



PRESENTS
THE 49TH YEAR OF
THE PRESTON STREET BICYCLE RACES
SPONSORED BY



SUNDAY, JUNE 18, 2023, OTTAWA, ON

TECHNICAL GUIDE

BIKERACE OTTAWA:
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Kids Races Registration will be available ONLINE ONLY

Kids Races Ages 7 and under organized by
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Kids Races Ages 7 and over organized by
Tiago Duarte
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📷 Greg Crevier



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SCHEDULE

June 18th, 2023, 10:00 am until 6:00 pm

Start Location: Preston and Poplar Streets

Course: Preston/Anderson/Rochester/Gladstone (clockwise)

Distance per lap: 1.0 km (includes 4 corners)

EVENT #1 SENIOR 4, MASTER 3 MEN \$65

Start time: 10:00 am. Sign in/number pickup 8:00-9:30 am

Categories: Senior 4, Master 3 Men

Distance: 40 min. + 5 laps

EVENT #2 SENIOR 3, MASTER 2, JUNIOR MEN \$65

Start time: 11:00 am. Sign in/number pickup 9:00-10:30 am

Categories: Senior 3, Master 2, Junior Men

Distance: 40 min. + 5 laps

EVENT #3 WOMEN \$65

Start time: 12:00 pm. Sign in/number pickup 10:00-11:30 am

Categories: All Women. Elite, Master, Junior.

Distance: 55 min + 5 laps

EVENT #4 YOUTH RACES \$12

Sign in/number pickup 11:00 am until 30 mins before each race start

Race 1: 1:15 pm U6 M&F (born in 2018 or later) 100 m sprint.

Race 2: 1:30 pm U7 M&F (born in 2017 or later) 200 m sprint.

Race 3: 1:45 pm U9 M&F (born in 2015 or later) 2 laps.

Race 4: 2:05 pm U11 M&F (born in 2013 or later) 15 min + 2 laps. U11M, U11F will each have a unique number color by category and will be placed by category.

Race 5: 2:35 pm U13 M&F (born in 2011 or later) 20 min + 2 laps. U13M and U13F will each have a unique number color by category and will be placed by category.

Race 6: 3:05 pm U15 M&F (born in 2009 or later) 30 min. + 2 laps. U15M, U15F, will each have a unique number color by category, and will be placed by category.

Race 7: 3:45 pm U17 M&F (born in 2007 or later) 30 min. + 2 laps. U17M and U17F will each have a unique number color by category and will be placed by category.

EVENT #5 SENIOR 1, 2, MASTER 1 MEN \$65

Start time 4:30 pm. Sign in/number pickup 3:00-4:00 pm

Categories: Senior 1, 2, Master 1 Men

Distance 75 mins + 5 laps

Final podium and awards presentation 6:00 pm- 6:30 pm



- start/finish line
- start/finish stage
- pit
- registration
- results board
- washrooms
- first aid station
- P parking
- marshal w/radio
- marshal
- police
- linked steel barriers
- movable wood barrier
- local traffic only sign



DIRECTIONS TO PRESTON STREET RACES, OTTAWA, ON JUNE 18, 2023

The location of the Start/Finish line is 170 Preston St at Poplar St, registration is at Preston and Laurel Streets.

FROM THE WEST, take Highway 417 to the Rochester Street exit. At the traffic lights at Rochester, turn right and go south to Aberdeen St. At Preston either turn right and go to the lot at 301 Preston St, or go left and left again to access the lot at 371 Beech St. This is a 24 hour- 7 day pay parking lot. Free street parking might be available near the course.

FROM THE EAST, take Highway 417 to the Bronson St. exit. Continue straight on Catherine St. which turns into Raymond St. At Rochester, turn left and go south to Aberdeen St. At Preston either turn right and go to the lot at 301 Preston St, or go left and left again to access the lot at 371 Beech St. This is a 24 hour- 7 day pay parking lot. Free street parking might be available near the course.

DO NOT PARK INSIDE THE RACE COURSE!

