



ONTARIO CUP CYCLO-CROSS SERIES



Cyclo-Cross OCup #3

We Need more Cowbell-Da Skowhegan Shuffle

Big Valley Camping Resort, 2211 King St, St. Catharines, ON L2R 6P7

October 16, 2022

presented by





ONTARIO CUP CYCLO-CROSS SERIES



KONA
BICYCLES

THIS EVENT IS SANCTIONED BY





ONTARIO CUP CYCLO-CROSS SERIES



Contents

GENERAL EVENT INFORMATION	4
EVENT LOCATION	5
EVENT CONTACT INFORMATION	6
COMMISSAIRE PANEL	6
LICENSING REQUIREMENTS	7
REGISTRATION/PRICING	8
EVENT DAY SIGN-IN	9
SITE/COURSE MAP AND STRAVA SEGMENT OF COURSE	9
SCHEDULE	11
WARM UP/PRE-RIDE	12
GENERAL EVENT RULES AND REGULATIONS	12
EQUIPMENT RULES	13
BIB NUMBERS	15
RIDER CALL-UPS	16
TIMING & RESULTS	17
AWARDS/PODIUM PROTOCOL	17
EMERGENCY ACTION PLAN	19
Big Valley Camping Resort	19
Niagara Health - St. Catharines Site	20
ACCOMMODATION	20
PARTICIPATION SURVEY	21





ONTARIO CUP CYCLO-CROSS SERIES



GENERAL EVENT INFORMATION

This event is cool, it's in a trailer park and there will be 1 or 2 run ups (zero if you run gravel gearing)

Date: October 16, 2022

Big Valley Camping Resort

2211 King St, St. Catharines, ON L2R 6P7

Organizer Name: Nathan Chown

Registration Link: [Here](#)

