



Ontario Cup #1 – Clarence-Rockland Classic Gravel

Presented by:



April 16, 2026
Technical Guide V3



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Event Description

Date: Sunday April 19

Location: [Ronald Lalonde Community Hall](#), 2564 St. Pascal Rd, St. Pascal-Baylon, ON K0A 3N0.

Parking & Washrooms:

- Parking will be available at Ronald Lalonde Community Hall.
- Washrooms will be available inside the recreation centre. Portable washrooms will also be onsite.
- Please respect the venue and **clean up after yourself**. This includes any mud tracked inside.
- No bikes inside the community centre.

Organized by Ride with Rendall, in cooperation with the City of Clarence-Rockland, sanctioned by Ontario Cycling.

Ride with Rendall presents the 14th annual Clarence-Rockland Classic, an Ontario Cup Gravel race inspired by the spirit of the European spring classics. The event will start and finish in St. Pascal-Baylon and will feature three ride options to encourage broader participation: 110km Classic race, 55km Challenge ride, and 28km Mini ride. All routes will include a mix of gravel and paved roads (67% gravel, 33% paved), taking riders through the scenic Clarence-Rockland Township, with every course finishing in St. Pascal-Baylon.

110km Classic Race: \$75

55km Challenge Ride: \$65

28km Mini Ride: \$35

All U19 riders for any event: \$20

Tire and Bike Choice: While the conditions vary depending on the weather and spring thaw, road bikes and gravel bikes will both work on the course. The gravel can range between fast hard pack with some washboard, to fresh gravel that has been put down by the city. While the race has been won on everything from 25c tires to 43c tires, the suggested minimum tire width is 28c. There are no single-track sections on the course, and all sections are accessible to the police car and other vehicles, so fast rolling tires with some volume are generally better than heavy lugged ones.

Event Contacts

Position	Name
Event Organizer	Jason Cheney (Ride with Rendall) E: cheney_jason@hotmail.com
Ontario Cycling Event Lead	Darren De Ruiter E: events.team@ontariocycling.org
Ontario Cycling Membership	Chris Baskys E: info@ontariocycling.org
Timing	TimerAI
Medical	St. John's Ambulance

Commissaires

Position	Name
President of the Commissaire Panel	Paul Cheney
Finish Judge	Kevin Scheerer

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 teagan.hughes@ontariocycling.org by Wednesday April 8 (Wed – 7 days before reg closes), 2025 to receive accreditation for the event.

Registration

- Registration for all Road OCups is open to Ontario Cycling members and license holders 13 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.
- Riders without a membership are eligible to participate in applicable categories and will be subject to a \$5 youth/\$10 adult permit fee.
- Registration for Road OCup 1 closes on **Wednesday April 15 (Wed of race week) 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 may be subject to a \$50 late entry fee.

Road OCup #1 – Clarence Rockland Registration		
Event	Registration Timeline	Link
OCup #1	Closes Wed, April 15 (Wed of race week) @ 11:59pm	HERE
Cost per event	Price of \$20-\$75 depending on category	

Pre-Riding

Riders assume their own risk and responsibility when riding the course outside of official competition on event weekend, be cautious of other road users and follow all rules of the road.

Categories & Pricing

Wave	Time	Category Age as of Dec 31 2026	Distance	Registration Fee Closes Wed Apr 15
1	10:00am	Cat A 15+	110km Classic	\$75 (\$20 U19)
		Cat B 15+		
		Cat C 15+		
2*	10:05am*	Cat A Women 15+	110km Classic	\$75 (\$20 U19)
		Cat B Women 15+	55km Challenge	\$65 (\$20 U19)
		Master Women 40+		\$65
		U15 Women (13-14)		\$20
3	10:10am	Master Men 50+	55km Challenge	\$65
		Cat D 15+		\$65 (\$20 U19)
		U15 Men (13-14)		\$20
4	10:12am	Open Non-OCup (8+)	28km Mini	\$35 (\$20 U19)

**Women will have a separate start if there are 25 riders or more registered, an additional police vehicle has been granted for this start. If less than 25, women will start with the men in their respective distance start wave.*

Road OCup Membership Structure

Category	Age Range	OC Non-Member Permit	Challenge Membership	Compete Membership	UCI License
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
U15	13-14		X	X	X
Master Women	40+	X	X	X	X
Master Men	50+	X	X	X	X

Awards & Prizes

- Medals will be awarded to the top three (3) finishers in each category, the top ten (10) finishers will be posted near podium presentations at the Ronald Lalonde Community Hall.
- 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 15 minutes after the subsequent start wave begins or after the last finisher crosses the line.