EVENT DETAILS

- **This event is pre-registered only!**
- **Pre-registration closes on Wednesday June 14th, 2023, at 11:59 pm.**
- **Entry fees are refundable upon paying an optional upgrade fee when checking out on CCN.**
- Registration for all sanctioned races can be found: <https://ccnbikes.com/#!/events/2023-preston-street-criterium>
- Registration fees: Youth races, all categories \$12 (\$5 OCA day licence + \$7 registration). **BRO will donate \$10 for each youth race participant to CHEO (Children's Hospital of Eastern Ontario)!**
- \$65 all other categories.
- Women's teams of 3 or more pre-registration fee \$50 each
- Men's teams of 5 or more pre-registration fee \$55 each
- Teams should contact the organizer at bikeraceottawa@yahoo.ca for unique team discount codes
- Registration for Youth events is online only (link above). Sign-in/reg for U6, U7, and U9 will be at Preston Hardware parking lot (248 Preston St), and sign-in for U11, U13, U15, and U17 at Preston and Laurel.
- A local shop will be available for last minute adjustments for all the kids' events.
- Sign-in for all other racers will be located at Preston/Laurel St
- The main sign-in tent will open at 8:00 am.
- Sign-in closes 30 minutes before each event.
- All riders must sign in at the Registration/Sign-in tent on race day at least 30 minutes before their start.
- U17/Cadet and Junior riders who have been approved to race Senior 2/3/4 should register for the event that corresponds to the category on their UCI or Provincial Licence. For any clarification, please contact Chris Baskys at Ontario Cycling chris.baskys@ontariocycling.org (416) 855-1717 ext: 1007
- Quebec Master A (30-39) will ride with Master 1, Quebec Master B, C, D (40-60+) will ride with Master 2, Senior 3.
- US Riders must have a UCI licence, US riders holding a domestic license are no longer permitted by US Cycling to compete in Canada.
- **NO WARMING UP ON THE COURSE. BRING YOUR BIKE TRAINER.**

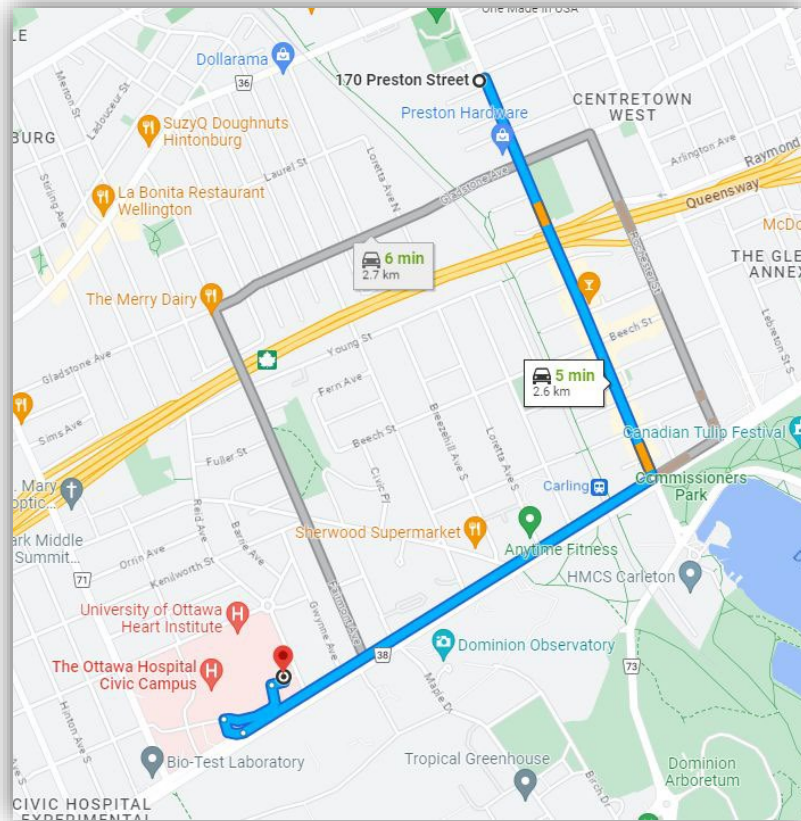
- All racers must have a UCI or Provincial licence to race. Youth racers in Event #4 will be able to purchase a Provincial day permit online. Day licences will not be available for other categories.
- An Ontario Cycling representative will be present at the race to assist with rider licensing issues. Please contact Ontario Cycling for more details.

GENERAL EVENT RULES

- Racers must start with one foot on the ground. Track stands and/or leaning on railing is prohibited.
- **Any rider dropping out of the race must immediately notify a commissaire.**
- 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 group.
- It is the riders' responsibility to ensure that their race numbers are readable. Riders whose numbers are unreadable at the finish may not get a placing and may forfeit their prizes.
- Team radios are not permitted.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.
- The prize list will be displayed at registration. Additional prizes may be announced on the start line. Awards will be presented during the following race according to the published schedule. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders are expected to wear their competition uniforms for the presentation.
- A free lap may be granted for each mishap. In the case of a recognized mishap (see rule 3.2.021) the rider shall be entitled to a neutralization of one or two laps to be determined by the commissaires according to the length of the circuit. Only the commissaires may determine if the mishap is legitimate. The following shall be considered recognized mishaps: a fall; a puncture; the breakage of an essential part of the bicycle; being held up behind a crash. All other incidents are considered unrecognized incidents. **ALL RIDERS MUST REPORT TO THE WHEEL PIT TO OBTAIN THE FREE LAP.**
- Improperly maintained bicycles resulting in equipment failure is not considered a mishap. Riders suffering mishaps shall head to the designated pit area via any means other than travelling backwards on the course, report to the Race Organizers, and make repairs.
- No free laps will be given in the final 5 laps of the event. This 5 lap distance shall be determined by the position of the leaders.
- Bicycle repairs may be made in the official pit only. Riders are encouraged to bring their own spare wheels to be placed in the pit the start of their race.
- Feeding is not permitted.

