

2011 Nith River Road Race

Ontario Cup Road Series #4

PRELIMINARY

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Technical Guide



Presented by ExtremeRoad.com

May 22, 2011

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Schedule

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Category	Start Time	Distance	Entry Fee
			On-line* Pre-reg.
Registration Opens	7h00		
Master 3 Men	8h30	65 km, 4 laps	45
Elite 4 Men	8h30	65 km, 4 laps	45
Elite 3 Women	8h35	49 km, 3 laps	40
Master A&B Women	8h35	49 km, 3 laps	40
Under-17 Women	8h35	49 km, 3 laps	40
Junior Women	8h35	49 km, 3 laps	40
Awards	10h30		
Elite 3 Men	10h45	82 km, 5 laps	50
Junior Men	10h45	82 km, 5 laps	45
Master 2 Men	10h50	82 km, 5 laps	50
Elite 1 & 2 Women	10h52	Approx. 2h00	50
Awards	13h15		
Elite 1 & 2 Men	13h30	131 km, 8 laps	55
Master 1 Men	13h35	98 km, 6 laps	55
Under-17 Men	13h37	65 km, 4 laps	40
Awards	17h20		

* All categories are pre-registration only. There will be no day-of registration.

Pre-register on-line at www.ontariocycling.org. See Event Rules for more details on pre-registration closing dates.

Course Description

The course consists of a 16.4 km circuit with rolling hills. A map and profile of the course is provided. Riders are encouraged to view the course but are not permitted to warm-up on the course or otherwise ride the course while other events are in progress. **The start is located at the Wellesley Community Centre located adjacent to the arena. There will be a neutralized rolling start from the community centre parking lot to the circuit.** The finish is located on Gerber Road near the intersection with Lawrence St.

The course is not closed. Traffic calming measures will be in effect, however some light traffic may be encountered from time to time and riders should stay to the right side of the road at all times, whenever possible. Riders should also watch for parked cars.

The Centre Line (Yellow Line) Rule will be enforced on all roads except the finishing straight (Gerber Rd.)

Marshals and barricades are stationed around the course to help direct riders and control traffic at key locations. Marshals will be in place beginning with the start of the first race.

Riders and spectators must park in the designated areas and must not park along the roadsides on or near the race site, unless specifically directed by the marshals. **No parking is permitted on streets west of Nafziger Rd in Wellesley.**

Medical / Hospitals

First Responders will be stationed on site. There are two hospitals in Kitchener: St Mary's Hospital on Queen's Blvd and Grand River Hospital on King St. There is one hospital in Stratford: Stratford General. See the map in this guide for directions.

Event Rules

- The races will be held under the rules of the UCI/CCA with OCA modifications.
- The CCA rules are on-line at: http://www.canadian-cycling.com/cca/coaches_officials/companion_guide.shtml.
- The penalty scale of the CCA rulebook will be applicable.
- **For 2011: Pre-registration is required** and is available on-line at www.ontariocycling.org. **On-line Pre-registration closes at midnight Thursday May 19, 2011.**
- All riders must sign on at registration on race day at least 25 minutes before their start.
- All UCI-licensed riders are eligible to register. OCA Citizen Permit holders under the age of 17 may also register. For all unlicensed residents of Ontario (with proof of residency), OCA One-Event Racing Permits (\$12) will be available for Under-17 Men & Women, Junior Men & Women, Elite 3 Women, Master A&B Women, Elite 4 Men and Master 3 Men. Citizen Permits will be available for purchase to riders under 17 in age (**residents of Ontario only.) See Table 3 below for a list of licensing requirements for each category. ****Proof of Ontario residency is required for purchase of a One Event Permit.**
- **For 2011: U.S. riders must have full UCI international licences. U.S. domestic licences will not be accepted. One Event Permits will only be available to riders with proof of Ontario residency. This applies to all non-resident riders.**
- All foreign licensed riders other than U.S. riders must produce a letter of permission from their country's federation.
- An OCA representative will be present at the race to assist with rider licensing issues. One-Event Racing Permits and Citizen Permits will be available from the OCA. There are no plans to sell UCI licences on race day. Please contact the OCA for more details.
- All riders (or parents/guardians) are required to sign the OCA and CCA waivers, unless they have an OCA-issued licence.
- Races will start promptly at the indicated start times.
- There will be a minimum of four licensed commissaires officiating at this event.
- There will not be a team managers meeting.
- There will not be any team vehicles permitted on the course.
- The feed zone will be located near the finish line area. It will be marked with green flags. All feed zone activity must take place from the right side of the road only. The 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.
- **Any rider dropping out of the race shall immediately notify a commissaire.**
- As this is a 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.

