



OCup #3 - Lansdowne Classic Road Race

Saturday July 8th , 2023

Presented by:



performancedriven
EVENTS



June 20th, 2023
Technical Guide
Version 3

THIS EVENT IS SANCTIONED BY



Table of Contents

<i>Event Sponsors & Partners</i>	3
<i>General Information</i>	4
OCup #3 – Lansdowne Classic Road Race.....	4
OC Event Contacts	5
Commissaires	5
<i>Registration, Eligibility, & Pricing</i>	6
Rider Confirmation Information.....	7
Refund Policy	7
Event Categories	7
<i>Schedule of Events & Event Categories</i>	8
Venue Map	9
Ontario Cup Points	10
Start Lists & Results.....	11
Gear and Equipment Restrictions & Rules	12
Upgrade Requests	13
Number Placement	14
<i>General Rules & Regulations</i>	15
Awards	16
Parking	16
Course	16
Event & Course Safety	17
Directions to Nearest Hospital	18
2023 Provincial Championship Apparel - Special Edition	21
Media	22



Event Sponsors & Partners

Main Partner



Nutrition Partner



Organizer



Neutral Mechanic



Transportation Partner



Lifestyle & Tourism Partner



General Information

Ontario Cycling (OC) and Performance Driven Events is proud to present the 2023 Road OCup Series. The Road OCup Series, sanctioned and governed by Ontario Cycling, consists of 3 separate racing opportunities, each at different locations and on different courses.

OCup #3 – Lansdowne Classic Road Race

Date: July 8th, 2023

Time: 8:30am-5:30pm (time approximate)

Location: 101 King Street West, Lansdowne ON, K0E 1L0

Event Information: New for 2023, the Lansdowne Road Race is a lollipop style course located 30 minutes east of Kingston Ontario. The 14km loop features only 20m in elevation with a 4km out and back section from the start/finish at the Thousand Islands Elementary School. This is by far the flattest road racecourse of the year, so we encourage all of Ontario's top sprinters to attend!

View the Lansdowne course [here](#).

Feed Zone: The Feed Zone will be located on Haig Road near the intersection of Modler Road. Spectators should plan to park on modler road.

Pre-Riding: There will be no pre-riding opportunities.

Food & Drink: Food and drink will be available for purchase near the start/finish area of the race.



OC Event Contacts

Position	Name
Event Organizer	Rachel McTier
Technical Delegate	Greg Rawson
Membership / Licensing	Chris Baskys
Timing	Zone4
Medical	Odyssey Medical

Commissaires

Position	Name
President of the Commissaire Panel	Kevin Scheerer
Finish Judge	Brad Day
Asst. Judge	Steve Head
Member	Steven Rivers
Member	TBD
Member	TBD



Registration, Eligibility, & Pricing

- Registration for all Road OCups is open to Ontario Cycling licensed riders 15 years of age and older.
- The event is pre-registration only. No day of registration will be accepted.
- Only Provincial Race Licenses and UCI Race Licenses are permitted. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- Registration for OCup #3 will close on **Tuesday, July 4th at 11:59pm.**
- If the Tuesday at 11:59pm registration deadline passes and a rider would still like to register, they have until Wednesday July 5th at 5:00pm to contact the OC office for registration to be re-opened and will be charged a \$50 late entry fee.

New for 2023

- To participate at the 2023 Ontario Road Provincial Championships, an Ontario athlete must have participated in at least 1 Road Ontario Cup (either 1, 2, or 3).
- Exemptions:
 - Para-athletes racing the Individual Time Trial or Criterium at the 2023 Ontario Road Provincial Championships.
 - Individuals registering for the Individual Time Trial event at the 2023 Ontario Road Provincial Championships.
 - Individuals registering for the 2023 Provincial Criterium are required to race at either 1 Road Ontario Cup (either 1, 2 or 3) or a Regional Criterium event.
 - If for sufficient reason a rider cannot compete at a Road OCup and would like to participate at Road Provincials, they can request an exemption by completing the google form linked [here](#).

Registration Options	Price	Link
Lansdowne Classic Road Race *Individual OCup Registration	\$60.00 - \$90.00 *category dependent	Register Here



Rider Confirmation Information

Rider confirmation will take place under the OC tent (look for signage) at the Thousand Islands Elementary School. Registration will happen in waves and will correspond to the sign in time outlined in the Event Schedule.