The 110km Classic men & women podium will receive the following prize money:

Overall M/F 110km		U19 M/F 100km	
1 st Place	\$200	1 st Place	\$200
2 nd Place	\$150	2 nd Place	\$150
3 rd Place	\$100	3 rd Place	\$100

Montu Bikes & Apparel (Montu.cc) returns for the 2026 season as the supplier of the Ontario Cup Series Overall Winners Jerseys. From the local group ride to the podium,

Montu delivers high-performance apparel and custom-built bikes designed for the dedicated athlete.

Through Ontario Cycling’s partnership with Montu, all members have access to the following exclusive benefits:

- **15% savings on Montu apparel:** Use code **ontariocycling** at [Montu.cc](https://montu.cc) *
- **Half price on custom-painted carbon frames/bikes:** Save 50% on custom paint (only \$150) when you purchase a Montu custom road or gravel bike. More information on Montu's website at <https://montu.cc/bikes/>

**Note: Apparel discount valid on all full-price apparel orders over \$100 until December 31, 2026. Excludes kit bundles and clearance items.*

Ontario Cycling thanks Montu Bikes & Apparel for their continued support. Don’t miss your opportunity to compete for the Ontario Cup Series Overall Winners Jersey!

Shop the collection at [Montu.cc](https://montu.cc)



Event Schedule

SUNDAY, April 19:

- 8:00 am – 9:40 pm Rider Sign-In is Open*
- **10:00 am** **110km Classic Race Men’s Start (Cat A, B, & C)**
- **10:05 am*** **110km Classic/55km Challenge Race Women’s Start* (All Women OCup Categories)**
- **10:10 am** **55km Challenge Race Men’s Start (Cat D, Master, & U15 Men)**
- **10:12 am** **28km Mini Ride Start**
- +30min Award Ceremonies – 30min after the top 3 finishers in

each category have crossed the line for their distance
(an announcement will be given 15min in advance)

**Women will have a separate start if there are 25 riders or more registered, an additional police vehicle has been granted for this start. If less than 25, women will start with the men in their respective distance start wave.*

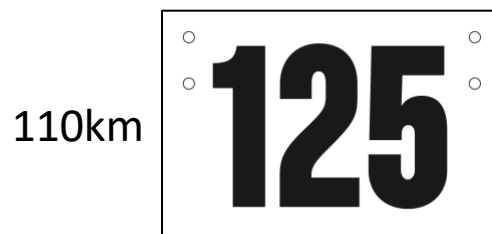
***All riders must sign-in before their race. Sign-in closes 30 minutes prior to the start of each race wave.*

Results & Timing

TimerAI will be the timing provider for OCup 1 Clarence-Rockland Classic. Top 10 finishers in each category will be posted on-site prior to podium ceremonies. Complete official results will be posted on the Ontario Cycling website after the conclusion of the event.

Rider Plates/Bibs

A front handlebar number plate and single bib number for the low center back of the jersey will be provided to each rider at sign-in. The same race number configuration used at Gravel National Championships. This enables volunteers and race officials to be able to identify each rider and the distance they are completing from the front and back. Rider distance corresponds to the colour of the numbers on the plate/bib – Black = 110km, Red = 55km, Blue = 28km. Riders may be fined if they do not wear or wear their race numbers in a manner that they are not visible to officials.





