

2025 MTB Ontario Cup Series & Provincial Championships Information Bulletin

Version 3

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THIS EVENT IS SANCTIONED BY

TABLE OF CONTENTS

General Information.....	3
OCup #1 – Woodnewton, May 10-11.....	3
OCup #2/ Trek Store Canada Cup – Hardwood Ski & Bike, May 16-18	3
OCup #3 – Boler Mountain, June 14-15	4
OCup #4 – Hiawatha Highlands, June 28-29	4
2025 Ontario XC-MTB Provincial Championships, August 15-17.....	4
MTB OCup/Provincial Series Schedule.....	5
Registration & Pricing.....	6
Ontario Cup Registration	6
Provincial Championships Registration	6
Refund/Transfer Policy	7
Event Categories *New for 2025*	7
Ontario Cup Points.....	8
Series Plate Numbers.....	9
Upgrading Categories.....	9
OCups 1, 3, 4 & Provincials Event Schedule & Distances	10
OCup 2/Canada Cup Event Schedule & Distances	11
Awards	11
MONTU OCup Segment Challenge	12

GENERAL INFORMATION

Ontario Cycling (OC) is proud to present the 2025 Mountain Bike Ontario Cup Race Series held at Woodnewton, Hardwood Ski & Bike, Boler Mountain, Hiawatha Highlands, and Horseshoe Resort. The 2025 Race Series will consist of **5 events** and provide riders with **12 racing opportunities** at unique locations across the province. The OCup Series is designed to provide high-quality racing opportunities, over a multitude of terrain, at various locations.

[SERIES REGISTRATION](#)

OCup #1 – Woodnewton, May 10-11

Woodnewton, the iconic season opener for the Ontario Cup series is returning! Woodnewton, located in Uxbridge, just 15 minutes north of Whitby, 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. Featuring a blend of hand-built and machine-built trails, as well as challenging sustained climbs, Woodnewton serves as the ideal launching pad for the series. Spectators can enjoy fantastic views of ultra-fast, flowy race-specific trails with an excellent mix of features, making it a perfect venue for racers and supporters alike.

For more information on the trails in Uxbridge click [here](#).

[REGISTRATION](#)

OCup #2 - Trek Store Canada Cup – Hardwood Ski & Bike, May 16-18

Hardwood Ski & Bike has kilometers of beautiful, rolling trails through hardwood and pine forests. Located in Oro Station just 15min North of Barrie there is a trail for every level of ability, from beginner to elite racer. Hardwood has 34 km of rolling double track trails and an additional 50 km of challenging single-track trails that create endless possibilities for course design and features. Join Hardwood for their 28th Annual Event! Cross Country and Short Track Mountain bike races for all levels of riders from Youth and Sport to Canada's top World Cup racers. Come race, come watch, or do both!

For more information about Hardwood Ski & Bike click [here](#).

[REGISTRATION](#)

OCup #3 – Boler Mountain, June 14-15

Boler Mountain is a not-for-profit organization located in the west end of London. The course sits on over 120 acres of greenspace in a Carolinian forest offering up an exciting mix of moderate climbs with fast flowy downhill trails. This year's course will have a mix of exciting single track, double track areas for passing with lots of opportunity for viewing for your fans, state of the art facilities, food services and ample parking. Follow us on Instagram @bolermtn or visit www.bolermountain.com for the latest updates.

Registration Coming Soon

OCup #4 – Hiawatha Highlands, June 28-29

The Sault Cycling Club (SCC) in collaboration with Tourism Sault Ste. Marie is excited to welcome athletes from across the province to their trail network. With over 55km of newly constructed Mountain Bike trail, Sault Ste. Marie has quickly become a must-visit destination for the sport with options from easy to expert, cross country, enduro, winter fat bike, and trail riding. About 10 minutes from the downtown core, you'll find that Kinsmen Park/Hiawatha Highlands boasts some of the best trails in Ontario – technical steep climbs through the rocky Canadian Shield, fast, modern flow trails, and adrenaline – creating jumps lines. In addition to the trail network, you'll find that the community has truly embraced the sport with multiple shops, local breweries, riding groups, and bike tour operators supporting the industry. The trail network is varied and perfect for riders wanting to train technical skills while enjoying amazing vistas, and all within close proximity to the city. We hope that the trails and city exceed all expectations.

For more information on mountain biking in Sault Ste. Marie click [here](#).

[REGISTRATION](#)

2025 Ontario XC-MTB Provincial Championships, August 15-17

Horseshoe Valley Resort is the place to be if you're looking to push your limits or just starting out, their 14 adrenaline-fueled trails have something for every rider.

