



ONTARIO CYCLING

Ontario Cup #3 – Walden Trails

Presented by:



Walden
Mountain Bike
Club & Wolfpak
Racing



Sunday July 30th, 2023
Technical Guide
Version 7

THIS EVENT IS SANCTIONED BY



Event Sponsors & Partners

Main Partners



Nutrition Partner



Lifestyle & Tourism Partner



Local Partners



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Event Description

Date: July 30th, 2023

Time: 8:00am-4:00pm (time approximate)

Location: [1 Denis Ave, Lively, ON P3Y 1G2](#)

Parking: Entry & exit to the event parking lots are off of Old Highway 17, follow directional signage for guidance.

Feed Zone: The Feed Zone will be located on the start straight-away double track of each lap, roughly 200m from the start/finish area.

Nestled amidst the rugged landscape of Northern Ontario, Sudbury is a hidden gem that offers breathtaking natural beauty and endless opportunities for outdoor adventure. Sudbury is a mountain biker's paradise with over 300 freshwater lakes, sprawling forests, and stunning rock formations.

The second new course returning this season is the picturesque Walden Trails Park, less than 20min outside of downtown Sudbury. Taking in the beautiful Canadian Shield on and off the race course, this won't be an event you will want to miss. Utilizing the naturally rocky terrain to its fullest advantage when designing the course, the Walden Mountain Bike Club is excited to return to the Ontario Cup calendar since running Canada Cup events in 2013 & 14. The third and final round of the MTB OCup series will be a test of technical ability and endurance; riders with strong technical prowess who can ride the critical rocky sections lap after lap consistently will shine.

For riders who dabble in both MTB and Road cycling, consider spending the week in Northeastern Ontario and participating in the North Bay Road Provincial Championships, which happens just five days later and creates an amazing weeklong cycling adventure exploring the beautiful but mostly untapped cycling routes throughout the region.

For more information on Walden Trails and the Walden Mountain Bike Club click [here](#).



OC Event Contacts

Position	Name
Event Organizer	Darren De Ruiter
Membership / Licensing	Chris Baskys
Timing	Zone4
Medical	Odyssey Medical

Commissaires

Position	Name
President of the Commissaire Panel	Edward Sitarski
Finish Judge	Maria Paisley
Member (Trainee)	Marie-Eve Potvin
Member (Trainee)	Joseph Hall

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 July 20th, 2023.



Registration

- Registration for all MTB OCups is open to Ontario Cycling licensed riders 8 years of age and older.
- Provincial Race License (PRL) and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- On trial this year, ACM (Associate Club Membership) holders that are members of the host club(s) supporting an OCup are allowed to compete at that OCup **ONLY**. Their ACM must show that they are a member of the supporting club at the time of registration and upon signing in at the respective event. If no club is supporting the event or a riders' ACM is for a club not in support of the event, riders will be required to have a Provincial or UCI Race License to participate.
- Registration for MTB OCup 3 closes on **Wednesday July 26th at 11:59pm**.
- If the Wednesday at 11:59pm registration deadline passes and a rider would still like to register, they have until Thursday at 5:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.

MTB OCup #3 – Walden Trails Registration		
Event	Registration Timeline	Link
OCup #3	Closes Wed, July 26 th @ midnight	HERE
Cost per event	Price of \$45-85 depending on category	

Pre-Riding

Walden Mountain Bike Club (WMBC) has been granted permission by the City of Greater Sudbury to use this land. The Walden Trails are located in a city park and WMBC is not charging fees for pre-ride. Riders assume their own risk and responsibility when riding the course outside of official pre-ride and competition on Saturday and Sunday of event weekend. The course will be marked as of end of day Fri. July 21st. If pre-riding the week before the event, WMBC would appreciate a \$10 donation to the club at the trailhead – this supports the club and trail building/maintenance endeavors that make events like this possible. Please ride responsibly and remember that other riders and the public may be on the trails.