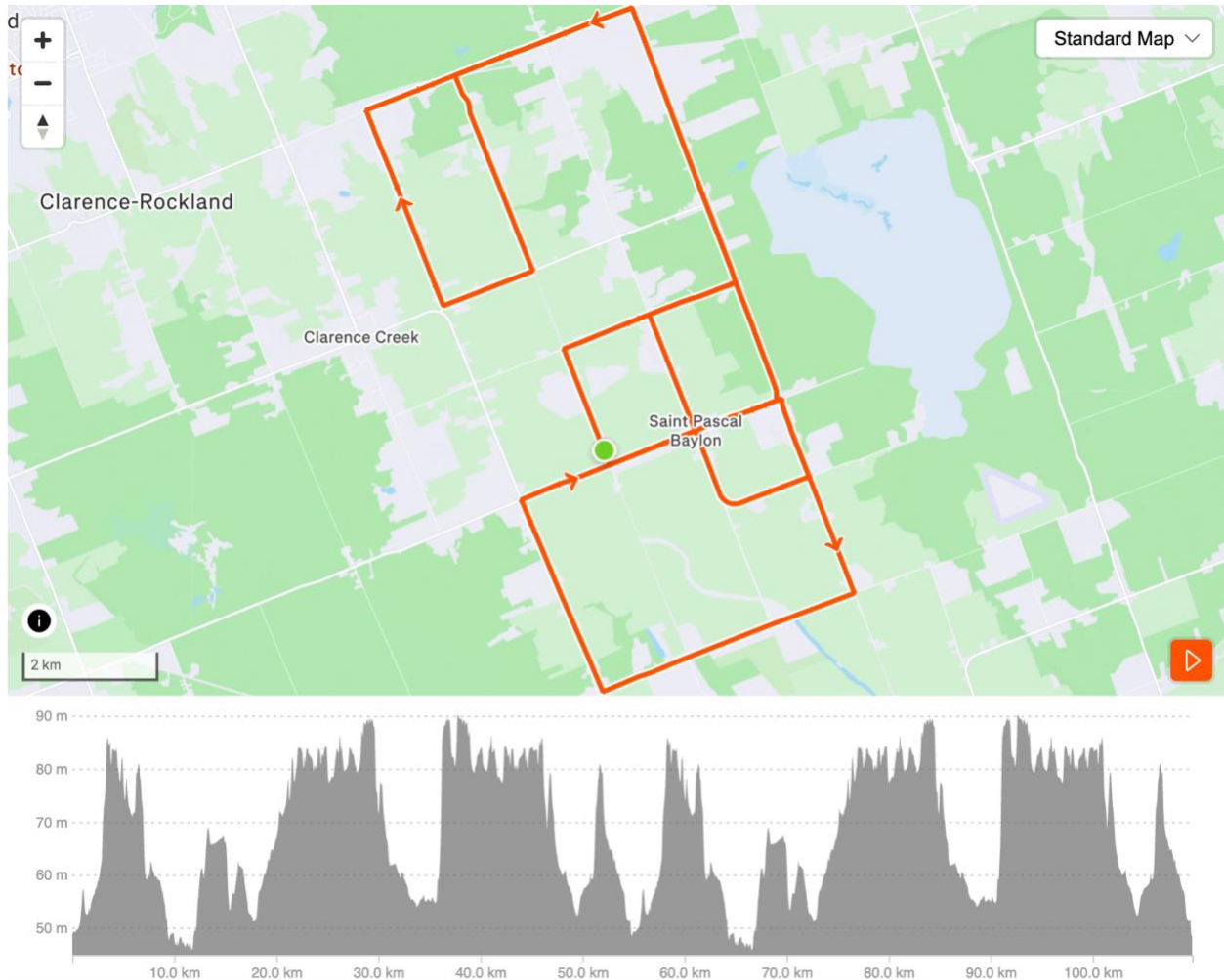
Course Marking

- Direction signs will mark the course route for all distances. The 110km Classic will also have a police escort for the front pack.
- Any rider outside of the police escort in the front pack must follow rules of the road including stopping at stop signs etc. Riders being overtaken or coming to an intersection at the same time as any lead vehicle/pack must yield to allow safe passage.
- Volunteer course marshals will be stationed at key intersections along the course (high traffic and/or direction changes). Please follow all directions provided by marshals. Intersections on course are highly visible due to the mostly flat open farm roads being used.