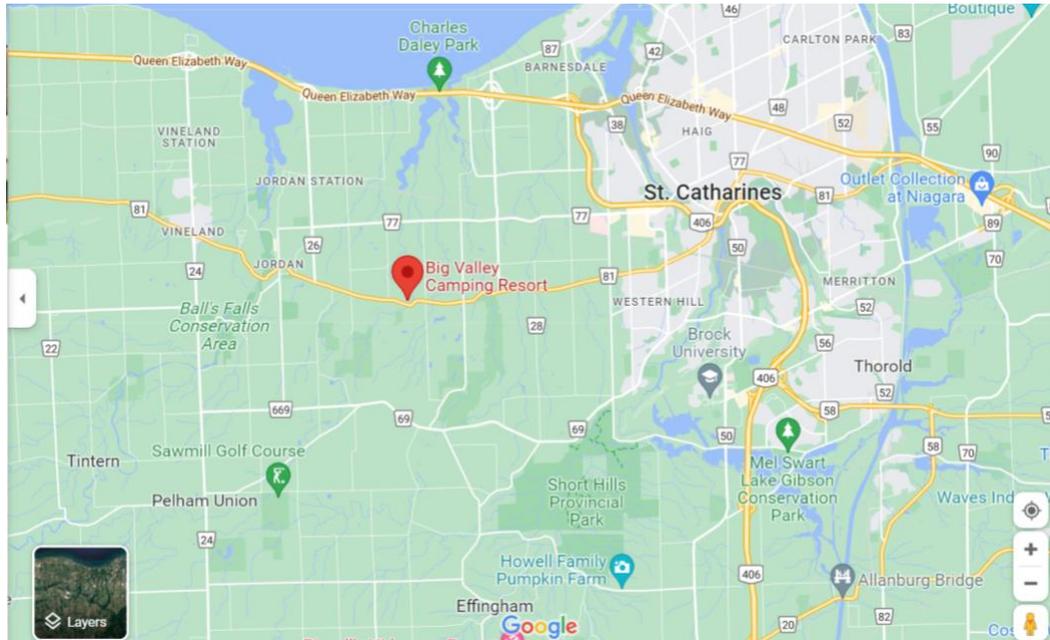




ONTARIO CUP CYCLO-CROSS SERIES



EVENT LOCATION



From Toronto/Hamilton-

Head east on Queen Elizabeth Way



Take exit 55 toward Regional Road 26/Jordan Rd/Jordan Station
400 m



Turn left onto Bayview Blvd
120 m



Turn right at the 1st cross street onto Jordan Rd/Regional Rd 26
4.2 km



Turn left onto Niagara Regional Rd 81
2.1 km



Turn left





ONTARIO CUP CYCLO-CROSS SERIES



EVENT CONTACT INFORMATION

Name	Role	Email
Nathan Chown	Event Organizer	Cxking618@gmail.com
Ontario Cycling	Provincial/Sanctioning Body	Events.team@ontariocycling.org
Doug Pogue	Timer/Results	Racetiming.ca

COMMISSAIRE PANEL

Name	Role
Jeff Kerton	President
Mark Buckaway	Finish Judge
Maria Paisley	Member





ONTARIO CUP CYCLO-CROSS SERIES



LICENSING REQUIREMENTS

All riders are required to have either a Provincial Race License or a UCI Race License and must have a CX code on their license. (ie. CME, CWU23, CMMA, CMMB, etc.)

Categories (Racing as of Dec. 31, 2023)	One-Day Permit	Provincial Race License	UCI License	Category Code
U13 Men (8-12)	x	x	x	CMU13
U13 Women (8-12)	x	x	x	CWU13
U15 Men (13-14)	x	x	x	CMU15
U15 Women (13-14)	x	x	x	CWU15
U17 Men (15-16)	x	x	x	CMU17
U17 Women (15-16)	x	x	x	CWU17
Elite 1,2 Men (17+ yrs)*		X	X	CME.1/CMU23.1 CME.2/CMU23.2
Elite 1,2 Women (17+ yrs)*		X	X	CWE.1/CWU23.1 CWE.2/CWU23.2
Elite 3 Women (17+ yrs)	X	X	X	CWE.3/CWU23.3
Elite 3 Men (17+ yrs)		X	X	CME.3/CMU23.3
Elite 4 Men (17+ yrs)	X	X	X	CME.4/CMU23.4
Master A,B Women (35+ yrs)	X	X	X	CWMA/CWMB
Master 1 Men (35+ yrs)		X	X	CMMA.1/CMMB.1 CMMC.1/CMMD.1
Master 2 Men (35+ yrs)		X	X	CMMA.2/CMMB.2 CMMC.2/CMMD.2
Master 3 Men (35+ yrs)	X	X	X	CMMA.3/CMMB.3 CMMC.3/CMMD.3
Single Speed Men/Women (17+ yrs)	X	X	X	NA
* Junior aged riders (17-18 years of age) must be approved for an upgrade or have earned enough upgrade points to automatically upgrade.				
** One-Day Permits are available during pre-registration only and by application only. Events with Non-Members will incur an additional insurance premium.				





ONTARIO CUP CYCLO-CROSS SERIES



REGISTRATION/PRICING

Pre-registration is available online only at <https://ccnbikes.com/#!/events/we-need-more-cowbell-cross-2022-da-skowhegan-shuffle>

Online registration closes October 12th, 1159pm (Wednesday at midnight prior to the event).

Please note Day-Of registration is not available. Pricing is listed below.

All participants must have a valid UCI or Ontario Cycling Provincial Race License with race category on their card.

Category (as of Dec. 31, 2023)	Pricing
U13 Men (8-12)	\$35
U13 Women (8-12)	\$35
U15 Men (13-14)	\$35
U15 Women (13-14)	\$35
U17 Men (15-16)	\$35
U17 Women (15-16)	\$35
Elite 1,2 Men (17+ yrs)*	\$55
Elite 1,2 Women (17+ yrs)*	\$55
Elite 3 Women (17+ yrs)	\$55
Elite 3 Men (17+ yrs)	\$55
Elite 4 Men (17+ yrs)	\$55
Master A,B Women (35+ yrs)	\$55
Master 1 Men (35+ yrs)	\$55
Master 2 Men (35+ yrs)	\$55
Master 3 Men (35+ yrs)	\$55
Single Speed Men/Women (17+ yrs)	\$55





ONTARIO CUP CYCLO-CROSS SERIES



EVENT DAY SIGN-IN

All riders must Sign-In on the day of the race at Center pavilion across from washrooms, this is not directly on the course but only 100meters from the start and present their Provincial Race License or UCI license. Sign-In will be open from 800am to 230 pm.

