

# Technical Guide

Event: **3<sup>rd</sup> Ed. T.O St.Lawrence Market Criterium**

Event Type: **Road Criterium in Downtown Circuit**

Date of Event: **Sunday May 30<sup>th</sup>, 2010.**

Time: **9:00 A: M ~ 2:00 P: M.**

Event Location: **Toronto, ON. Esplanade & Front St.**

Organization Name: **ZM Cycle & Fitness Cycling Club**



Presented by: **GPF Design Services (T.O) Engineering Consultants, Structural**

**The Criterium Bike Race:** is held on a closed course loop on the Toronto St Lawrence Market streets. The criterium builds on Toronto's long heritage of bike racing. From 1894 to 1927, the City hosted the annual Dunlop Trophy Race, attracting North America's top competitors.

**Experienced Head Organizer:** Ziggy Martuzalski owns and operates **ZM Cycle and Fitness Ltd.**, a Toronto area bike and fitness store. An experienced and successful bicycle racer in all disciplines, Ziggy has been managing cycling events in Ontario for over 22 years in all disciplines. In 2008 Ziggy was awarded "Event Organizer of Year" by the Ontario Cycling Association and the "Cycling Business of the Year" by the Toronto Cycling Committee. Read more about Ziggy at: <http://www.zmcyclefitness.com/aboutziggy.htm>

## Schedule: Category Name/Time Duration/Entry Fee & Start Time.

Categories	Start Time	Time/Duration	Pre-Reg. Entry Fee	Day of Entry Fee begins @ 7A:M
<b>U17 Men &amp; Women</b>	9:00 AM	40 min + 3 laps	\$30.00	\$40.00
<b>Junior Women</b>	9:00 AM	40 min + 3 laps	\$30.00	\$40.00
<b>Master A&amp;B Women</b>	9:00 AM	40 min + 3 laps	\$50.00	\$60.00
<b>Elite 3 Women</b>	9:00 AM	40 min + 3 laps	\$50.00	\$60.00
<b>Awards</b>				
<b>Master 3 Men</b>	9:50 AM	40 min + 3 laps	\$50.00	\$60.00
<b>Elite 4 Men</b>	9:50 AM	40 min + 3 laps	\$50.00	\$60.00
<b>Awards</b>				
<b>Elite 1/2 Women</b>	10:45 AM	60 min + 3 laps	\$50.00	\$60.00
<b>Junior Men</b>	10:45 AM	60 min + 3 laps	\$30.00	\$40.00
<b>Master 2 Men</b>	10:45 AM	60 min + 3 laps	\$50.00	\$60.00
<b>Elite 3 Men</b>	10:45 AM	60 min + 3 laps	\$50.00	\$60.00
<b>KIDS RACE</b>	12:00 PM	<b>Awards</b>		
<b>Master 1 Men</b>	12:15 PM	90 min + 3 laps	\$50.00	\$60.00
<b>Elite 1/2 Men</b>	12:15 PM	90 min + 3 laps	\$50.00	\$60.00

\*Pre-register on-line at [www.ontariocycling.org](http://www.ontariocycling.org). 100 riders limit / start time.

