

Technical Guide

Race Directors

John Large – Technical Director
Randy Shafer – UCI Chief Commissaire

Race Headquarters/Hotel

Best Western Plus – Gatineau- Ottawa
131 Rue Laurier, Gatineau, Quebec,
J8X 3W3
Phone: (819) 770-8550 Toll Free:(800) 265-8550 - Fax: (819) 770-9705

Race Site Office

Commission Scolaire des Portages-de-l'Outaouais Gatineau
« L'École La Génération. »
35, rue Davies
Gatineau, QC J8Y 4S8

Schedule

Wednesday, May 18, 2011

Description		Time
Race Headquarters open – Best Western Plus, 131 Laurier Rider's registration / number pick up	Chrono Gatineau	16h00 – 17h00
Directeur Sportif meeting – Best Western Plus, 131 Laurier	Chrono Gatineau	17h00 - 18h00

Thursday– May 19, 2011

Description		Time
Site Office open – Under the big top, 35 Davies		10h00 – 14h00
Time trial course inspection by officials.		10h00 – 10h30
Time Trial Bike Inspection - Start / finish area.		10h00 – 12h30
Course open for warm-up	The road is closed to traffic and riders may warm up on the course.	10h15 – 10h45
Chrono Gatineau Individual Time Trial (ITT) – 17,35 km	Elite Women (maximum 36 riders) 3 waves x 12 riders	11h00 – 11h50
		12h00 – 12h50
		13h00 – 13h50
Awards ceremonies - Main stage at start/finish line	Chrono Gatineau	14h00 – 14h15

Technical Guide

Friday – May 20, 2011

Description		Time
Race Headquarters open – Best Western Plus, 131 Laurier Registration and runners package pick-up	La Grande Foulée presented by Gazifère 5km run	15h00-19h00
Race Headquarters open – Best Western Plus, 131 Laurier Riders package pick-up	Gran Fondo 94km Medio Fondo 47km Alto Fondo 30km (Grande visite)	15h00-19h00
Licence check – Best Western Plus, 131 Laurier	Grand Prix Cycliste Gatineau presented by Hydro-Québec	15h00 - 16h00
Women's Teams Presentation – Best Western Plus, 131 Laurier Teams will be presented to the media for photographs and interviews.		16h00 – 17h00
Directeur Sportif meeting – Best Western Plus, 131 Laurier	Grand Prix Cycliste Gatineau presented by Hydro-Québec	17h00 - 18h00

Saturday – May 21, 2011

Description		Period / Période
Site Office open – École La Génération, 35 Davies Registration and runners package pick-up	La Grande Foulée presented by Gazifère 5km run	7h00 – 7h30
Exposition site open		8h00 – 19h00
La Grande Foulée presented by Gazifère 5km run	Open to all	8h00 – 9h00
Site Office open – École La Génération, 35 Davies Registration and riders package pick-up	Grand Prix Cycliste Outaouais	9h00 – 13h00
Site Office open – École La Génération, 35 Davies Riders package pick-up	Gran Fondo 94km Medio Fondo 47km Alto Fondo 30km (Grande visite)	8h00 – 16h00
Ride with the Pros presented by Gazifère 1 km ride with women's riders	Boys / Girls (5-9 years old)	9h30 – 10h00
Riders Sign in Main stage at start/finish line	Grand Prix Cycliste Gatineau presented by Hydro Quebec	10h00– 10h45
Course open for warm-up	Grand Prix Cycliste Gatineau presented by Hydro Quebec	10h15 – 10h45
Riders staging and introductions	Grand Prix Cycliste Gatineau presented by Hydro Quebec	10h45 - 11h00

Technical Guide

Grand Prix Cycliste Gatineau presented by Hydro Quebec 11 x 9,4km = 103,4 km	Elite Women	11h00 – 14h00
Awards ceremonies Main stage at start/finish line	Grand Prix Cycliste Gatineau presented by Hydro Quebec	14h15 – 14h30
Grand Prix Cycliste Outaouais 11 x 9,4km = 103,4 km	Junior Men Elite Men Master A Men)	15h00 – 18h00
Awards ceremonies Main stage at start/finish line	Grand Prix Cycliste Outaouais	18h15 – 18h30