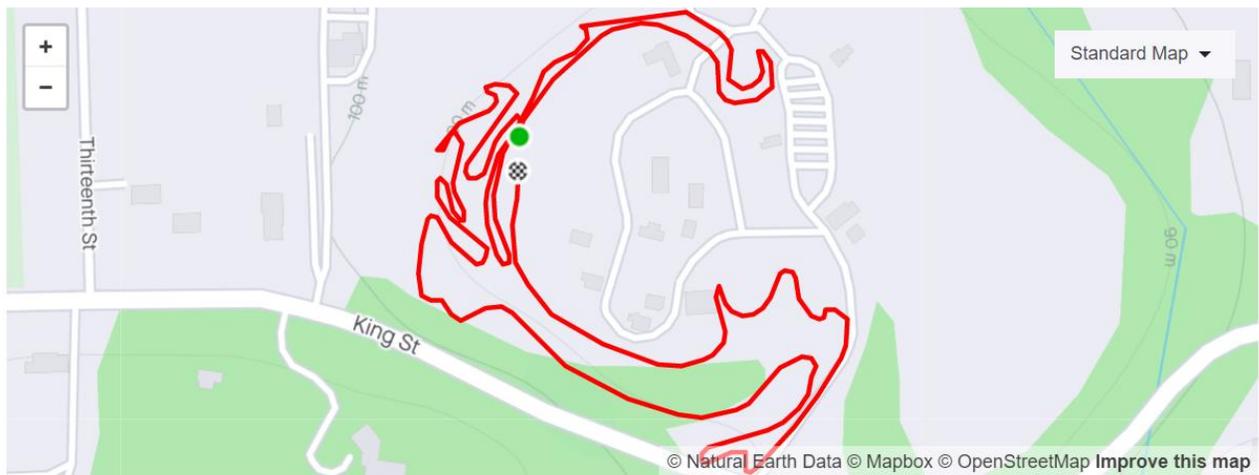
SITE/COURSE MAP AND STRAVA SEGMENT OF COURSE

<https://www.strava.com/segments/29978519?filter=overall>

Ride Segment St. Catharines, Ontario, Canada

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
1.86km	34m	-0.8%	5m	25m	20m

808 Attempts By 110 People





ONTARIO CUP CYCLO-CROSS SERIES



Map





ONTARIO CUP CYCLO-CROSS SERIES



SCHEDULE

Ontario Cup		
Start Time	Category	Approximate Duration
9:30 AM	M3 Men	40 minutes
10:30 AM	E4 Men	40 minutes
11:30 AM	U17	40 minutes
11:30:30 AM	U15	35 minutes
11:31 AM	U13	30 minutes
12:30 PM	E3 Men	45 minutes
12:31 PM	M2 Men	45 minutes
1:45 PM	E1 and E2 Women	50 minutes
1:46 PM	E3 and Master Women	40 minutes
3:00 PM	M1, E1 and E2 Men	60 minutes
3:01 PM	Single Speed	45 minutes





ONTARIO CUP CYCLO-CROSS SERIES



WARM UP/PRE-RIDE

Full course Pre ride available from Saturday after 3 pm.

GENERAL EVENT RULES AND REGULATIONS

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are available online at www.ontariocycling.org/officials
- The UCI penalty scale with CC and OC modifications will be used for any infractions
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders must produce a letter of permission from their country's federation. This must be submitted to Ontario Cycling 72 hours in advance of the event and a copy must be provided on race day to the President of the Commissaire Panel.
- Riders must have a valid Provincial Race License (where applicable) or UCI license to participate.
- An OC representative will be present at the race to assist with rider licensing issues. Licenses will not be sold on race day.
- Proof of license purchase (i.e., receipt) is not a sufficient proof of license and will not be accepted on race day.
- Races will start promptly at the indicated start times.
- There will be no team managers meeting.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please courteous to other racers above all else.
- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you will forfeit your starting position.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A double wheel pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and





ONTARIO CUP CYCLO-CROSS SERIES



riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to pit entrance in this case).

- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- The 80% rule will be enforced at the discretion of the President of the Commissaire Panel.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- Results will be posted near registration shortly after each race.
- Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled. If there are any changes or delays in the schedule.

EQUIPMENT RULES

- Cyclocross bicycles conforming with UCI regulations are required in the Elite 1, 2, 3 and Master 1 Men categories. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - Width of the tire shall not exceed 33mm and it may not incorporate any form of spike or stud.
 - All other categories allow the use of any bicycle; including mountain bikes provided bar end are removed to be used.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.





ONTARIO CUP CYCLO-CROSS SERIES



- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.



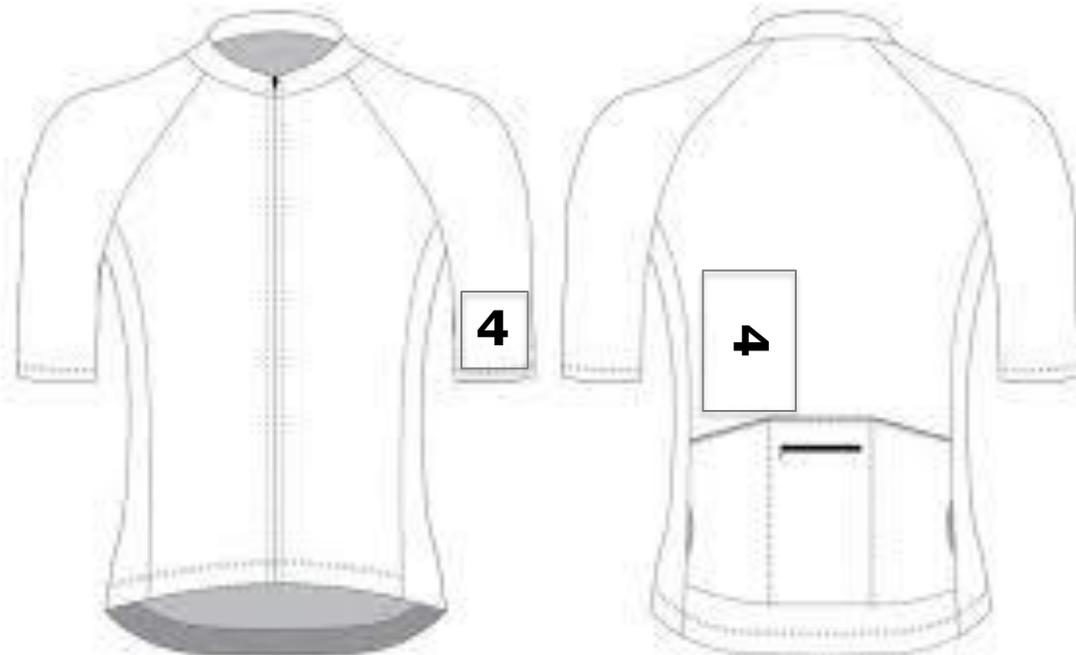


ONTARIO CUP CYCLO-CROSS SERIES



BIB NUMBERS

- One set of bib numbers will be distributed per rider for the Ontario Cup series, at the first Ontario Cup race of the season. **DO NOT LOSE YOUR NUMBERS.** They are yours for the year. All riders must bring their assigned bib numbers to every Ontario Cup race, including the Provincial Championship.
- Replacement bibs will be issued at the rider's expense, at a cost of \$10 per set of bibs.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of the completion
- Replacement chips will be issued at the rider's expense, at a cost of #5 per chip.
- Bibs are to be placed on the left arm and the left back side of the jersey. Please refer to below diagram.





ONTARIO CUP CYCLO-CROSS SERIES



RIDER CALL-UPS

Call-ups for OCups are designed to encourage participation in the OCup series by Ontario riders.