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- 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 group. **Riders who fall behind by more than 10% of the leaders' time may also be pulled, but will still be listed in the results as OTL (outside time limit.)**
- Riders who are dropped from the main bunch must proceed at their own risk and should always, when possible, ride on the right side of the road with the flow of traffic.
- FSR radio channels 11, 12, 13 and 14 are reserved for use by the organization, officials and medical personnel and therefore riders and teams should avoid their use.
- The prize list will be displayed at registration. Additional prizes may be announced on the start line.
- Awards will be presented before the start of the following race according to the published schedule. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders are expected to wear their competition uniforms for the presentation. **Note that appropriate attire (competition uniform, no jeans, no sunglasses and no hats) is required.**

Equipment Rules

- **For 2011: 2-way radios are no longer permitted in any rider category.**
- **Gear restrictions will be in effect for Junior and Under-17 categories, plus Under-19 Elite 1&2 riders.**
- **Riders are required to wear hard-shell ANSI or SNELL approved bicycle helmets** while racing and also while warming up and at all times when on or near the course.
- **It is the riders' responsibility to ensure that their race numbers are readable. Riders whose numbers are unreadable at the finish may not get a placing and may forfeit their prizes.**
- As per UCI/CCA Rule 1.3.018, new wheel regulations will be enforced. **Only traditional wheels or approved non-traditional wheels are permitted.** Consult the list of approved non-traditional wheels at <http://www.uci.ch/templates/UCI/UCI2/layout.asp?MenuId=MTkzNg&LangId=1>.
- **Only standard handlebars are permitted.** Handlebar extensions, including time-trial bar extensions or other types of tri-bars, are not permitted.
- As of January 1, 2003, the UCI equipment regulations now apply to all categories of riders, including Masters, therefore **only bicycles that fit the UCI definition are now permitted (ie. no Softride or Trek Y-Foil framesets, etc.)** See Section 2 of Chapter 3 in the UCI/CCA Regulations.
- Riders are required to wear jerseys corresponding to the club or team printed on their licence. Independent riders and unlicensed riders are required to wear plain-coloured jerseys with no significant logos, team names or advertising displayed on them. **Unlicensed riders with club membership cards may wear their club jersey as long as they display their club membership card at registration/sign-in.**
- Sleeveless jerseys are not permitted.
- Race numbers will be provided by the organization and **must be returned at the end of the competition.** All riders must wear two numbers positioned as shown in this guide. Only OCA-approved numbers may be worn. Numbers must not be folded or modified and must clearly display the advertiser's logo. **Frame numbers may be issued for some categories.**
- The organization reserves FSR radio channels 11, 12, 13 and 14 for use by the organization, officials and medical personnel.
- 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.
- The use of glass containers is strictly prohibited during the race.