Sunday – May 22, 2011

Description		Period / Période
Site Office open – École La Génération, 35 Davies Riders package pick-up	Gran Fondo 94km Medio Fondo 47km Alto Fondo 30km (Grande visite)	7h00 – 12h00
Exposition site open		7h00 – 12h00
Gran Fondo Gatineau 2 x 47 km = 94 km	Men / Women (16 and over)	7h30 – 11h00
Medio Fondo Gatineau 1 x 47 km = 47 km	Homme / Femme (16 ans et +) Men / Women (16 and over)	8h00 – 11h00
Alto Fondo Gatineau (Grande visite) 1 x 30 km = 30 km	Homme / Femme Men / Women	9h30 – 11h30

Technical Guide

Specific Regulations

Article 1. Organisation

The Chrono Gatineau and the Grand Prix Cycliste Gatineau presented by Hydro-Québec, is organized by the Corporation of La Grande Visite de Gatineau with the collaboration of the City of Gatineau, under the regulations of the Union Cycliste Internationale (UCI), the Canadian Cycling Association and the Fédération québécoise des sports cyclistes (FQSC). The Chrono Gatineau is held May 19, 2010 and the Grand Prix Cycliste Gatineau presented by Hydro-Québec, May 21, 2011.

The men's, Grand Prix Cycliste Outaouais, will be held May 21, 2011 and is sanctioned by the FQSC.

The other family and sportif events are held in association.
Complete information can be found at: www.gpcyclistegatineau.com

Article 2. Type of Event

The Chrono Gatineau and the Grand Prix Cycliste Gatineau presented by Hydro-Québec are classed UCI WE 1.1 and count towards the UCI rankings. The following points will be awarded:
80 - 56 - 32 - 24 - 20 - 16 - 12 - 8 - 7 - 6 - 5 - 3 (12 places)

The Grand Prix Cycliste Outaouais is a men's race sanctioned by the FQSC. No UCI points are awarded.

Article 3. Participation

The Chrono Gatineau and Grand Prix Cycliste Gatineau presented by Hydro-Québec, are open to teams of UCI élite women's teams. National teams, regional and club teams. Second year Juniors can compete with the approval of their federation.

Participation in the time trial, Chrono Gatineau is limited to 36 riders. It is understood that priority will be given to national teams and UCI registered teams first. For the Grand Prix Cycliste Gatineau presented by Hydro-Québec, teams are limited to a maximum number of riders of 6 and a minimum of 4 in order to take the start.

Grand Prix Cycliste Outaouais is an individual men's road race open to Elite Senior riders, Junior men, and Master A riders ages 30-39.

Technical Guide

Article 4. Race Headquarters

Race headquarter will be open from Wednesday May 18, 2011 at the Best Western Plus Hotel, 131 rue Laurier, Gatineau.

Team representatives are requested to confirm their riders and collect their race numbers at the race headquarters from 15h00 and attend the director's meeting at 17h00, May 18, 2011 for the Chrono Gatineau, and from 17h00, May 20, 2011 for the Grand Prix Cycliste Gatineau presented by Hydro-Québec, at 131 rue Laurier, Best Western Plus.

The Team Presentation will be at the Best Western Plus at 131 rue Laurier, May 20 from 16h00 to 17h00. All Teams are required to attend in their team colours.

The race site office will be in the «École La Génération» at 35, rue Davies.

For the Grand Prix Cycliste Outaouais, men's FQSC road race, registration will be taken on the morning of the race, Saturday May 21 at the École la Génération, 35 rue Davies.

Registration will be open from 09h00 to 13h00.

Article 5 Starting order

Starting order for Time trials will be determined by the Organizer (Chrono Gatineau).

There are 3 waves of 12 riders each.

Teams with 3 riders will have 1 in each wave to allow managers to follow each rider in the car.

For the Grand Prix Cycliste Gatineau presented by Hydro-Québec, the caravan order will be based on a random draw with UCI and National teams drawing for the first places followed by the regional and club teams drawing for the remaining positions.

Article 6. Radio-Tour

Each team car will be provided a race radio.