Non-Youth Categories:

1. Call-ups will be done by OCup points only for the first 2 rows.
2. Riders tied with the same number of OCup points will be randomized.
3. After the first 2 rows are filled, the rest of the riders will fill the remaining places on a first-come, first-served basis
4. If the first 2 rows are not filled, other riders can take open positions there.
5. When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered "in the same race". Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, etc.)

Organizers may wish to publicly acknowledge National, World Champions or other celebrity riders in their race. These acknowledgments will be done before the call-ups. Participants will then be called up following the procedure above only. There is no penalty if the riders save a place and allow another rider to move up to take it (riders may choose any position after their call-up).

Youth Categories:

1. Youth categories will be called up based on OCup points separately by U17 Boys, U17 Girls, U15 Boys, U15 Girls, U13 Boys, U13 Girls (ties broken randomly).
2. Call-ups for each category will be for the first 2 rows only. When the first 2 rows are filled, the rest of the riders will fill the positions on a first-come, first-served basis. If the first 2 rows are not filled, other riders in the same category can take open positions there.
3. Each category shall begin in a new row. Half-wheeling between rows is not permitted.
4. All youth categories will start together on the same whistle and use the same lap counter unless communicated otherwise.





ONTARIO CUP CYCLO-CROSS SERIES



TIMING & RESULTS

All OCups and Provincial Championships will be timed by racetiming.ca, with the exception of the Eastern Cyclo-Cross Challenge/OCup on October 2nd. Please check the Racetiming website for most up-to-date results.

AWARDS/PODIUM PROTOCOL

All podium finishers are expected to be in attendance in clean cycling apparel representing the club or team corresponding to their license. Hats and/or sunglasses are not permitted.

Start time Award presentation

0930 1015 am

1030 1115 am

1130 1215 pm

1230 130 pm

145 245 pm

255 410 pm

Ontario Cup		
Start Time	Category	Award Presentation
9:30 AM	M3 Men	10:15 AM
10:30 AM	E4 Men	11:15 AM
11:30 AM	U17 / U15 / U13	12:15 PM





ONTARIO CUP CYCLO-CROSS SERIES



12:30 PM	E3 Men	1:30 PM
12:31 PM	M2 Men	1:30 PM
1:45 PM	E1 and E2 Women	2:45 PM
1:46 PM	E3 and Master Women	2:45 PM
3:00 PM	M1, E1 and E2 Men	4:15 PM
3:01 PM	Single Speed	4:15 PM