We are excited to be returning to the familiar trails that have played host to many great competitions from past years.. As one of, if not the last full-service mountain bike destinations in the province with lift service, on-site accommodations, plenty of parking, and space for all the teams that can make the journey. We can't wait to host this 3-day celebration of Ontario mountain biking at Horseshoe. Grab a lift ticket, rent downhill equipment to develop your skills, join a lesson/program, or bike camp at Horseshoe this summer to make the most of riding season! Tickets are required to access the trails outside of race weekend.

For more information on Horseshoe Valley Resort click [here](#).

[REGISTRATION](#)

MTB OCUP/PROVINCIAL SERIES SCHEDULE

OCup/Date	Dates	Events	Time
OCup #1 – Woodnewton	May 10	Short Track XCC Race	9a-5p
	May 11	OCup XCO Race	830a-4p
OCup #2/ Canada Cup – Hardwood Ski & Bike	May 16	Short Track XCC Race	9a-7p
	May 17	XCO Pre-Ride, Rider Sign-In	9a-5p
	May 18	OCup & Canada Cup XCO Races*	830a-4p
OCup #3 – Boler Mountain	June 14	Short Track XCC Race	9a-5p
	June 15	OCup XCO Race	830a-4p
OCup #4 – Hiawatha Highlands	June 28	Marathon XCM Race	9a-12p
		Short Track XCC Race	12p-5p
	June 29	OCup XCO Race	830a-4p
Provincial Championships Horseshoe Valley Resort	August 15	Short Track XCC Provincial Championships	5-730p
	August 16	Team Relay Provincial Championships XCO Pre-Ride, Rider Sign-In	9a-5p
	August 17	XCO Provincial Championships	830a-4p

**Canada Cup categories only available to UCI license holders*

A more detailed schedule and additional information will be posted in each Tech Guide closer to each event date.

REGISTRATION & PRICING

Ontario Cup Registration

- Registration for all MTB OCups is open to Ontario Cycling members 8 years of age and older.
- Challenge Members, Compete Members, and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Memberships will not be sold on event day and must be purchased in advance.
- There will be 2 ways to register:
 - **A) Series Registration** – includes OCups 1-4 & Provincials (+ the option to register for Short Track races and Provincials Team Relay)
 - **B) Individual Registration** – one of OCups 1-4 and Provincials
- Registration for all MTB OCups will close no later than **Thursday 11:59pm** of event week.
- If a rider misses the registration deadline, they must contact the OC office immediately for registration to be re-opened and could be subject to a \$50 late entry fee. After Friday 4pm of race week, no exceptions can be made for a rider to register after that time.

Provincial Championships Registration

- Registration for all Provincial Championship races close on **Wednesday August 13th 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 4:00pm to contact the OC office for registration to be re-opened and are charged a \$50 late entry fee.

[CLICK HERE TO REGISTER FOR THE OCUP SERIES](#)

A) OCup Series Registration (OCups 1-4 & Provincials)		
Event	Registration Timeline	Link
Closes Thu, May 2 @ 11:59pm		
OCup #1	Price of \$25-80 depending on category with 10% discount	HERE
OCup #2	Price of \$31-99 depending on category with 10% discount	
OCup #3	Price of \$25-65 depending on category with 10% discount	
OCup #4	Price of \$25-85 depending on category with 10% discount	
Provincials	Price of \$10-90 depending on category with 10% discount	

B) OCup Individual Registration (single OCup)		
Event	Registration Timeline	Link
OCup #1	Closes Thu, May 8 @ 11:59pm	HERE
OCup #2	Closes Thu, May 15 @ 11:59pm	HERE
OCup #3	Closes Thu, June 12 @ 11:59pm	<i>Coming Soon</i>
OCup #4	Closes Thu, June 26 @ 11:59pm	HERE
Cost per event	Price of \$25-99 depending on category	

C) Provincial Championships Registration		
Event	Registration Timeline	Link
Provincial Championships	Closes Wed, August 13 th @ 11:59pm	HERE
Cost	Price of \$10-90 depending on category & race	

Refund/Transfer Policy

- Refunds are subject to organizer approval.
- Transfers from one individual to another or transfers from one event to another are not permitted.
- OC reserves the right to issue refunds in exceptional cases. Reasons such as injury, loss/change of employment, or relocation such that the participant can no longer attend will be considered.

EVENT CATEGORIES *NEW FOR 2025*

OCup categories are in an age first and ability second based format where athletes are first seeded by their age (8 and up) and then ability if applicable for their age group (Sport/Expert).