Categories & Pricing

Start Wave	Time	Categories	Registration Fees Closes Wed July 26 th
1	9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	\$45
2	10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women Senior Sport Women 19+ Master Sport Women 35-44 Master Sport Women 45-54 Master Sport Women 55-64 Master Women 65+ Master Sport Men 55-64 Master Men 65+	\$55 (U15) \$65 (U17 Sport) \$70 All other categories
3	11:45am	Senior Expert Women Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+ U19 Sport Men Senior Sport Men 19+ Master Sport Men 35-44 Master Sport Men 45-54	\$80
4	1:30pm	U17 Expert Girls U19 Expert Women Elite Women U23 Women U17 Expert Boys U19 Expert Men Senior Expert Men Elite Men U23 Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+	\$80 (U17 Expert) \$85 All other categories



Category Distance, Lap, and Duration Standards

Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	9:00am	U11 Girls/Boys U13 Girls/Boys	8.32km	2 Laps	30-45min
2	10:00am	U15 Girls/Boys U17 Sport Girls/Boys Master Sport Men 55-64 Master Men 65+ U19 Sport Women Senior Sport Women 19+ Master Sport Women 35-44 Master Sport Women 44-54 Master Women 65+	14.18km	2 Laps	55-70min
3	11:45am	Senior Sport Men 19+ U19 Sport Men Master Sport Men 35-44 Master Sport Men 45-54 Senior Expert Women 19+ Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	21.27km	3 Laps	70-85min
4	1:30pm	U17 Expert Girls Elite/U23 Women U19 Expert Women Elite/U23 Men U17 Expert Boys U19 Expert Men Master Expert Men 35-44 Master Expert Men 45-54 Master Expert Men 55+ Senior Expert Men 19+	14.18km (U17 G) 21.27km (U17 B & U19 W) 28.36km (Expert M & Elite W) 35.45km (Elite M)	2 Laps (U17 G) 3 Laps (U17 M & U19 W) 4 Laps (Expert M & Elite W) 5 Laps (Elite M)	55-70min (U17 G) 55-70min (U17 B & U19 W) 75-90min (Expert M & Elite W) 85-100min (Elite M)



Youth (Ages 8-16) Category Structure *New for 2023*

In 2023, youth (8-16 years of age) will be moving back to age-based categories. Having piloted ability-based categories during the 2022 season, to bring MTB youth categories into closer alignment with those in Road, CX, & Track events. The decision to return to age-based categories was difficult given the benefits we had witnessed from both structures. Similar to age-based categories, ability-based had its own unique set of challenges. In particular, age-based categories continue to be used at the national level and in provinces outside of Ontario, creating difficulties when out of province riders came to participate in Ontario. Ultimately, open seeding created confusion around which category athletes should register for as ability is difficult to gauge in off-road events as everyone's local trail network is different.

Categories in the age-based structure will be seeded by age of the participant as of December 31st, 2023 into the following U11 (8-10yrs), U13 (11-12yrs), U15 (13-14yrs), & U17 (15-16yrs) age groups. Beginning in U17 and up, age categories are further broken into the ability groups of Sport and Expert. New in 2023, athletes have the option to self-seed into either Sport or Expert ability levels. Category standings will be tracked for all age groups and parents/coaches are encouraged to focus on the youth rider's development within the sport, over winning overall series recognition.

We will continue to evaluate and encourage participants to provide feedback via our Event Participation Survey throughout the season on the change and category structures. In direct emails to participants post event and on site on event day you will find links to the survey posted.



Provincial Championships Eligibility

New for 2023 All riders who wish to compete at a Provincial Championships in 2023 are required to have participated in 1 or more OCups of the same discipline in the same calendar year. Riders who register for an OCup but do not start (DNS) will not be eligible to compete, only riders who start an OCup: ending in a result, DNF, and/or DSQ from 1 or more OCups in the same calendar year will be able to race at Provincials.

If for sufficient reason a rider cannot compete at a MTB OCup and would like to participate at MTB Provincials, they can request an exemption by completing the google form linked [here](#).

Awards & Prizes

- 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 may be issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- Medal presentations will take place following the conclusion of each race.



Event Schedule

SATURDAY, July 29th:

- 9:00 am – 5:00 pm Official Course Pre-Ride is Open
- 10:00 pm – 4:00 pm Rider Sign-In is Open

SUNDAY, July 30th:

- 7:30 am – 1:00 pm Rider Sign-In is Open*
- **9:00 am** **Start Wave 1 (U13 & U11)**
 - 10:15 am: Wave 1 Podium Ceremonies
- **10:00 am** **Start Wave 2 (Sport W & M)**
 - 12:00 pm: Wave 2 Podium Ceremonies
- **11:45 am** **Start Wave 3 (Expert W & Sport M)**
 - 1:45 pm: Wave 3 Podium Ceremonies
- **1:30 pm** **Start Wave 4 (Elite & Expert W/M)**
 - 3:45 pm: Wave 4 Podium Ceremonies
- 3:30 pm Racing on Course Concludes

**All riders must sign-in at the Ontario Cycling tent before their race. Sign-in closes 30 minutes prior to the start of each race wave.*

Results & Timing

All MTB Ontario Cup and Provincial Championship events in 2023 will be timed by Zone4. Race results will be available on Zone4's results page on event day at the link here: <https://zone4.ca/>. Final results will be posted on the Ontario Cycling website after the conclusion of the event.





