

# **HAMILTON CYCLING CLUB**

## **Good Friday Road Race**

### **Technical Guide**

**Friday, April 22, 2011**

**Flamborough, Ontario, Canada**



Before you come read this brief guide.  
For more details, contact Race Director Marc Risdale at [marcrisdale\(at\)gmail.com](mailto:marcrisdale(at)gmail.com).  
Register online at [www.ontariocycling.org](http://www.ontariocycling.org)

Revised April 9, 2011



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**RACE SCHEDULE:**

Category	Registration	Start Time	Distance	Laps
Master 3 men Senior 4 men	7:30-8:10am	8:32am	56km	3
U17 Cadet women U19 Junior women	7:30-8:10am	8:34am	56km	3
Master women Senior 3 women	7:30-8:10am	8:34am	56km	3
U19 Junior men Senior 3 men	8:45-10:40am	11:00am	74km	4
Master 2 men	8:45-10:40am	11:02am	74km	4
Senior 1-2 women	8:45-10:40am	11:04am	74km	4
Podiums for first race		11:15am		
Senior 1-2 men	11:30am-1:10pm	1:30pm	111km	6
Master 1 men	11:30am-1:10pm	1:32pm	93km	5
U17 Cadet men	11:30am-1:10pm	1:34pm	56km	3
Podiums for second race		1:45pm		
Podiums for third race		15 min post-results		

**NOTE: Gear restrictions for Junior and Under-17 categories, plus Under-19 Senior 1-2 riders.**



**RIDER LICENCING and ENTRY FEES:**

Category	Age	Race w/ Citizen Permit	Race with UCI Licence	Race with One- Event Permit?*	Entry Fee** (early/regular)
U17 Cadet men	15-16	✓	✓	✓	\$30/\$45
U19 Junior men	17-18		✓	✓	\$30/\$45
U17 Cadet women	10-18	✓	✓	✓	\$30/\$45
U19 Junior women	17-18		✓	✓	\$30/\$45
Senior 1-2 men	19+		✓		\$50/\$65
Senior 3 men	19+		✓		\$50/\$65
Senior 4 men	19+		✓	✓	\$50/\$65
Senior 1-2 women	19+		✓		\$50/\$65
Senior 3 women	19+		✓	✓	\$50/\$65
Master 1 men	35+		✓		\$50/\$65
Master 2 men	35+		✓		\$50/\$65
Master 3 men	35+		✓	✓	\$50/\$65
Master women	35+		✓	✓	\$50/\$65

\*One-Day Permits for unlicensed U17 riders: \$8, for 17+ riders: \$12

\*\*Early registration/online registration closes at midnight April 20, 2011.

Register online at [www.ontariocycling.org](http://www.ontariocycling.org)

**NOTE: US 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 (for unlicensed riders) will require proof of Canadian residency.**