Course Maps & Elevation Profiles

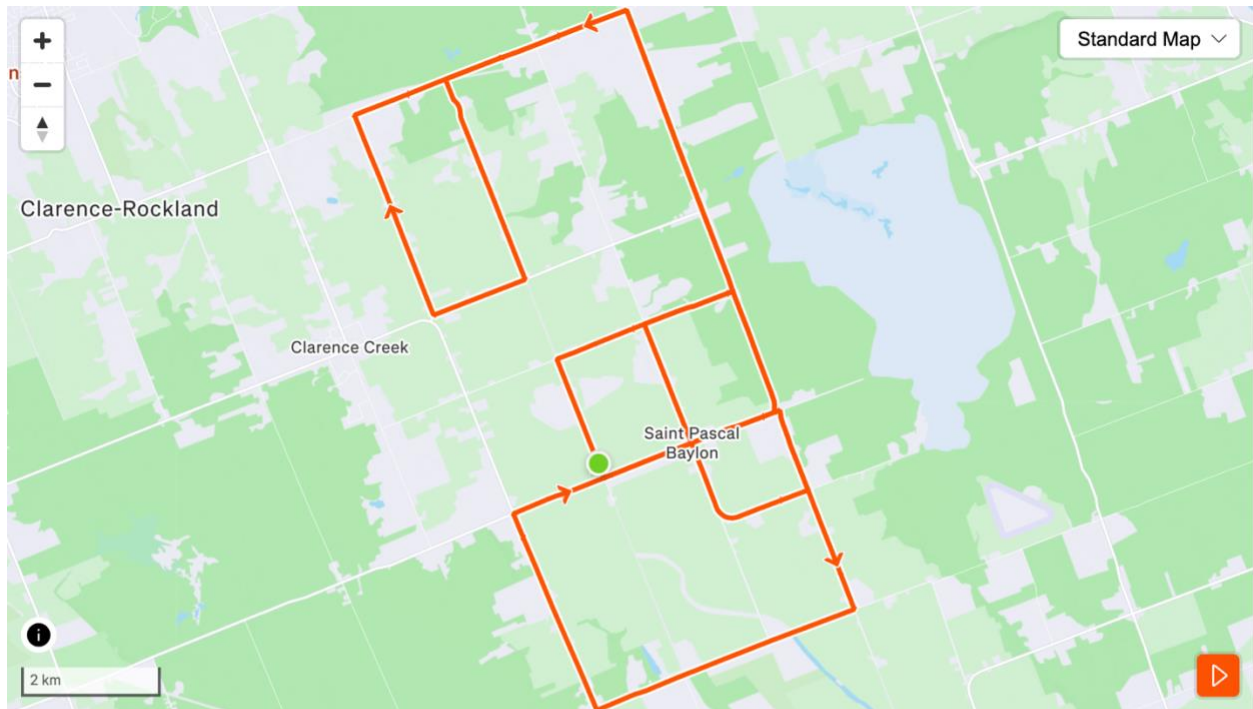
110km Classic Course Map – 109.8km & 590m of elevation gain per lap

[Strava Link](#)