Race information during the race will be broadcast on channel 4.

Article 7. Neutral Service

Neutral service will be provided by the organiser. Two vehicles will be available.

Article 8. Feeding

« No Feeding will be permitted » in the CHRONO GATINEAU

Feeding in the Grand Prix Cycliste Gatineau presented by Hydro-Québec will be allowed from the caravan.

Article 9. Finishing Time Limits

Any rider finishing in a time exceeding that of the winner by more than 30% in the Chrono Gatineau and 10% in the Grand Prix Cycliste Gatineau presented by Hydro-Québec shall not be placed. The time limit may,

Technical Guide

in exceptional circumstances, be increased by the Commissaires' Panel in agreement with the organizer. (Article 2.3.039 of the UCI rules).

Article 10. Classification

The final individual classification will be determined by the order in which the riders cross the finish line.

Article 11. Prizes

For the Grand Prix Cycliste Gatineau presented by Hydro-Québec, the following prizes will be awarded according to the UCI breakdown.

Places	Chrono Gatineau	Grand Prix Cycliste Gatineau
1 st	379 euros	379 euros
2 nd	326	326
3 rd	272	272
4 th	164	164
5 th	152	152
6 th	141	141
7 th	130	130
8 th	119	119
9 th	109	109
10 th	97	97
11 th	87	87
12 th	76	76
13 th	66	66
14 th	53	53
15 th	42	42
16 th	28	28
17 th	28	28
18 th	28	28
19 th	28	28
20 th	28	28

Prizes for the **Grand Prix Cycliste Outaouais** Men's race are as follows:

Number of Riders	Élite	Junior
3 - 4	50\$ winner	30 \$ winner
5 - 9	50-30	30-20
10 - 14	75-45-30	50-30-20
15 - 19	90-65-45-25	60-40-25
20 - 24	90-75-60-45-30	60-45-30-25
25 - 29	115-95-75-55-35	60-50-40-30-20
30 - 39	135-110-90-70-45	75-60-50-40-25
40 - 49	180-150-120-90-60	90-75-60-45-30
50 - 59	225-185-150-115-75	105-85-70-55-35
60 - 69	240-200-160-120-80	105-85-70-55-35
70 +	240-200-160-120-80	105-85-70-55-35

Technical Guide

Article 12. Antidoping

The UCI antidoping regulations are entirely applicable to the event. The test location is at l'École la Génération, 35 rue Davies.

Article 13. Award Ceremonies

The top three finishers must present themselves to the podium a maximum of 5 minutes after the finish of the final competitor at the end of the Chrono Gatineau Time Trial.

As we await the results of the final riders we ask that the current top 3 riders remain in the finishing area until the completion of the remaining riders determine the final classification.

For the road races, the top three must present themselves to the presentation are within 5 minutes after the finish of the Grand Prix Cycliste Gatineau presented by Hydro-Québec and the Grand Prix Cycliste Outaouais.