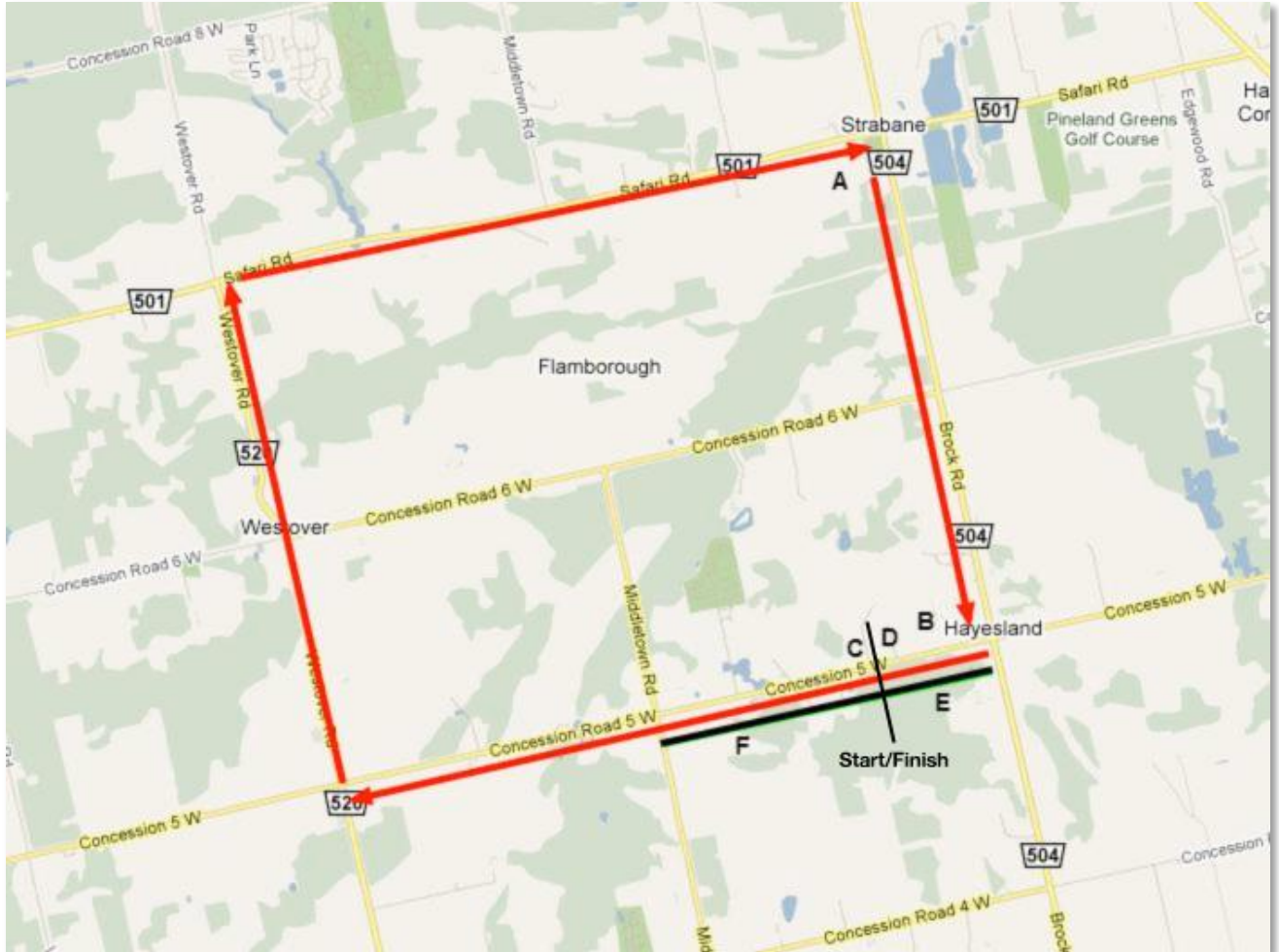
**PRIZES:**

Category	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>
U17 Cadet men	\$50	\$40	\$30
U19 Junior men	\$70	\$50	\$40
U17 Cadet women	\$50	\$40	\$30
U19 Junior women	\$50	\$40	\$30
Senior 1-2 men	\$300	\$150	\$75
Senior 3 men	\$70	\$50	\$40
Senior 4 men	\$50	\$40	\$30
Senior 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 30-39	\$70	\$50	\$40
Senior 3 women	\$70	\$50	\$40

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



**MAP 1 – COURSE DESCRIPTION:** 18.5km circuit with 47m of climbing. Google Map [here](#).



**MAP LEGEND:**

- A = Feed zone. (Strabane Community Park at Safari and Brock)
- B = Registration and washrooms (Flamborough Speedway)
- C = Parking, wheel drop, First Aid (Flamborough Speedway)
- D = Results (directly across Concession 5 from grandstand)
- E = Commissaires and DNF reporting (Grandstand)
- F = Full road closure (Concession #5 from Brock to Middletown Rd.)

**NOTE:** 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.



## MAP 2 – STAGING AREA

Riders about to race will access the Start/Finish area using the eastern gate of Flamborough Speedway, near portolets. This access will be marshalled.



## PARKING

**Parking is at Flamborough Speedway** (1099 Concession 5 West). Parking is accessible during the race only during breaks between the racing packs. Parking access during races will be controlled by police.



## COURSE PROFILE



## ROAD CLOSURE

This is not a closed course and riders MUST respect the yellow line rule (more below). Riders are encouraged to visit the course, but obey all traffic rules while doing so. No race day warm ups on the course. Riders can warm up on Concession 5 across from the race course and on surrounding roads with care.

