



**ONTARIO CUP**  
MOUNTAIN BIKE SERIES

## Ontario Cup #1 – Woodnewton

Presented by:



April 24, 2024  
Technical Guide  
Version 3

THIS EVENT IS SANCTIONED BY



## Event Sponsors & Partners



An agency of the Government of Ontario  
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## Event Description

**Date:** May 4-5<sup>th</sup>, 2024

**Location:** [Woodnewton](#) 4589 Concession 6, Uxbridge, ON L9P 1R4, Canada

**Parking:** Onsite, please follow signage for entrance and exit. No parking on Concession 6.

Woodnewton, located in Uxbridge just 15 minutes north of Whitby, is home to the Durham Shredders Mountain Bike Club. Woodnewton offers exceptional early season riding conditions with its sandy soils, southern exposure, and remarkable trails that are exclusively accessible during events. In keeping with the surrounding trails in Durham Forest, Woodnewton offers a great selection of fast, flowy and technical single and double track trails.

Saturday May 4<sup>th</sup> will feature a short track (XCC) race along with the following community events:

- Open category try-out race on the XCC course for kids & adults
- Girls in Cycling chat with Molly Hurford creator of the Shred Girls, a book series and site for girls who want to have fun on two wheels!
- Girls & Women Guided Ride

Sunday May 5<sup>th</sup> will be the OC OCup XCO races.

[Annina's Temptations](#) Food Truck will be available on site both days as well as access to [Slabtown Cider Co.](#) on the property adjacent to Woodnewton. Please note, alcohol is prohibited on the Woodnewton property and must not be brought on site.

For updates stay tuned to our social channels [@durhamshredders](#). Questions or concerns can be directed to [events@durhamshredders.com](mailto:events@durhamshredders.com).

## Event Contacts

<b>Position</b>	<b>Name</b>
Event Organizer	Durham Shredders MTB Club
Ontario Cycling Event Lead	Darren De Ruiter
Ontario Cycling Membership	Chris Baskys
Timing	<a href="https://www.racetiming.ca">RaceTiming.ca</a>
Medical	Odyssey Medical

## Commissaires

<b>Position</b>	<b>Name</b>
President of the Commissaire Panel	Fred Seemann
Finish Judge	Rob Visser
Member	Joseph Hall

## Media

- Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling.
- Please contact [evan.doyle@ontariocycling.org](mailto:evan.doyle@ontariocycling.org) by Tuesday April 30, 2024 to receive accreditation for the event.

## Registration

- Registration for all MTB OCups is open to Ontario Cycling members and license holders 8 years of age and older.
- Challenge Membership, Compete Membership, 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.
- Registration for MTB OCup 1 closes on **Thursday May 2 at 11:59pm**.
- If the Thursday at 11:59pm registration deadline passes and a rider would still like to register, they have until Friday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

<b>MTB OCup #1 – Woodnewton Registration</b>		
<b>Event</b>	<b>Timeline</b>	<b>Link</b>
OCup #1 XCC & XCO	Closes Thurs, May 2 <sup>nd</sup> @ 11:59pm	<a href="#">Here</a>
Saturday XCC Open Category*	Open until day of event	<a href="#">Here</a>
Cost per event	Price of \$25-70 depending on event and category	

\*Try an OCup race for kids & adults (first time participating).

Registration for **Girls & Women in Cycling Events** can be found [here](#).

### Pre-Riding

Pre-riding will be available at the following times:

<b>Date/Time</b>	<b>Details</b>	<b>Registration</b>
Wed May 1 <sup>st</sup> @ 5 pm	Woody Weekly Race Series <b>(Unsanctioned Event)</b>	<a href="#">Info</a>
Thurs May 2 <sup>nd</sup> 5:30 – 8 pm	XCO course pre-ride	<a href="#">Here</a>
Fri May 3 <sup>rd</sup> 5:30 – 8 pm	XCO course pre-ride	
Sat May 4 <sup>th</sup> 9 – 4 pm	XCC race & official XCO course 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.

