

HAMILTON CYCLING CLUB

Ontario Cup #1

Good Friday Road Race

Technical Guide

Version 1.1

Friday, April 14th, 2017

Ancaster, Ontario, Canada

Sponsors



picinfo.com



Road Series



Sanctioned by the
Ontario Cycling Association

General Information

- **COURSE LOCATION:** Note that this is the same course location as 2015, centred at [Ancaster Fairgrounds](#).
- **PARKING:** Parking is at [Ancaster Fairgrounds](#) (630 Trinity Rd. Hamilton, Ontario L0R 1R0). Enter parking through Gate 1 on Trinity Road. Exit to Wilson Street, NOT via Gate 2 or 3 on Trinity. **Please park in the designated lot** – there are other events running at the Fairgrounds on the same day and they need their parking too!
- **WASHROOMS:** Please note that the washrooms in Marritt Hall (Building #1 on the map below) are not for use by cyclists without paying admission for the Lion’s Craft Show. **Indoor washrooms are available to the racers in the Concession Building (Building #3).**
- **TEAM TENTS:** There is a dedicated TEAM TENT ZONE, shown on the map below. Space is limited and is available on a first-come, first-serve basis.
- **PRE-RIDING:** Any riders who visit the course to train on the surrounding roads are urged to obey ALL traffic rules and signs. Do NOT litter please, when it comes to your gel packs etc.
- **WARMING UP:** No race day warm ups on the course. Riders can warm up on non-race roads such as Wilson and Alberton with care.
- **ON TRACK:** All spectators and racers not currently racing must **stay off the race course at all times**, especially inside the Fairgrounds.
- **QUESTIONS:** Read the full guide before arriving. Direct questions to Race Co-ordinator Marc Risdale at [marcrisdale\(at\)gmail.com](mailto:marcrisdale(at)gmail.com).



Registration

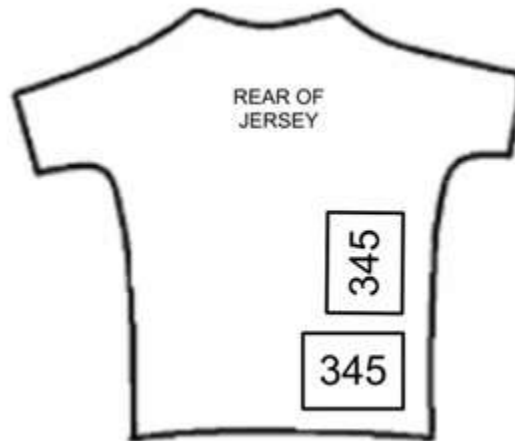
Category	Entry Fee**
U19 men	\$45
U19 women	\$45
Elite 1-2 men	\$65
Elite 3 men	\$65
Elite 4 men	\$65
Elite 1-2 women	\$65
Elite 3 women	\$65
Sportif men and women	\$45
Master 1 men	\$65
Master 2 men	\$65
Master 3 men	\$65
Master women	\$65

***NEW: One-Day Permits are NOT available at Ontario Cup races.**

- Race is pre-registration only. Register at ontariocycling.org by midnight Wednesday, April 12th, 2017.
- UCI licence is required.
- No one-day permits accepted for this Ontario Cup Race.

- US Domestic Licences not accepted at any Ontario events. US riders require a UCI international licence to participate in any Ontario events.