## FEED ZONE

- The feed zone will be located at Strabane Community Park at Safari Road and Brock Road.
- 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.
- The feed zone is closed for the entire 8:30am wave of races.
- The feed zone will be open for the 11am and 1:30pm races on the third lap (from approx..49-50km mark onward)





### **RACE RULES (note: changes from 2010):**

- Rider number placement is rear left and side left
- 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
- Races will be held under the rules of the UCI/CCA with OCA modifications. The CCA rules are available online at: [www.canadian-cycling.com/e2/rulebook/index.htm](http://www.canadian-cycling.com/e2/rulebook/index.htm). The penalty scale of the CCA rulebook will be applicable.
- 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 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
- Two-way radios are NOT permitted for racers and teams
- 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 DNF and given a NP
- Gear restrictions will be enforced for U19 riders
- **Important Rule Change for 2011: 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 (for unlicensed riders) will require proof of Canadian residency.**



#### **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.html](http://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.
- 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 (i.e. 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.
- 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.
- 2-way radios are NOT permitted.
- 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 bicycle helmets while racing and warming up.
- Gear restrictions will be in effect for Junior and Under-17 categories, plus Under-19 Senior 1&2 riders.
- The use of glass containers is strictly prohibited during the race.



## NUMBER PLACEMENT

Please place numbers as indicated below.



## PODIUM PROTOCOL

- Competition wear
- No jeans, sunglasses, hats
- 2<sup>nd</sup> place is on the right hand side of 1<sup>st</sup> (left when taking photo)
- Presentation takes place shortly after the top 3 have finished
- Riders must attend presentation or forfeit awards



