



MOUNTAIN BIKE  
PROVINCIAL CHAMPIONSHIPS



# 2022 Mountain Bike Provincial Championships

Presented by Angry Johnny's

**Mountainview  
Midland, ON  
Technical Guide**

THIS EVENT IS SANCTIONED BY





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## Technical Guide – Mountain Bike Provincial Championships 2022

Angry Johnny's is excited to bring Provincial MTB Championships back to beautiful Midland, Ontario at Mountainview. (9266 County Rd 93, Midland, ON, L4R 4K4) Located right in the heart of Midland on private trails, Mountainview is an ideal venue to host Provincial Championships. Thank you to the generosity of the landowners, we're able to experience these trails only on limited occasions each season. Trespassing on private property outside of official training/competition times will not be tolerated, anyone found to be in violation will be banned from participation and information will be forwarded to Ontario Cycling for possible further discipline.

We hope to see you in beautiful Midland, on the shores of Georgian Bay August 27 & 28, 2022, for Ontario Provincial MTB Championships!

### Registration & Pricing

**ONLINE REGISTRATION ONLY** for Ontario MTB Provincial Championships. Registration will be available on CCN until Wednesday, August 24, 2022 at 11:59 PM. [REGISTER HERE](#)

Pre-ride will need to be registered for in advance, there is no day of registration for pre-ride similar to last year. Pre-ride fee must be paid by all trail users including registered racers, coaches or parents riding with the athletes. Only those riders who have registered for MTB Provincial's are covered via OC Member Insurance Program.

[Please register for pre-ride here.](#)

**Pre-Riding is scheduled to take place:**

**Friday August 26th:** 1:00 - 6:00pm

**Saturday August 27th:** 9:00 -3:00 pm / Plate Pickup (if you have raced in previous OCup's please bring your plate)

Please be reminded that the Mountainview Ski Center is on private property, and pre-riding is not permitted outside of this designated ride, or by participating in the Mountainview Thursday Night Race Series. Riders found to be trespassing may be disqualified from MTB Provincials and may face further discipline.

## Pricing

Session #	Categories	Early Entry August 1-13	Individual Event Pre-Reg August 14-24
1	<b>U11 Squirt Girls</b> <b>U11 Squirt Boys</b> <b>U13 Peewee Girls</b>	\$33 + HST & Fees	\$43 + HST & Fees
2	<b>U15 Minime Girls</b> <b>U13 Peewee Boys</b> <b>U15 Minime Boys</b>	\$40 + HST & Fees	\$50 + HST & Fees
3	U17 Cadet Sport Girls U17 Cadet Sport Boys U19 Junior Sport Women Senior Sport Women 19+ Master Sport Women 35-44 Master Sport Women 45-54 Master Sport Women 55-64 <b>Master Women 65+</b> Master Sport Men 55-64 <b>Master Men 65+</b>	\$47 + HST & Fees (U17 Sport Girls & Boys) \$53 + HST & Fees (All other categories)	\$57 + HST & Fees A Grade Boys/Girls  \$63 + HST & Fees All other categories
4	Senior Expert Women <b>Master Expert Women 35-44</b> <b>Master Expert Women 45-54</b> <b>Master Expert Women 55+ U19</b> Junior Sport Men Senior Sport Men 19+ Master Sport Men 35-44 Master Sport Men 45-54	\$55 + HST & Fees	\$65 + HST & Fees
5	<b>U17 Cadet Expert Women</b> <b>U19 Junior Expert Women</b> <b>Elite Women</b> <b>U23 Women</b> <b>U17 Cadet Expert Men</b> <b>U19 Junior Expert Men</b> Senior Expert Men <b>Elite Men</b> <b>U23 Men</b> <b>Master Expert Men 35-44</b> <b>Master Expert Men 45-54</b> <b>Master Expert Men 55+</b>	\$55 + HST & Fees (U17 Cadet Expert) \$63 + HST & Fees (All other categories)	\$65 + HST & Fees

## Provincial Championship Categories

Categories highlighted in bold are Provincial Championship categories. All other races are Challenge events.

## Categories & Eligibility

The Ontario Cycling Mountain Bike Provincial Championships will be using Provincial Championship categories, as per Ontario Cycling Guidelines.

**\*Some categories are different from regular OCups. Please be sure to read the above category chart carefully.\***

All participants must race in their licensed category and be prepared to present their license at Registration and onsite.

Age category is as of December 31, 2022.

