates.
Flag Person	Four positions are required for race and practice nights. Flag volunteers raise their flag when a rider has fallen and ensure that other riders on the track avoid the fallen rider. Please do not assist the fallen rider. If they are injured, the first aid volunteer will attend to them.
First Aid	One position on race and practice nights. This position requires a current First Aid Certificate. They are our first responders to a rider who has fallen and needs assistance.
Concession	One to two positions on race and practice nights. This position includes working at the concession bar, collecting money for concession items. Responsibilities could also include food preparation.
Announcer	One position race nights only. The announcer will use the moto lists to introduce moto numbers and racer names as they proceed around the track and any important announcements needing to be relayed to the attendees.
Commissaire	One position race on nights only this position requires the volunteer to be a licensed UCI Commissaire. This position is the lead official for the race. Their main role is to ensure that races run smoothly and that riders are abiding by the rules of our sport.
Finish Line	Three positions on race nights only. Finish Line volunteers record finishing positions of each rider in each moto. Records are collected for the Track Operator to use in tallying final results. In addition, Finish line volunteers must maintain a clear path for racers coming across the finish line and confirm that all racers have crossed. In the event that riders have not crossed, they need to make sure they know what has happened to the racer and record accordingly.
Work Bee	Throughout the season there could be several work bees. They are scheduled in order to perform maintenance to the track. Look for Newsletter and Social media communication for more information about these volunteer opportunities.
Casino	Every three years, the club has a Casino to staff. This is one of our major fundraisers and we require various shifts covered.
Provincial Races	This is a major event with approximately 600 riders from all clubs around Alberta and neighbouring provinces. There are numerous positions leading up to and during this three-day event. Look to the Newsletter and Social Media Communication for more information about these opportunities.

## Coaching

### Novice Training

Tuesday Practice for all riders takes place between 6:30-7:30 PM. Our Head Coach will organize practices according to what he feels riders need to work on. In many cases riders will be divided into groups to work on various skill developing techniques. Practice is not divided by age, but instead all racers work together on their skills, with more experienced riders aiding in training and mentoring novice riders.

### Intermediate/Expert Training

Tuesday between 7:30-8:30 PM, is reserved for skill development with our Intermediate and expert riders.

### High Performance Training

For an extra investment of \$120 per season, you may join the high performance training on Wednesday evenings from 6:30-8:30 pm.

## Communications and Social Media

We will be communicating primarily through a weekly email sent via mailchimp (check your spam and junk folders if you're not receiving it). In addition to a newsletter we are also proud to host an active online presence! You can find us on Facebook, Instagram and Twitter by searching #RideStony or #StonyPlainBMX BMX

## Race and Practice Cancellations

For race and practice nights, we will send out a notice to all communication methods as to whether the event has been cancelled (due to weather, maintenance or something else). Construction and maintenance cancellations will be communicated as soon as possible. **Race Day Cancellations will be communicated to riders at 5:00 on the day of races (This could be for unfavourable track conditions and/or weather).** Please note this is Alberta, and our weather changes rapidly. We are trying our best to inform you in the most efficient way possible.

## Fundraising

For the 2023 season, the fundraising commitment is \$50 per rider.

## Stony Plain BMX Contact Information

Mail: Box 2402  
Stony Plain AB T7Z2W0  
Track Address: 4300 49 Ave, Stony Plain  
(Just west of the Stony Plain Fire Hall)  
[www.stonyplainbmx.com](http://www.stonyplainbmx.com)

[president@stonyplainbmx.com](mailto:president@stonyplainbmx.com)  
[volunteers@stonyplainbmx.com](mailto:volunteers@stonyplainbmx.com)

[trackoperator@stonyplainbmx.com](mailto:trackoperator@stonyplainbmx.com)

[treasurer@stonyplainbmx.com](mailto:treasurer@stonyplainbmx.com)

## Useful Links

Alberta BMX: [www.albertabmx.com](http://www.albertabmx.com)  
UCI: [www.uci.org](http://www.uci.org)  
Edmonton BMX: [www.edmontonbmx.com](http://www.edmontonbmx.com)

Alberta Bicycle: [www.albertabicycle.ab.ca](http://www.albertabicycle.ab.ca)  
Cycling Canada: [www.cyclingcanada.ca](http://www.cyclingcanada.ca)  
St. Albert BMX: [www.stalbertbmx.com](http://www.stalbertbmx.com)