

# 2025 Road Ontario Cup Series and Provincial Championships Information Bulletin

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# General Information Road Ontario Cup (OCup) Series

Ontario Cycling (OC) is proud to present the 2025 Road OCup Series which will begin on May 4<sup>th</sup>, 2025. The road OCup series, sanctioned and governed by Ontario Cycling, consists of 5 separate racing opportunities at unique locations across the province. We are once again pleased to announce our partnership with Performance Driven Events with 3 OCups. New this season is our partnership with Limestone City Cycling who will be organizing an additional 2 OCups this season.

Once again, we will be bringing back the Henderson Classic Road Race. We will see a new addition to the calendar heading to Mount St Louis for the Moonstone Classic Road Race and as part of the Kingston Stage race, we will see two familiar courses the Lansdowne Classic Road race and the Kingston Classic at the Canadian Forces Base. We will wrap up the season at the Dunnville Air Track for the Dunville Crit.

## 2025 Road OCup Series Schedule

OCup/Date	Time (approximate)
OCup #1 – Henderson May 4 <sup>th</sup> 2025	8:00am-5:30pm
OCup #2 – Moonstone June 8 <sup>th</sup> 2025	8:00am-5:30pm
OCup #3 – Kingston Crit (part of the Kingston Stage Race) July 5 <sup>th</sup> 2025	8:00am-5:30pm
OCup #4 – Lansdowne July 6 <sup>th</sup> 2025	8:00am-5:30pm
OCup #5 – Dunnville Crit *will include a youth component at this OCup	8:00am-5:30pm

*\*A more detailed schedule and additional information will be posted in the tech guide closer to the event date.*

## Road OCup Series Registration

Riders will once again be able to register for all 5 races that are part of the Road OCup Series and receive a discount on their registration.

[Register here for the 2025 OCup Series](#)

## OCup #1 – Henderson Classic Road Race

Located just 25 minutes from Hwy 400/401, this brand-new course features a 12 km loop of smooth county and rural roads with approximately 90 meters of elevation each lap. Racers will start and finish out of the newly built Henderson Memorial Park, located just off of Line 9, north/west of Bradford West Gwillimbury.

View the Henderson Classic course [here](#).

[Register here](#)

## **OCup #2 – Moonstone Classic Road Race**

The inaugural Moonstone Road Race features an abundance of climbing, the most of any OCup in over a decade. The race will start at the Mount St Louis Moonstone parking lot and will finish on the top of Line 7 before the decent back to the start. Each lap will be 22.4km in length and will feature 311 vertical meters of climbing split over two distinct hills.

View the Moonstone Classic Road Racecourse [here](#)

[Register here](#)

## **OCup #3 – Kingston Classic (Kingston Stage Race)**

Limestone Cycling Club is bringing back the CFB Kingston Crit in 2025 which will be a part of the Kingston Stage Race. We've made a few small changes to the course and the venue. The course will be 1.3km in length with 5 metres of elevation per lap. The road surface has been freshly paved and will feature four right hand, 90 degree turns. The start/finish will be on the north side of the loop along with parking, washrooms and registration.

View the Kingston Crit course [here](#)

Registration coming soon

## **OCup #4 – Lansdowne Classic Road Race (Kingston Stage Race)**

The Lansdowne Classic 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 Island 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 Classic Road Racecourse [here](#)

Registration coming soon

## **OCup #5 – Dunnville Crit**

Home of the 2024 Criterium Provincial Championships the final OCup of the season will be returning to the Dunnville Air Park Auto Track in Dunnville of the Niagara region. The course is a flat 10 turn, 2.2km course. The entire course is two lanes wide of pristine tarmac that widens out to nearly three lanes at the start/finish.

Dunnville Crit will include a Para and Youth component this season. Youth riders that are of age to compete in the OCup categories may do so if they would prefer. Riders who are over the age of 15 who would rather develop their skills and participate in the youth categories instead may do so as well.

View the Dunnville Crit [here](#)

[Register here](#)

# 2025 Road Provincial Championships Schedule

## Individual Time Trial Provincial Championships

This year's ITT Provincial Championship event will be run at a familiar location for those that have ever participated in any of the Cobourg Cycling Club's ITT's. Located on Shelter Valley, the course is a classic out and back, with a slight incline heading out and a decline heading back to the finish. It features sweeping corners and a majestic scenery as you race alongside a babbling brook.

There will be Para categories included at this year Provincial Championship.

View the ITT Course route [here](#)

[Register Here](#)

## criterium Provincial Championships

We're bringing back the classic Tom Jehlicka Crit for this year's Provincial Championship. The circuit is built for speed with only three corners, all of which are wide and sweeping. The freshly paved loop is 2.5km in length with only 5 meters of elevation.

There will be Para categories included at this year Provincial Championship.