Cost:

- Thurs-Saturday pre-ride is \$10 per day or \$15 for multi-day. Registration for the XCC races includes Saturday pre-ride.

## XCC Categories, Pricing & Race Duration

<b>Start Wave</b>	<b>Time</b>	<b>Categories</b> Subject to change based on registration	<b>Race Fee</b>	<b>Race Duration</b> ~1km Lap
1	11:00 am	U13 Girls U13 Boys	\$25	15 min All riders finish after winners last lap
2	11:25 am	U15 Girls U15 Boys	\$25	15 min All riders finish after winners last lap
3	11:50 am	Elite Women U19 Women U17 Girls Sport Women Master Women	\$30	20 min All riders finish after winners last lap
4	12:20 pm	U17 Boys Sport Men Master Men	\$30	20 min All riders finish after winners last lap
5	12:50 pm	U19 & Elite Men	\$30	20 min All riders finish after winners last lap
6	1:20 pm	Open (will divide out into categories depending on registration)	\$5	15 min All riders finish after winners last lap

## XCO Categories & Pricing

Start Wave	Time	Categories	Registration Fees Closes Thu May 2
1	9:15am	U19 Sport Men Senior Sport Men 19-34 Master Sport Men/Open 35-44 Master Sport Men/Open 45-54 Master Sport Men/Open 55-64 Master Men/Open 65+ Senior Sport Women 19-34 Master Sport Women 35-44 Master Sport Women 44-54 Master Sport Women 55-64 Master Women 65+	\$70
2	10:45am	U11 Girls/Boys U13 Girls/Boys	\$35
3	11:30am	U15 Girls/Boys U17 Sport Girls/Boys U19 Sport Women Senior Expert Women 19-34 Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	\$45 (U15/U17) \$55 (U19) \$70 (Expert)
4	1:00pm	U17 Expert Girls Elite/U23 Women U19 Expert Women Elite/U23 Men U17 Expert Boys U19 Expert Men Master Expert Men/Open 35-44 Master Expert Men/Open 45-54 Master Expert Men/Open 55+ Senior Expert Men 19-34	\$65 (U17/U19) \$70 (Expert/Elite)



## XCO Category Distance, Laps, and Duration

Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	9:15am	U19 Sport Men Senior Sport Men 19-34 Master Sport Men/Open 35-44 Master Sport Men/Open 45-54 Master Sport Men/Open 55-64 Master Men/Open 65+ Senior Sport Women 19-34 Master Sport Women 35-44 Master Sport Women 44-54 Master Sport Women 55-64 Master Women 65+	20-22km (Men/Open U55) 12-14km (Women & Men/Open 55+)	3 Laps (Men/Open U55) 2 Laps (Women & Men/Open 55+)	70-85min (Men/Open U55) 55-70min (Women & Men/Open 55+)
2	10:45am	U11 Girls/Boys U13 Girls/Boys	4-6km (U11) 6-8km (U13)	1 Lap (U11) 2 Laps (U13)	25-40min
3	11:30am	U15 Girls/Boys U17 Sport Girls/Boys U19 Sport Women Senior Expert Women 19-34 Master Expert Women 35-44 Master Expert Women 45-54 Master Expert Women 55+	12-14km (U19) 20-22km (Expert W)	2 Laps (U19) 3 Laps (Expert W)	55-70min (U19) 70-85min (Expert W)
4	1:00pm	U17 Expert Girls Elite/U23 Women U19 Expert Women Elite/U23 Men U17 Expert Boys U19 Expert Men Master Expert Men/Open 35-44 Master Expert Men/Open 45-54 Master Expert Men/Open 55+ Senior Expert Men 19-34	14-16km (U17 W) 20-22km (U17 M & U19 W) 26-28km (Expert M & Elite W) 32-34km (Elite M)	2 Laps (U17 W) 3 Laps (U17 M & U19 W) 4 Laps (Expert M & Elite W) 5 Laps (Elite M)	55-70min (U17 W) 55-70min (U17 M & U19 W) 75-90min (Expert M & Elite W) 85-100min (Elite M)

