

Ottawa Bicycle Club's 33rd Annual Almonte Paris-Roubaix

14 April 2024

Technical Guide V0.2

About

Like its inspiration, the 33rd Almonte Paris-Roubaix Cyclo Sportif mixes well paved roads with abominations. The route includes mud, gravel, sand, rocks, unmaintained roads, woodlots and one switchback climb.

The classic route is about 80 kilometres. A shorter 40 km is an option for riders and includes 3 woodlots.

This is a cyclosporitif ride, **not a race**. The roads are open to other users. **All traffic laws, including stopping at stop signs and staying to the right, apply to all riders at all times.** Marshals may stop or delay riders for safety reasons. Any rider who disobeys their instructions will be immediately removed from the event.

There will be no motorized support, partly because some of the roads may not be passable for motor vehicles. We strongly recommend that riders choose cycling equipment for its robustness, not its lightness. Any kind of bicycle may be used, although gravel/cyclocross bikes with large section road tires (at least 28 mm wide) are generally the best choice. Fixed gear bicycles must be equipped with at least a front working brake as is required under the Highway Traffic Act. Tri Bars are not allowed – you can't go all Ted King here. It is each rider's personal responsibility to ensure that their bicycle is legal and safe for road use in Ontario.

All riders must carry a working pump and at least two spare inner tubes. Tubular tire users should have at least two spare tires or one tire and an aerosol patching inflator. A cell phone is an excellent item to carry for calling for help if necessary.

Helmets are required at all times, including during warm-up.

For the safety of other riders and to avoid congestion, personal or team following vehicles are not permitted. Any riders or members of teams who violate this rule will be disqualified.

The only store along the route that might be open is at Clayton, but it is very close to the finish. Some riders will take nearly 4 hours to complete the ride, so riders must carry sufficient food and drink for their ride. Note: due to the rough route, be sure that your water bottles and pumps are well affixed to you and/or your bike.

Categories

The categories are simple!

Long Course – Open Male, Open Female - 17 years and older (Age as of end of 2024). 16 year old riders may be permitted, with organizer, coach and parent agreement. (Aimed at riders in the Ottawa Bicycle Club's (and other local club's) youth development programs)

Short Course - Open Male, Open Female – Riders 16 years old and younger need to ride in pre-arranged groups with at least one registered adult.

Results will be published with rider's “age category” (U17, U19, Senior, 30-39, 40-49 etc)

Local maple syrup prizes to first three Males and Females in the Long Course, and first three U19 Males and Females in the short course. Lanark County is Ontario's Maple Syrup capital.

Registration

Exclusively via ccnbikes.com

Registration will open early March, close on Wednesday 10 April at midnight.

Total registration is limited to 220 riders, with a field limit of 160 for the long course.

Price \$33 + taxes and fees for Ontario Cycling members and \$50 for non-members.

Ride Kit Pickup

Early bird number pickup will be held on the Friday afternoon before the ride at Euro-sports, 13 Bullman St., Ottawa, ON K1Y2S2. For Ontario Cycling members, membership/license verification is required to receive your number.

Last Minute Number pickup, sign on, and Rider Briefing: Almonte Civitan Club 500 Almonte Street, Almonte, Ontario K0A 1A0

All riders must sign on at the ride start. All riders who don't sign on will be listed as did not start.

Ride Day Schedule

6:00 am – 7:30 am – last minute number pickup

6:00 am – 7:40 am – sign on open

7:55 am - Mandatory rider briefing

8:00 am – Neutral roll out from Almonte to the “real start”

Neutral Start: Depart parking lot, turn left on Wolf Grove then right on County Road 29. At the next intersection, turn right onto Old Perth Road and climb the hill to the Works Yard at Concession 8. The various groups will sort out at the works yard, then proceed to the “real” start on Old Perth Road west of Concession 8.