View the Crit Course route [here](#)

[Register Here](#)

## Road Race Provincial Championships

The course consists of a 16.5km loop in addition to a 3km out and back from the main loop. Each loop has over 225 meters of elevation and contains a small strip of hard-packed dirt road. Yellow Line Rule will be strictly enforced. Riders will be required to stay to the right of the middle of the road that does not have a yellow line.

View the Road Racecourse [here](#)

[Register Here](#)

## Registration & Pricing

- Registration for all road OCups is open to riders 13 years of age and older.
- Registration for all Crit OCups is open to riders 15 years of age and older.
- Registration for all YRDS is open to riders 8 - 18 years old
- The events are pre-registration only. No day of registration will be accepted.
- Only 2025 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
- There are two types of registration for our OCups
  - Series registration – includes all 5 OCup
    - Registration for the series does not include registration for

Provincial Championship

- Individual registration – one of OCup 1, 2, 3, 4, 5
- Registration for each OCup will close on the Wednesday at 11:59pm before the event
- If the Wednesday at 11:59pm registration deadline passes and a rider would still like to register, they have until Thursday at 4pm to contact the Ontario Cycling Office for registration to be re-opened and will be charged a \$50 late entry fee.
- OCup categories will be open ability-based format where athletes will self-select themselves from Categories A-D and Categories A-B Women only, based on their ability and experience level.
  - The ability-based format is designed to provide meaningful competition for all riders and help ensure appropriate participant number of quality racing.

<b>Ontario Cup Series Registration (includes (OCup #1, 2, 3, 4 &amp; 5)</b>		
<b>Event</b>	<b>Registration Timeline</b>	<b>Link</b>
March 31 <sup>st</sup> @ 12pm (noon) – April 30 <sup>th</sup> @ 11:59pm		
OCup #1 – May 4 <sup>th</sup>	Riders will once again be able to register for the OCup series and receive a 12% discount. This year the series registration is broken up into Road OCup Series and Crit OCup Series. Riders will have the option to add the Crit OCup to their registration.	<a href="#">Register Here</a>
OCup #2 – June 8 <sup>th</sup>		
OCup #3 – July 5 <sup>th</sup>		
OCup #4 – July 6 <sup>th</sup>		
OCup #5 – July 26 <sup>th</sup>		

<b>Ontario Cup Individual Registration (Single OCup)</b>		
<b>Event</b>	<b>Registration Timeline</b>	<b>Link</b>
OCup #1 May 4 <sup>th</sup>	March 31 <sup>st</sup> @ 12pm (noon) – April 30 <sup>th</sup> @ 11:59pm All categories - \$95+HST U15 - 60\$+HST	<a href="#">Register Here</a>
OCup #2 June 8 <sup>th</sup>	March 31 <sup>st</sup> @ 12pm (noon) – June 4 <sup>th</sup> @ 11:59pm All categories - \$95+HST U15 - 60\$+HST	<a href="#">Register Here</a>
OCup #3 July 5 <sup>th</sup>	Registration details coming soon \$80+HST	Coming Soon
OCup #4 July 6 <sup>th</sup>	Registration details coming soon All categories - \$95+HST U15 - 60\$+HST	Coming Soon
OCup #5 July 26 <sup>th</sup>	March 31 <sup>st</sup> @ 12pm (noon) – July 23 <sup>rd</sup> @ 11:59pm OCup - \$80+HST Youth - \$45+HST	<a href="#">Register here</a>

<b>Provincial Championships</b>		
Event	Registration Timeline	Link
Individual Time Trial August 22nd	March 18 <sup>th</sup> @ 12pm (noon) – August 20 <sup>th</sup> @11:59pm Championship Categories - \$80+HST Non-Championship Categories – \$60+HST	<a href="#">Register Here</a>
Criterium August 23rd	March 18 <sup>th</sup> @ 12pm (noon) – August 20 <sup>th</sup> @11:59pm \$80+HST	<a href="#">Register Here</a>
Road Race August 24 <sup>th</sup>	March 18 <sup>th</sup> @ 12pm (noon) – August 20 <sup>th</sup> @11:59pm All categories – 95\$ +HST U15 – \$60+HST	<a href="#">Register Here</a>

*\*All riders are required to register in the age category listed on their license. Provincials will be following the national age categories.*

## **Refund/Transfer 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 the 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 Commissaire Panel of their withdrawal. Failure to notify the President may result in a fine.
- OC reserves the right to issue refunds for exceptional cases. Reasons such as injury, loss/change of employment, or relocation such that the participant can no longer attend, will not be considered.

## **Race Fines**

Any rider who is issued a fine from a commissaire will be notified upon completion of their race either by the PCP or an Ontario Cycling staff member. Any riders who are issued a fine will have until the completion of the event to speak to the PCP regarding their fine. Once the event is completed, the fine will stand as is.

## **Event Categories & Distances**

OCup categories are an open ability-based format where athletes will self-seed themselves. The ability-based component of categories is designed to provide meaningful competition for all riders and help ensure appropriate participant numbers for quality racing.