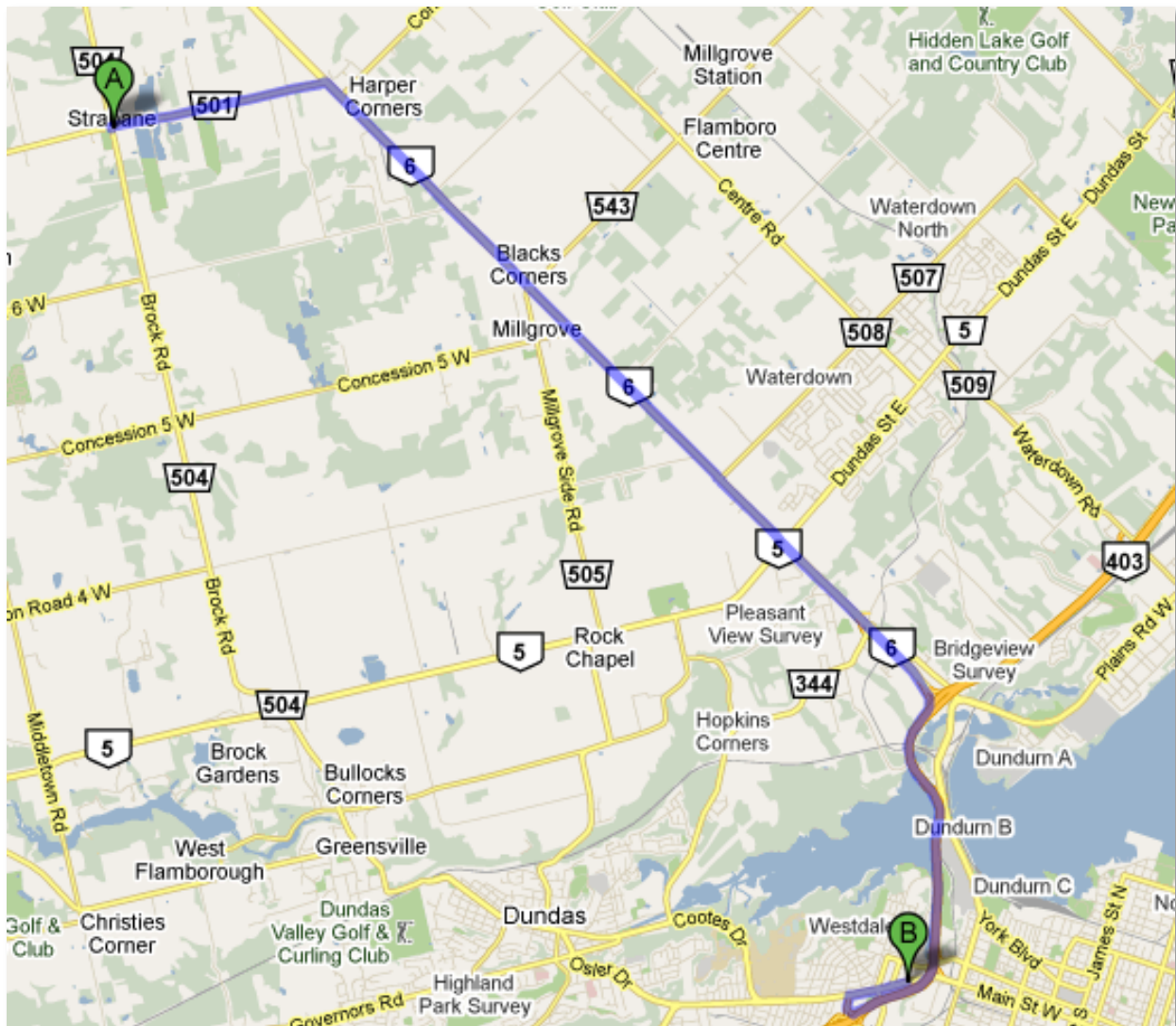
**MEDICAL AID:**

St. John's Ambulance or equivalent EMS staff will be on site at the Start/Finish area. Two ambulances will be located at the speedway beside the registration and staging area.

For maps to medical care below, please click each blue highlighted address for a Google Map with directions.

Find **urgent care** (non-emergency) at:

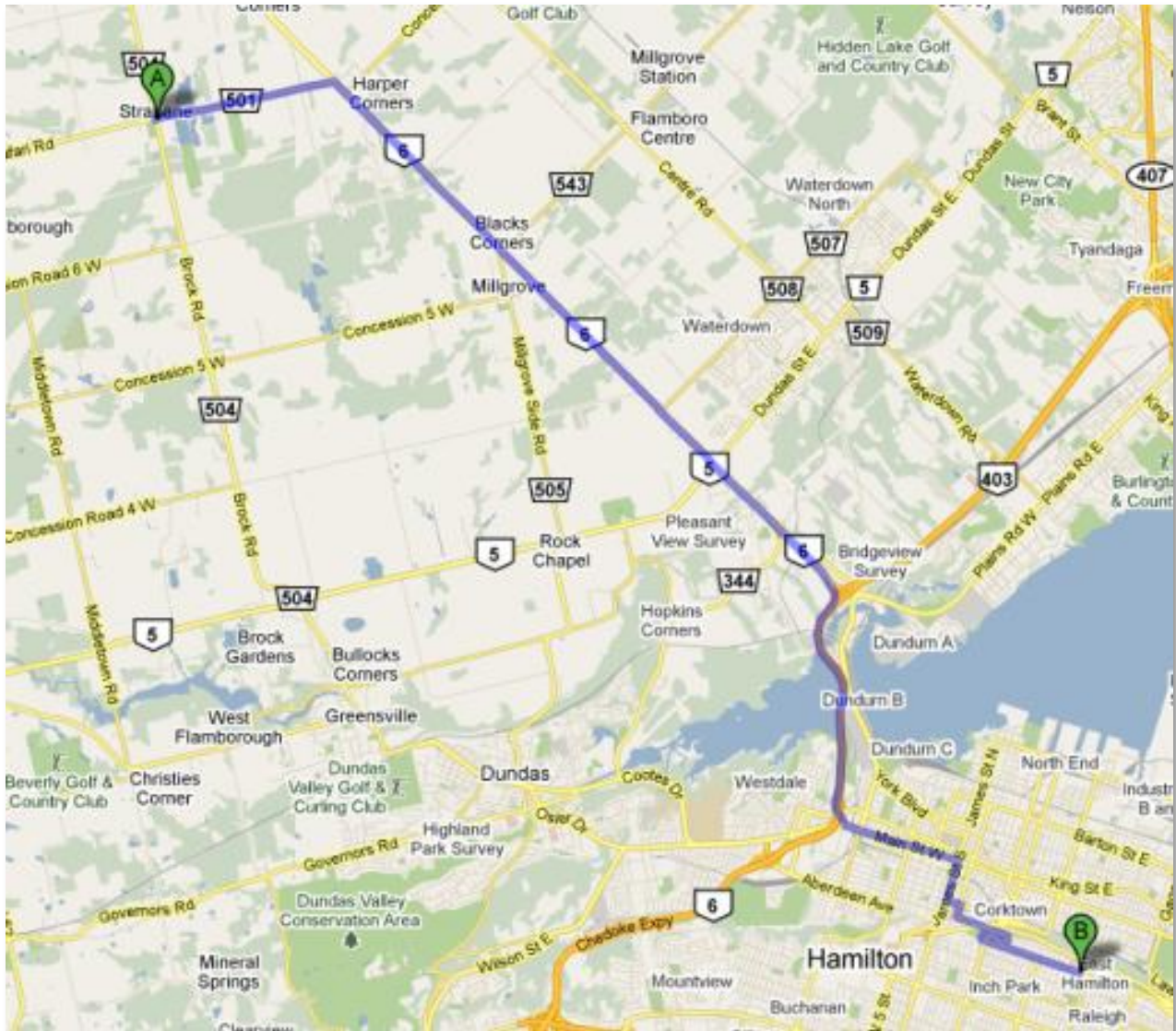
[Main Street West Urgent Care Centre – 690 Main St. West, Hamilton, open 8 a.m. to 10 p.m.](#)