New for 2025 with feedback from riders during and at the conclusion of the 2024 series, a change to the XCO category structure has been made in consultation with all 2025 OCup organizing committees. This will see the removal of Sport/Expert ability category delineations for age groups 19-34, 35-44, 45-54, and 55-64. There will now be just one category for each of those respective age groups to make for larger fields, more exciting racing, and meaningful competition. This decision has not been made lightly, with majority of respondents requesting an XCO category restructuring and organizer support for this change.

To continue providing opportunities for beginner and riders new to the OCup series, Novice categories have been added to the second start wave for riders 19+. This category is designed as an introduction to competition for new riders as an entry point for adults. To maintain fairness and ensure riders compete in their appropriate age group, OCup points and series-ending overall awards will not be available in novice. This helps prevent riders from dropping down to a lower category to collect prizes or accolades.

ONTARIO CUP POINTS

Ontario Cup points are awarded to all categories. Only riders who purchase their membership through OC are eligible for OCup points. DNF results (riders who do not finish) are not entitled to OCup points. Ontario Cup series champions will be decided by season ending Ontario Cup MTB series point totals by a simple tally of all the OCup points earned at OCup events and Provincial Championships for the current year.

The breakdown of OCup points are as follows for each category:

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

**OC reserves the right to grant double OCup points status to any Ontario Cup event, subject to it being announced at least 30 days in advance of the event in question.*

***Non-Members competing at OCup events are not eligible to earn OCup points.*

Riders will earn a x1.2 multiplier to their total 2025 OCup Points tally for competing 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 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

SERIES PLATE NUMBERS

OCup participants will receive a series plate when signing in at the first race of the series they attend. This plate is to be used for each OCup race for the duration of the series, except for OCup #2/Canada Cup at Hardwood. OCup plates are to be used at Provincial Championships. Please find below example of the 2025 plate:



UPGRADING CATEGORIES

Riders competing in 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).*

OCUPS 1, 3, 4 & PROVINCIALS EVENT SCHEDULE & DISTANCES

Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	6km (U11) 9km (U13)	2 Laps (U11) 3 Laps (U13)	25-40min
2	10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women U19 Sport Men Novice Men/Open 19+ Novice Women 19+	15km	3 Laps	55-70min
3	11:30am	Senior Men/Open 19-34 Master Men/Open 55-64 Master Men/Open 65+ Senior Women 19-34 Master Women 35-44 Master Women 45-54 Master Women 55-64 Master Women 65+	18km (W & 65+ M) 24km (M U65)	3 Laps (W & 65+ M) 4 Laps (M U65)	55-70min (W & 65+ M) 70-85min (M U65)
4	1:30pm	Elite Women 19+ U19 Expert Women U17 Expert Girls Elite Men 19+ U19 Expert Men U17 Expert Boys Master Men/Open 35-44 Master Men/Open 45-54	18km (U17 & U19 W) 24km (M & Elite W) 30km (Elite M)	3 Laps (U17 & U19 W) 4 Laps (M & Elite W) 5 Laps (Elite M)	55-70min (U17 & U19 W) 75-90min (M & Elite W) 90min (Elite M)

OCUP 2/CANADA CUP EVENT SCHEDULE & DISTANCES

Start Wave	Time	Categories	Distance	Laps	Duration
1	9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	6km (U11) 9km (U13)	2 Laps (U11) 3 Laps (U13)	25-40min
2	9:15am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women U19 Sport Men Master Men/Open 65+ Master Women 65+ Novice Men/Open 19+ Novice Women 19+	15km	3 Laps	55-70min
3	10:45am	U17 Expert Girls U17 Expert Boys Master Men/Open 35-44 Senior Men/Open 19-34	18km (U17) 24km (M 19+)	3 Laps (U17) 4 Laps (M 19+)	55-70min (U17) 75-90min (M 19+)
4	12:30pm	Elite Women 19+ U19 Expert Women Elite Men 19+ U19 Expert Men	18km (U19 W) 24km (U19 M & Elite W) 30km (Elite M)	3 Laps (U19 W) 4 Laps (U19 M & Elite W) 5 Laps (Elite M)	75-90min
5	2:30pm	Master Men/Open 45-54 Master Men/Open 55-64 Senior Women 19-34 Master Women 35-44 Master Women 45-54 Master Women 55-64	18km (W) 24km (M)	3 Laps (W) 4 Laps (M)	75-90min

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 given 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 start wave.

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 **ontariocycling** for 15% off on any apparel order of \$100+ from the [montu.cc](#) website.

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