New for 2023 All participants will receive a timing chip corresponding to their race plate number. Timing chips must be picked up by all riders at the sign-in tent on event day and returned via the chip drop-off bin after finishing the race. Ontario Cycling has made a significant investment into timing equipment and services in 2023, as such all riders who do not return their timing chip on event day will be invoiced \$75. The cost to replace the chip unless other arrangements can be made to return the chip to the Ontario Cycling office.

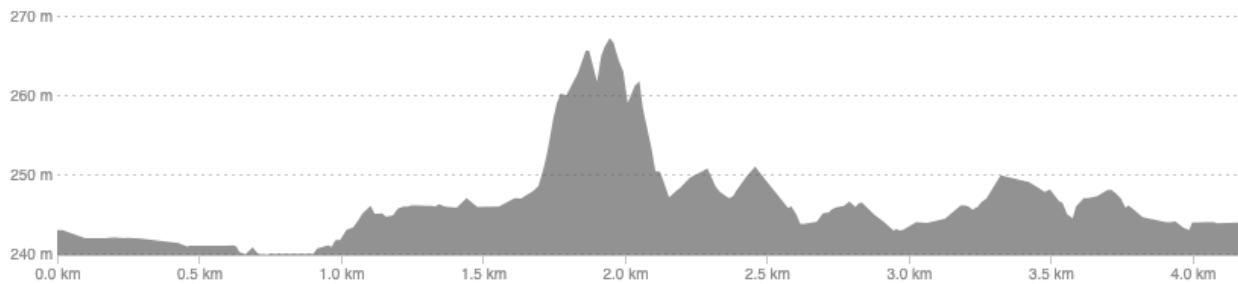
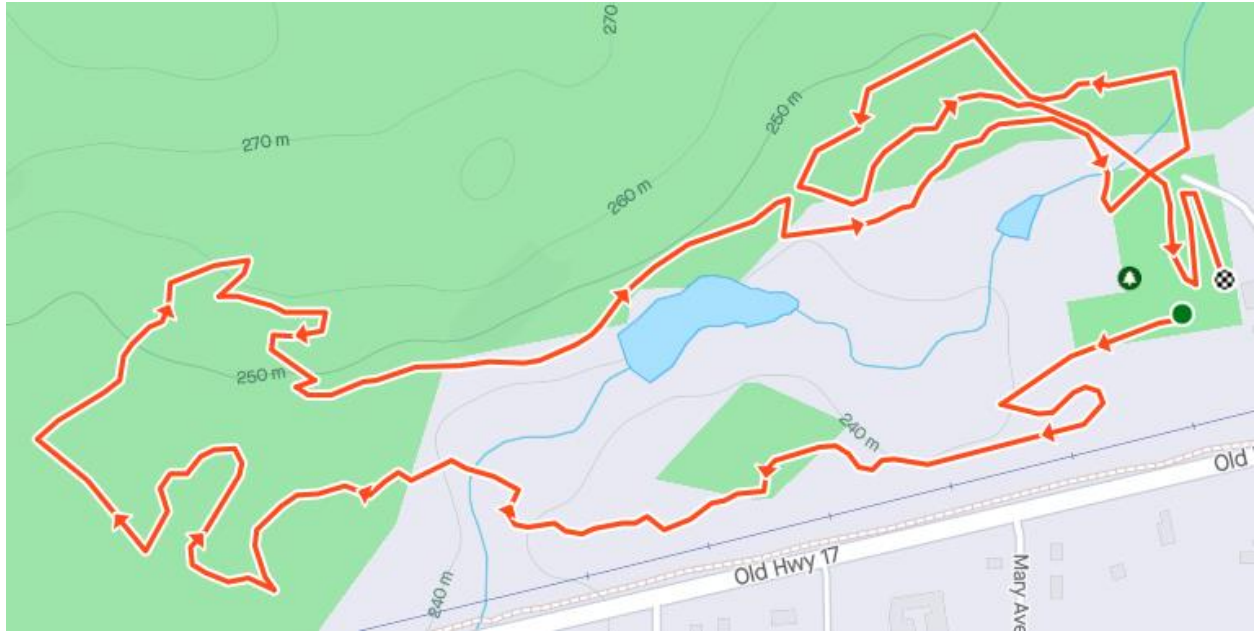
Course Marking