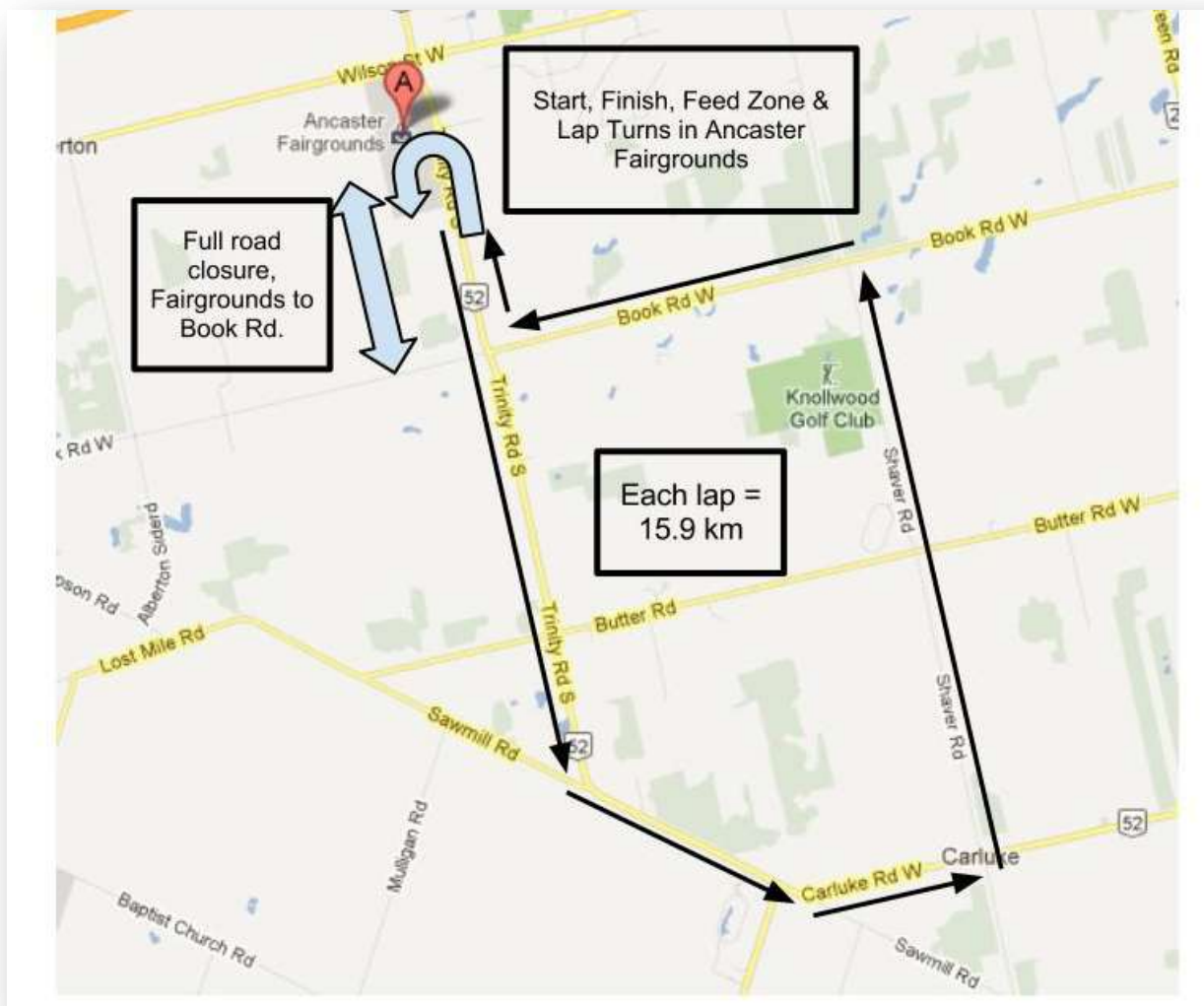
Number Placement



Schedule

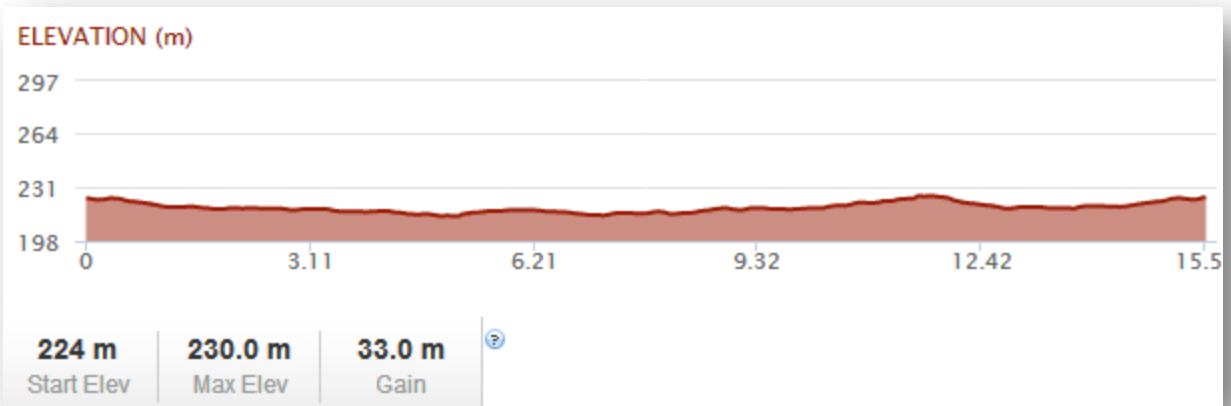
Category	Registration	Start Time	Distance	Laps
Master 3 men Elite 4 men	7:30-8:10am	8:30am	63.6 km	4
U19 women	7:30-8:10am	8:35am	63.6 km	4
Master women Elite 3 women	7:30-8:10am	8:35am	63.6 km	4
U19 men Elite 3 men	8:45-10:40am	11:00am	79.5 km	5
Master 2 men	8:45-10:40am	11:05am	79.5 km	5
Elite 1-2 women	8:45-10:40am	11:07am	79.5 km	5
Podiums for 1st wave		11:15am		
Elite 1-2 men	11:30am-1:10pm	1:30pm	127.2 km	8
Master 1 men	11:30am-1:10pm	1:35pm	95.4 km	6
Sportif male & female	11:30am – 1:10pm	1:37pm	31.8 km	2
Podiums for 2nd wave		1:45pm		

