



ONTARIO CUP
ROAD SERIES

Road OCup #2

Lansdowne Classic Road Race

May 11th, 2024

V6.

April 24th, 2024



General Information

Ontario Cycling (OC) and Performance Driver Events are proud to present the 2024 Road OCup Series. The Road OCup Series, sanctioned and governed by Ontario Cycling, consists of 4 separate racing opportunities, each at different locations and on different courses.

Ocup 2 – Lansdowne Classic Road Race

Date: Saturday May 11th, 2024

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

Location: 101 King Street West, Lansdowne ON, K0E1L0

Event Information: 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!

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.

OC Event Contact

Position	Name
Event Organizer	Courtney Doret
Race Director	Greg Rawson
Membership/Licensing	Chris Baskys
Volunteer Manager	Courtney Doret
Timing	Zone4
Medical	Odyssey Medical

Commissaires

Position	Name
PCP	Benjamin Hill
Finish Judge	Brad Slade
Assistant Finish Judge	Joseph Hall
Member	Brad Day
Member	Rosa Phillip
Member	Kevin Scheerer

Registration & 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. Only 2024 Challenge/Compete/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 each OCup will close on the Wednesday at 12pm (noon) prior to the event date.
- Late entries will not be allowed.
- To participate at the 2024 Ontario Road Provincial Championships, an Ontario athlete must have participated in at least one 2024 Road OCup.

[Click Here to Register](#)

Please note that although you may have registered in a specific category, you may be moved to a different category depending on the field and other participants who register.

Registration Timeline
<i>Registration open Monday March 18th, 2024 @ 12pm (noon)</i>
<i>Registration closes May 8th, 2024 @ 12pm (noon)</i>
Cost of the event
90\$ + HST

Membership & Licensing

- Please see membership and licensing chart below to ensure that you have the correct license to reach in each category.

Category	Age Range	OC Non-Member Permit	CHALLENGE Membership	COMPETE Membership	UCI License
*Para (Handcycle & Trike)	15+	X	X	X	X
*Para (Tandem and "C" Class)	15+	X	X	X	X
Cat A	15+			X	X
Cat B	15+			X	X
Cat C	15+	X	X	X	X
Cat D	15+	X	X	X	X
Cat A (Women)	15+			X	X
Cat B (Women)	15+	X	X	X	X
Master Women	40+	X	X	X	X
Master Men/Open	50+	X	X	X	X

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

- OCup categories will be an open ability-based format where athletes will self-seed themselves from Categories A-D and categories A and B (women only), based on their ability and experience level.
- Women who would like to race in Categories A-D are able to if they choose to do so.
- The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing. Any questions regarding the format can be directed to the OC office.

Suggested Seeding Chart

2023 Category		2024 Recommended Category
Elite 3 Women	→	Cat B Women
Elite ½ Women	→	Cat A Women
Master A Women	→	Cat A Women / Cat B Women / Master Women (40+ only)
Master B Women	→	Master Women (40+ only) / Cat B Women
Elite 4 Men	→	Cat C / D
Elite 3 Men	→	Cat B / C
Elite ½ Men	→	Cat A
Master 3 Men	→	Cat C / D / Master Men/Open (50+ only)
Master 2 Men	→	Cat B / C / Master Men/Open (50+ only)
Master 1 Men	→	Cat A / B / Master Men/Open (50+ only)

Schedule of Events

Category	Registration	Start Time	Distance	Laps
Cat C	7:00am	8:30am	76.2km	5 Laps
Cat D	7:00am	8:32am	63.2 km	4 Laps
Master Men/Open	7:00am	8:34am	76.2 km	5 Laps
Cat A Women	8:30am	11:00am	89.8km	6 Laps
Cat B Women	8:30am	11:02am	76.2km	5 Laps
Master Women	8:30am	11:04am	76.2km	5 Laps
Cat A	11:00am	2:15pm	130.6km	9 Laps
Cat B	11:00am	2:18pm	103.4km	7 Laps

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

Place	Points
8 th Place	8 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

- 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 #4	OCup total	Provincials	Final Points
Rider 1	20 (2 nd)	25 (1 st)	16 (3 rd)	20 (2 nd)	81	X1.2 (yes)	97.2
Rider 2	16 (3 rd)	16 (3 rd)	25 (1 st)	16 (3 rd)	73	X1.2 (yes)	87.6
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	25 (1 st)	90	X1 (no)	90

Start Lists & Results

- Zone 4 is the official timer for the 2024 Road Ontario Cups. Start lists and results can be found at www.zone4.ca

Gear and Equipment Restrictions

- The gear and equipment restrictions will follow the [2024 Cycling Canada Companion Guide](#)
- The wearing of an approved helmet is mandatory.
- 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 [here](#).
- Only standard handlebars are permitted. Handlebar extensions, including time-trial bar extensions or other types of tri-bars, are not permitted.
- From April 1, 2024 the UCI regulation (1.3.022) will be amended with a clear requirement that brake levers must have a maximum inclination of 10 (ten) degrees. We will be requiring riders in Ontario to follow this updated regulation at all road events this year.
- Only bicycle 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 license.
- OC does not permit the use of go pro's or any other type of filming devices attached to themselves or mounted on their bicycles while racing at an Ontario Cycling event.
- Independent riders are required to wear a plain-colored jersey 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 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 Cycling Canada 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

There will be no youth upgrades for the 2024 road season. All riders wishing to participate in the Road OCups and Provincial Championships must be 15 years old in 2024 (U17 category)

Rider Confirmation/Sign-In

- Rider confirmation will take place at the OC tables (inset location of registration) look for registration signage. Registration will happen in waves and will correspond to the sign in time outlined in the event schedule.

