



**Good Friday Road Race Technical Guide
Friday, April 2, 2010. Flamborough, Ontario, Canada**



WELCOME TO THE HCC GOOD FRIDAY ROAD RACE!

The Hamilton Cycling Club, which has been serving local riders since 1881, is thrilled to host the 58th edition of the Good Friday Road Race. The opening race of the Ontario Cup Series run by the Ontario Cycling Association, the GF RR draws large fields of riders wishing to test their legs as a new season begins.

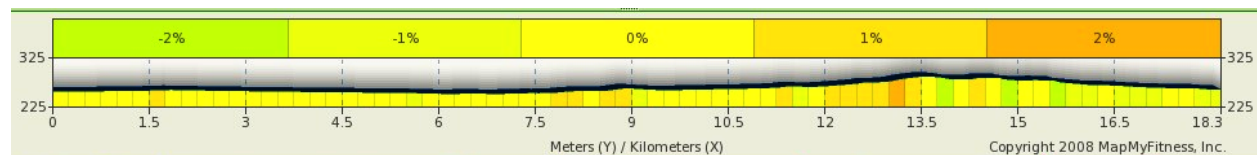
Please read this brief guide. **If you have further questions please contact HCC Racing Secretary Henry Dudko at squirreltruck@hotmail.com or 905-628-2786.**

COURSE DESCRIPTION

The course is an 18.5km circuit with 150m of climbing through a rolling rural area with a flat finish just outside of Hamilton, Ontario. We have provided a link to a Google Map (for race location and directions) [here](#) and a map and course profile below. This is not a closed course and requires riders to respect the yellow line rule (more below). Riders are encouraged to visit the course, but obey all traffic rules while doing so. Riders cannot warm up on the course on race day.



COURSE PROFILE



DIRECTIONS

From Toronto:

1. Head south on Yonge St toward Roy's Square
2. Turn right at Lake Shore Blvd W
3. Slight right toward Gardiner Expy (signs for Gardiner Expwy./YORK St/University Ave)
4. Take the ramp onto Gardiner Expy
5. Continue onto QEW
6. Take exit 100 for ON-403 toward Hamilton/Brantford
7. Merge onto King's Hwy 403
8. Take the ON-6 exit toward Guelph
9. Merge onto King's Hwy 6

10. Turn left at Millgrove Rd

From Kitchener:

1. Head southeast on King St E toward Benton St
2. Continue onto King's Hwy 8
3. Merge onto King's Hwy 401/MacDonald-Cartier Fwy
4. Take the ON-6 exit toward County Rd-46/Brock Rd/Guelph/Hamilton
5. Turn right at King's Hwy 6/Queen St (signs for Hamilton)
6. Continue to follow King's Hwy 6
7. Turn right at Route 97/Regional Rd-97
8. Take the 2nd left onto Brock Rd

From Brantford:

1. Head north on Market St toward Darling St
2. Slight right at West St
3. Turn right at Henry St
4. Turn left at Wayne Gretzky Pkwy
5. Take the ON-403 ramp to Hamilton
6. Merge onto King's Hwy 403
7. Take the exit toward ON-52
8. Turn left at Hwy 52 S (signs for 52/Copetown)
9. Turn right at Hwy 5 W
10. Turn left at Brock Rd
11. Turn right at Millgrove Rd

RULES

The Good Friday Road Race will follow rules outlined by the UCI/[CCA](#) with OCA modifications.

TRAINING ON COURSE

While training on the course, follow all rules of the road.

GEAR RESTRICTION

The Ontario Cycling Association will enforce gear restrictions for riders under age 19. For U17 and U19 riders the authorized maximum chain gear ration is 7.93 metres. Bikes must be checked at a "roll-out" before and after races, or riders will be DQ'ed. Roll-out is 50m past Start/Finish Line. See full details from the OCA [here](#).

YELLOW LINE RULE

The Centre Line Rule will be strictly enforced on Brock Road, Westover Road and Safari Road and riders will be encouraged to stay to the right while racing along Middletown Road.

NUMBER PLACEMENT

Number placement will be on the **left side of the back, and the left hip**.

EQUIPMENT RULES

- 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 www.uci.ch/english/about/wheels.htm.
- 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 framesets, etc.) See Section 2 of Chapter 3 in the 2003 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. Novice riders are exempt from this rule.
- Sleeveless jerseys are not permitted.
- Although 2-way radios are permitted, 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.
- Riders are required to wear hard-shell ANSI or SNELL-approved bike helmets while racing/warming up.
- Gear restrictions will be in effect for Junior and Under-17 categories, plus Under-19 Senior 1&2 riders.
- Novice riders will not have any gear restrictions.
- The use of glass containers is strictly prohibited during the race.



