



REGIONAL RACE

SATURDAY, OCTOBER 19, 2019

Pittock Park Conservation Area
221 Pittock Park Road, Woodstock, ON

Technical Guide - Version 1.1

Published September 10, 2019



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Prizes supplied by:



134 Dundas Street, London, ON

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Sponsorship opportunities are still available!

Contact Michael Jaffray for details

226-231-1371

mike_jaffray@hotmail.com

General Information

Back again (our fifth year!), we're keeping the tradition alive and racing at the infamous Pittock Dam in Woodstock, ON. Located only one hour west of Toronto, maD 'Cross will challenge racers with a technical course across grass, gravel, pavement, and sand, and send you over our massive flyover!

If you're new to cyclo-cross or if you're wanting to see what this side of cycling is all about, this is the race for you! **All bikes and all ability levels** are welcome!

Event Organizers

Michael Jaffray & Mike Aston

Michael Jaffray Contact:
226-231-1371
michael@damcross.com

Registration Information

- Pre-registration is available online at CCN Bikes <https://ccnbikes.com>. Pre-registration closes Thursday, October 17th at 11:59pm.
- All participants must be duly licensed by the OCA. All events require a UCI license or Citizen Permit (where applicable).
- Out of province riders must have a UCI license to participate. USAC domestic permits are not recognized.

	YOUTH A/B/C/D	U19	19+
Online Registration up to Oct. 10 th , 11:59pm	\$0.00	\$20 + fees	\$35 + fees
Online Registration up to Oct. 17 th , 11:59pm	\$0.00	\$30 + fees	\$45 + fees
Registration at event	\$0.00	\$40 cash	\$60 cash

YOUTH RACES SPONSORED BY UNITED LUMBER & TRUSS

“+ fees” refers to HST and CCN Administration fees

\$10 day-of cash only for a “second race of the day” (ie single speed)!

Sign in and timing chips will be available up to 30 min prior to race time starting at 8:00am and closing 40 minutes prior to the start of the last race.

Cash day-of registration will be available up to 45 min prior to race time starting at 8:00am and closing 45 minutes prior to the start of the last race.

Categories	Non-Member Permit	Citizen Permit	UCI License
Youth A Grade (9-16 years)		X	X
Youth B Grade (9-16 years)		X	X
Youth C Grade (9-16 years)		X	X
Youth D Grade (9-16 years)		X	X
U19 Men/Junior Men (17-18 years)			X
Elite 1,2 Men (19+ years)			X
Elite 1,2 Women (17+ years)		X	X
Elite 3 Women (17+ years)		X	X
Elite 3 Men (19-34 years)			X
Elite 4 Men (19-34 years)		X	X
Master A,B Women (35+ years)		X	X
Master 1 Men (35+ years)			X
Master 2 Men (35+ years)			X
Master 3 Men (35+ years)		X	X
Single Speed Men/ Women (17+ years)		X	X

Youth Categories – Suggested Seeding

New in 2019 the introduction of the youth ability system within the regional races shall replace the age-based youth categories U13, 15, and U17. Athletes 9-16 years of age, can self-seed based on their 2018 results in the below youth ability categories.

CATEGORY	SUGGESTED SEEDING
A Grade	U17 Male/Female – finished top 5 in the 2018 Ontario Cup series
B Grade	U17 Male/Female – finished in the pack in the 2018 Ontario Cup series U15 Male/Female – finished top 5 in the 2018 Ontario Cup series New U17 Riders
C Grade	U15 Male/Female – finished in the pack in the 2018 Ontario Cup series U13 Male/Female – finished top 5 in the 2018 Ontario Cup series New U15 & U17 Riders
D Grade	U13 & U15 athletes who consistently finish in the pack New U13 & U15 Riders

Schedule

Time	Category	Race Duration
9:30	M3 Men	40 Minutes
10:30	E4 Men	40 Minutes
11:30	Youth A,B,C, D	30 Minutes
11:45	Kids Race – All bicycles and 'stryder' bikes welcome!	5-15 Minutes
12:30	M2 / E3 / U19 Men	45 Minutes
13:45	Elite / Master Women	40 Minutes
14:55	E1 / E2 / M1 Men	60 Minutes
14:55	Single speed	45 Minutes

Bib Numbers

- We will supply you with a bib number.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of the competition
- Bib is to be placed on the left back side of the jersey. Please refer to below diagram.



Results & Awards

Timing, Scoring, Results

Doug Pogue – Racetiming.ca

All results will be posted online after each event at www.racetiming.ca. In order to run a greener event, no paper copies will be posted onsite. It is your responsibility to check the online results before protocol ceremonies begin.