## 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.

We are pleased to offer an XCO Elite and U19 Expert prize purse as follows:

<b>Elite M/F</b>		<b>U19 Expert M/F</b>	
<b>Place</b>	<b>CDN</b>	<b>Place</b>	<b>CDN</b>
1 <sup>st</sup>	\$200	1 <sup>st</sup>	\$100
2 <sup>nd</sup>	\$150	2 <sup>nd</sup>	\$75
3 <sup>rd</sup>	\$100	3 <sup>rd</sup>	\$50

## Event Schedule

### THURSDAY, May 2<sup>nd</sup>:

- 5:30 pm – 8:00 pm XCO Course Pre-Ride
- 11:59 pm Registration Closes

### FRIDAY, May 3<sup>rd</sup>:

- 5:30 pm – 8:00 pm XCO Course Pre-Ride

### SATURDAY, May 4:

- 9:00 am – 5:00 pm XCO Course Pre-Ride
- 9:00 am – 1:00 pm Rider Sign-In is Open\*
- **11:00 am** **XCC Start Wave 1** (U13)
- **11:25 am** **XCC Start Wave 2** (U15)
- **11:50 am** **XCC Start Wave 3** (U17+ W)
- **12:20 pm** **XCC Start Wave 4** (U17, Sport, & Master M)
- **12:50 pm** **XCC Start Wave 5** (U19 & Elite M)
- **1:20 pm** **XCC Start Wave 6** (Open)
  - 1:30 pm XCC Podium Ceremonies
- 2:00 pm Girls in Cycling Chat with Molly Hurford
- 3:00 pm – 4:00 pm Women & Girls Guided Ride

### SUNDAY, May 5:

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

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

## Results & Timing

Timing and results will be provided by [racetiming.ca](https://www.racetiming.ca).

Final results will be posted on the Ontario Cycling website after the conclusion of the event.

## Series Plates

Plates for both XCC Short Track & XCO races at each OCup event are to be used for the duration of the 2024 season at each OCup – except for the Canada Cup/OCup at Hardwood. Riders will receive their series plate at the first OCup of the year they attend and are required to use the same plate(s) at any upcoming MTB OCups + Provincial Championships in the calendar year they attend. Riders may be subject to a fee for replacement plates if forgotten at future events.