Course Map

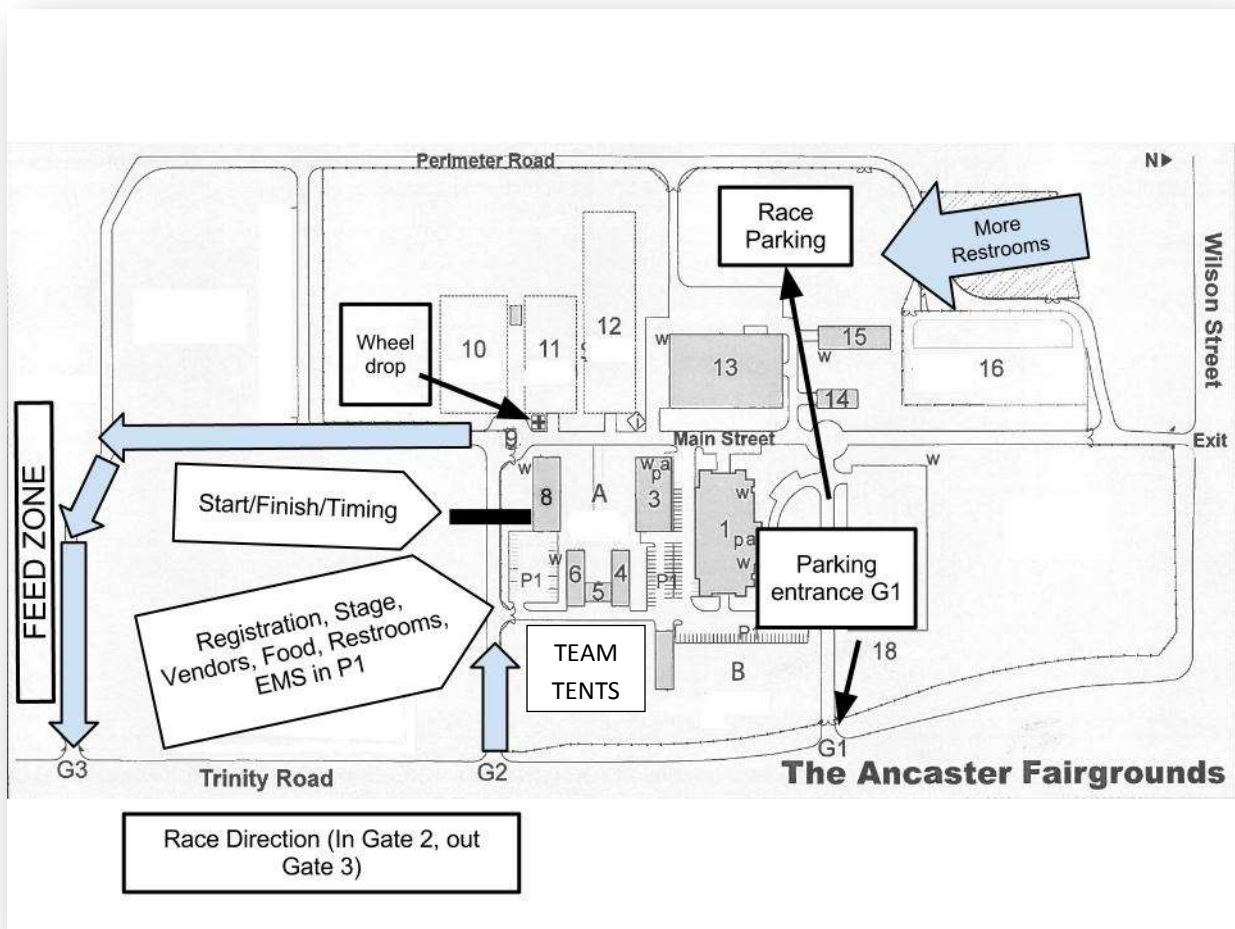


Podium Protocol

- Competition wear
- Second place is on the right hand side of first place (left side when taking photo)
- Presentation shall take place at the scheduled time
- Riders must attend presentation or forfeit awards



Staging Area & Feed Zone



Feed Zone Details

- Feed zone is ahead of Gate 3 within Ancaster Fairgrounds.
- Feeding must take place from the right side of the road.
- Feed zone will be marked and labelled Feed Zone Start and Feed Zone End.
- UCI/CCA Regulations state that feeding may not take place during the first 50km of a race and not during the final 20km of a race; however this may be modified at the discretion of the commissaires depending on race conditions. Neutral Feed will not be provided.

Wave/Race	Feed Zone Details
8:30 a.m. Waves	No Feed Zone
11 a.m. Waves	Open after riders complete 3 laps Closed when there is 1 lap to go.
Master 1	Open after riders complete 3 laps Closed when there is 1 lap to go.
Elite Men	Open after riders complete 3 laps Closed when there is 1 lap to go.

Prizes

Category	1 st	2 nd	3 rd
U19 Junior men	\$70	\$50	\$40
U19 Junior women	\$50	\$40	\$30
Elite 1-2 men	\$300	\$150	\$75
Elite 3 men	\$70	\$50	\$40
Elite 4 men	\$50	\$40	\$30
Elite 1-2 women	\$300	\$150	\$75
Master 1 men	\$200	\$100	\$50
Master 2 men	\$70	\$50	\$40
Master 3 men	\$50	\$40	\$30
Master women	\$70	\$50	\$40
Elite 3 women	\$70	\$50	\$40

NOTE: Actual prize money depends on registration numbers but this is a best estimate.