RACE DAY

Here are some details on what to do, and not do, on race day, April 2.

REGISTRATION

Racers can pre-register on the OCA website [here](#) before midnight on March 31, or register at the registration table located at the Start/Finish area on **race day in cash only**. Race-day registration closes 30 minutes before race start. One-day licences are available for applicable categories.

START/FINISH LINE

The Start/Finish Line will be located 600m west of Brock Road on Concession 5. Portable toilets are here.

PARKING

Parking is at [McCann's Professional Dog Trainers](#) at 929 Brock Road, Flamborough.

WARM UPS

Warm ups will be permitted on the Flamborough Speedway race track, to avoid congestion of the course. There will be no warming up on the race course itself.

WHEEL DROP and GARBAGE TOSS

Both the wheel drop and garbage will be located at the entrance to Flamborough Speedway.

WASHROOMS

There will be five portable toilets at the Start/Finish and three in the McCann's parking lot.

FEED ZONE

The feed zone is on Brock Rd. just south of Safari Rd. in front of Strabane Community Park.

- First wave: No feed zone.
- Second wave: Allowed for all Cats in second wave on lap 3 only.
- Third wave: Master 1 (open for lap 3 and 4 only); Elite (S1/2) men (open for laps 3, 4 and 5).

SCHEDULE AND FEES

Category	Start	Distance	Laps	Pre-Reg Fee	Day Of Entry Fee
Wave One: 9am Starts					
Master 3/Senior 4 Men	9:00am	56km	3	\$50	\$65
Under 17 (Cadet/Minime) Men* (*=gear restriction)	9:04am	56km	3	\$30	\$45
Under 17/Under 19 Women* Senior 3/Master Women	9:06am	56km 56km	3 3	\$30 \$50	\$45 \$65
Wave Two: 11:15am Starts					
Senior 3 Under 19 (Junior) Men*	11:15am	74km	4	\$50 \$30	\$65 \$45
Master 2 Men	11:19am	74km	4	\$50	\$65
Elite Women (Cat 1&2)	11:21am	74km	4	\$50	\$65
Wave Three: 1:30pm Starts					
Elite Senior Men (Cat 1&2)	1:30pm	111km	6	\$50	\$65
Elite Master Men (Cat 1)	1:32pm	93km	5	\$50	\$65

RACE LICENCES

Category	Age	Optimum Time	Race w/ Citizen Permit?	Race with UCI Licence?	Race with One-Event Permit?*
U17 Male	10-16	Event specific	✓	✓	✓
Junior Male	17-18	Event specific		✓	✓
U17 Cadet Jr Female	10-18	Event specific	✓ (U17 only)	✓	✓
Senior1/2 Men	19+	Event specific		✓	

S3 Men	19+	Event specific		✓	
S4 Men	19+	Event specific		✓	✓
Senior Female	19+	Event specific		✓	✓ (S3 only)
Master1 Men	35+	Event specific		✓	
M2 Men	35+	Event specific		✓	
M3 Men	35+	Event specific		✓	✓
Master Women 30-39	30-29	Event specific		✓	✓
Master Women 40+	40+	Event specific		✓	✓

***One-Day Permits for Unlicensed U17 riders: \$5, for 17+ riders: \$10**

IF YOU WIN... OUR PRIZE LIST

Medals and cash prizes are based on rider turnout on race day, but this is what we expect.

S4 Men	M3 Men	U17 (Cadet/ Minime) Male	U17/U19 Women	Sr/Master Women	S3 Men	U19 (Jr) Men	M2 Men	Elite Women	M1 Men	Elite Men
1st...\$50	70	50	50	70	70	50	70	340	240	340
2nd...\$40	50	40	40	50	50	40	50	170	130	170
3rd...\$30	40	30	30	40	40	30	40	120	90	120
4th.....								80	50	80
5th.....								60	40	60
6th.....									30	40
7th.....									25	35
8th.....									25	35
9th.....									20	30
10th.....									20	20

IF YOU CRASH... NEAREST MEDICAL AID

Medical services will be on site at the Start/Finish area (At Brock Road and Concession 5).

The nearest medical centre is McMaster University Medical Centre at 1200 Main St. W., Hamilton, Ont.
[Find the McMaster University Medical Centre from the Start/Finish area by going:](#)

1. South on Brock Road, down the Niagara Escarpment in Dundas to King Street (Dundas.)
2. Take King Street through Dundas until King Street becomes Cootes Drive.
3. Stay on Cootes Drive, which will end at Main Street West in Hamilton.
4. Turn left on Main St. W. and look for hospital emergency and main entrance on left.

QUESTIONS? CONTACT...

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905-628-2786