- Ontario Cycling 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.
- Ontario Cycling uses 12"x10" red arrows on white 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" (B Line) or "Hard" (A Line) options where riders have a choice on which line they want to take. The "Hard" option is more difficult than the "Easy" option, and generally offers a time advantage to participants who are able to ride the option.

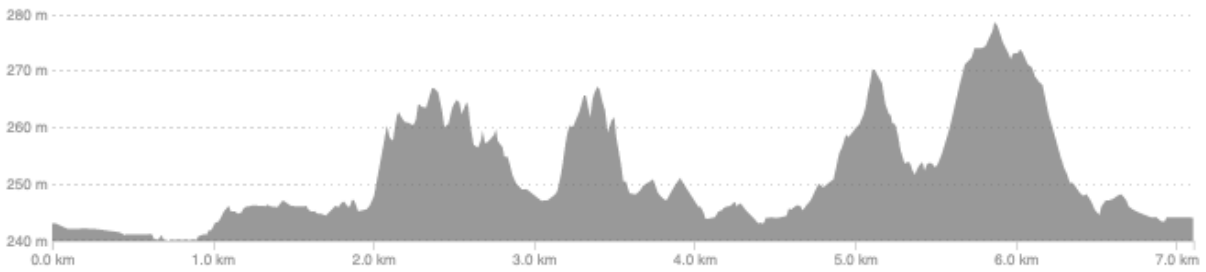


Course Maps & Elevation Profiles

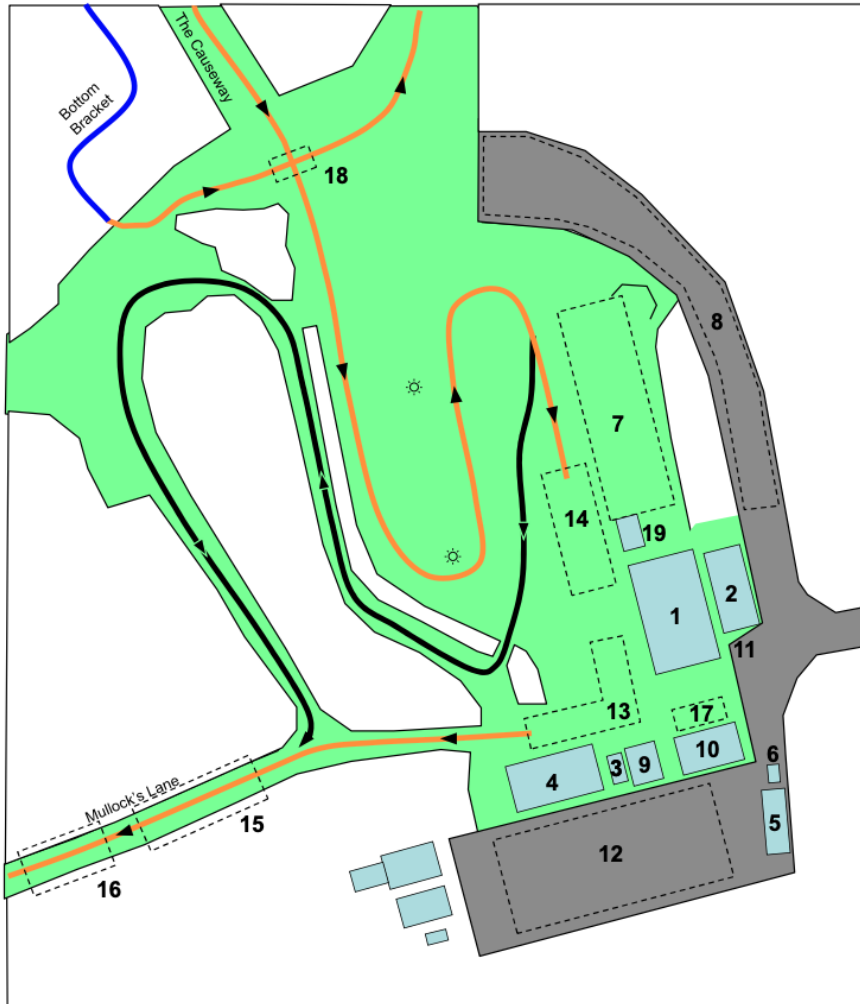
9:00 am Course Map – 4.16km & 51m of elevation gain per lap