Awards Protocol

- Upon the posting of results there will be a 15-minutes protest period, after which time the results will become official and award presentations will follow promptly.
- Top 3-finishers are required to attend award presentations or risk forfeiting their awards and possible additional penalties
- Riders are to wear their competition uniforms for the presentation. No jeans, sunglasses, or hats are permitted on the podium or risk fine.

Prizes

Prizes will be awarded to the top three racers in each category.

Merchandise and/or Beer prizes provided by To Wheels and Upper Thames Brewing Company!

A full list of prizing will be published at a later date.



134 Dundas Street, London, ON

Upgrade Points

Upgrade points will be awarded as follows for all Ontario Cup and Regional sanctioned events.

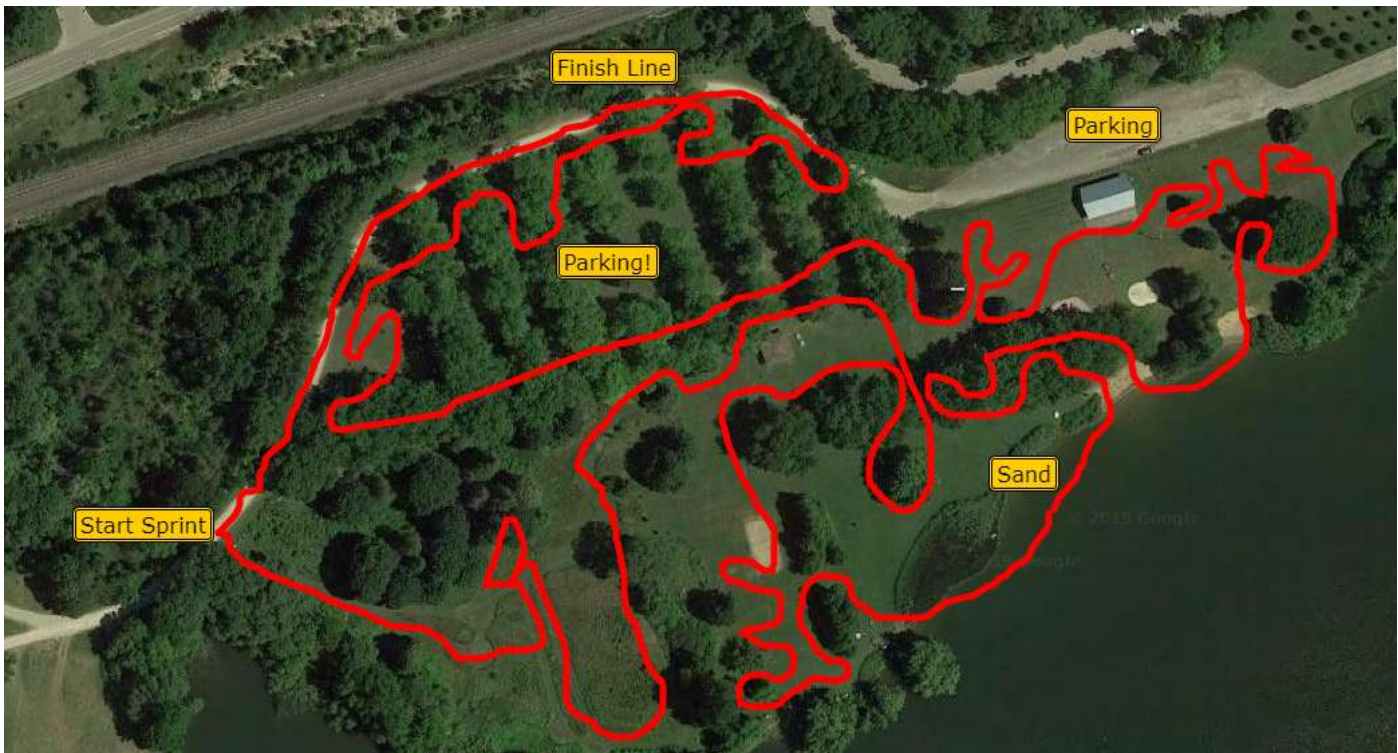
Category Size of 30+ Riders	
1 st Place	15 Points
2 nd Place	13 Points
3 rd Place	11 Points
4 th Place	10 Points
5 th Place	9 Points
6 th Place	8 Points
7 th Place	7 Points
8 th Place	6 Points
9 th Place	5 Points
10 th Place	4 Points
11 th Place	3 Points
12 th Place	2 Points
13 th Place	1 Point
14 th Place	1 Point