Race Rules

- Rider number placement is rear right and side right
- Yellow Line Rule will be strictly enforced. Riders will be required to stay to the right of the middle of the road on roads that do not have a yellow line
- Find CCA/OCA rules online at <http://www.ontariocycling.org/commissaires/commissaires-rules>. The penalty scale of the OCA rulebook will apply.
- An OCA representative will be present at the race to assist with rider licensing issues. One-Event Racing Permits will not be available. There are no plans to sell UCI licenses on race day. Contact the OCA for more details.
- Races will start promptly at the indicated start times.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the race course during competition. All other vehicles /team vehicles are not permitted to follow the races while in progress.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- For the road race, there are no free laps for mishaps (e.g. crashes and punctures). Riders suffering mishaps will be serviced from the service vehicles and must continue the race from the point of the mishap
- In the event of a mishap, riders are strictly forbidden from drafting behind vehicles for lengthy periods in attempting to catch up to their group. Such drafting may result in disqualification
- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, lapped riders must remain separate, even when being overtaken by riders in their own category
- Riders who are dropped from the main bunch must proceed at their own risk and shall always ride on the right side of the road with the flow of traffic
- Radio communication is not permitted between riders and anyone else.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner
- The prize breakdown will be displayed at registration. Additional primes may be announced on the start line
- Top 3 finishers are required to attend award presentations or risk forfeiting their awards. Top 3 finishers will wear clean competition uniforms for the presentation.
- If you drop out of a race and do not report it to a Commissaire you will be considered an Unreported DNF and **will be assessed a penalty**.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. **There are no refunds if the race must be cancelled for any reason, including disqualification.**
- Gear restrictions will be enforced for U19 riders
- All riders must sign on at registration.
- U.S. Domestic Licences will no longer be accepted at any Ontario events. US riders will require a UCI international licence to participate in any Ontario events. One-Event Permits not permitted at Ontario Cup events.
- All foreign licensed riders other than U.S. riders must produce a letter of permission from their country's federation.

Equipment Rules

- UCI Rule 1.3.018: Only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels at www.uci.ch/english/about/wheels.html.
- Only standard handlebars are permitted. Handlebar extensions, including time-trial bar extensions or other types of tri-bars, are not permitted.
- Only bicycles conforming to UCI rules 1.3.001 - 1.3.025 are permitted for use.
- Riders are required to wear jerseys corresponding to the club or team printed on their licence. Independent riders are required to wear plain-coloured jerseys with no significant logos, team names or advertising displayed on them. Sportif riders are exempt from this rule.
- Sleeveless jerseys are not permitted.
- Riders will be issued numbers free of charge at sign in / registration, please ensure they are positioned as per the "Number Placement" section of this document. Please make sure to return your number set at the end of your event.
- Neutral service vehicles will be supplied by the organization and assigned to follow every race. Riders are encouraged to bring their own spare wheels to be placed in the service vehicles before the start of their race. Wheels must be clearly marked with the rider's number or with the rider's team name if it is intended for use by any member of a particular team. Although efforts will be made to provide a rider's own spare wheels in the event of a mishap, in the interests of servicing a rider quickly, service vehicles may supply wheels at random. The organization is not responsible for damage to wheels, even resulting from use by other riders.
- Per CCA rule 1.3.031 N) At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials
- Gear restrictions will be in effect for Juniors, plus Under-19 Elite 1&2 riders.
- Novice riders will not have any gear restrictions.
- The use of glass containers is strictly prohibited during the race.
- Disc brakes are not permitted.

Medical Aid

Urgent (Non-Emergency) Care and Hospital Locations:

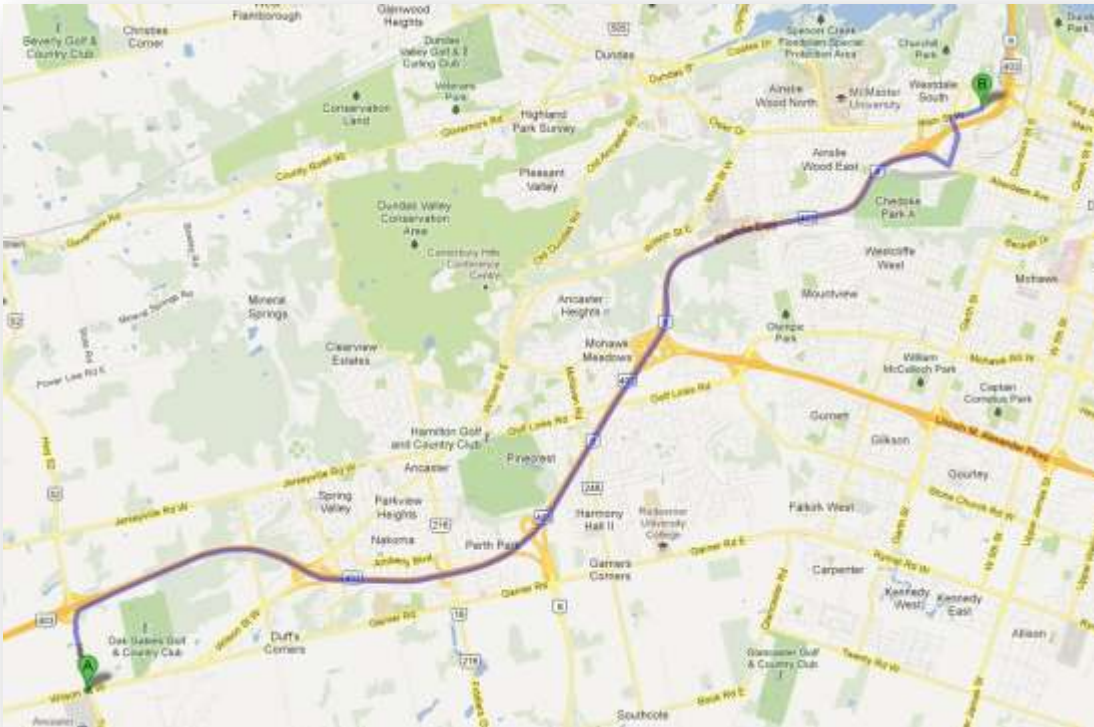
Main Street West Urgent Care Centre

690 Main Street West, Hamilton, ON

Tel.: 905-521-2100

Directions:

1. Take Trinity Road North to 403.
2. Take 403 east to Hamilton.
3. Take exit 69 for Aberdeen Avenue.
4. Take Aberdeen Avenue to Longwood Avenue.
5. Turn left on to Longwood Avenue.
6. Turn right on to Main Street.
7. Arrive at Urgent Care Centre on left.



Hamilton General Hospital

237 Barton Street, Hamilton, ON

Tel.: 905-521-2100

Directions:

1. Take Trinity Road North to 403.
2. Take 403 east to Hamilton.
3. Take Main Street West exit.
4. Take Main Street to John Street.
5. Turn left on to John Street.
6. Take John Street to Barton Street.
7. Turn right on Barton Street.
8. Arrive at Hamilton General Hospital on left.