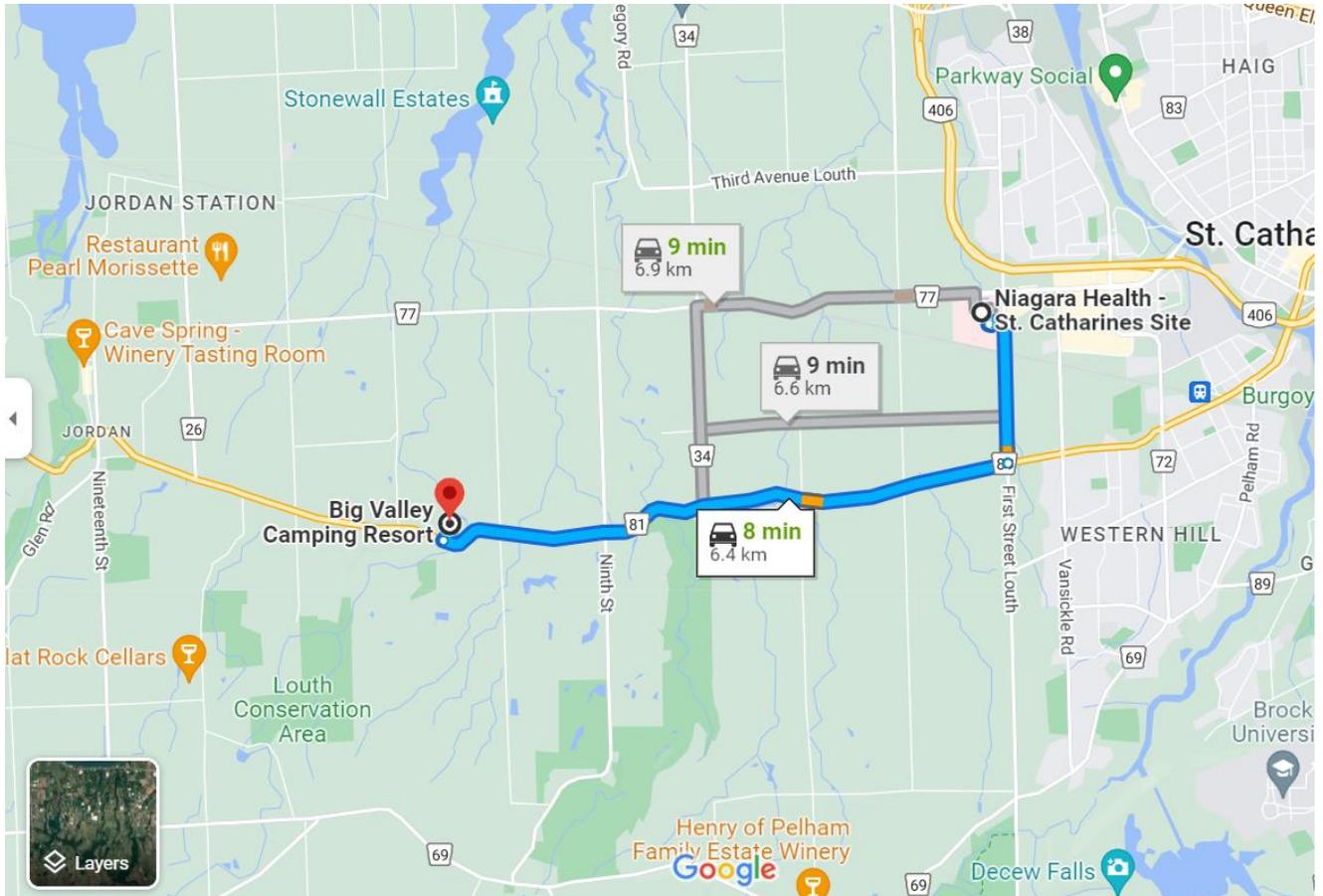


ONTARIO CUP CYCLO-CROSS SERIES



EMERGENCY ACTION PLAN

DIRECTIONS TO HOSPITAL



Big Valley Camping Resort

2211 King St, St. Catharines, ON L2R 6P7

Turn left onto Niagara Regional Rd 81
4.9 km

Turn left onto First Street Louth
1.2 km

Turn left at Burbank Dr
120 m

Turn right





ONTARIO CUP CYCLO-CROSS SERIES



41 m

Turn left

Destination will be on the right

85 m

Niagara Health - St. Catharines Site

1200 Fourth Ave, St. Catharines, ON L2S 0A9

ST. John Ambulance will be providing first aid services and will be set up close to the start finish. They will have a radio and a race volunteer to help aid in communications.

Race updates will be through twitter, instagram, facebook and lastly emails via the CCN app will also be used.

Local weather will be monitored by the Event Organizer. Events will not be held during conditions of thunder and lightning, excessively high winds or in the unlikely event of a possible tornado. In the event of thunder or lightning, the course must be evacuated, and shelter found. Thirty minutes must pass from the last clap of thunder or flash of lightning before riders may resume their competition. The next occurrence begins a new 30-minute cycle. The President of the Commissaire Panel in consultation with the Organizer will be responsible for making decisions regarding stoppage/delay/evacuation due to thunder, lightning or other extreme weather patterns. For more information, please view the OC Lightning Policy.

ACCOMMODATION

Accommodation is available at the park via tent or trailer. There are also cabin rentals available as well.





ONTARIO CUP CYCLO-CROSS SERIES



PARTICIPATION SURVEY

In order to continue to better our events, we need your feedback! [CLICK HERE](#) to fill out a survey or scan the QR code below.

EVENT PARTICIPATION FEEDBACK



PLEASE SUBMIT YOUR FEEDBACK