## Road OCup Categories & Distances

<b>Category</b>	<b>Distance</b>
Cat A	110 – 130 km
Cat B	80 – 100 km
Cat C	60 – 80 km
Cat D	40 – 60 km
Master Men/Open	60 – 100 km
Master Women	60 – 80 km
Cat A Women	80 – 100 km
Cat B Women	60 – 80 km
U15	60 - 80km

## Crit OCup Categories & Distances

<b>Category</b>	<b>Distance</b>
Cat A	75 minutes
Cat B	60 minutes
Cat C	50 minutes
Cat D	50 minutes
Master Men/Open	50 minutes
Master Women	60 minutes
Cat A Women	60 minutes
Cat B Women	60 minutes

## Ontario Cycling Road Race Provincial Championships Categories & Distances

Category	Age Range	Distance
Cat C (Non-Championship)	15+	60 – 80 km
Cat B Women (Non-Championship)	15+	60 – 80 km
Cat D (Non-Championship)	15+	60 – 80 km
Master D Women	65+	60 – 80 km
Master C Women	55+	60 – 80 km
Master B Women	45-54	60 – 80 km
Master A Women	35-44	60 – 80 km
Elite Women	23+	80 – 100 km
U23 Women	19-22	80 – 100 km
U15 Women	13-14	60-80km
U17 Women	15-16	60km-80
U19 Women	17-18	60 – 80 km
Master A Men/Open	35-44	80 – 100 km
Master B Men/Open	45-54	80 – 100 km
Master C Men/Open	55-64	60 – 80 km
Master D Men	65+	60 – 80 km
Elite Men	23+	140-160 km
U23 Men	19-22	140 – 160 km
U15 Men	13-14	60-80km
U17 Men	15-16	100-120km
U19 Men	17-18	100 – 120 km

## Ontario Cycling Criterium Provincial Championships Categories & Distances

Category	Age Range	Distance
Para (Handcycle & Trike)	15+	TBC
Para (Tandem & "C" Class)	15+	TBC
Master A Women	35-44	60 min
Master B Women	45-54	60 min
Master C Women	55-64	60 min
Master D Women	65+	60 min
Elite Women	23+	60 min
U23 Women	19-22	60 min
U19 Women	17-18	60 min
U17 Women	15-16	60 min
Master A Men/Open	35-44	60 min
Master B Men/Open	45-54	60 min
Master C Men/Open	55-64	50 min
Master D Men/Open	65+	50 min
Elite Men	23+	75 min
U23 Men	19-22	75 min
U19 Men	17-18	75 min
U17 Men	15-16	75 min

## Ontario Cycling Individual Time Trial Provincial Championships Categories & Distances

Category	Age Range	Distance
Para (Handcycle & Trike)	15+	15km
Para (Tandem & "C" Class)	15+	15km
Master A Women	35-44	30km
Master B Women	45-54	30km
Master C Women	55-64	30km
Master D Women	65+	30km
Elite Women	23+	30km
U23 Women	19-22	30km
U19 Women	17-18	30km
U17 Women	15-16	15km
Master A Men/Open	35-44	40km
Master B Men/Open	45-54	40km
Master C Men/Open	55-64	30km
Master D Men/Open	65+	30km
Elite Men	23+	40km
U23 Men	19-22	40km
U19 Men	17-18	40km
U17 Men	15-16	15km
15km Sportif	15+	15km
30km Sportif	15+	30km
40 km Sportif	15+	40km
Eddy Merckx	15+	30km

Sportif category: for those who do not meet the bike check requirements or do not wish to race the championship category

Eddy Merckx category: (non-aero) riders are not permitted to use any aerobars, clip-on bars, disc wheels, shoe covers or aero helmets. Bicycles must meet the requirements of mass start races including wheels.

## Ontario Cup Points

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

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

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

Riders will earn a **x1.2 multiplier** to their total 2025 OCup Points tally for having competed in the 2025 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

Note: There will be no OCup Series for the Crit OCups in 2025.

## Youth Upgrades

New for the 2025 season, U15 riders have their own category at Road Ontario Cup events. Only second year U15 athletes (born in 2011) that have demonstrated a superior competitive ability to the U15 race field will be eligible to apply for an upgrade to U17= categories A-D or A-B Women. No upgrades will be granted for Road OCup #1 and any athlete requesting an upgrade must have competed in a minimum of one OCup event in the U15 category prior to submission. First year U15 and U13 (born in 2012 or later) member upgrades will not be considered for the Ontario Cup Road Series. U13 riders (or younger) are encouraged to participate in Youth Road Events.

## 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.

## 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.



### 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 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 **ontariocycling** for 15% off on all MONTU apparel orders of \$100 or more.

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	1pt

Note: There will be no MONTU Segment Challenge for the Crit OCup Series.