## Awards & Prizes

The Provincial Champion will be awarded with a jersey. Due to different sizing requirements, the winner will receive a coupon to order the Provincial Champion Jersey with Ontario Cycling's jersey provider online.



When U23 and Elite races are combined (start at the same time), 2 separate podiums will be awarded. The winner of the race will be named the Elite Provincial Champion and will receive the Elite Provincial Champion jersey. The first U23 rider across the line will be named the U23 Provincial Champion and will win the U23 Provincial Champion's jersey. If the overall race winner is a U23, they will be named both the Elite and U23 champion and win both jerseys.

- Awards will be given out shortly after the finish of each event.
- Awards will be held at the venue, by the OC tent.
- No hats or sunglasses permitted.
- Medals will be awarded to the Top 3 in each Provincial Championship category.
- Only Ontario licensed riders are eligible.

We will do our best to get awards completed as soon as possible following completion of each event. Prizes will be awarded at podiums to the top three in all categories.

Prizes are subject to change.\*

## Schedule

### **FRIDAY, August 26<sup>th</sup>:**

- 1:00 pm – 6:00 pm - Trails marked and open for Pre-riding

### **SATURDAY, August 27<sup>th</sup>:**

- 9:00 am – 3:00 pm Pre-Ride Open/ *Plate pickup*

### **SUNDAY, August 28<sup>th</sup>:**

- 7:30 am – 1:00 pm Plate Pick-Up (only for those who do not already have a plate)
- All riders please check-in at the Ontario Cycling tent before your race. Sign-in will close 30 minutes prior to the start of your designated race.

## Results and Timing

Race results will be posted online via <http://timer.al.info/>. The final results will be posted on the Ontario Cycling website after the event.

## Event Schedule

START TIME	RACE CATEGORIES
8:30 AM	<b>U11 Squirt Girls,</b> <b>U13 Peewee Girls</b> <b>U11 Squirt Boys</b>
9:15 AM	<b>U15 Minime Girls</b> <b>U13 Peewee Boys,</b> <b>U15 Minime Boys</b>
10:00 AM	U17 Cadet Sport Girls, U17 Cadet Sport Boys U19 Junior Sport Women, Senior Sport Women 19+, Master Sport Women 35-44, Master Sport Women 45-54, Master Sport Women 55-64, \ <b>Master Women 65+</b> Master Sport Men 55-64, <b>Master Men 65+</b>
11:45 AM	Senior Expert Women, <b>Master Expert Women 35-44,</b> <b>Master Expert Women 45-54,</b> <b>Master Expert Women 55+</b> U19 Junior Sport Men, Senior Sport Men 19+, Master Sport Men 35-44, Master Sport Men 45-54
1:30 PM	<b>U17 Cadet Expert Women,</b> <b>U19 Junior Expert Women,</b> <b>Elite Women, U23 Women</b>  <b>U17 Cadet Expert Men,</b> <b>U19 Junior Expert Men,</b> Senior Expert Men, <b>Elite Men, U23 Men</b>  <b>Master Expert Men 35-44,</b> <b>Master Expert Men 45-54,</b> <b>Master Expert Men 55+</b>

There will be no Team Manager's Meeting. The number of laps for each category will be posted by the day of the event and announced at the start line.



## **Course description:**

We're excited to once again bring Ontario Provincial MTB racing back to the Mountainview Midland trails. With a new course for 2022, the Mountainview Cycling Club has been working hard on their trails to get them in tip top shape for a super fun course with lots of Midland's best features included! Mountainview will be running the Provincials course at their weekly series prior to Provincials. Please see [their website](#) for more info.