Refund Policy

- A rider must withdraw prior to the registration closing to be eligible to receive a refund. Once the registration period has ended, refunds are no longer available.
- All refunds are subject to a non-refundable processing fee (variable based on transaction value) plus a CCN refund administration fee.
- If an athlete withdraws from an event on race day, they are not eligible for a refund and the rider must inform the President of the Commissaire Panel of their withdrawal. Failure to notify the President may result in a fine.
- OC reserves the right to issue refunds in other rare and exceptional cases. Injury, loss/change of employment, or a move away from town such that the participant can no longer attend, will not be considered.

Event Categories

- Categories may be combined based on the number of entries or at the discretion of OC.
- If categories are combined, medals will be awarded to each of the individual categories.



Schedule of Events & Event Categories

Category	Registration	Start Time	Distance	Laps
Elite 4 Men	7:00	8:30	76.2 km	5
Master 3 Men	7:00	8:32	76.2 km	5
Elite 3 Women	7:00	8:34	76.2 km	5
Master Women	7:00	8:34	76.2 km	5
Elite 3 Men	8:30	11:00	89.8 km	6
Master 2 Men	8:30	11:02	89.8 km	6
Elite 1 / 2 Women	8:30	11:04	89.8 km	6
Elite 1 / 2 Men	11:00	1:30	130.6 km	9
Master 1 Men	11:00	1:32	103.4 km	7



Venue Map



Ontario Cup Points

The top 15 riders at each OCup event in their respective category will earn:

Place	Points
1 st Place	25 Points
2 nd Place	20 Points
3 rd Place	16 Points
4 th Place	13 Points
5 th Place	11 Points
6 th Place	10 Points
7 th Place	9 Points
8 th Place	8 Points

Place	Points
9 th Place	7 Points
10 th Place	6 Points
11 th Place	5 Points
12 th Place	4 Points
13 th Place	3 Points
14 th Place	2 Points
15 th Place	1 Point



New for 2023

Riders will earn a x1.2 multiplier to their total 2023 OCup Points tally for having competed in the 2023 Provincial Championships of the respective discipline. To earn the multiplier a rider must both register for Provincial Championships and start their race, riders who do not start their race (DNS) are not eligible. For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup Total	Provincials	Final Points
Rider 1	20 (2 nd)	25 (1 st)	16 (3 rd)	61	x1.2 (Yes)	73.2
Rider 2	16 (3 rd)	16 (3 rd)	25 (1 st)	57	x1.2 (Yes)	68.4
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	65	x1 (No)	65

Start Lists & Results

- Zone4 is the official timer for the 2023 Road Ontario Cups. Start lists and results can be found at www.zone4.ca
- Startlists will be published by end of day Friday before the event. Startlists are subject to change.



Gear and Equipment Restrictions & Rules

- The gear and equipment restrictions will follow the 2022 Cycling Canada Companion Guide.
- The wearing of an approved helmet is mandatory. UCI regulation 1.3.031.1 - Wearing a rigid safety helmet shall be mandatory during competitions and official training sessions in all disciplines except indoor cycling and BMX Freestyle Flatland.
- UCI Rule 1.3.018 states that: Only wheel designs granted prior approval by the UCI may be used.
- UCI Rule 1.3.018: Only wheel designs granted prior approval by the UCI may be used. Consult the list of approved non-traditional wheels at 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.
- Only bicycles conforming to UCI rules 1.3.001 - 1.3.025 are permitted for use.
- Riders are required to wear jerseys corresponding to the club or team printed on their licence.
- Independent riders are required to wear plain-coloured jerseys with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- There will be no neutral service available. There will only be a support car behind the last wave of riders on course, not behind each race. Should a rider have a mechanical error they will be picked up by the follow car on course.
- Per CC 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 glass containers is strictly prohibited during the race.
- Disc brakes are permitted.



Upgrade Requests

New for 2023

New for 2023, upgrade criteria will be used in place of points to determine if a rider is eligible to upgrade categories. With mandatory upgrade category criteria that is easier to achieve, the new upgrade process will provide greater flexibility for optional movement between categories, while protecting categories against strong riders. Riders will be eligible to earn criteria to upgrade at OCups of the respective discipline they are looking to upgrade in.