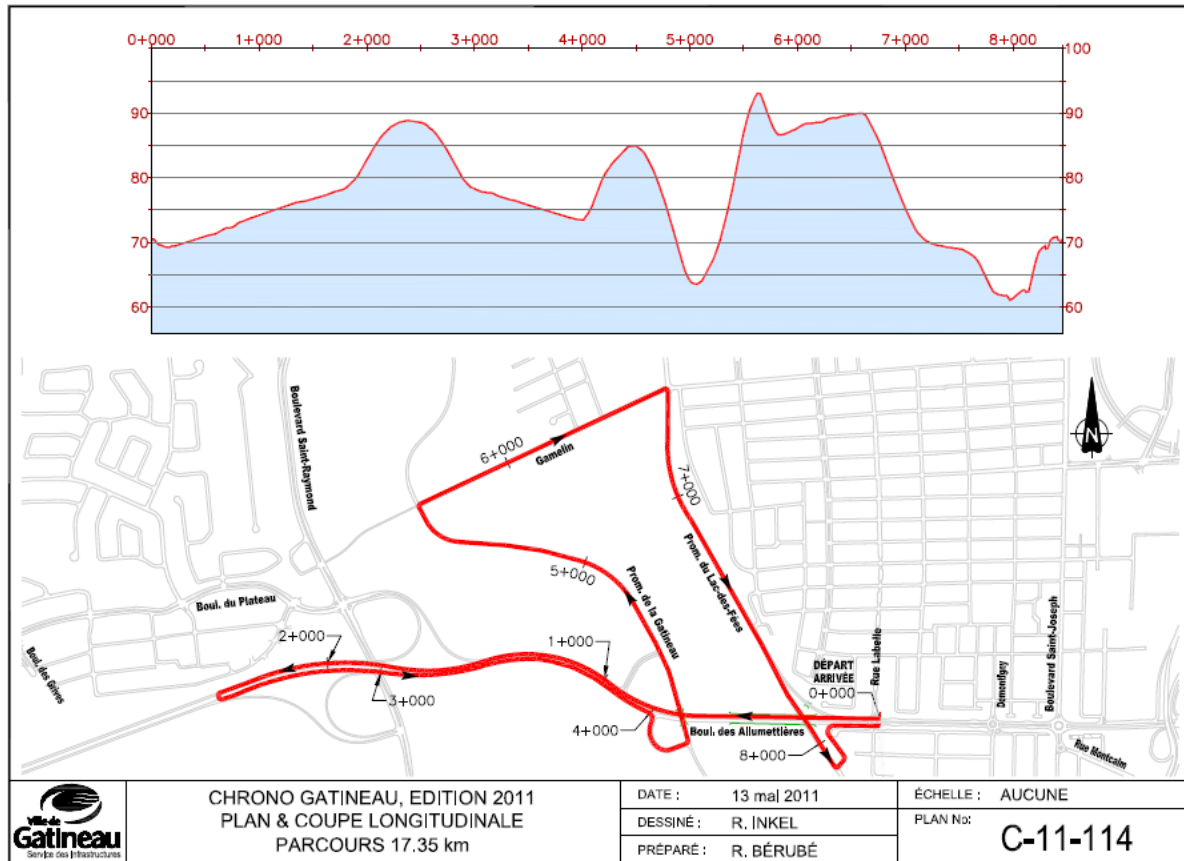
The award ceremonies for the Chrono Gatineau are expected to be at 14h00 on May 19, for the Grand Prix Cycliste Gatineau presented by Hydro-Québec at 14h15, May 21, 2011 and finally for the Men's Grand Prix Cycliste Outaouais around 18h15, May 21, 2011.

Article 14. Penalties

The UCI penalty scale is the only one applicable.