10 am/1145 am/130 pm Course Map – 7.09km & 141m of elevation gain per lap



Start/Finish Diagram



**Ontario Cup #3
Mountain Bike Race**

**Walden Trails
Sudbury, Ontario**

July 29-30, 2023

Stadium Layout

- 1 – Main Chalet - Registration
- 2 – First Aid
- 3 – Awards
- 4 – Picnic Shelter
- 5 – Washrooms
- 6 – Garbage Bin
- 7 – Teams North
- 8 – Race Officials and
Volunteer Parking – 30 Spots
- 9 – Wax Shack - Officials

- 10 – Training Centre – Volunteers
- 11 – Bike Wash
- 12 – Team Zone South
- 13 – Start Area
- 14 – Finish Area
- 15 – Feed Zone
- 16 – Tech Zone
- 17 – Food Vendor
- 18 – Fly Over
- 19 – Timing Hut

15 Apr 2



Team Area

There is limited space at Walden Trails for the set-up of Team Tent Space during the OCup weekend. Register for team space by emailing a request to events.team@ontariocycling.org. Failure to register for team space may result in a refusal of team area 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 President of the Commissaire Panel and all determinations made by the Commissaire are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.
- Upgrade points will be awarded, as per Ontario Cycling guidelines.



Equipment Regulations

- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling 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.



Ontario Cup Points

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

Place	Points	Place	Points	Place	Points
1st	25	6th	10	11th	5
2nd	20	7th	9	12th	4
3rd	16	8th	8	13th	3
4th	13	9th	7	14th	2
5th	11	10th	6	15th	1

**Any riders competing with an ACM as a member of the host club supporting the particular OCup they are eligible to participate at is not eligible to earn OCup points.*

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



Category Upgrade Criteria

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 points 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.

Category	Mandatory Upgrade (End of Season Enforced)	Optional Upgrade
Expert to Elite*	<ul style="list-style-type: none"> -Win 2 OCups -Place 3 times on the OCup podium -UCI Trade Team Status 	<ul style="list-style-type: none"> -Finish an OCup in the first 20% of your category -Elite 1/2 Road or CX Status -National Trade Team Status
Sport to Expert	<ul style="list-style-type: none"> -Win 2 OCups -Place 3 times on the OCup podium -Elite 1/2 Road or CX Status -National Trade Team Status 	Self-Selection (all riders have the option to self-seed as Sport or Expert)

**Does not apply to U17, U19, & Master categories.*

*** You must race the category on your license, please notify the OC 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.*



Ontario Cup Call-Up Protocol

Call-ups for OCups are designed to encourage participation in the OCup series by Ontario riders. OCup races use ability-based 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, 1st, 2nd, 2nd, 2nd, 3rd, 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 a rider saves a place and allows another rider to move up to take it (riders may choose any position after their call-up).

Youth Categories (1st OCup of the 2023 series):

- Youth age-based categories will be called up based on OCup points from the 2022 season at the first race of the series moving down through the ability categories used, A Grade, B Grade, C Grade, D Grade, and E Grade until the first 2 rows of each age-based category have been filled (series ties broken randomly).
- When the first 2 rows are filled, the remaining 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.
- Each category shall begin in a new row. Half-wheeling between rows is not permitted.
- All youth categories will start together on the same whistle and use the same lap counter unless communicated otherwise.



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.

