

ONLY CRITERIUM OF QUINTESSENCE - THE ONLY CRITERIUM OF QUINTESSENCE - THE ONLY CRITERIUM OF QUINTESSENCE - THE ONLY CRITERIUM OF QUINTESSENCE - THE ONLY CRITERIUM OF QUINTESSENCE



# RACE



**SUGAR BODDY  
CLASSIC 2024**  
BY IGREGARI CYCLING CLUB



**JULY 06 & 07  
SUMMER 2024**  
PROVINCIAL RACE JUNE 22

*The terrifyingly fun crit & provincial race from  
the terrifyingly spectacular cycling club, iGregari.*

Co-starring ALEX STIEDA • Produced by DEAN SNIHUR • RANDY PERRY • FRASER BETKOWSKI • RORY CARROLL  
"Original" artwork by MICAH SLAVENS • Food stylings by GRAHAM VERSAILLES • In loving memory of CORY BODDY



OFFICIALLY SANCTIONED BY THE  
ALBERTA BICYCLING ASSOCIATION



ORIGINAL SOUNDTRACK AVAILABLE THROUGH DJ BOCK BOCK

...MAY BE TOO INTENSE FOR SOME RIDERS *igregari*

iGregari Cycling Club and the Alberta Bicycling Association recognizes that the Sugar Boddy Criterium in Lynnwood Community in Edmonton, is on Treaty #6 territory. The land is a traditional meeting ground, gathering place, and traveling route of the Cree, Saulteaux, Blackfoot, Métis, Dene, and Nakota Sioux. We acknowledge that this is traditional and ancestral land, home to many First Nation, Métis and Inuit.

Experience the quintessence of cycling extravaganza at the Sugar Boddy Criterium presented by the iGregari Cycling Club, where the thrill of competition meets the pure joy of cycling in an unparalleled spectacle of speed, stamina, and skill. Here, the raw energy of the racecourse converges with the subtlety of strategic gameplay, culminating in a breathtaking display that is as mesmerizing as it is unforgettable. Don't miss your chance to be a part of some pointless attacks, BBQ, Beer Gardens, and Community Festival.

The 2024 Sugar Boddy Classic is an expansion on last year's inaugural event to a two day race weekend. Saturday, July 6 will be the Alberta Provincial Criterium Championships raced in a First Across the Line Format. Start times have been pushed slightly later in the morning to help accommodate out of town travel. Sunday, July 7 will be a Points Race format with slightly earlier start times to help accommodate out of town travel.

**Race Organizers:** [igregaricc@gmail.com](mailto:igregaricc@gmail.com), Dean Snihur, Graham Versailles, Fraser Betkowski, Randy Perry

**Chief Commissaire:** Thomas Lee

**Location:** [Lynnwood Athletic Field; 156 Street &, 81 Ave NW, Edmonton, AB T5R](#)

**Registration:** Online link at [Zone 4](#). Registration closes 11:59pm, Thursday July 4th, 2023.

**\*\*FREE T-SHARKS FOR FIRST 25 REGISTRANTS, additional T-Sharks can be purchased at registration up to June 7\*\***

**Entry Fees: Up to May 31 is as follows:**

Cat 1-2, 3, 4

Single race \$75 | Double race \$140

Citizen Categories

Single Race \$50 | Double Race \$90

Youth (U17, U15 Male and Female) **combined categories but separate podiums**

Single Race \$40 | Double Race \$80

**June 1 to July 4 is as follows:**

Cat 1-2, 3, 4

Single race \$90 | Double race \$170

Citizen Categories

Single Race \$60 | Double Race \$110

Youth (U17, U15 Boys and Girls) categories

Single Race \$40 | Double Race \$80

**Regulations:** This event will be run in accordance to ABA/CC/UCI Cycling regulations. Riders are responsible for knowing and understanding these regulations and can be found online [here](#).

**Categories:**

Ability categories 1/2,3,4 for men and women.

Youth - U15 and U17 will ride together, but include separate prizing and podiums

\*Citizen Category \*Previously Cat 5. Men and women ride together. Provincial Citizen license required

**New for 2024 - Team Prize!** The Club who accumulates the highest number of Sugar Points across all categories will be awarded the Team Prize. Sugar Points will be awarded on both Saturday and Sunday races for all racers in all categories according to each rider's placement, as follows; (Full disclosure... iGregari will be competing for this prize!)