Category Size of 15-29 Riders	
1 st Place	13 Points
2 nd Place	11 Points
3 rd Place	9 Points
4 th Place	7 Points
5 th Place	5 Points
6 th Place	3 Points
7 th Place	2 Points
8 th Place	1 Point

Category Size of 6-14 Riders	
1 st Place	10 Points
2 nd Place	7 Points
3 rd Place	5 Points
4 th Place	3 Points

Category Size of 2-5 Riders	
1 st Place	6 Points
2 nd Place	3 Points

TENTATIVE Course Map



Course Safety

In case of emergency, call Michael Jaffray 226-231-1371 or Michael Aston 226-448-7790 or see the race officials at the start/finish

First Aid will be offered at the washrooms near the parking lot. First Aid respondents name to be confirmed.

If there is an emergency that will require more than first aid can help with, see below for maps to the closest hospital.

Interested in Volunteering?

If you can assist in course marshalling, registration, or any other means, please contact Michael Jaffray via phone -226-231-1371 or email: mike_jaffray@hotmail.com Thanks!

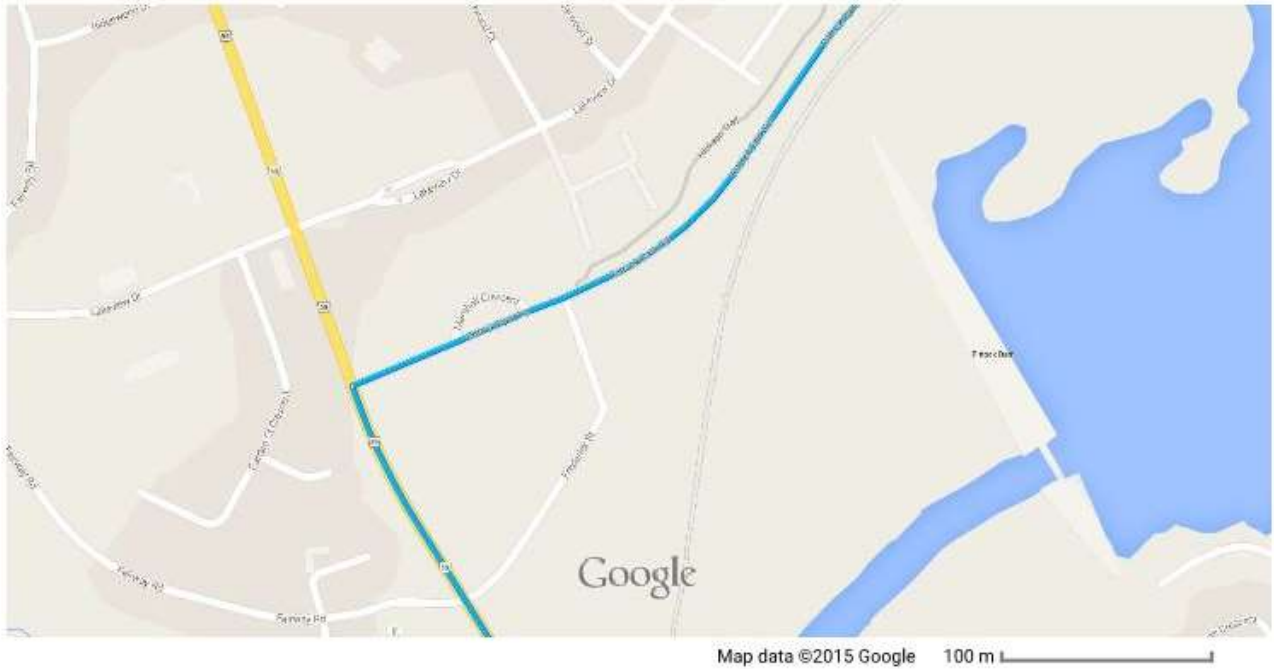