Prizes & Medals

Category	Total Prize Money	Places	1 st	2 nd	3 rd	Medals (Gold, Silver, Bronze)
Under-17 Men	Merchandise	3	Merch.	Merch.	Merch.	Top-3 U17 Men
Master 3 Men	\$170	3	\$80	50	40	Top-3 Master 3 Men
Elite 4 Men	\$170	3	\$80	50	40	Top-3 Elite 4 Men
Junior & U17 Women	\$170	3	\$80	50	40	Top-3 Junior Women, Top-3 U17 Women
Elite 3 & Master A&B Women	\$170	3	\$80	50	40	Top-3 Sr 3, Top-3 MA, Top-3 MB Women
Elite 3 & Junior Men	\$360	5	\$100	80	70	Top-3 Elite 3 Men, Top-3 Junior Men
Master 2 Men	\$360	5	\$100	80	70	Top-3 Master 2 Men
Elite 1&2 Women	\$620	5	\$250	150	100	Top-3 Elite 1&2 Women
Master 1 Men	\$430	5	\$150	100	70	Top-3 Master 1 Men
Elite 1&2 Men	\$700	6	\$250	150	100	Top-3 Elite 1&2 Men

- Prizes are for combined category groups as listed; medals are for individual categories.
- Ontario Cup points will be awarded to eligible riders.
- Ontario Cup points also count towards the OCA Club Challenge. See the OCA web site for details.
- Additional prizes may be announced during the races and will be described at the start of each race.

Licensing Info

Category	Age (as of Dec 31 of current year)	Race using Citizen Permit*	Race using UCI Licence*	Race using One-Event Permit*
U17 Male	10-16	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Junior Male	17-18		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
U17 Female	10-16	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Junior Female	17-18		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Elite 1 & 2 Male	19+		<input checked="" type="checkbox"/>	
Elite 3 Male	19+		<input checked="" type="checkbox"/>	
Elite 4 Male	19+		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Elite 1 & 2 Female	19+		<input checked="" type="checkbox"/>	
Elite 3 Female	19+		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
M1 Male	35+		<input checked="" type="checkbox"/>	
M2 Male	35+		<input checked="" type="checkbox"/>	
M3 Male	35+		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Master 30-39 Female	30-39		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Master 40+ Female	40+		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Table 3. Licensing requirements.

* **U.S. domestic licences are no longer accepted.**

* **U.S. riders will require a UCI international licence to participate.**

* Only Ontario residents (with proof of residency) are eligible to purchase One Event Permits and Citizen Permits.