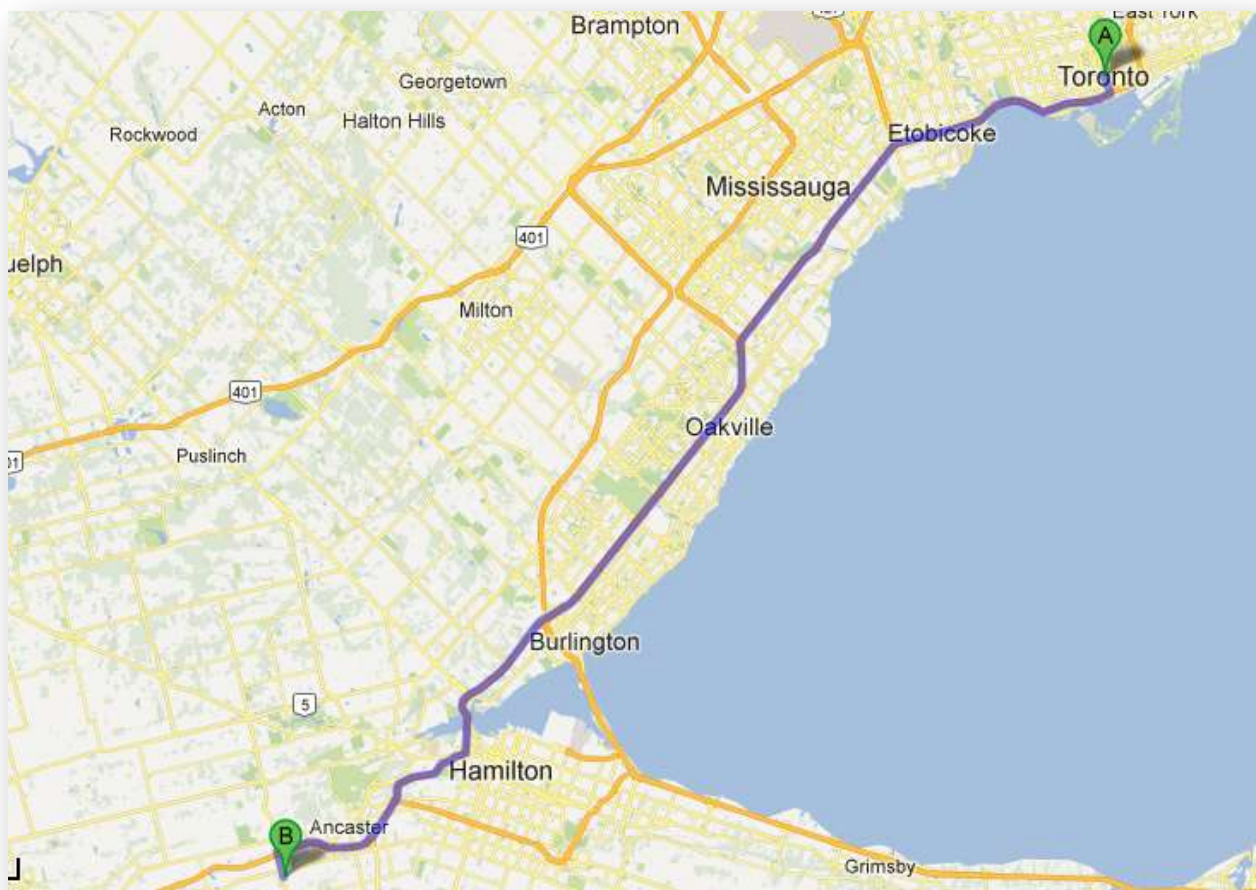
On-Site Medical Care

Medical aid will be available near registration at the Ancaster Fairgrounds.