Number Placement

- All riders must wear their bib numbers on the left side.
- Bib numbers shall be placed on according to the following diagrams.
- All bib numbers must be visible throughout the entire race and cannot be covered.



General Rules & Regulations

- The races will be held under the rules of the UCI with CC and OC modifications.
- OC does not permit the use of go pro's or any other type of filming devices attached to themselves or mounted on their bicycles while racing at an Ontario Cycling event.
- The CC and 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.
- Out of province riders will be required to present a UCI license.
- 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 will in progress.
- 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
- 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 award 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.

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 no later than one week prior to the event.

Parking

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

Course Map

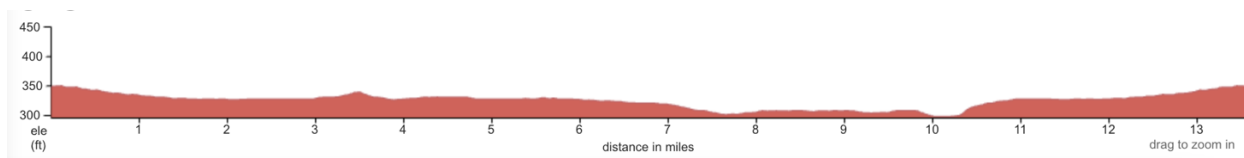
- A preview of the course map can be found [here](#)



- ★ 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



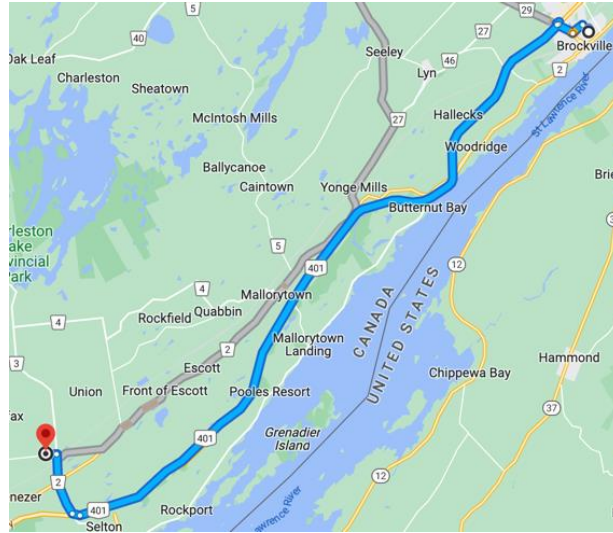
Event & Course Safety

- 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

Hospital Information

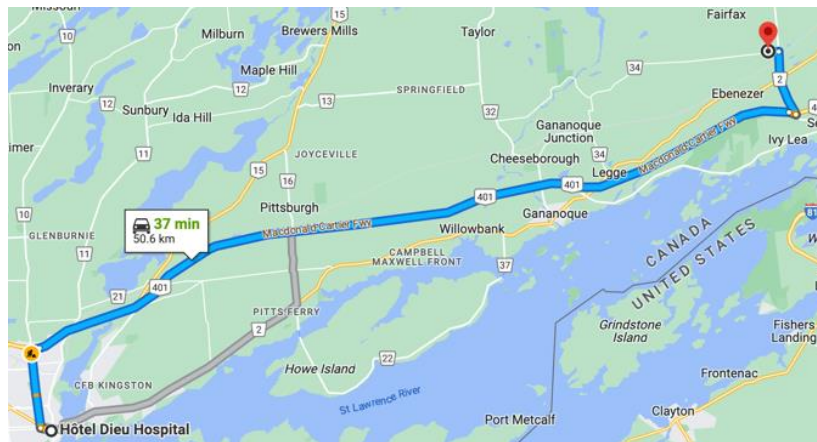
Brockville General Hospital

75 Charles St. Brockville, ON K6V1S8



Hotel Dieu Hospital

166 Brock St. Kingston, ON K7L 5G2



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 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 synch 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 MONTUE OCup Segment Challenge is based on overall male and 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 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

Participant Survey

In order to continue to improve our events, we need your feedback! [Click here](#) to fill out a survey.

Volunteers

Thank you to all the volunteers who dedicated their time to making the event possible. If you are interested in volunteering at future events, please contact oc.volunteers@ontariocycling.org

Partners/Sponsor