DIRECTIONS TO THE HOSPITAL



Google

725138 Pittock Park Rd, Woodstock, ON N4S 7W2 to Woodstock General Hospital

Drive 7.6 km, 13 min

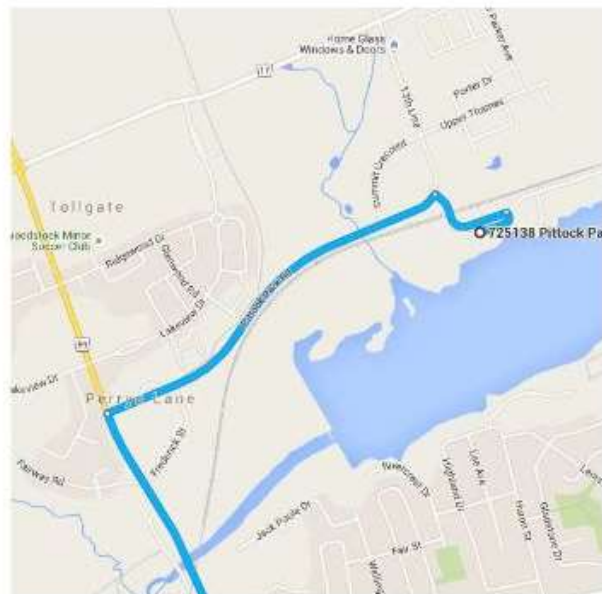


o 725138 Pittock Park Rd
Woodstock, ON N4S 7W2

Take Pittock Park Rd to Oxford 59 S

1.9 km / 3 min

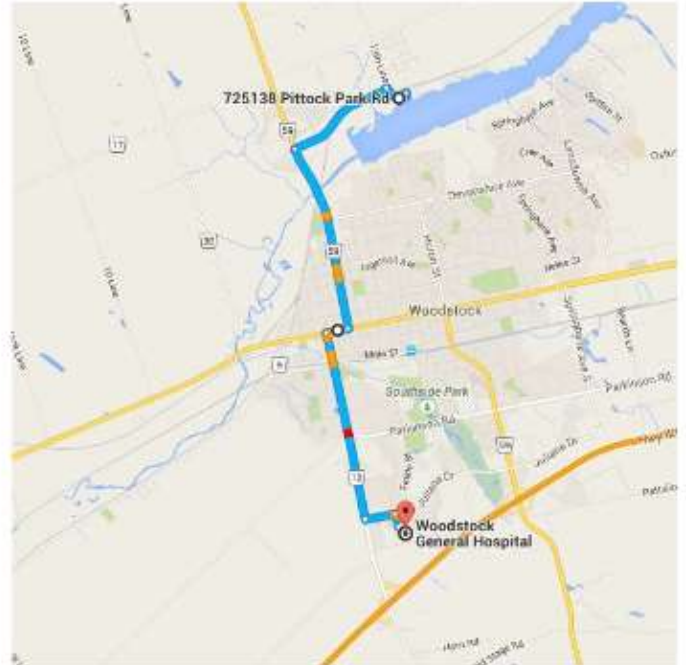
1. Head east
140 m
2. Turn left toward Pittock Park Rd
300 m
3. Turn left onto Pittock Park Rd
1.4 km



Drive along Mill St/County Rd 12

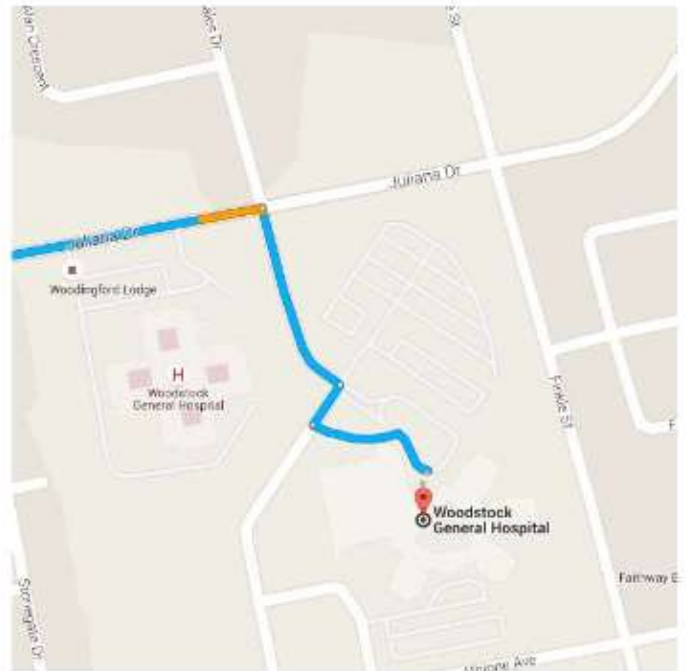
5.4 km / 8 min

- ↶ 4. Turn left onto Oxford 59 S
2.4 km
- ↷ 5. Turn right onto Dundas St/Oxford 2 (signs for County Road 2 W/ON-401)
290 m
- ↶ 6. Turn left onto Mill St/County Rd 12 (signs for ON-401)
2.4 km
- ↶ 7. Turn left onto Juliana Dr
400 m



Drive to your destination

- 300 m / 1 min
- ↷ 8. Turn right at Sales Dr
160 m
- ↷ 9. Turn right
38 m
- ↶ 10. Turn left
i Destination will be on the right
110 m



📍 Woodstock General Hospital

310 Juliana Drive, Woodstock, ON N4V 0A4

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices.