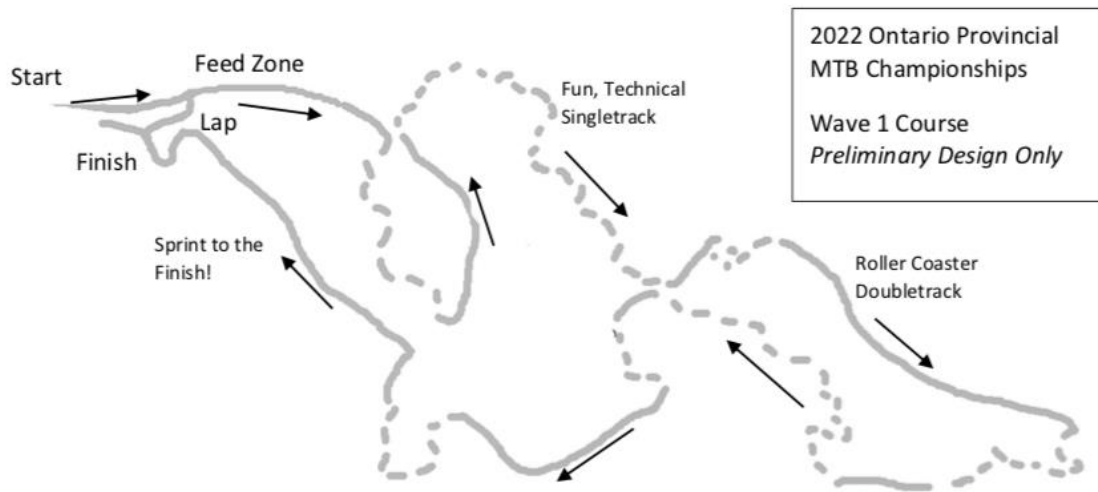
**Course will be marked for Pre-ride as of 1:00 PM on Friday, August 19, 2022.**

## **Course Marking**

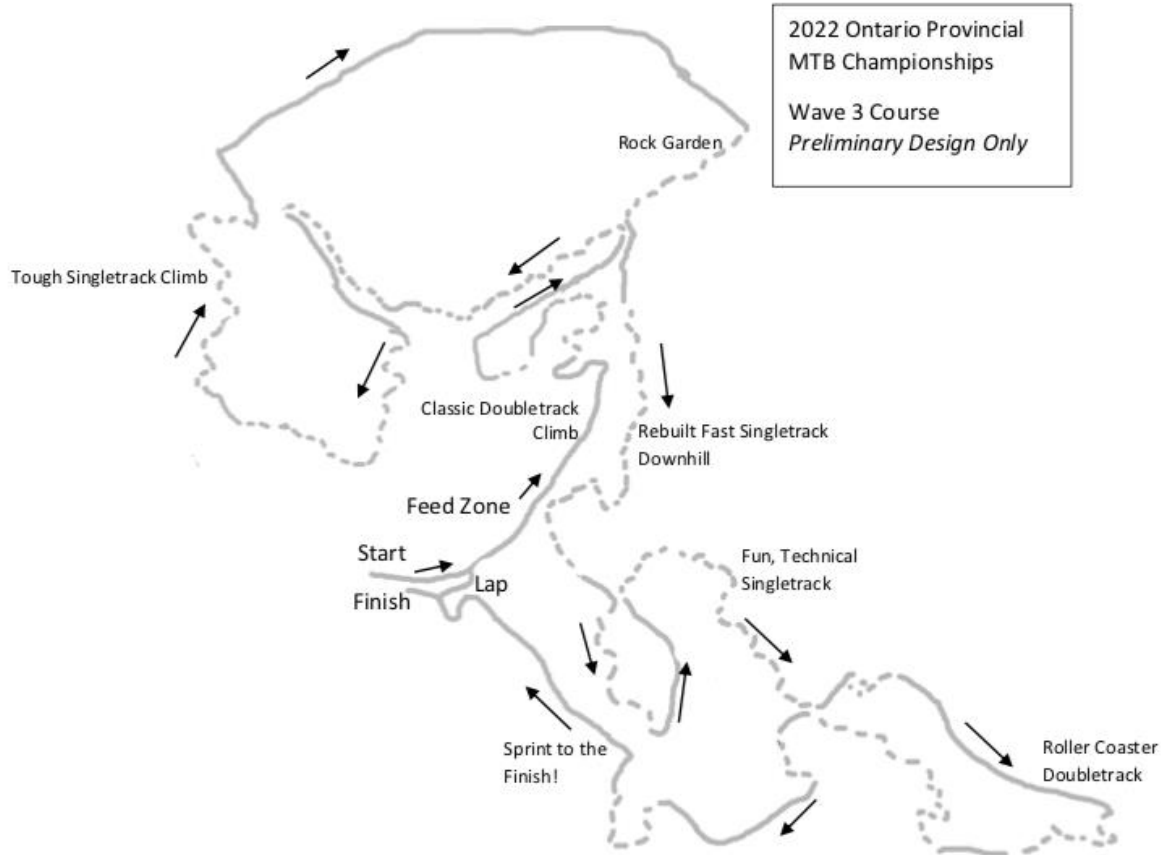
- Angry Johnny's Racing uses barricade or caution tape to close off intersections. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Barricade tape can show participants where not to go, or it can be used to outline the outside (or inside) of a corner, or to keep riders out of a certain area.
- Angry Johnny's Racing uses 8"X4" orange arrows on black chloroplast to indicate direction on the course
- At intersections we may indicate where not to go using a do not enter sign indicating the wrong way.
- Three arrows down indicate CAUTION SLOW. We may include a CAUTION sign below as well.
- Any bridges or water crossings will be marked
- Some sections of course allow for "Easy" or "Hard" options (other terms might be used) where riders have a choice on which line they want to make. The "Hard" option is more difficult than the "Easy" option, and generally it is also takes less time.