Approx 8:10 am – start of the Long Course “Grouppo Rapido”

Approx 8:13 am – start of the Long Course “Grouppo Relaxo”

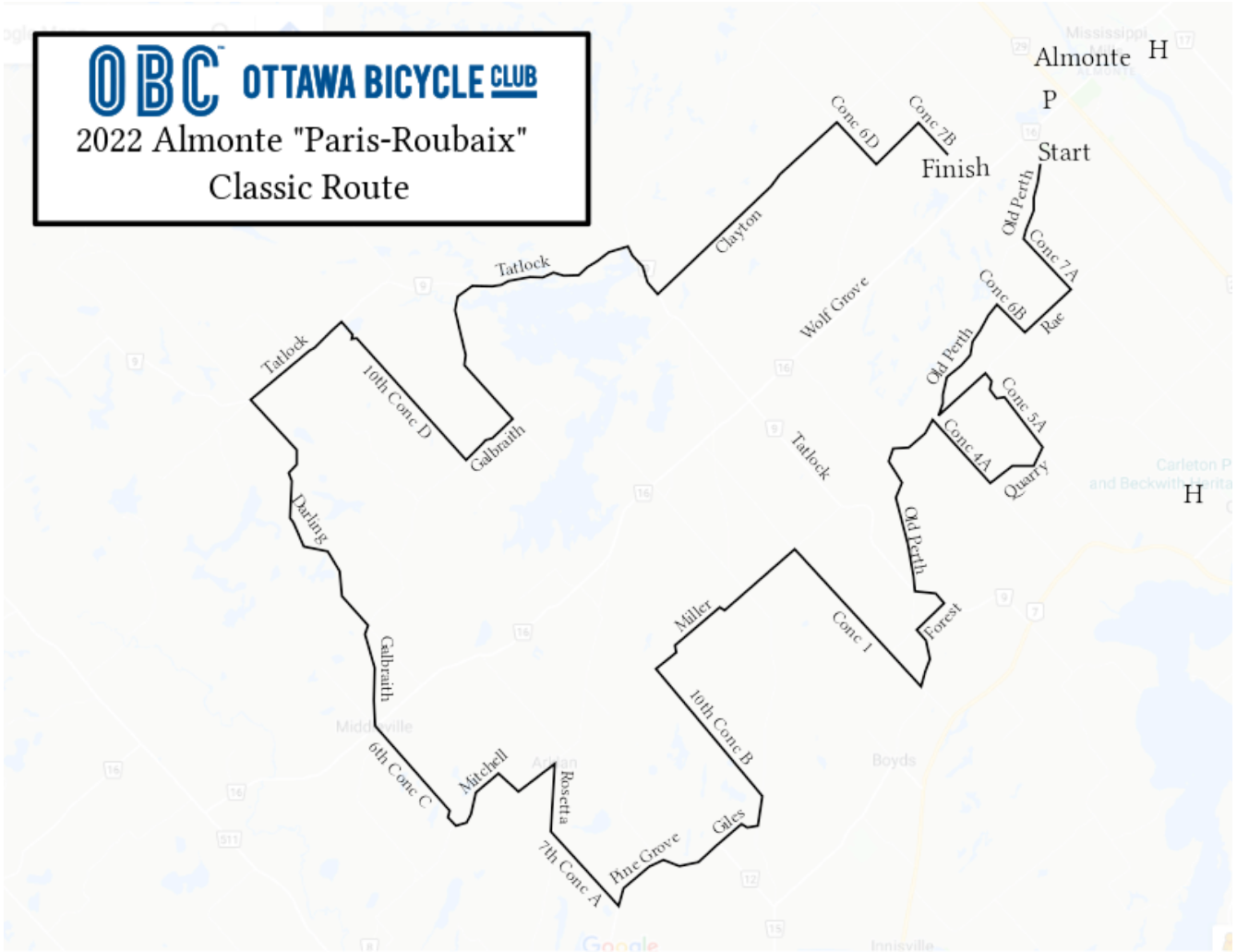
Approx 8:17 am – start of the Short Course

We ask that long course riders to self seed into the Rapido (expect to average 32 km/hr +) and Relaxo groups

Finish line remains open until the last rider arrives.