Event Rules

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OCA. CC and OCA rules are available online at: <http://www.ontariocycling.org/commissaires/commissaire-rules/>
- The UCI penalty scale with CC and OCA modifications will be used for any infractions
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders must produce a letter of permission from their country's federation. This must be submitted to the OCA in advance of the event and a copy must be provided on race day to the Chief Commissaire.
- Riders must have a valid citizen permit (where applicable) or UCI license to participate.
- Proof of license purchase (i.e. receipt) is not a sufficient proof of license and will not be accepted on race day.
- All riders (or parents/guardians) are required to sign the OCA and CC waivers prior to participating.
- Races will start promptly at the indicated start times.
- There will be no team managers meeting.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please courteous to other racers above all else.
- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you forfeit your starting position.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A double wheel pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- The 80% rule will be enforced at the discretion of the Chief Commissaire.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- The prize list will be displayed at registration and is subject to change based on field size. Additional primes may be announced on the start line.
- Results will be posted near registration shortly after each race. Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- 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. No refunds will be issued if the race is cancelled. See lightning policy on next page.

ONTARIO CYCLING ASSOCIATION LIGHTNING POLICY

Local weather should be monitored by the event organizer/club representative and events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado.

The Ontario Cycling Association highly recommends that each event have a **daily weather update** posted in strategic positions throughout the registration and entrance area.

Participants and commissaries will be informed of these policies, and the following policy is posted in multiple areas.

In the event of thunder or lightning the course will be evacuated and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle.

No outdoor activities will be initiated when thunder and/or lightning is present.

If thunder and lightning occur once activities have started, utilize the “flash-to-bang” method for determining the distance of lightning. Count the number of seconds between seeing the lightning and hearing the clap of thunder. If the time between “flash to bang” is 30 seconds or less it is time stop the event and seek shelter. A rough rule of thumb is lightning that is closer than 10km poses a risk to participants. The formula is roughly the time between “flash to bang” divided by 3 equals the distance away in KM. For example if the time from flash to bang is 30 seconds then the storm is 10 km away. For example $30 \text{ seconds} / 3 = 10\text{km}$.

The storm’s distance and your location will determine when there is a need for evacuation to a safe shelter. A safe shelter is defined as a sturdy building that has metal plumbing or wiring, or both, to electrically ground the structure. A shed or a shack is not a safe shelter.

Stay away from tall or individual trees, lone objects (flagpoles), metal objects, standing pools of water, and open fields. Avoid close contact with others by maintaining a distance of 15-20 feet.

Allow 30 minutes to pass after the last sound of thunder or sight of lightning before resuming any outdoor activities, INCLUDING WALKING OUTSIDE OF YOUR SHELTER

The Chief Commissaire in consultation with his partners will be responsible for making decisions regarding stoppage/delay/evacuation due to thunder, lightning or other extreme weather patterns.



Call-Ups

- In the event of multiple categories starting in the same start wave, each category will be called to the line separately.
- The top eight (8) racers from each category will receive a call up and then the remaining racers in that each category will be called to the line.
- Call-up order for the youth categories will be by the following order – A grade, B grade, C grade, D grade.
- Call-up order will be determined as follows:
 1. National Champion
 2. UCI Points
 3. Outgoing Provincial Champion
 4. Top 10 riders in Ontario Cup series standings
 5. Random draw
- If you are not present for call-up you forfeit your starting position.

Equipment Rules

- Cyclocross bicycles conforming with UCI regulations are required in the Elite 1, 2, 3 and Master 1 Men categories. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - Width of the tire shall not exceed 33mm and it may not incorporate any form of spike or stud.
 - All other categories allow the use of any bicycle; including mountain bikes provided bar end are removed to be used.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.

Directions to Event

Address:

Pittock Park Conservation Area
221 Pittock Park Road
(Formerly 725138 Pittock Park Rd)
Woodstock, ON N4S 7W2

GPS Coordinates

UTM Zone - 17

X - 519840

Y - 4778200

Latitude: 43.1563

Longitude: -80.7559

From the East & West

Take Exit 230 off the 401
Proceed north on HWY 59 (Mill Street)
Turn right onto Dundas Street (follow signs for HWY 59)
Turn left onto Vansittart Ave (HWY 59)
Turn Right onto Pittock Park Road
Entrance gate will be on your right