## Course map and profile:









## Start/Finish Diagram:



## Team Area

There is limited space at Mountainview for the set-up of Team Tent Space during the Provincial weekend. Register for team space by emailing a request to [angryjohnnysracing@gmail.com](mailto:angryjohnnysracing@gmail.com). Failure to pre-register for team space may result in a refusal at the event, due to limited space.

## Event rules

### General Rules & Regulations

The event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications

- The penalty scale of the OC rulebook will be applicable
- Races will start promptly at the indicated start times
- Any rider dropping out of the race shall immediately notify a Commissaire
- Protests are considered from the point of the incident up to 15-minutes after the posting of results for the related event. All protests are to be made to the Lead commissaire. All determinations made by the Commissaire are final
- Mountainview is on Private Property; please respect this by riding only on the official course or designated spaces within the venue.

## Equipment Regulations

- Approved helmets are mandatory at all times while riding a bicycle at Angry Johnny's Events.
- Per CCA rule 1.3.031 N): At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.
- The use of cameras (helmet mounted, mounted on the bicycle, or worn on the body) is not permitted by athletes during competition.

## Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 15 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.

## Provincial Call-Up Protocol

Call-up rules are as follows:

1. Current Canadian National Champion
2. Outgoing Ontario Provincial Champion (N/A as no Provincial Champion named in 2021)
3. UCI ranking (decreasing UCI points)
4. OCup Series Rank (see below) \*\*
5. Random

\*\* Derived OCup Series Rank

Ability-based OCup standings are converted to an age-based ranking as follows:

1. For all OCup riders competing in the same provincial age group, sort them by these two sort keys
  - a) Ability (increasing)
  - b) Then OCup Points (decreasing)

This will sequence riders in groups of ability categories.

2. Within each ability category, riders will then be sequenced by decreasing OCup points.

Call-Ups are for pre-registered riders only.

#### Youth Categories:

The Youth Categories will follow the same call-up sequence as the OCup call-ups. See Ontario Cup Call-Ups section for more information.

## **Feed Zones and Technical Assistance – 4.2.033 – 4.2.042 reference UCI changes/updates**

### **Feed Zone Regulations:**

1. Feeding is permitted only in the zones designated for that purpose.
2. Only those persons responsible for feeding riders may be in the feed zone. Spectators / Children & pets are not permitted in the feed zone. Spectators may watch from the opposite side of the course.
3. Tents, Chairs, Coolers etc. must be a minimum of 10 feet away from the race course and must not obstruct others from feeding their rider.
4. Feeding from the opposite side of the zone will not be permitted.
5. Water bottles and food must be handed up to the rider without the feeder running alongside the rider.
6. During feeding no physical contact between feeders and riders is allowed. This will be considered technical assistance.
7. Water may be poured onto riders only if specific permission has been given by the PCP before the event at which time water may only be poured on at rider's request.
8. No rider may turn back on the course to reach a feed zone.

### **Technical Assistance Regulations:**

1. Riders should be prepared to work on their bicycle outside of the technical assistance zone. They can receive assistance in the technical zone only, or neutral support if it is provided by the organizer.
2. Small tools and tubes can be handed to people in the technical zone only.
3. Anyone in the technical assistance zone may help riders to get their bicycle running.
4. Riders must finish with the bicycle frame and number plate that they started the race with.
5. Spare wheels are allowed in the technical assistance zone only. No spare wheels are allowed in the feed zone or along course.
6. Neutral technical assistance may be provided for Ontario Cup Races.
7. Neutral support may supply spare wheels.



8. Riders are required to supply their own parts and equipment in the technical assistance zone. Riders may not take other participants equipment without their permission.
9. Technical assistance applies to 1:30 pm starts at Ontario Cups only.
10. Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or the other competitor.

## **Pulling Riders**

Riders may be pulled from the event if they don't meet the 80% rule in the 1:30 PM start time, at the discretion of the President of the Commissaire Panel. Riders may be pulled from additional starts if continuing could impede participants in the following start time, at the discretion of the Panel of Commissaires.