Road Category	Mandatory	Optional
E2 to E1*	UCI Trade Team Status	Finishing Top 3 at an OCup event, or National Trade Team Status
E3 to E2 M2 to M1	Win 2 OCups, Place 3 times on the podium at OCups, or National Trade Team Status	Finish race in first 20% of OCup category, Elite 1/2 CX Status, Elite MTB Status, or Junior Expert MTB (Based on approval)
E4 to E3 M3 to M2	Win 2 OCups, Place 3 times on the podium at OCups, Elite 1/2 CX Status, Elite MTB Status, or Junior Expert MTB Status	Self-Selection (all riders have the option to self-seed as E4 or E3 and M3 or M2 in accordance with their age category)

*Does not apply to U17 aged riders or Master categories.

** You must race the category on your license, please notify the Ontario Cycling office in advance of your event if you are planning to upgrade or downgrade categories. You may be asked to provide additional information such as race results upon submitting a request to upgrade or downgrade.



Number Placement

- All riders must wear their bib numbers on the left side.
- Bib numbers shall be placed according to the following diagrams.



General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications.
- 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.
- The CC & OC rules are available at www.ontariocycling.org/officials
- An OC representative will be present at the race to assist with rider licensing issues. There is no ability to sell licenses or memberships on race date. Contact the OC for more details.
- U.S. Domestic Licenses are not accepted at any Ontario events. U.S. riders will require a UCI International License to participate in any Ontario events.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Team vehicles will not be permitted on the course for any event. Only race organization vehicles are allowed on the racecourse during competition. All other vehicles /team vehicles are not permitted to follow the races while in progress.
- 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, dropped 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.
- Radio communication is not permitted between riders and anyone else.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.



Awards

- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines issued to those who fail to comply. Riders must wear their competition uniform for medal presentations. Hats and/or eyewear are prohibited.
- Medal presentations will take place following the conclusion of each race.

Parking

- A small number of parking spots are available at the Thousand Islands Elementary School. Riders & Spectators should plan to park on surrounding streets.

Course

A preview of the course map can be [found here](#).

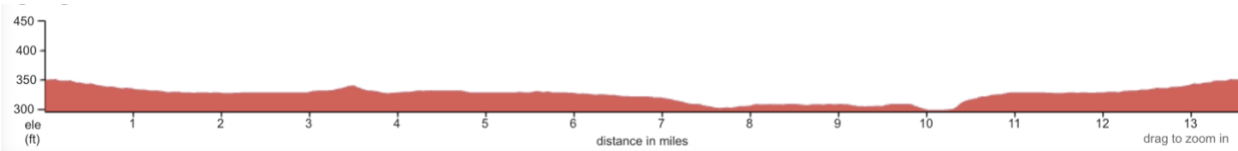
★ **Feed Zone** – spectators should make sure to park on the shoulder of the road and be aware of traffic and riders.



Start/Finish – be aware of riders and look for directional signage to guide you to parking areas, registration & washrooms.



Course Elevation



Event & Course Safety

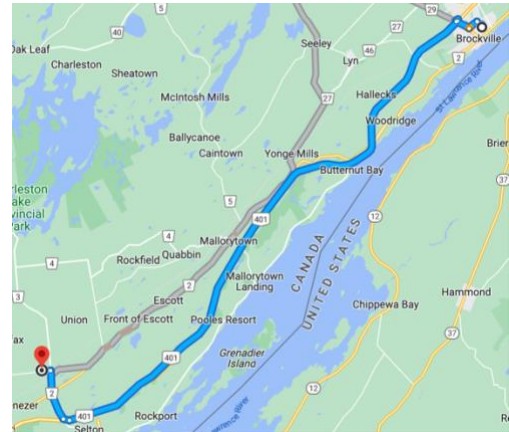
- First aid will be provided by Odyssey Medical who will be located under a tent near the start / finish area.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you will no longer be racing. Riders not reporting to the Commissaire may be subject to a fine.
- Riders are required to wear an approved, regulation cycling helmet at all times while riding their bike.
- Should a Commissaire or OC representative feel that a rider is unfit to race for any reason, the OC reserves the right to remove the rider from the event, for their own safety and the safety of others.