## Course Marking

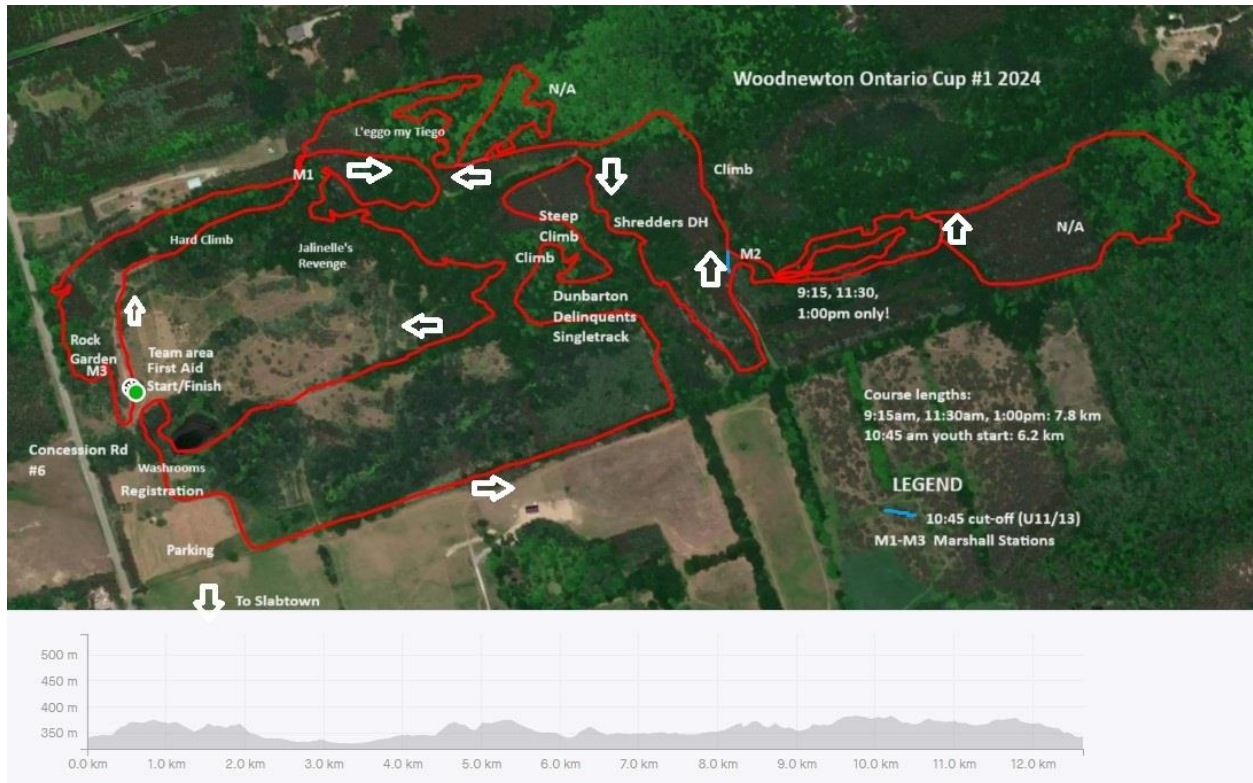
- Barricade or caution tape is used to close off intersections. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Barricade tape can be used to outline the outside (or inside) of a corner, or to keep riders out of certain areas.
- 10"x10" red arrows on white chloroplast 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

**XCC** (Subject to change) lap length ~1 km



## XCO Course Map



## Team Area

Team tent area available by pre-registration only. Priority will be given to OC affiliated teams. Set-up permitted Friday 5:30 – 7:30 pm, Saturday 8:00 - 10:30 am or 1:30 - 5 pm, Sunday 7:00 to 8:30 am. Departure times during the event will be limited and must be pre-approved to limit disruptions to races. Woodnewton is private property and access outside of predetermined hours is prohibited. Please register for your team area [here](#).

## 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.

## **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 a non-member permit are not eligible to earn OCup points.*

Riders will earn a x1.2 multiplier to their total 2024 OCup Points tally for having competed in the 2024 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 <sup>nd</sup> )	25 (1 <sup>st</sup> )	16 (3 <sup>rd</sup> )	61	x1.2 (Yes)	73.2
Rider 2	16 (3 <sup>rd</sup> )	16 (3 <sup>rd</sup> )	25 (1 <sup>st</sup> )	57	x1.2 (Yes)	68.4
Rider 3	25 (1 <sup>st</sup> )	20 (2 <sup>nd</sup> )	20 (2 <sup>nd</sup> )	65	x1 (No)	65

## Category Upgrades/Downgrades

**\*New for 2024\*** Criteria for ability upgrades have been removed for MTB categories, riders competing in Regional or Ontario Cup events are eligible to self-seed into the category they feel best matches their racing ability. If a rider decides that a race category is too difficult (or subsequently not difficult enough), they will be able to downgrade or upgrade at their discretion.

If a rider would like to upgrade age categories, for example U15 to U17 Expert they are required to submit a formal upgrade request via the OC upgrade form [HERE](#). Age category upgrades require the submission of race results, race experience, and other supporting information – to be eligible to submit an upgrade request riders must first meet the required criteria as listed in the form. All upgrade requests are subject to approval from the Ontario Cycling Upgrade Committee.

At Provincial Championships riders must race in their age group.

As a [True Sport](#) organization, Ontario Cycling continues to believe in the True Sport Principles. To this effect, OC reserves the right to move riders into a more suitable category that matches their abilities to ensure the principles of PLAY FAIR, RESPECT OTHERS and KEEP IT FUN are preserved.