Please pre-ride with extra care as the race course is not fully marked and our marshals and safety crews are not on course. Treat pre-riding as just another mountain bike ride and ride within control and with maximum caution.

## **Bad Weather and Course Changes – UCI Rule 4.2.013 changes/updates**

- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Angry Johnny's Facebook page and Ontario Cycling social media accounts.
- OCA Lightning Policy: <http://www.ontariocycling.org/forms/lightning-policy/>

## Medical / Hospitals:

Course marshals are on course and at start finish.  
Georgian Bay General Hospital, Midland Site  
1112 St. Andrews Dr, Midland, ON L4R 4P4

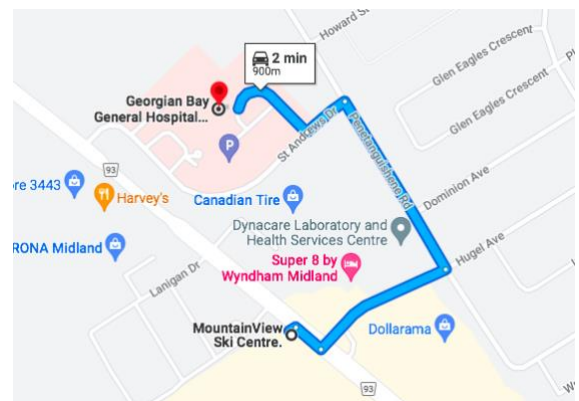
## Safety and First Aid

First Aid will be provided by Odyssey Medical. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Marshalls will be on course during all races.

## Map and Directions to Closest Hospital

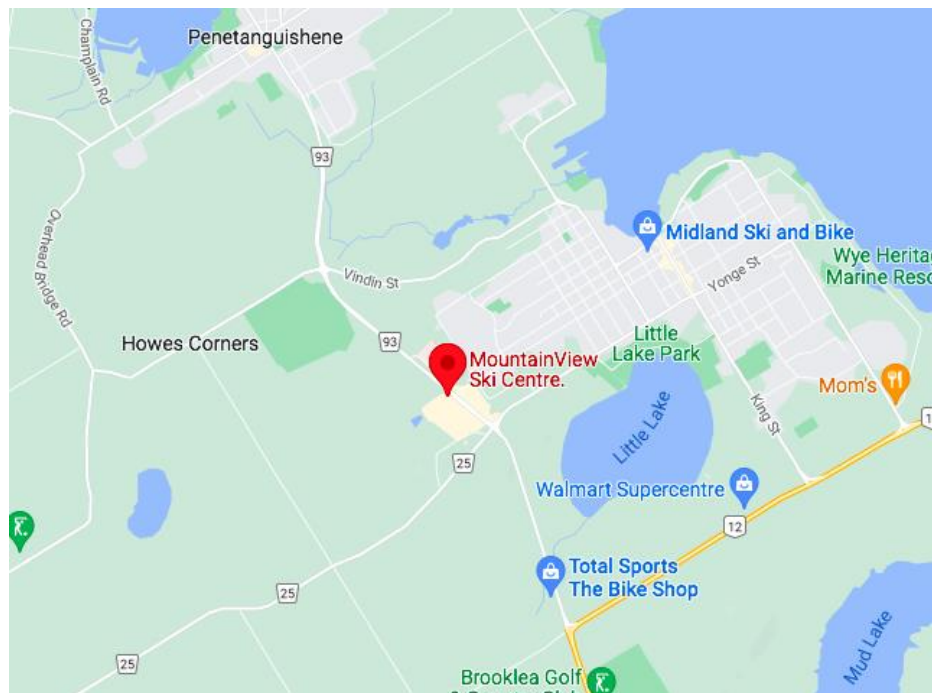
Georgian Bay General Hospital, Midland Site  
1112 St. Andrews Dr, Midland, ON L4R 4P4

- Turn right onto Penetanguishene Rd/County Rd 93
- Turn left at the 1st cross street onto Hugel Ave
- Turn left onto Penetanguishene Rd
- Turn left onto St Andrews Dr
- Turn right
- Destination will be on the right



## Location of the event

MountainView Ski Centre  
9266 County Rd 93, Midland, ON L4R 4K4



## Parking

Parking will be located at Mountainview Ski Centre. Additional parking will be in the mall parking lot next to Mountainview, if required. Please follow the parking volunteer's instructions to maximize parking space available to fellow racers.