PLACING	SUGAR POINTS
1	50
2	45
3	40
4	35
5	30
6	25
7	24
8	23
9	22
10	21
...	...
30	1
31	1
32	1
...	...

**Schedule:****Saturday, July 6, 2024 - Sugar Boddy Classic - Alberta Provincial Criterium Championship Edition (First Across the Line)**

<b>Group #</b>	<b>License Check and Sign-on Closes</b>	<b>Start Time</b>	<b>Event Length</b>	<b>Categories/Group</b>	<b>Estimated Time (min)</b>
1	10:45 AM	11:00 AM	16 Laps	Citizen	30
2	11:35 AM	11:50 AM	16 Laps	Women Cat 4	30
3	12:25 PM	12:40 PM	24 Laps	Men Cat 4	45
4	At Start Line	1:45 PM	1 Lap	Kids' Roundup Ride <i>* Not part of ABA Sanction</i>	10
5	2:00 PM	2:15 PM	12 Laps	U15/U17	25
6	2:45 PM	3:00 PM	28 Laps	Men Cat 3	45
7	3:50 PM	4:05 PM	28 Laps	Women Cat 1/2/3	45
8	4:55 PM	5:10 PM	32 Laps	Men Cat 1/ 2	50

**Sunday, July 7, 2024 - Worldwide (not made of) Chocolate Criterium Championship (Points Race)**

<b>Group #</b>	<b>License Check and Sign-on Closes</b>	<b>Start Time</b>	<b>Event Length</b>	<b>Categories/Group</b>	<b>Estimated Time (min)</b>
1	8:45 AM	9:00 AM	16 Laps	Citizen	30
2	9:35 AM	9:50 AM	16 Laps	Women Cat 4	30
3	10:25 AM	10:40 AM	24 Laps	Men Cat 4	45
4	At Start Line	11:45 AM	1 Lap	Kids' Roundup Ride <i>* Not part of ABA Sanction</i>	10
5	12:00 PM	12:15 PM	12 Laps	U15/U17	25
6	12:45 PM	1:00 PM	28 Laps	Men Cat 3	45
7	1:50 PM	2:05 PM	28 Laps	Women Cat 1/2/3	45
8	2:55 PM	3:10 PM	32 Laps	Men Cat 1/ 2	50

**Format:** Saturday's Race will be a Standard Criterium – First Across the Line. Sunday's race will be a points race. Points will be awarded every 4 laps. 5, 3, 2 & 1 points to the 1st, 2nd, 3rd & 4th place rider across the line. Double points on the last sprint 10, 6, 4 & 2 for top placings.

- Riders lapping the field will be a lap up and all riders will finish on the same lap as the leader. The bell will be rung at the beginning of each sprint lap. Points will only be awarded if the bell is rung.
- A bell will signify the last lap. A lap board will be used to signify the remaining laps.
- Individual riders lapped by the lead motorcycle will be pulled from the race at the discretion of the commissaire. Upon being passed by the Lead Motorcycle, riders will be considered lapped and must leave the course at the next passing of the finish line. Please report to the commissaires that you have retired from the race.
- There will be no feeding of riders during the race. (Riders may feed themselves)
- Free lap rule in effect until the last 5 laps. Free lap for recognized accidents only, namely punctures, equipment breakage, and crashes certified by a Commissaire.
- During the final three (3) laps of the race, riders will remain in the race and will finish on the same lap as the leader(s). Riders having dropped behind the bunch and having been caught up by one or more riders about to gain a lap may not lead these riders, under penalty of disqualification.
- **Wheel pit** will be located just prior to the finish line and is not neutral. Riders should deliver wheels directly to pit prior to their race.

### **ABA Criterium Regulations**

A Criterium is a circuit race contested over a set time and/or number of laps. A Standard Criterium is judged by number of laps completed followed by placing in the final sprint, while a Points Race Criterium is judged by number of laps completed followed by number of points earned.