**Licensing Info:**



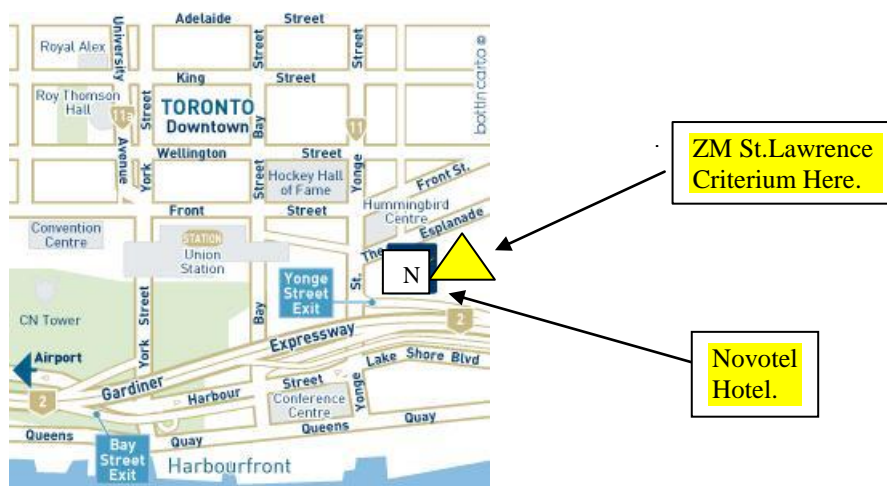
Category	Age (as of Dec 31 of current year)	Race using Citizen Permit	Race using UCI Licence*	Race using One-Event Permit
U17 Male	10-16	√	√	√
Junior Male	17-18		√	√
U17 Female	10-16	√	√	√
Junior Female	17-18		√	√
Senior 1 & 2 Male	19+		√	
Senior 3 Male	19+		√	
Senior 4 Male	19+		√	√
Senior 1 & 2 Female	19+		√	
Senior 3 Female	19+		√	√
M1 Male	35+		√	
M2 Male	35+		√	
M3 Male	35+		√	√
Master 30-39 Female	30-39		√	√
Master 40+ Female	40+		√	√

\* U.S riders with domestic licences must purchase a One-Event Racing Permit and are eligible to register in the category listed on their domestic licence or their appropriate Master ability category.

**Directions to Event:**

***From the Gardiner Expressway: Exit the Gardiner Expressway onto Yonge Street North. Immediately after turning onto Yonge Street, there will be an overpass. Immediately after the overpass turn right onto The Esplanade.***