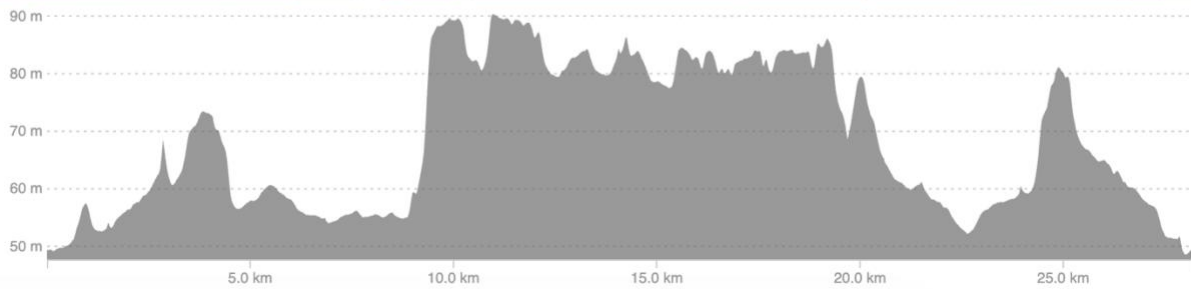
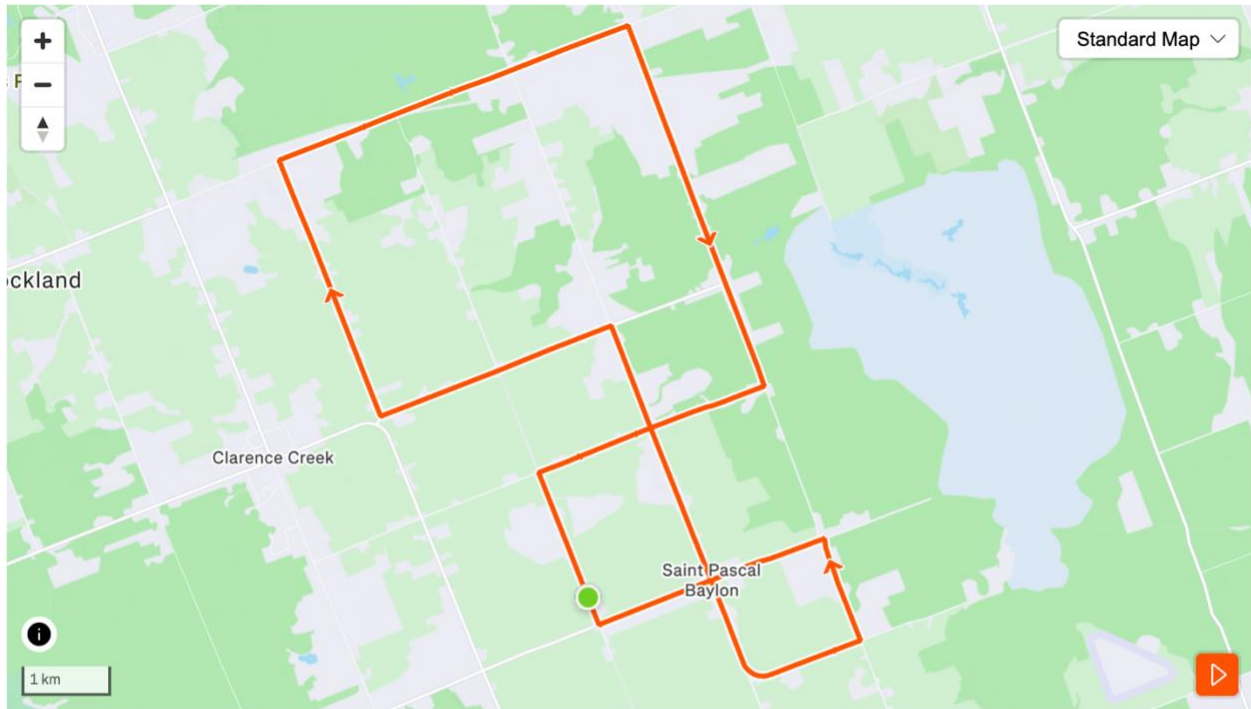
55km Challenge Course Map – 54.9km & 293m of elevation gain per lap

[Strava Link](#)



28km Mini Course Map – 28.2km & 160m of elevation gain per lap

[Strava Link](#)



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.
- Out of province riders residing in Canada will be required to present a UCI license or have purchased a non-member permit during registration. Riders residing outside of Canada are required to have a valid UCI race license.
- Races will start promptly at the indicated start times.
- 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 a race official may be subject to a fine.
- 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 Panel are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.
- Radio communication is not permitted between riders and anyone else.
- Should a commissaire or OC representative feel that a rider is unfit to race for any reason, OC reserves the right to remove the rider from the event, for their own safety and the safety of others.
- **Yellow Line Rule will be in effect.** Riders have sole responsibility for their own safety and must obey traffic laws and respect direction from race officials and police.