#### Course Length

2.7.1 A Criterium must be raced over a circuit between 800 and 3000 metres in length. (Cycling Canada 2.7.016N)

#### Free-Lap Rule

2.7.2 Riders will normally cover the prescribed distance of the race regardless of mishaps and must make up any distance lost on their own ability unless a free lap is granted for a recognized mishap. One free lap may be granted for each recognized mishap, however, on courses shorter than 1 km two free laps may be allowed for a given mishap. The following rules apply to free laps:

- a) A rider must report to the official service pit and have his or her mishap verified by a commissaire;
- b) Riders may return to the service pit in the most economical fashion possible, with the exception of riding the course in the direction opposite that of the race. (Penalty –disqualification);
- c) A "recognized mishap" is defined as the breakage of an essential piece of the bicycle, or a crash;
- d) A rider who is granted a free lap must return to the race in the position held at the time of the mishap. A rider who was in a group shall return at the rear of the same group. A rider returning to the race after a free lap shall be ineligible for sprint prizes for one lap thereafter.
- e) Free laps will not be awarded in the final 5 laps of a Criterium. Furthermore, a rider granted a free lap must re-enter the race before the final 3 laps; after that point any rider in the pit is losing ground on the field. The Chief Commissaire may adjust the number of laps at which free laps cease to be awarded, and the number of laps at which a rider must re-enter the race, according to the length of the circuit.

#### Riders falling behind the field

2.7.3 Riders who have lost contact with the field, and are then caught by a breakaway from the field, may not lead. Riders off the front of the field may not accept assistance from riders who have lost contact with the back of the field. (Penalty –disqualification) Lapped riders may rejoin and race with the field in cases where lapped riders are not being pulled.

#### Finish on Same Lap

2.7.4 All riders will finish on the same lap, regardless of the number of laps completed.

#### Criterium – Points Race

2.7.5 Criteriums may be raced in a Points Race format, in which case the following rules will apply:

- a) Final placing in the race will be determined, in order of priority, by:
  - 1) Number of laps completed;
  - 2) Greatest number of points earned;
  - 3) Placing in the final sprint

b) Points will be awarded at intermediate sprints, held every fourth lap, in addition to the final sprint, to the first four riders to cross the finishing line:

- 1 st place 5 points
- 2nd place 3 points
- 3rd place 2 points
- 4th place 1 point

Alternatively, points may be awarded in the final sprint to eighth position, as follows: 10, 8, 6, 5, 4, 3, 2, and 1.

c) A rider, or group of riders, will be considered to have gained a lap when such rider(s) make contact with the tail-end of the field, generally defined as the largest group on the road at any given time.

d) All riders, including those who have either gained a lap or lost a lap, are eligible to earn points.

e) Riders lapped more than once will be pulled from the race and classified as DNF.

#### criterium – Standard Race

2.7.6 The following rule will apply at Standard Criteriums

Lapped riders: Lapped riders may, at the discretion of the Chief Commissaire, be pulled from the race. Riders who are lapped and pulled will be placed according to distance covered and placing amongst those pulled on the same lap.

**Kids' Roundup Ride:** The younger kids will do one lap or a portion of a lap. Please register your rider via QR code below and check-in at the start line 10 minutes before the event. Participation is free and comes with a prize!



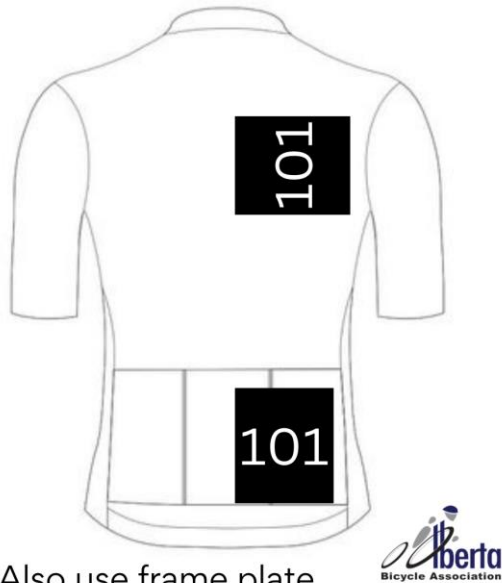
2024 ABA

**Waiver & Assumption of Risk**

**Race License Check/Sign On Location/Race Number Pickup:** All riders require a 2024 UCI or Provincial license to match your registration category. ABA technical delegate will be on site to assign numbers and frame plate. Give yourself extra time if this is your first ABA race of 2024. Please supply your own zip ties to secure your frame plate and pins for your numbers. The sign on table will be the ABA tent located in the Our Lady of Victories NE parking lot. See event site map.