*\*If an age category upgrade is requested for a nationally sanctioned category (Canada Cup [U17 Expert, U19 Expert, Elite]) the request will need to be submitted to and approved by Cycling Canada.*

*\*\*You must race the category on your license (if you have a UCI license, please notify the OC office in advance of your event if you are planning to upgrade or downgrade categories).*

## 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, 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 a rider saves a place and allows another rider to move up to take it (riders may choose any position after their call-up).

## **Feed Zones and Technical Assistance**

### **Feed Zone Regulations**

- 1) Feeding is permitted only in the zone(s) 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) Water bottles and food must be handed up to the rider without the feeder running alongside the rider.
- 5) During feeding no physical contact between feeders and riders is allowed. This will be considered technical assistance.
- 6) 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 the rider's request.
- 7) 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) 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.
- 7) Technical assistance applies to 1:30 pm starts at Ontario Cups only.
- 8) 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 PM start wave, 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.

## Bad Weather and Course Changes

- 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.
- [View OC's Weather Policy & Guideline Here](#)

## Medical/Hospitals

### Directions to Uxbridge Hospital - 4 Campbell Dr, Uxbridge, ON L9P 1S4

- 1) Head north on Concession 6 toward Wagg Rd (2.3 km)
- 2) Turn right onto Toronto St S/Durham Regional Hwy 47 (2.1 km)
- 3) Turn left onto Victoria Dr (88 m)
- 4) Turn left, hospital will be on the right (100 m)



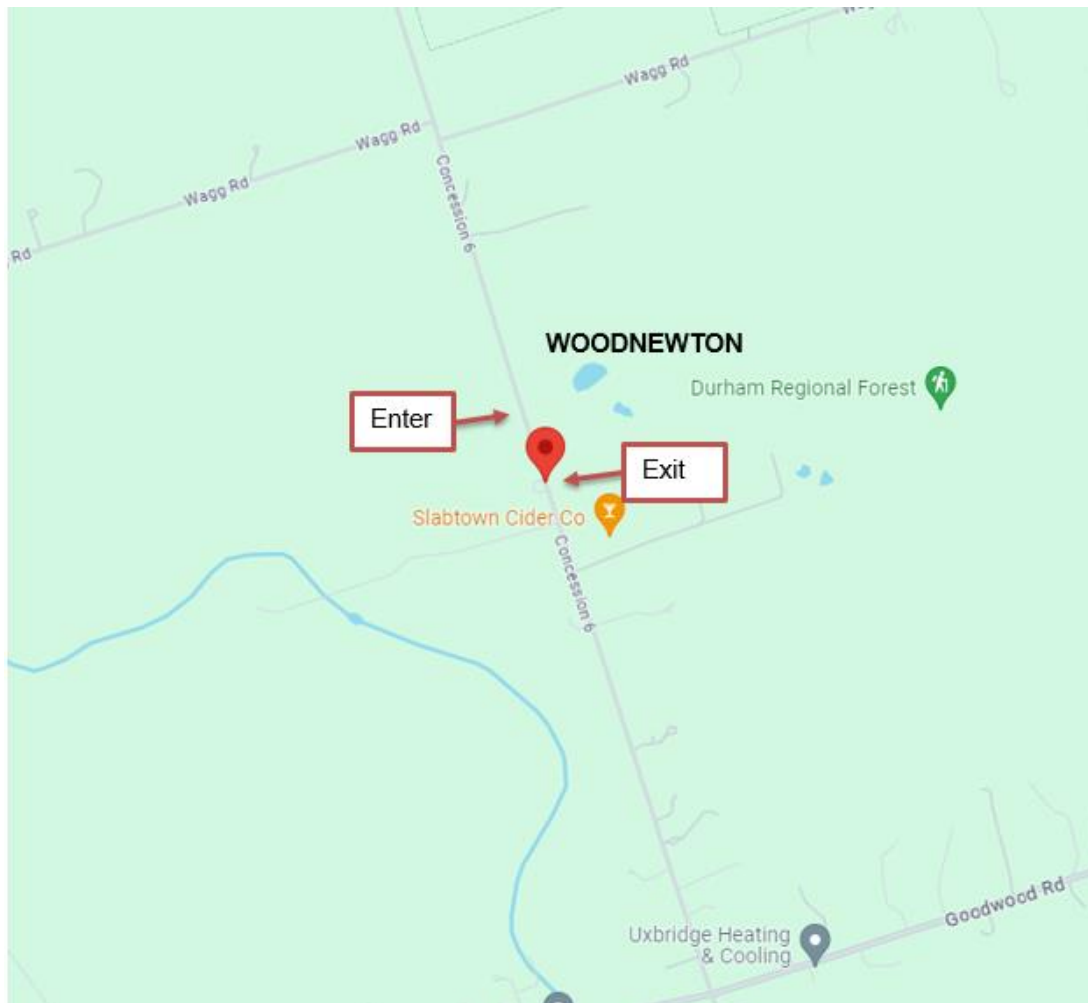
Course marshals are stationed throughout the course and at the start/finish area.