Equipment Regulations

New 2026 UCI Road Event Equipment Regulations:

- Rim Depth – will be enforced at non-TT Road OCup/Provincial Championship events:
 - 65mm is the max wheel depth for non-TT road events
- Helmets – will **not** be enforced at OCup events in 2026 to allow for an adaptation period. The following rules will be enforced at the 2026 Road Provincial Championships and all applicable 2027 events. In addition to National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup events in preparation for the rules being enforced provincially later this summer:
 - For all events outside of Time Trials, the helmet must have at least 3 distinct openings (inlets) on the shell structure (size is irrelevant, they can be meshed and need to allow for wind to get past the shell of the helmet).
 - Helmets must not cover the ears, not even partially, full ear must be exposed from the helmet. Skull caps/other fabric to cover the ears are permitted; just the helmet must not cover the ears itself.
 - Can't use integrated visors; sunglasses must be able to be worn independently of the helmet.
- Handlebar/Lever Dimensions – will **not** be enforced at OC sanctioned events in 2026, however the following rules will be in effect at National & UCI events in 2026. Courtesy checks will be performed at 2026 OCup/Provincial Championship events in preparation for the rules being enforced provincially in 2027:
 - Max horizontal inclination of the hoods is 10 degrees from the curvature part of the handlebar.
 - The maximum "flare" (measurement) From the top inside of the handlebar to the bottom outside of the handlebar is 65mm.
 - Minimum outside to outside width of the bars is 400mm (40cm).
 - Minimum inside to inside width taken at the narrowest part of the levers is 280mm (28cm).
 - If the outside minimums meet the 280mm measurement, the outside will automatically be 400mm or more because most handlebar widths are around 60mm.
- 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.

- Riders are required to wear a jersey corresponding to the club or team on their membership during competition.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.
- **No aerobars** or any equipment that is not permitted in a sanctioned road/gravel race. Refer to Ontario Cycling's event guidelines for more details.
- **Mountain bikes** are not permitted in the 110km event.
- Each rider is responsible for ensuring their bike is in good working order for a mix of pavement, gravel, and loose gravel.

The following are regulations for use of onboard technology at all OC events which are managed by OC Commissaires. These regulations do not apply to any events which do not require Commissaires, but if they are sanctioned under the OC Insurance Policy, Section 6 (a) and (b) applies.

1. All onboard technology device which is fitted on a bicycle must:
 - a. Be installed on a system designed specifically for bicycles and not affect the certification of any item on the bicycle.
 - b. Not cause a risk for the safety of any rider, and therefore, be affixed in a manner that ensures it is not susceptible of inadvertently dismounting or is non-removable.
 - c. The camera footage is not immediately available to the rider.
2. Helmets must have a CSA certification. Any modification, alteration, manipulation, addition or removal of any element, or addition of an accessory unapproved by the helmet manufacturer is prohibited.
3. If the technology appears to be improperly affixed based on the commissaires discretion, the rider must remove or adjust the technology before the rider will be allowed to start.
4. If there is a crash during an event, permission must be secured in writing from the individuals involved before posted any footage from the incident.
5. It is strongly recommended that anyone who is using footage for individual promotion or private use, secure written consent in advance from any individual appearing on the footage.
6. Insurance Implications:
 - a. OC Insurance does not cover loss or damages which may occur to onboard technology during the event.
 - b. All individuals using onboard technology are responsible and liable for any damages and injuries which may occur if the technology interferes with the integrity and safety of the event.

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule. Riders are encouraged to self-seed themselves based on ability.

- 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.

***New for 2026* Ontario Cup Points**

Ontario Cup points are awarded to the top 20 finishers in each category (formerly top 15). Only riders who have an OC membership are eligible for OCup points. Riders who DNF (do not finish) are not entitled to OCup points. Riders who move categories during the season will not carry any accumulated points into their new category. OCup points earned will remain in the category they were awarded within. Ontario Cup series champions will be decided by season ending OCup series point totals by a simple tally of all the points earned at OCup events for the current year.