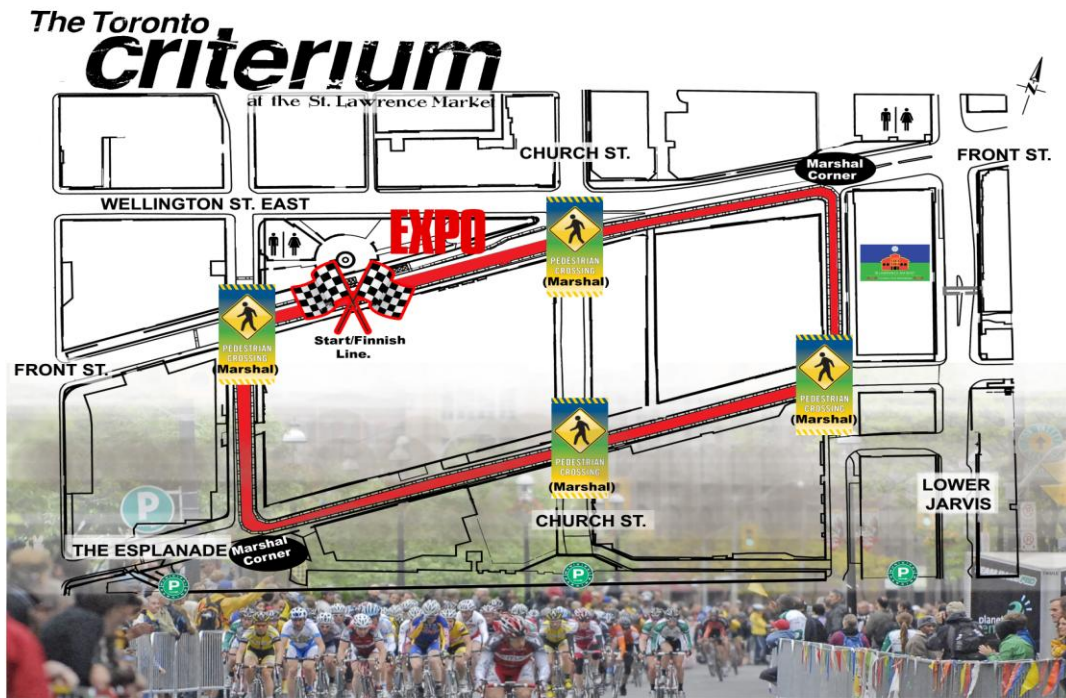
**Map to Event:**



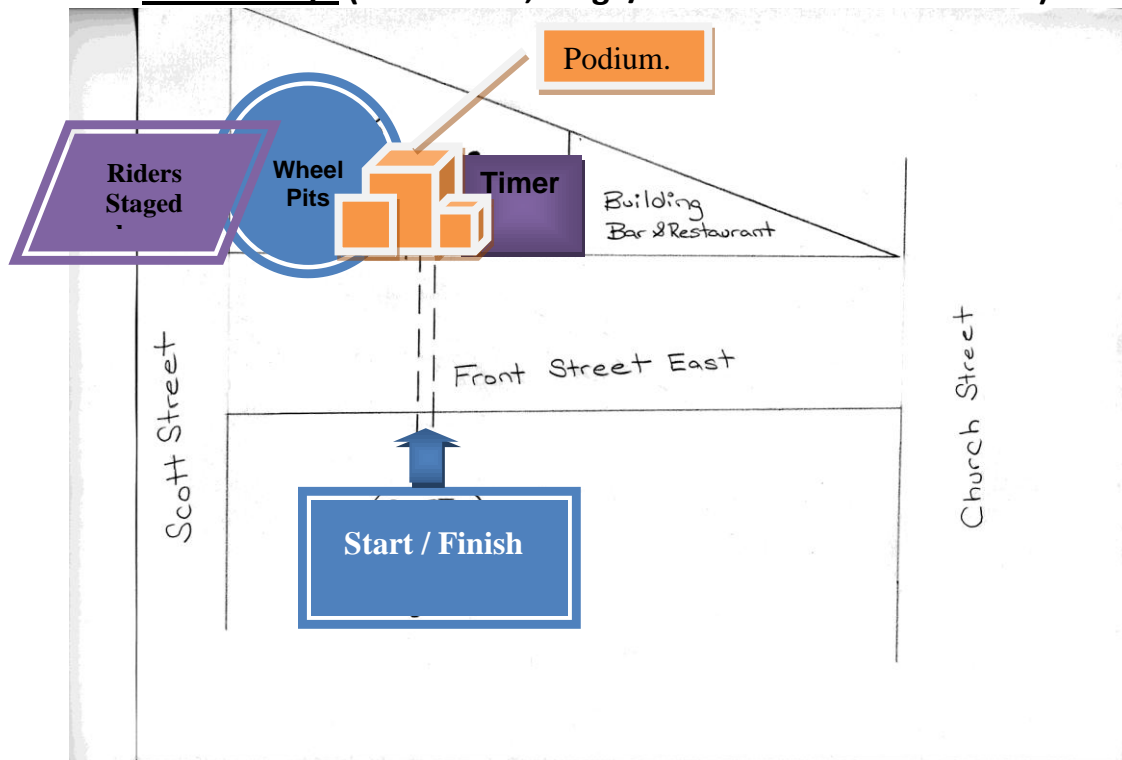
**Hotel:**

***Hotel Novotel Toronto, is located directly on the course.  
45 The Esplanade, Toronto, ON. , (416)-367-8900 or [www.novotel.com](http://www.novotel.com)***

Course Map: (Start-Finnish Line, Marshal Location & Pedestrian Crossings).



Course Map: (Wheel Pits, Stage/Podium & Timer Location).