## 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

[Woodnewton](#) 4589 Concession 6, Uxbridge, ON L9P 1R4



**Parking:** Onsite, please follow signage for entrance and exit. No parking on Concession 6.

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## Accommodations

### **Great Blue Heron Casino and Hotel**

21777 Island Road, Port Perry  
905-985-4888

<https://greatcanadian.com/destinations/ontario/great-blue-heron/>

- Offering a social rate with a 20% discount off rack rate with this link:  
<https://reservations.gbhcasino.com/book/dates-of-stay?RatePlanId=7365722>

### **Pickering Casino Resort Hotel**

888 Durham Line Avenue, Pickering  
1-888-699-6742

<https://greatcanadian.com/destinations/ontario/pickering/>

- Offering a social rate with a 20% discount off rack rate with this link:  
<https://reservations.pickeringcasino.com/book/dates-of-stay?RatePlanId=7365750>

### **Hilton Garden Inn Toronto/Ajax**

500 Beck Crescent, Ajax  
905-686-9400

[https://www.hilton.com/en/hotels/yyzajgi-hilton-garden-inn-toronto-ajax/?SEO\\_id=GMB-AMER-GI-YYZAJGI&y\\_source=1\\_MjA4NDMzMC03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D](https://www.hilton.com/en/hotels/yyzajgi-hilton-garden-inn-toronto-ajax/?SEO_id=GMB-AMER-GI-YYZAJGI&y_source=1_MjA4NDMzMC03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D)

- Offering a 15% discount (code is 3142127 - go into special rates then add to the corporate account section)

### **Homewood Suites by Hilton (Ajax)**

600 Beck Crescent, Ajax  
905-686-5969

[https://www.hilton.com/en/hotels/ytoajhw-homewood-suites-ajax-ontario-canada/?SEO\\_id=GMB-AMER-HG-YTOAJHW&y\\_source=1\\_MjA4NDYyNi03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D](https://www.hilton.com/en/hotels/ytoajhw-homewood-suites-ajax-ontario-canada/?SEO_id=GMB-AMER-HG-YTOAJHW&y_source=1_MjA4NDYyNi03MTUtbG9jYXRpb24ud2Vic2l0ZQ%3D%3D)

- Offering a 15% discount (code is 0560048765 go into special rates then add to the corporate account section)



## MONTU OCup Segment Challenge

Ontario Cycling is partnering with MONTU Bikes to elevate your OCup race day experience by setting up the MONTU 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?

Set up your Strava account and join the [Ontario Cycling Club](#). Bring your GPS device on race day to record your ride. During the race watch out for the MONTU OCup Segment Challenge flags or signs marking the Start and Finish of the segment on each course. Segment distances will vary (500m – 2km) and focus on different skills. Upload your ride to Strava by the Monday 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.

### 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 series. 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) Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
- 2) Riders must upload their ride by the Monday following the race.
- 3) The ride must be set to public.

Use the code **ontariocycling2024** for 15% off on all Montu apparel (excluding kit bundles).

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