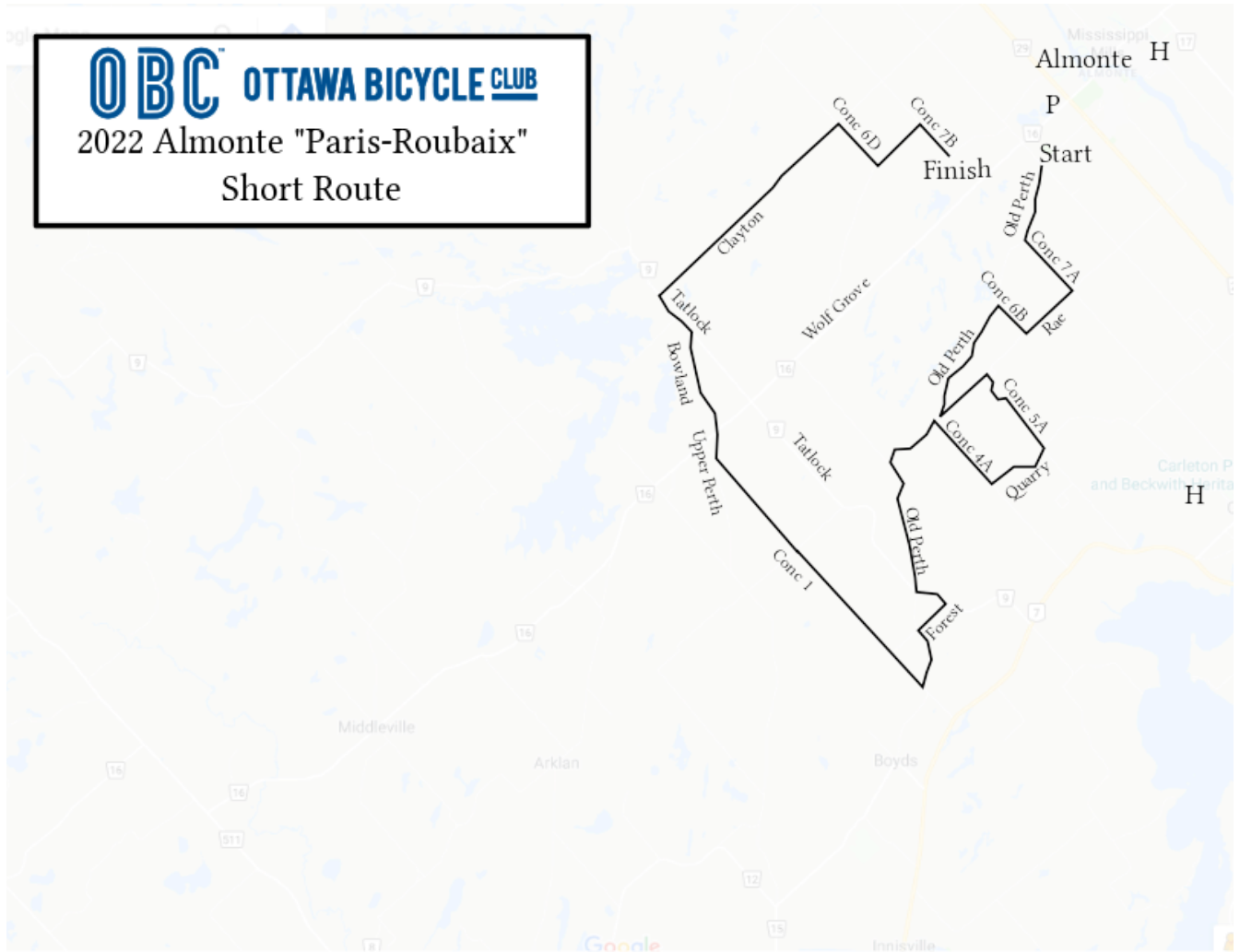


2022 Almonte "Paris-Roubaix"
Classic Route





2022 Almonte "Paris-Roubaix"
Short Route



In Case of Emergency

Hospital Locations

- 1) Closest hospital to start/finish – Almonte General Hospital 75 Spring St, Almonte, ON 613 256-2500
- 2) Alternate hospital – Carleton Place and District Memorial Hospital 211 Lake Ave E, Carleton Place, ON 613 257-2200
- 3) Regional Trauma Centre – Ottawa Hospital, Civic Campus 1053 Carling Ave, Ottawa ON

Accident/Injury Protocol

As this is a ride (not a race), riders are requested to provide aid to other riders. All riders will be given the contact number of the organizer, and this protocol will be reviewed during the pre-ride instructions.

Riders are encouraged to ride in groups. If an accident occurs on route, riders in the group will assess the situation. If the situation is life threatening (e.g. severe bleeding, rider unable to move), the group will call 911, and then the organizer. Otherwise if the injured rider cannot continue, the group will call the organizer and arrangements will be made to get the injured rider to safety.

Riders are required to be self-sufficient and carry sufficient repair supplies. However, the organizer has had a catastrophic equipment failure on this ride and has been picked up by the sweep. Riders who abandon must check in at the finish (or via a text to the organizer)