To make the series title race tighter in 2026 and beyond, points awarded for each position have shrunk to a 1-point differential between each position (formerly a 2 or more-point differential between positions 1st-5th). Series points will be awarded as follows for all Ontario Cups:

Position	Points	Position	Points	Position	Points	Position	Points
1 st	20	6 th	15	11 th	10	16 th	5
2 nd	19	7 th	14	12 th	9	17 th	4
3 rd	18	8 th	13	13 th	8	18 th	3
4 th	17	9 th	12	14 th	7	19 th	2
5 th	16	10 th	11	15 th	6	20 th	1

**With 30 days or more notice to riders, double points can be offered.*

***Any riders competing with a non-member permit or residing out-of-province are not eligible to earn OCup points.*

With increased demand for OCup event hosting and greater variety of event type included within each series, Ontario Cycling is implementing a structure for lowest point score's to be dropped from the series ending points total dependent on how many events are held in a series. Where a riders lowest or zero (0) point scores from OCup events within a series are dropped from inclusion in the series total score according to the number of events held within the series for the year:

- 1-4 Events: All events are counted towards OCup points
- 5-6 Events: One (1) event is dropped from OCup points (event with least amount of points scored)
- 7+ Events: Two (2) events are dropped from OCup points (events with least amount of points scored)

OCup Points at Provincial Championships:

Riders will earn a 10-point bonus to their total 2026 OCup Points tally for registering in the respective disciplines 2026 Provincial Championships. Riders who do not register for provincials are not eligible. If a rider upgrades to a higher ability OCup category during the season (all OCup events in the season, does not include Provincials) and earns points in more than one category (i.e. Cat B for OCups 1-3 and Cat A for OCups 4-5), the 10-point bonus will only be applied to the highest ability category the rider scored points in during the OCup season (i.e., Cat A and not Cat B).

- Road & Cyclocross Series: Categories at Road & Cyclocross Provincials are different from OCups in that they are age-based and not ability-based, riders can choose to race in their respective age championship category or a non-championship category subject to having the applicable membership/license for the category (see licensing rules). If a rider decides to race in their age championship category at Provincials it is not constituted as an upgrade (i.e., a Cat B rider at all OCups [raced at 11:00am at all OCups] is of Elite age 23+ and decides to race in the Elite category at Provincials [1:30pm start time – same start time as Cat A at OCups] it is not seen that the rider ‘upgraded’ to Cat A, the rider simply decided to race in their age group and will receive the 10-point bonus for registering for Provincials to their Cat B points).

For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup #4	OCup #5	OCup Total	Provincials	Final Points
Rider1	19 (2 nd)	20 (1 st)	18 (3 rd)	20 (1 st)	16 (5 th)	77	10 (Yes)	87
Rider2	18 (3 rd)	15 (6 th)	20 (1 st)	16 (5 th)	17 (4 th)	71	10 (Yes)	81
Rider3	20 (1 st)	19 (2 nd)	19 (2 nd)	18 (3 rd)	19 (2 nd)	77	0 (No)	77

Tie Breaking Policy – Ontario Cup Series Points:

When two or more riders are tied at the end of the Ontario Cup series, the following criteria and procedure shall be utilized by the OC office to determine which rider is awarded the higher place in the standings. Descending through the following steps until one athlete emerges above the other:

- 1) Most race wins in the series.
- 2) Overall Points Average (number of points divided by events attended).
- 3) Highest placing in commonly attended events (who placed higher in the standings when both riders attended the same events).

- 4) Highest placing in the last event of the series.