Directions to Nearest Hospital

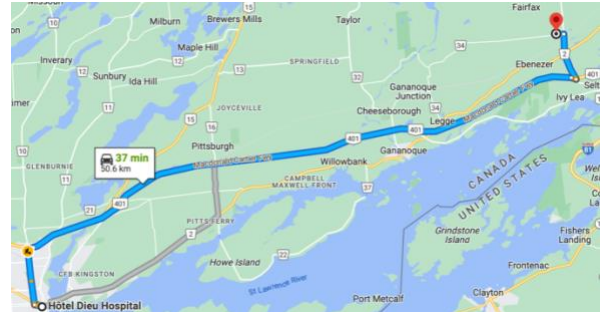
Brockville General Hospital

Location: 75 Charles St., Brockville, ON K6V1S8



Hôtel Dieu Hospital

Location: 166 Brock St., Kingston, ON K7L 5G2



MONTU OCup Segment Challenge

Ontario Cycling is partnering with MONTU Bikes to elevate your Ontario Cup (OCup) race day experience by setting up the MONTU OCup Segment Challenge on Strava. The challenge will be a virtual series within the Ontario Cycling OCup series in each discipline.

What to expect on race day?

Have your Strava account set up and join the [Ontario Cycling Club](#) group. Bring your GPS device on race day to record your ride. During the ride watch out for the MONTU OCup Segment Challenge flags or signs marking the Start and Finish of the segment on each course. The segment's distance will vary (300m and 800m) and focus on different skills. Upload your ride to Strava by the Tuesday after the event to be automatically entered into the MONTU OCup Segment Challenge. Only completed and recorded segments on race day will be counted!



How to upload your activity to Strava

Use the Strava app to “Record” and “Save” your ride, which automatically uploads your activity. Check out the [Getting Started Guide](#). If you already have a dedicated GPS device or use a different fitness platform, you can sync your activities to your Strava account. Find out what devices and services [Strava supports here](#).

The virtual series

Take part in the full OCup series and compete for a chance to win all segments. The fastest ten male and female riders in this designated MONTU OCup Segment Challenge section of each race will collect points that will accumulate throughout the OCup Series races. Each discipline's highest-ranked male and female will receive a MONTU OCup Segment Challenge winner jersey and bragging rights for the year.

NOTE: Unlike race results, the MONTU OCup Segment Challenge is based on overall



Male & Female results and not separated by age categories.

Rules:

- 1) Cyclists must join the [Ontario Cycling Strava Club](#).
- 2) Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
- 3) Riders must upload their ride by the Tuesday after the race.
- 4) The ride must be set to public.

Segment Place	Female	Male
1 st	10 pts	10 pts
2 nd	9 pts	9 pts
3 rd	8 pts	8 pts
4 th	7 pts	7 pts
5 th	6 pts	6 pts
6 th	5 pts	5 pts
7 th	4 pts	4 pts
8 th	3 pts	3 pts
9 th	2 pts	2 pts
10 th	1 pt	1 pt



2023 Provincial Championship Apparel - Special Edition

Everyone needs a good shirt or crewneck, even better if it is the special edition of the 2023 Provincial Championships in North Bay, ON; Kelso, ON MTB or Peterborough, ON for Cyclo-Cross. The soft, naturally breathable fabric makes this one a perfect companion for rides, chilly summer nights or your day-to-day business.

Product features:

- Unique great lakes camouflage design
- Limited Edition for 2023 Provincial Championships in North Bay, ON | Kelso, ON & CXLogo application in the neck
- Camping mug for the long weekends

T-Shirt - Youth sizes: CAN \$20* + HST

T-Shirt - Adult sizes: CAN \$20* +HST

Crewneck - Youth sizes: CAN \$40* + HST

Crewneck - Adult sizes: CAN \$45* +HST

Camping Mug: CAN \$15 +HST

The items will be available for purchase throughout the season.

The items (UNISEX) will be delivered to North Bay, ON, Kelso, ON, or Peterborough and are ready to pick-up at the registration desk. Optionally, the items can be sent to your home address after the event.

*Please be aware that a \$5 shipping fee will be added to each order



ORDER TODAY



Media

- Any individual wanting to create media content while using equipment other than a phone is required to obtain accreditation from Ontario Cycling.
- Please contact Patrik.zimmermann@ontariocycling.org by Wednesday May 10th, 2023.

Sponsors

Tunes on Wheels



A mobile bike tune-up and repair service in Ottawa is the official neutral mechanic at all OC Road OCup events. Full details on the services they can provide on the day off event can be found in the most up to date tech guide on the [OC events page](#).

For more information on the services Tunes on Wheels provides, visit their [website](#)!

Montu Website Discount



Ontario Cycling is proud to have Montu Bikes as a main partner for the 2023 Ontario Cup series. Montu is pleased to offer Ontario Cycling members a 15% discount on Montu apparel orders using the code **ontariocycling15**.