COURSE SAFETY

Civic Hospital
1053 Carling Ave. Ottawa, ON (613) 722-7000



- Emergency ambulance call is 911.
- First Aid will be provided by St. John First Aid.
- If you need immediate medical attention, the First Aid Tent will be located by the finish line/registration
- If there is an incident on course during a race and First Aid is required, the race may be neutralized for a period while first aid attends the scene. If the matter is serious enough, EMS will be called in.
- If you need to transport yourself to a hospital, please reference the map above for directions to Civic Hospital
- This race is being run as a criterium and as such will be run on fully closed roads.
- There will be metal fencing along a portion of Preston St near the start finish and wooden barriers at all corners.
- There will be locations for pedestrians to cross, and marshals to help control pedestrians, however, it is up to everyone to be vigilant.
- 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. There will be no refunds if the race is cancelled due to inclement weather.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Race Organizer that you are no longer racing. Any unreported DNF may result in a penalty.
- You are required to wear an approved, regulation cycling helmet at all times while astride your bike, from the moment you arrive at the race until you leave. Non-compliance may result in a severe penalty

GENERAL EQUIPMENT RULES

- Per UCI/CC rules, only traditional wheels or approved non-traditional wheels are permitted. Consult the list of approved non-traditional wheels at [UCI wheels PDF](#).
- Only standard handlebars are permitted. Handlebar extensions including time-trial bar extensions are not permitted.
- Only bicycles that fit the UCI definition are permitted. See section 2 of Chapter 3 in the 2011 CC regulations.
- Riders are required to wear jerseys corresponding to the club or team printed on their license.
- Sleeveless jerseys are not permitted.
- Riders are required to wear helmets while racing and while warming up.
- Juniors racing within combined categories (E1-4) will not be subject to rollout.
- U17, U15, U13, U11, U9 will have to meet the Cadet gear restriction at a minimum which is 7.12 meters. We still encourage athletes to implement the gear restriction based on their age, set out by Cycling Canada.
- The use of glass containers is strictly prohibited during the race.

NUMBER PLACEMENT AND PODIUM PROTOCOL

- Numbers and timing chips if used will be provided by the organizer.
- Numbers must be placed on the left shoulder and left hip/pocket.



- Your number must be visible to the camera to get a placing.
- The following guidelines should be followed during podium presentations:
 - Competition wear
 - No jeans, sunglasses, hats

- Riders must attend presentation, or they forfeit awards

PRIZE LIST (TENTATIVE AND SUBJECT TO CHANGE)

EVENT #1 MASTER 3, SENIOR 4 MEN

\$150, \$125, \$100, \$75, \$50 = \$500 total

4 primes during the race for a total value of ~\$200

EVENT #2 MASTER 2, SENIOR 3, JUNIOR MEN

\$150, \$125, \$100, \$75, \$50 = \$500 total

4 merchandise primes during the race for a total value of ~\$200

EVENT #3 WOMEN

Senior 1, 2 Women: \$1000, \$500, \$300, \$200, \$150 = \$2,150 total

Master Women: \$100, \$75, \$50 = \$225 total

First Junior Woman: \$75.

5 merchandise/cash primes during the race for a total value of ~\$250

Cash primes from the spectators as well!

EVENT #4 YOUTH RACES

Race medals for the top finishers in the kid's events. Gift cards for U17 and U15 categories.

EVENT #5 SENIOR 1, 2, MASTER 1 MEN

\$1000, \$500, \$300, \$200, \$150, and \$100 each for 6th through 10th places = \$2,650 total

7 merchandise primes during the race for a total value of ~\$300

Cash primes from the spectators as well!

OVERALL EVENT

TOTAL CASH: \$6,855+

TOTAL MERCHANDISE: ~\$850



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**THE WINNERS OF BOTH THE ELITE WOMEN'S AND ELITE MEN'S RACES
WILL ALSO BE WEIGHED ON THE FAMOUS KICHESIPPI BEER SCALE!**