Directions to Race

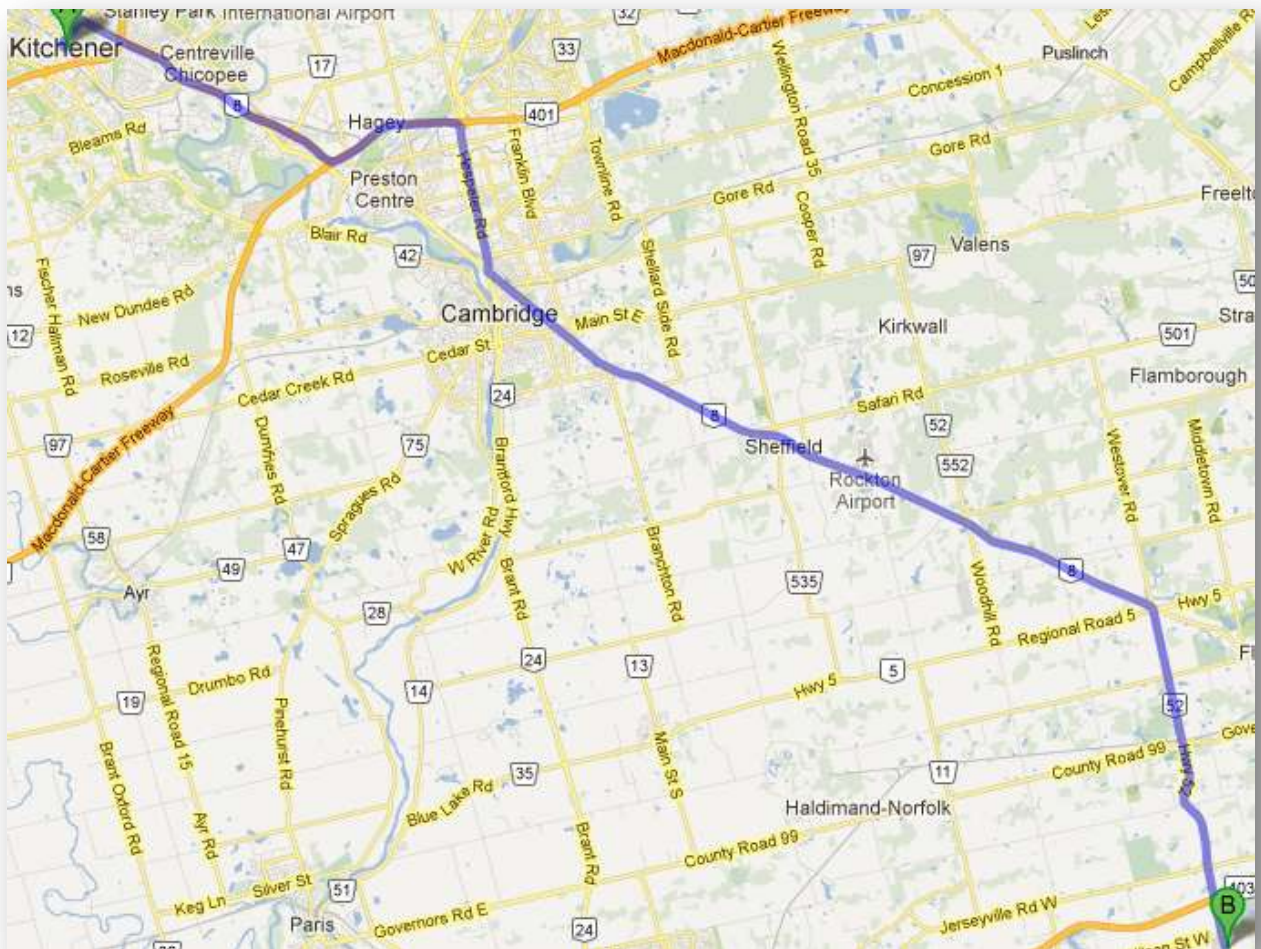
From Toronto

1. Head south on Bay St toward Albert St
2. Turn right to stay on Bay St
3. Turn right onto Lake Shore Blvd W
4. Slight right toward Gardiner Expy W
5. Take the Gardiner Expressway W ramp
6. Merge onto Gardiner Expy W
7. Continue onto Queen Elizabeth Way
8. Merge onto ON-403 W
9. Slight right to stay on ON-403 W (signs for Hamilton/Brantford)
10. Take exit 55 for County Road 52 toward Copetown
11. Turn left onto Hwy 52 for Ancaster Fairgrounds



From Kitchener:

1. Head west on Mill St toward Ottawa St S/Regional Road 4
2. Take the 1st right onto Ottawa St S/Regional Road 4
3. Turn right onto King St E
4. Continue onto ON-8 E
5. Take the exit onto ON-401 E
6. Take the Regional Road 24 S/Hespeler Road S exit toward Brantford
7. Merge onto Hespeler Rd/ON-24 S/Regional Road 24
8. Continue to follow Hespeler Rd/Regional Road 24
9. Turn left onto Dundas St N
10. Continue onto ON-8 E
11. At the roundabout, take the 2nd exit onto Hwy 52
12. At the roundabout, continue straight to stay on Hwy 52 for Ancaster Fairgrounds



From St. Catharines:

1. Head northeast toward James St
2. Turn left onto James St
3. Slight right onto Lake St
4. Take the 1st left onto Welland Ave/Regional Road 77
5. Continue to follow Regional Road 77
6. Take the ramp onto ON-406 N
7. Keep left at the fork, follow signs for Queen Elizabeth Way/Toronto and merge onto Queen Elizabeth Way
8. Take exit 88-89 for Red Hill Valley Parkway
9. Merge onto Red Hill Valley Pkwy S
10. Continue onto Lincoln M. Alexander Pkwy W
11. Keep right at the fork, follow signs for ON-403 W and merge onto ON-403 W
12. Take exit 55 for County Road 52 toward Copetown
13. Turn left onto Hwy 52 for Ancaster Fairgrounds