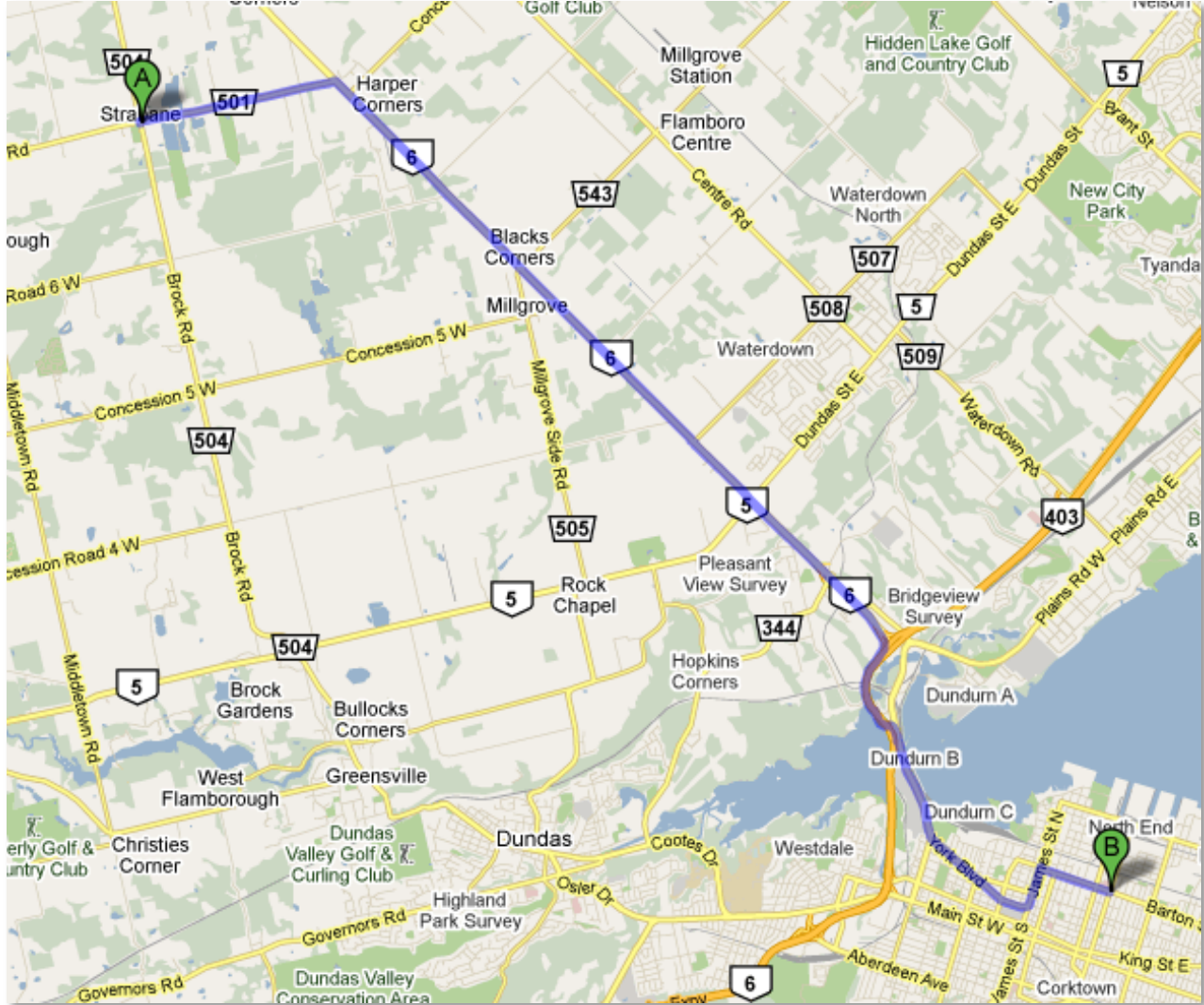
Find **emergency** rooms at:

[Juravinski Hospital – 711 Concession St., Hamilton, ON](#)





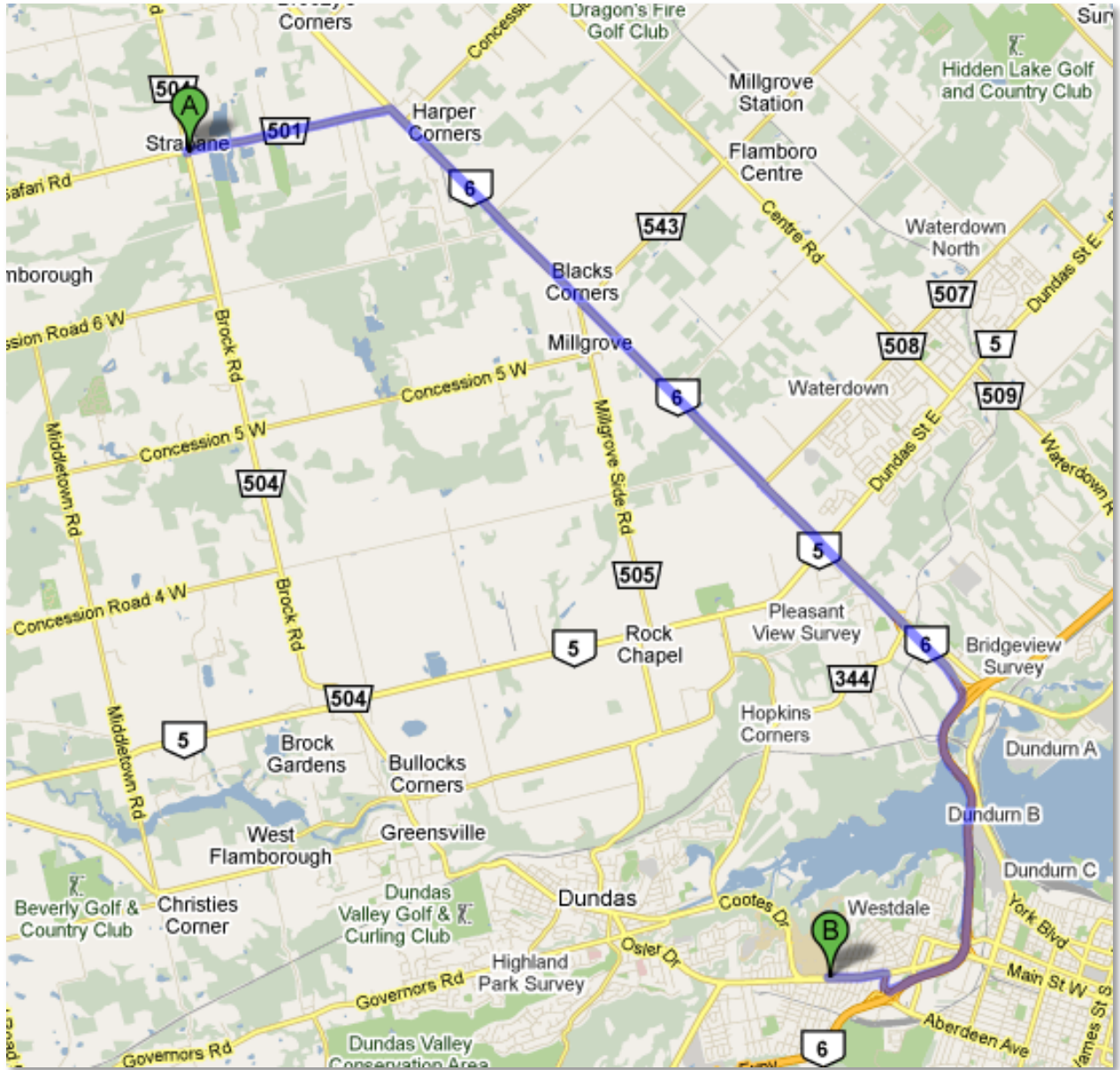
[Hamilton General – 237 Barton St. East, Hamilton, ON](#)





