

# RACE THE VALLEY! Technical Guide

– a grassroots community event for road bike racers May 9, 10, 2026

Organizer: Comox Valley Cycle Club comoxvalleycc4@gmail.com



The CVCC is proud to provide cycling enthusiasts and dedicated racers at the community level with a safe, fun, and challenging race course on the Lazo Loop, for all to enjoy the sport of cycling.

This race course has a historical background with terrain expected to challenge and appeal to all types of racers.

For the first time, a D division will be held for first time racers, youth and those wishing to get a taste of racing in a low-key, friendly, welcoming environment.

This is a stage race, riders will be given points according to their placing in BOTH events Road Race; A B C and D categories 10 km loop S/F line on Guthrie Individual time trial; Merckx style encouraged (non aero road bike) and aero TT bikes.

Overall placed riders according to placing/points for M/F. A Race/B Race/C Race/D Race

- A, B, C, and D. Each category will race in a distinct group and scored according to place.
- All riders will finish on the same lap as the leader of their respective race category.
- Feeding will be allowed after 20km, not in the last lap (with 10km to go).
- Feed zone will be announced on the race day
- No technical support provided, riders are responsible for any mechanical incident they may have including punctures.
- Riders must follow the rules of the road should they be outside of the race peloton, follow the direction of officials including Traffic Safety Personnel

**Road Race** Sign on 9:30 am Guthrie at Torrence <https://www.strava.com/segments/41251857>

Start times;	Laps	Distance	Approximate Finish Time
A Group 10:30 am	8 laps	80 km	12:30
B Group 10:31 am	6 laps	60 km	12:15
C Group 10:32 am	4 laps	40 km	11:55
D Group 10:35 am	1 lap	10 km	11:00

**Dove Creek Time Trial; 15 km** [Race the Valley TT route | Strava Ride Segment in Area C \(Puntledge/Black Creek\), British Columbia](#)

Riders start at specified intervals. Drafting is not allowed.

Sign on 8:30 First rider off at 9:30

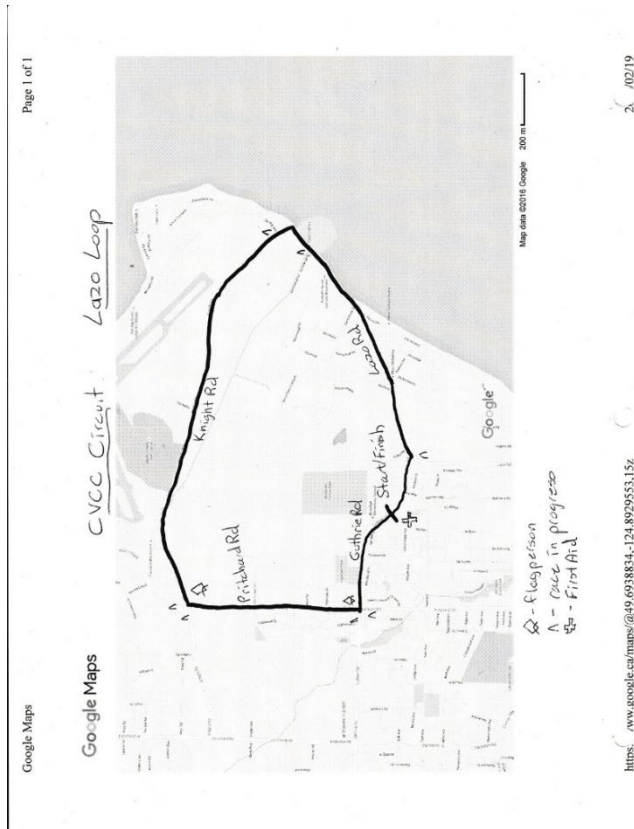
- Placing will be awarded to participants on non-aero road bikes, no aero bars. Aero Helmets, Aero Wheels, and Skinsuits will be permitted.

# RACE THE VALLEY! Technical Guide

– a grassroots community event for road bike racers May 9, 10, 2026

Organizer: Comox Valley Cycle Club comoxvalleycc4@gmail.com

- Participants on full TT Bikes will have times and result placings accordingly.



Place	10+ Starters	<9 or less Starters
1st Place	25 points	13 points
2nd Place	18 points	9 points
3rd Place	15 points	8 points
4th Place	12 points	6 points
5th Place	10 points	5 points
6th Place	8 points	4 points
7th Place	6 points	3 points
8th Place	4 points	2 points
9th Place	2 points	1 points
10th Place	1 points	-

## Grassroots Competitions: license requirements

Single-Event Licenses (SELs) are available to non-Cycling BC members and can be used for all categories.

- Any Cycling BC licence, Single-Event Licence are available to non-Cycling BC members and can be used for all categories. [Cycling BC Non-Member Insurance & Single Event License 2026 | CCN](#)

## Rules, Equipment and Code of Conduct

- Cycling BC rules apply. Code of Conduct applies. Helmets are mandatory.
- All races are on open roads with controlled intersections, keep your head up.
- Yellow line rule is in effect. Subject to DQ for infringement.
- Always be aware that vehicular traffic, or other unexpected road users will also be on the road. Point Holmes is a popular destination for walkers, pets and boaters. Stay safe and be courteous.
- No fenders or other accessories, mirrors. No ebikes.
- Rain or shine!

## Registration, Parking, Staging, Toilets Road Race

On-line registration closes at noon on Friday May 8<sup>th</sup>.

Registration tent on Torrence at Guthrie (race organizer parking only)

Sign on closes at 10:15 am; present your license

Parking at Brooklyn Elementary – E parking lot

## RACE THE VALLEY! Technical Guide

– a grassroots community event for road bike racers May 9, 10, 2026

Organizer: Comox Valley Cycle Club comoxvalleycc4@gmail.com

No parking on the race route

Staging at the exit point from Brooklyn Elementary



### Race the Valley Dove Creek Time Trial.

S/F on Condensory Rd, west of Piercy

No parking on the race route. Parking on Burns Road.

Turnaround will be signified by a cone, a chalk arrow and a marshal. Turnaround before Farnham.

### First Aid

FA attendant at the S/F lines

Closest hospital is the North Island Hospital on Lerwick Rd

### Timing, Results and Podium

There are no race chips

Road Race results announced following the Finish of the A race.

TT results announced following the finish of the last rider.

Stage Race results will be compiled and Stage Winner presentations between 11am and noon on Sunday May 10<sup>th</sup>.