Figure 1. Course Map



Figure 2. Course Profile

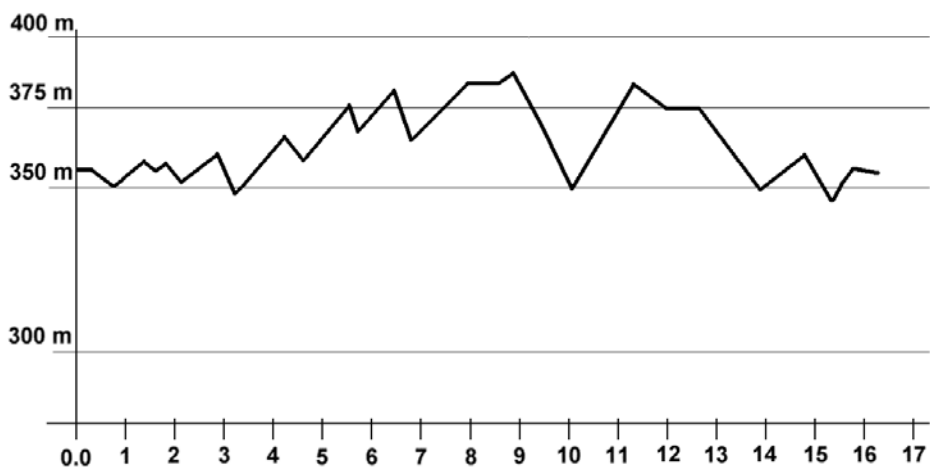


Figure 3. Number Placement

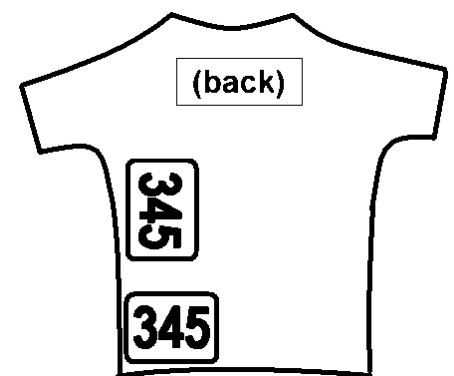


Figure 4. Map to Hospitals and Clinics

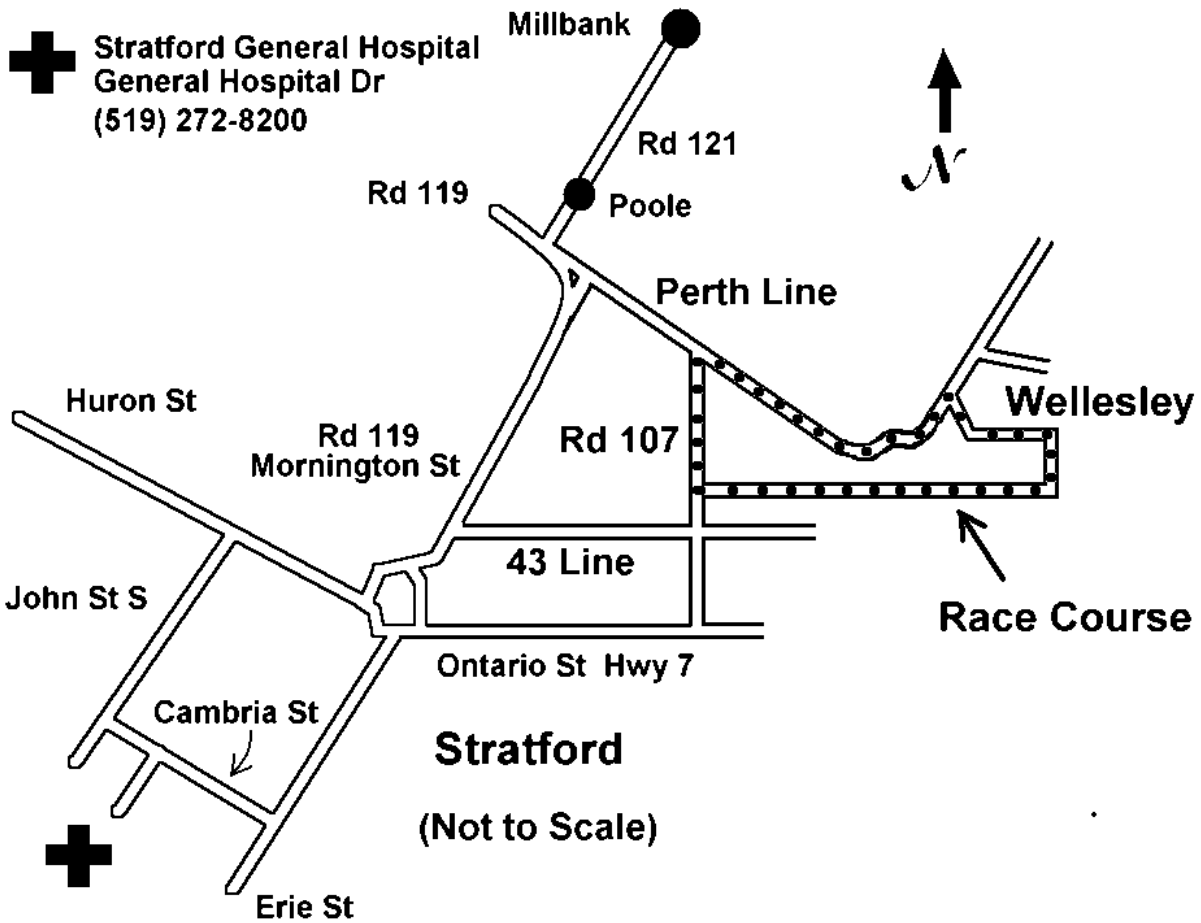
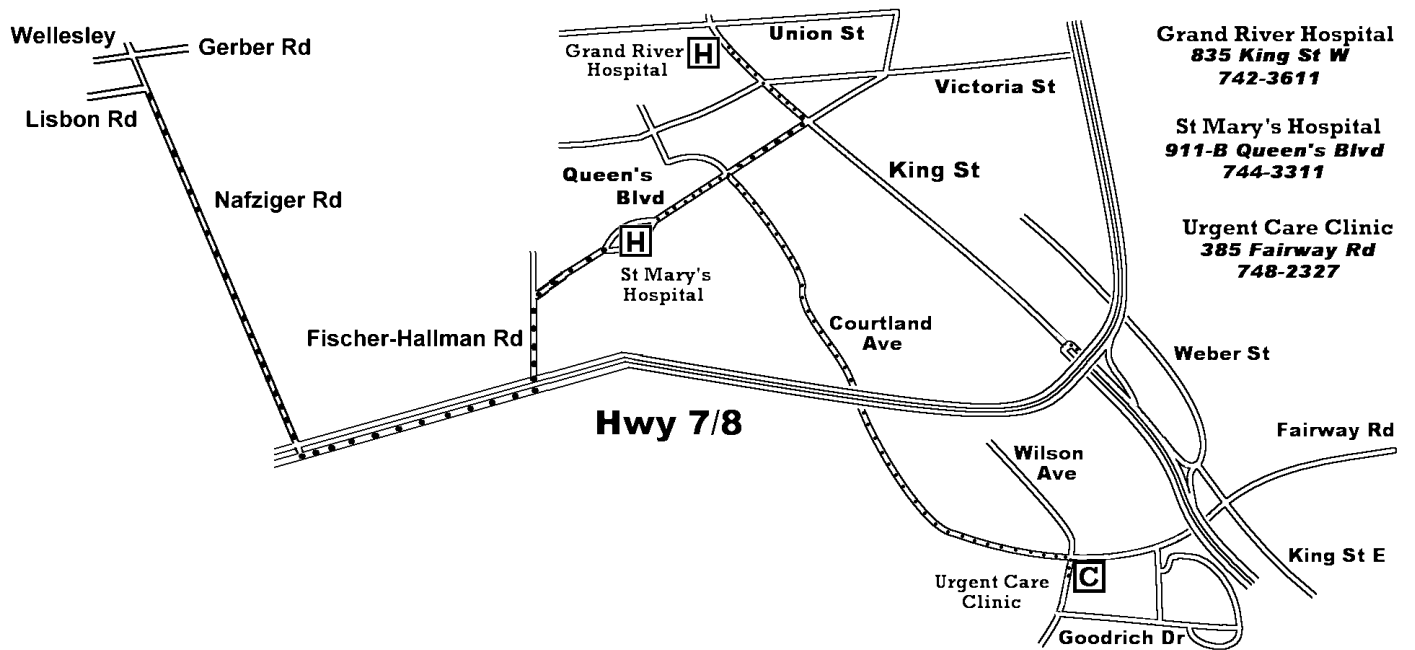


Figure 5. Directions

From Hwy 401 Westbound

Take Hwy 8 exit to Kitchener.
 Take Hwy 7&8 exit "Stratford".
 Take Reg Rd 12 exit to St Agatha.
 Follow all the way to Wellesley.
 Turn Right on Greenwood Hill Rd.
 Turn Left on Queen's Bush Rd.
 Turn Left on Catherine St.
 And enter Community Centre parking area.

From Hwy 401 Eastbound

Take King St E (Reg. Rd 8) exit 278.
 And stay right onto King St E.
 Take the exit to Hwy 8 Kitchener.
 Continue as above.