Sign on closes 15 minutes prior to your start time. Riders are reminded that by signing-on they are confirming their participation in the race, which is very important information for commissaries and timing team. Roll-call will not be taken at the start line.

**Race Numbers:** Three numbers - ribcage and lower back (right when course running clockwise, left when course running counter-clockwise), and bike frame plate



- Also use frame plate

**PLEASE BRING YOUR CURRENT ALLOCATED RACE NUMBERS!** If you do not bring race numbers allocated to you this year then you will be charged \$10 for a new set of numbers. If you have not been allocated race numbers this year you can collect them on site. Race numbers and Frame plates can be picked up at license check. Racers are asked to supply their own safety pins and plastic zip ties.

**Awards/Podium Ceremonies:** These will be held for each event as soon as results are verified, and the protest period is over. Likely within an hour of the race finish. Podium protocol will be followed: be present & wear your team jersey. Prizing will be 5 deep, to be confirmed after registration closes.

**Prize Money:** Equal prizing will be available for all categories. Intent is to have a 5 deep podium and cash Primes. Prizing to be confirmed based on participant registration.

**Primes:** Primes will be awarded at the approximate midway point of each race, at the race organizers discretion. Prime laps will be announced by ringing the bell at start/finish line, and through the PA system.

**ABA Points:** This event will be part of the ABA Road Series with points available according to the ABA points schedule A on Saturday, and B on Sunday.

**Anti-Doping:** The ABA complies with and fully supports the UCI anti-doping regulations, the clauses of the World Anti-doping Code and its international Standards to which the UCI anti-doping regulations refer and to the anti-doping regulations of other competent bodies per the regulations of the UCI.

**Rider Conduct:** Unsportsmanlike conduct will not be tolerated, including but not limited to public urination, littering, use of profane language and verbal abuse of officials. Bottles and trash are to be discarded in feed zones only.

**Medical Information/Hospital Location:** First Aid personnel will be available on site and located as noted on the event site map. If there is an incident on course please let the nearest course marshal know so First Aid personnel can be informed and dispatched. The nearest hospital is the Misericordia Hospital located at 16940 87 Ave NW, Edmonton, AB T5R 4H5. Ph: 780-735-2000. Map is [here](#).



**Course and Event Details:**

The course has 6 corners and is approximately 1,200m in length. See map below.

# Lynnwood iG Criterium

Cycling Route

★ Saved Edit

## Details

📍 1.18 km    ⚡ 2 m

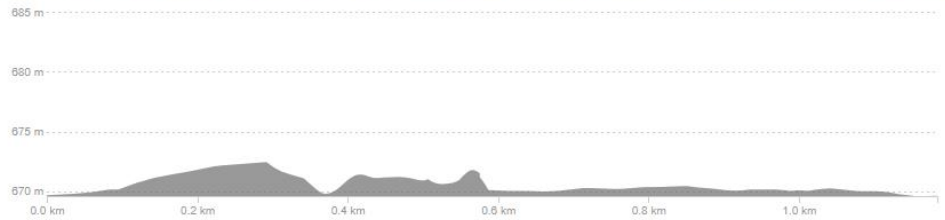
🕒 2:06

CREATED BY

Randy Perry  
May 1, 2023 · Private



## Route and Elevation



**Parking:** Parking is available in the surrounding community. Please be courteous to residents and obey all traffic laws. Violators will be subject to City of Edmonton fines and/or towing.

**Washrooms:** There will also be access to porta potties in the Lynnwood Athletic Field.



**Site Map:**

-  - Road Closure Barricade
-  - Course Marshal
-  - Race Sign On, Muster Point
-  - Community Event and Vendor Space
-  - Emergency Response Vehicle Access Route
-  - First Aid & Fire Safety Supplies
-  - Lost Person / Info Desk



\*\*\* Race Officials positioned at race sign on and Start/Finish Line

Residential parking available in the neighborhood for Event Parking. All participants to abide by City of Edmonton traffic bylaws; violators subject to fines