For riders age 17 and under:

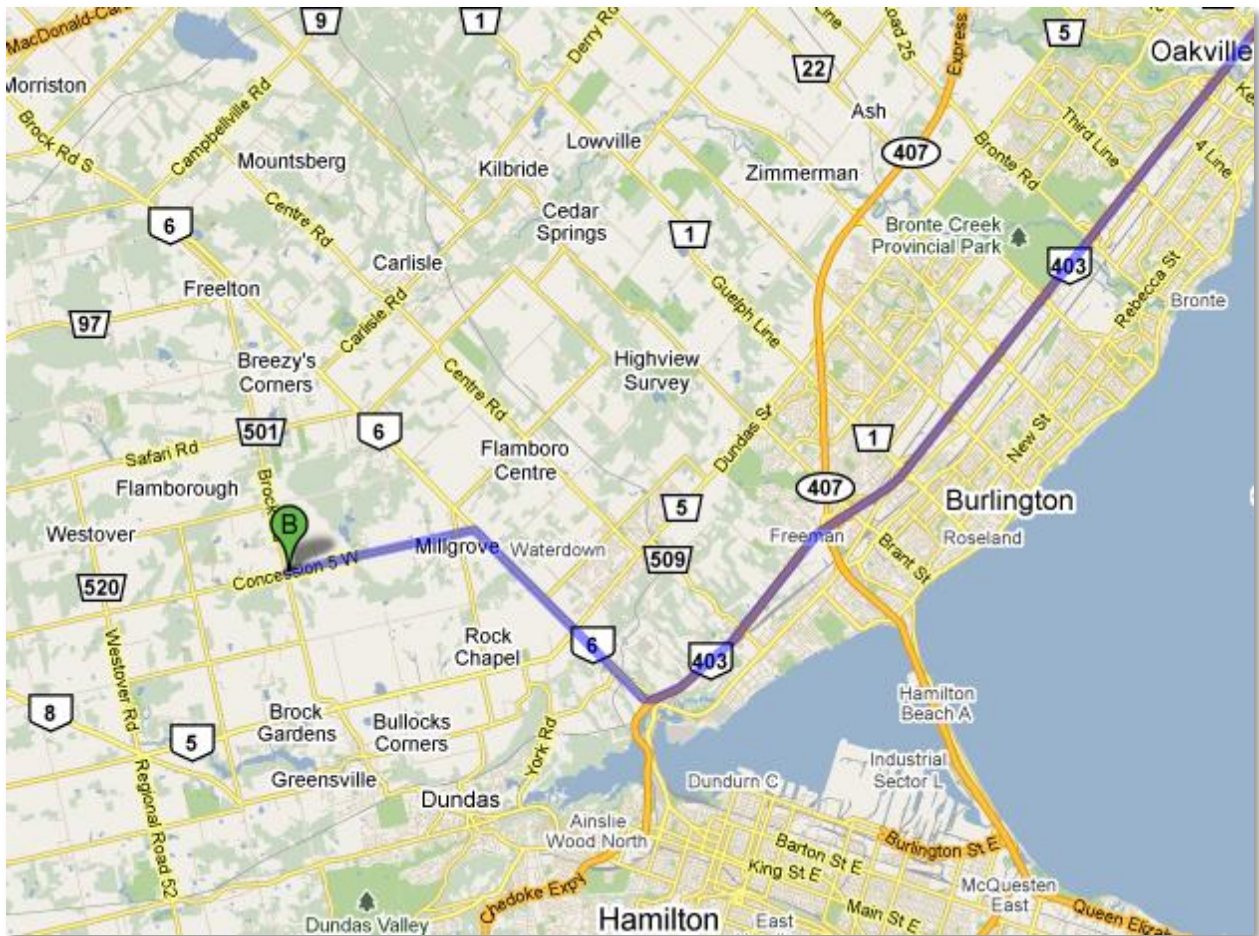
[McMaster Children's Hospital \(for both urgent and emergency care\) – 1200 Main St. West, Hamilton, ON](#)