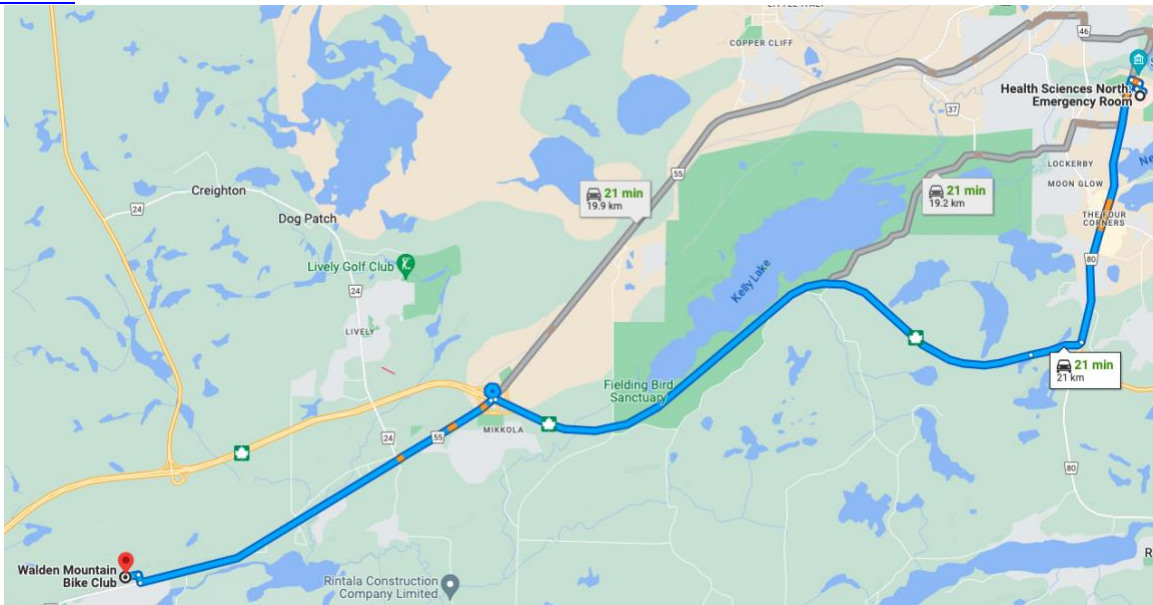


Bad Weather and Course Changes – UCI Rule 4.2.013 changes/updates

- 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 Ontario Cycling’s social media accounts.
- OC Lightning Policy: <http://www.ontariocycling.org/forms/lightning-policy/>

Medical/Hospitals

Health Sciences North Emergency Room: [41 Ramsey Lake Rd, Sudbury, ON P3E 5J1](#)



Course marshals are stationed throughout the course and at the start/finish area.

Directions to Closest Hospital

Walden Trails: [1 Denis Ave, Lively, ON P3Y 1G2](#)

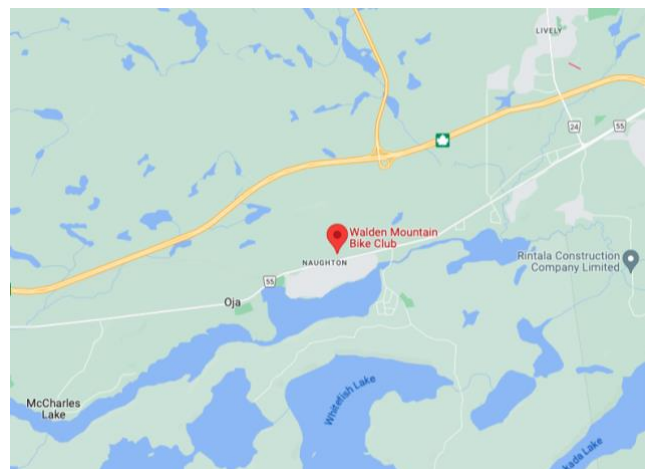
- Exiting Walden Trails turn right onto St Louis St
- Turn left onto Old Highway 17
- Merge Right onto Trans-Canada Hwy
- Exit Right onto Long Lake Rd
- Continue Straight onto Paris St
- Turn Right onto Ramsay Lake Rd
- Turn Right onto Laurentian Hospital Rd

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.