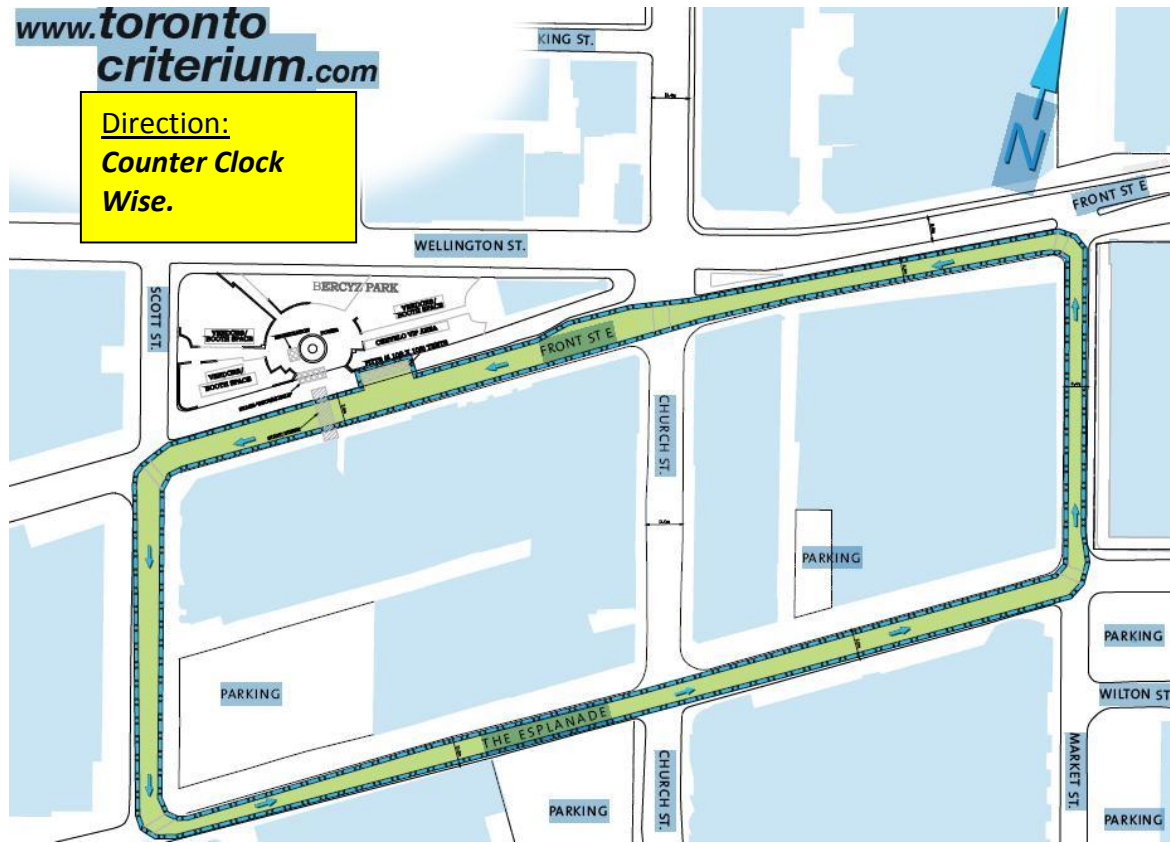


Course Description:

***The ZM St. Lawrence features a 1 Kilometre four corner loop with one a downhill slope on Scott Street and an uphill rise on Market Street.***

**www.toronto  
criterium.com**

**Direction:  
Counter Clock  
Wise.**



Warming Up:

***No warming up on the course, bring your bike trainer.***

Video Link: (2009 Race Video) <http://www.veloomedia.com/2009-pages/2009-road/2009-Tor-Crit-Pro.html>

Photo link: (2009 Race Photos) <http://www.cyclingphotos.ca/Road-2009/Toronto-Criterium-2009>

Contact Info:

***Ziggy Martuzalski, Tel: (416) 652-0080.***



Sanctioned by the  
Ontario Cycling Association

Medical /Hospital:

***St. Michael's Hospital***

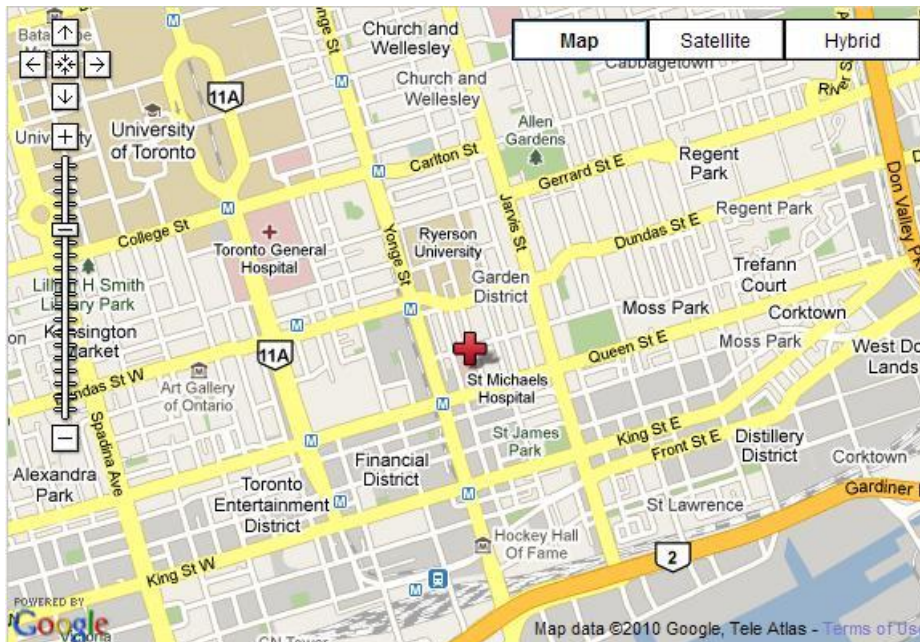
***30 Bond Street***

***Toronto, Ontario***

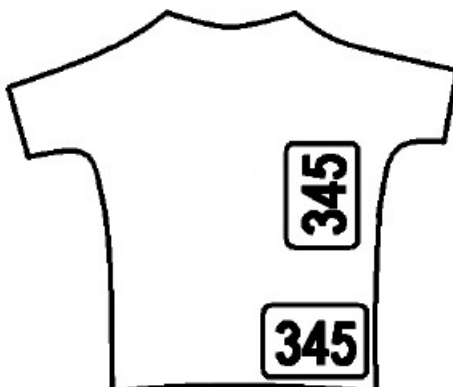
***Phone: 416-360-4000***

**[www.stmichaelshospital.com](http://www.stmichaelshospital.com)**

Map to Hospital:



Number Placement:



Contact Info: ***Ziggy Martuzalski, Tel: (416) 652-0080.***

- 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](http://www.canadian-cycling.com/cca/coaches_officials/companion_guide.shtml).
- The penalty scale of the CCA (with OCA modifications) rulebook will be applicable.
- **New for 2010: Pre-registration** is available on-line at [www.ontariocycling.org](http://www.ontariocycling.org). **On-line Pre-registration closes at midnight Thursday May 27, 2010.**
- 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 other unlicensed riders, OCA One-Event Racing Permits (\$10) will be available for Under-17 Men & Women, Junior Men & Women, Senior 3 Women, Master A&B Women, Senior 4 Men and Master 3 Men. Citizen Permits will be available for purchase to riders under 17 in age. See Table 3 below for a list of licensing requirements for each category.
- U.S riders with domestic licences must purchase a One-Event Racing Permit and are eligible to register in the category listed on their domestic licence or their appropriate Master ability category.
- 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.
- **Any rider dropping out of the race shall immediately notify a commissaire.**
- 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 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.)**
- **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.**
- 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.
- **Team Radios ARE NOT PERMITTED.**
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.
- 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.
- A free lap may be granted for each mishap. In the case of a recognized mishap (see rule 3.2.021) the rider shall be entitled to a neutralization of one or two laps to be determined by the commissaires according to the length of the circuit. Only the commissaires may determine if the mishap is legitimate. The following shall be considered recognized mishaps: a fall; a puncture; the breakage of an essential part of the bicycle; being held up behind a crash. All other incidents are considered unrecognized mishaps
- No free laps will be given in the final 5 km of the event. This 5 km distance shall be determined by the position of the leaders.
- Bicycle repairs may be made in the official pit only. Riders are encouraged to bring their own spare wheels to be placed in the pit the start of their race.
- Feeding is not permitted.

- **Equipment Rules :**
- **New for 2010: 2-way radios are no longer permitted in any rider category.**
- 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.
- **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.
- The use of glass containers is strictly prohibited during the race.