### DIRECTIONS TO RACE – 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

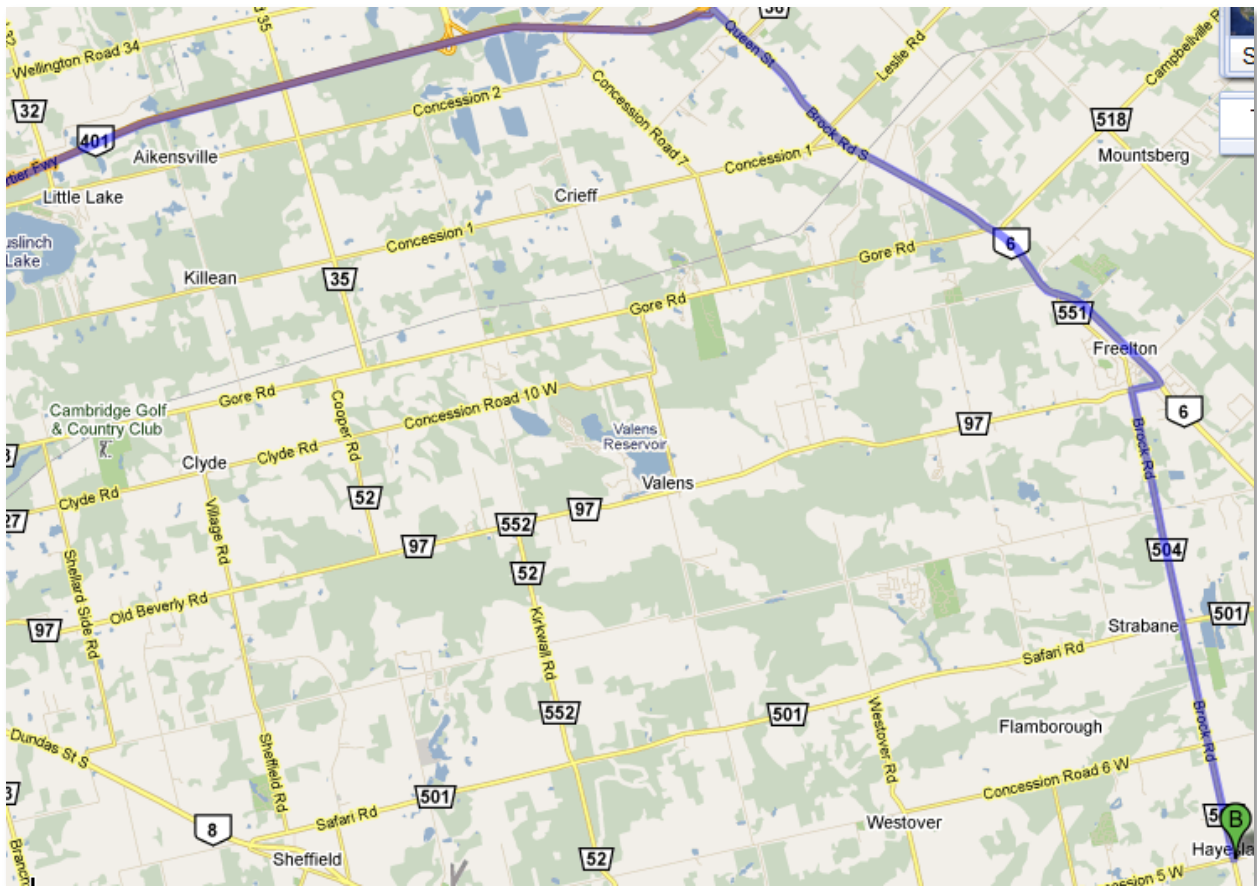






### DIRECTIONS TO RACE – From Kitchener:

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





### DIRECTIONS TO RACE – 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