Category Upgrades/Downgrades

There are no criteria for ability upgrades in Road 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 an age ability category A-D they are required to submit a formal upgrade request via the OC upgrade form [HERE](#). **ONLY second (2nd) year U15 athletes are eligible to upgrade** into a higher road age category, and they must have participated in a minimum of one (1) Road OCup in the U15 category prior to requesting. 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 event in the province, 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).*

Bad Weather and Course Changes

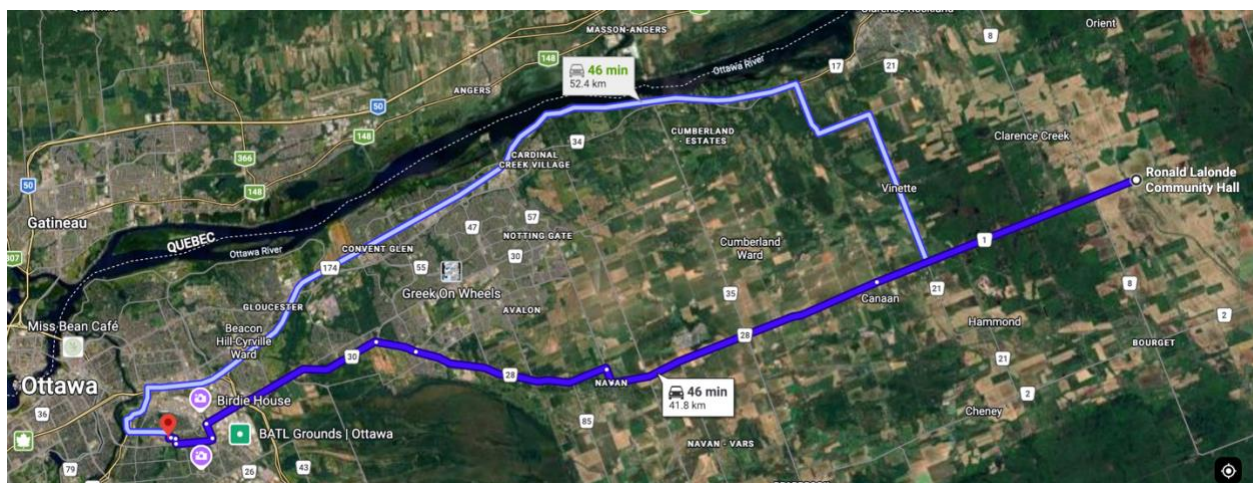
- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Any modifications made will be announced at the start of each wave. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort 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](#)

Spectator Safety

Spectating is allowed along the courses behind spectator barricades where provided. Spectators should maintain distance between themselves, and any barricades provided by the race organization. Use caution when taking photos/videos due to depth perception. Barricades although providing a visual boundary for course limits does not always provide significant physical protection from riders breaking through and contacting features, objects, or people outside of course limits.

Medical/Hospitals

Ottawa Hospital/Emergency Room: [501 Smyth Rd, Ottawa, ON K1H 8M2](#)



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

Directions to Closest Hospital

Race Venue: Ronald Lalonde Community Hall - [2564 St Pascal Rd, Saint-Pascal-Baylon, ON K0A 3N0](#)

- 1) ↑ Head toward Pilon Rd
- 2) **Continue to follow County Rd 1** (10.8 km)
- 3) ↑ Continue onto Colonial Rd/Route 28 (11.0 km)
- 4) ↗ Turn right onto Trim Rd/Route 28 (signs for Ottawa Road 28) (550 m)
- 5) ↖ Turn left onto Navan Rd/Route 28 (signs for Ottawa Road 28) (7.8 km)
- 6) ↻ At the roundabout, continue straight to stay on Navan Rd/Route 28 (1.6 km)
- 7) ↖ Use the left 2 lanes to turn left onto Blackburn Hamlet Bypass/Ottawa Regional Rd 30
- 8) **Continue to follow Ottawa Regional Rd 30** (7.5 km)
- 9) ↖ Use the 2nd from the left lane to turn left onto St. Laurent Blvd/Ottawa Regional Rd 26 E (600 m)
- 10) ↗ Turn right onto Smyth Rd (1.5 km)
- 11) ↑ Continue on Roger Guindon Ave to your destination (500 m)
- 12) ↗ Turn right onto Roger Guindon Ave (210 m)
- 13) ↖ Turn left onto Ring Rd (180 m)
- 14) ↑ Continue straight
- 15) **Destination will be on the right**

Safety and First Aid

First Aid will be provided by St. John's Ambulance. 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.