Technical Guide

Chrono Gatineau - May 19, 2011 - 11h00



8.67 km x 2 laps = 17.35 km

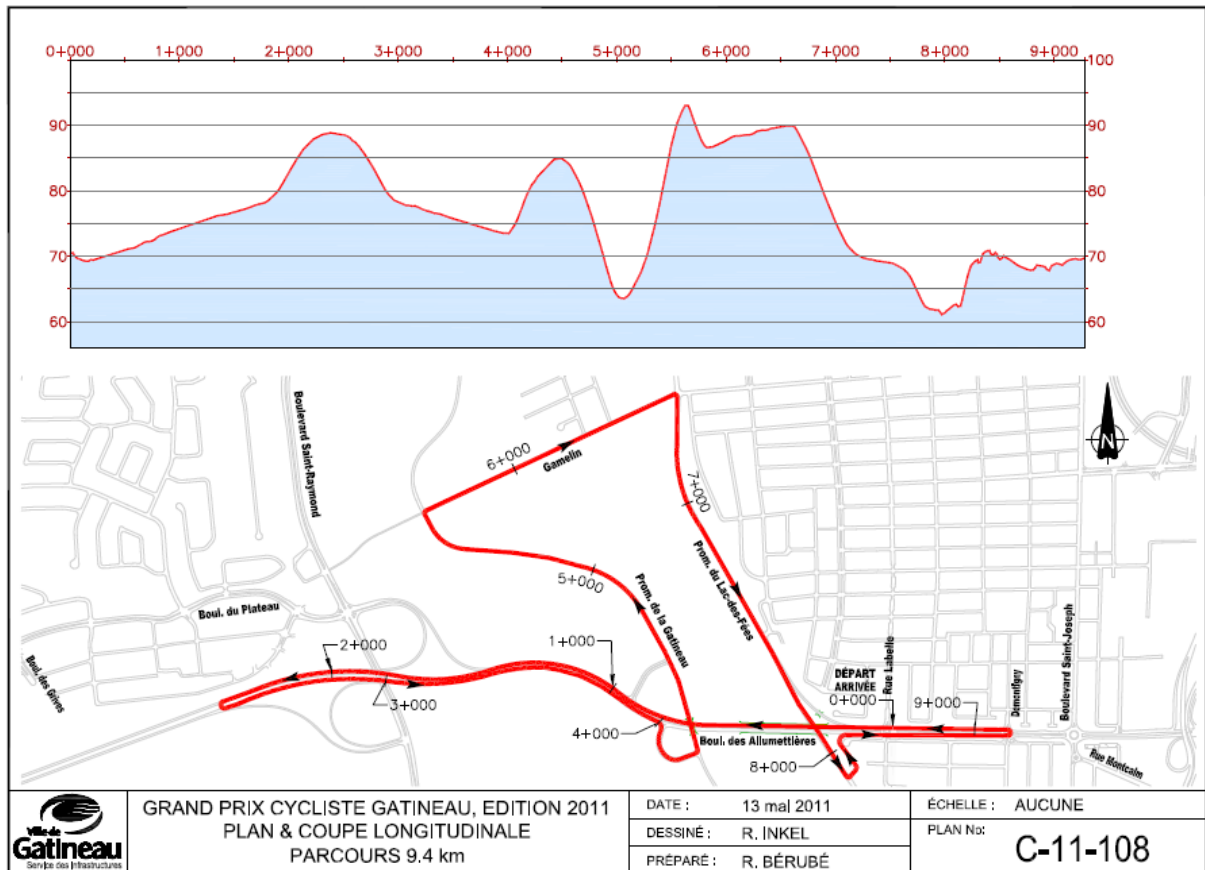
Route	Distance from Start	Intersections
	0km	Start
Allumettières West	2,55km	U-Turn
Allumettières East	4,23km	Exit Prom. Gatineau S
Gatineau Parkway	4,46km	Prom. Gatineau N
Gatineau Parkway N	5,88km	Turn right on Gamelin E
Gamelin blvd East	6,83km	Turn right on Prom. Lac des Fées S
Lac des Fées Parkway S	8,31km	Left on the ramp to Allumettières E
Ramp Allumettières East	8,5km	Allumettières E
Allumettières blvd East	8,66km	U Turn at the Labelle traffic circle
Allumettières West	11,15km	U-Turn
Allumettières East	12,82km	Right at the exit to Gatineau Parkway S
Exit Gatineau Parkway S	13,06km	Left on Gatineau Parkway N
Prom. Gatineau N	14,48km	Right turn on Gamelin E
Gamelin blvd East	15,45km	Right turn Lac des Fées Parkway S
Lac des Fées Parkway	16,93km	Entrance Allumettières E
Ramp Allumettières E	17,12km	Allumettières E
Allumettières East	17,35km	Finish

Technical Guide

May 21, 2011

Grand Prix Cycliste Gatineau presented by Hydro-Québec – May 21, 2011 – 11h00

Grand Prix Cycliste Outaouais - May 21, 2011 – 15h00



9,4 km x 11 = 103,4 km

Route	Distance from Start	Intersections
	0km	START
Allumettières West	2,55km	U-Turn
Allumettières E	4,23km	Exit right to Gatineau Parkway
Sortie Gatineau Parkway S	4,46km	Left on Gatineau Parkway N
Prom. Gatineau Parkway N	5,88km	Right on Gamelin blvd
Gamelin E	6,83km	Right Lac des Fées Parkway S
Lac des Fées Parkway S	8,31km	Left on ramp to Allumettières E
Ramp to Allumettières E	8,5km	Allumettières E
Allumettières E	9,04km	U-Turn at traffic circle at Demontigny
Allumettières West	9,43km	FINISH