Location of the Event

Walden Trails: [1 Denis Ave, Lively, ON P3Y 1G2](#)

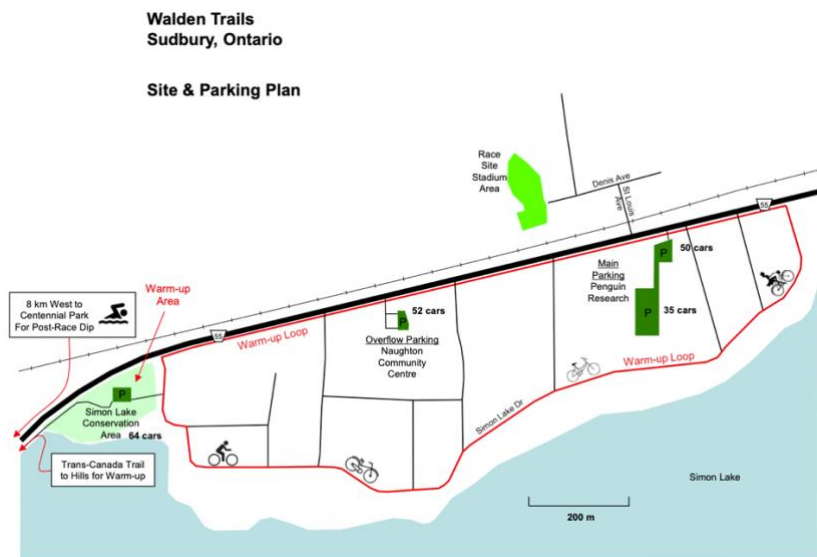


Parking

Parking is very limited at Walden Trails with only enough spots for event staff at the venue. Penguin Research 350m from the venue will be used as the main parking lot for the event, holding up to 85 vehicles. If overflow parking is needed, Naughton Community Centre 950m from the venue is next closest and can hold up to 52 vehicles. In the extreme case both the Penguin Research and Naughton Community Centre parking lots are full, the Simon Lake Conservation parking lot is 1.5km from the venue and can hold up to 64 vehicles. The addresses for all parking lots are:

1. **Penguin ASI:** [Greater Sudbury Regional Road 55, Naughton, ON P0M 2M0](#)
2. **Naughton Community Soccer Field:** [Greater Sudbury, ON P0M 2M0](#)
3. **Simon Lake Park:** [263 Simon Lake Dr, Naughton, ON P0M 2M0](#)

Please respect the generosity of these landowners who have allowed us to use their properties for the event. Pick-up any trash you may have left behind and bring all of your belongings with you at the end of each day. Upon arrival on event day Sunday, July 30th please follow the instructions of any parking volunteers to maximize parking space available to fellow racers. Please see the below map for a visual of the available parking options and locations:



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 July 25th, 2023.

Local Partnerships



Cambrian College is Northern Ontario's largest college, with more than 90 programs, serving approximately 5,000 full-time and part-time students from more than 50 countries. Cambrian's main campus is in Greater Sudbury, with satellite centres in Espanola and Little Current. Discover the range of services and facilities we offer to support students and prepare them for success in today's competitive work places.



Sessions Ride Company was founded in 2016 by riders interested in exploring a different way of cycling in town. They will provide neutral mechanic support on site and will fix flat tires, break gear cables and chains to safe your race day experience in the City of Lakes, when you run into issues.



Sudbury Tourism is the destination marketing organization for the City of Greater Sudbury. They operate and maintain both toll-free and local telephone numbers and e-mail address. Providing information, tools and resources for visitors, partners, community stakeholders, and residents. In addition to supporting local sport events like MTB OCup #3, located just 20 minutes from downtown Sudbury.



T.H.A.T. Group is passionate about delivering superior products and services to their clients. Aspiring to build robust partnerships with customers, ensuring that they work together to achieve positive results without compromising quality and safety. Their scaffolding business continues to grow domestically. With over 100 years of combined experience, their team of experts allow them to be leaders in working at heights with scaffolding.



Accommodations

Camping

- There is no on-site camping available at the Walden trails.
- [Fairbank Provincial Park](#), which is 30 minutes away. Sites are booked using the [Ontario Parks Reservation System](#).
- There is a small City-run campground at [Centennial Park](#), about 7 minutes away. The information for this facility is [found here](#).

Hotels & Motels

- [Belmont Motel](#) - \$99 used code *OCUP* until Jul 20
- [Homewood Suites by Hilton Sudbury](#) - \$169 used code *OCUP* until Jul 10
- [Super 8 by Wyndham](#) - \$139.99 used code *Ontario cup* until Jun 30 at 2 pm
- [Comfort Inn Regent Street](#) - \$157 use code *OCUP* until Jul 12
- [Travelodge Hotel by Wyndham Sudbury](#) - \$132.46 use code *OCUP* until Jul 14



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, Stouffville, ON for BMX, and the location 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 | Stouffville, 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, Stouffville, 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



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