

ROAD OCUP #3



COBOURG

CRIT

SATURDAY, JUNE 6, 2026

TECHNICAL GUIDE

THIS EVENT IS SANCTIONED BY



GENERAL INFORMATION

Course: The circuit is built for speed with only three corners, all of which are wide sweeping. The freshly paved loop is 2.5km in length with only 5 meters of elevation.

Parking: Parking will be located on the north side of the course. Street parking is available on the following streets: Delanty Rd, Dodge Street & House Crescent.

Pre-Riding: There is no pre-riding allowed on the day of the race.

Warming Up: Riders are encouraged to bring rollers or trainers for warming up.

Questions: Please read the tech guide thoroughly and direct any questions to Greg Rawson at greg@performancedrivenevents.com



REGISTRATION INFORMATION

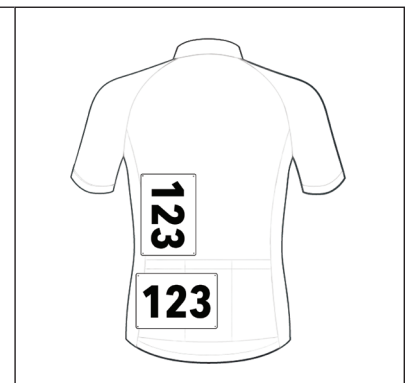
Cost: \$80 + tax and fee's

Pre-registration available online at CCN

- 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 3 closes on **Wednesday June 3 (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.

Number Placement

See image for bib number placement for the race:



SCHEDULE:

Category	Age Range	Suggested Time	Start Wave	Start Time
U15	13-14	40 min	A	8:30am
Cat C	15+	50 min	B	9:20am
Cat D	15+	50 min	B	9:20am
Master Men/Open	50+	50 min	B	9:20am
Cat B	15+	60 min	C	10:20am
Master Women	40+	60 min	D	11:30am
Cat A Women	15+	60 min	D	11:30am
Cat B Women	15+	60 min	D	11:30am
Cat A	15+	75 min	E	12:40am

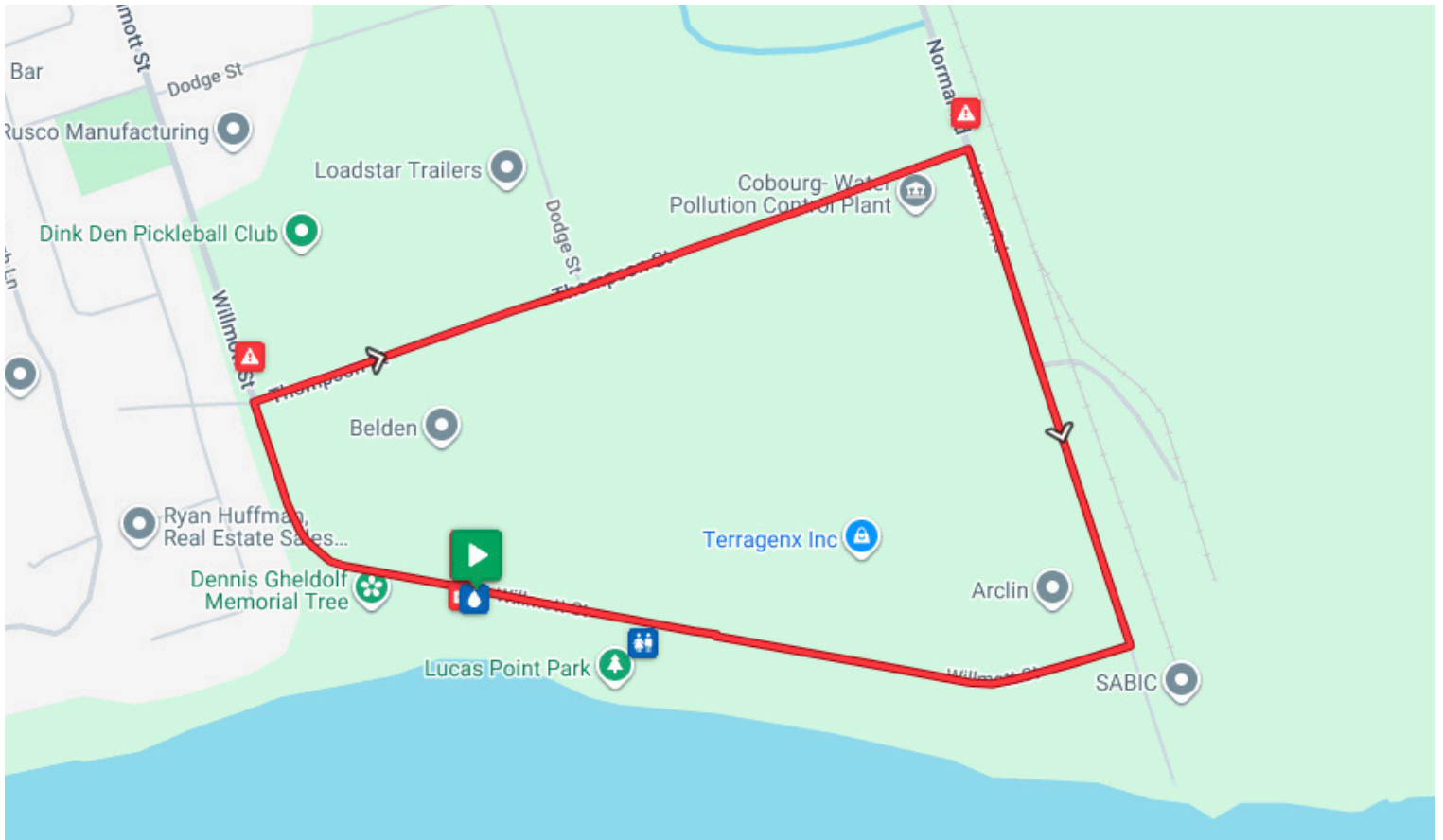
EVENT RULES

GENERAL RULES & REGULATIONS

- The gear and equipment restrictions will follow the 2025 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](#).
- As of April 1st, 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 bicycles confirming 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.
- Independent riders are required to wear a plain-coloured jersey with no significant logos, team names or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- Per cycling Canada (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.

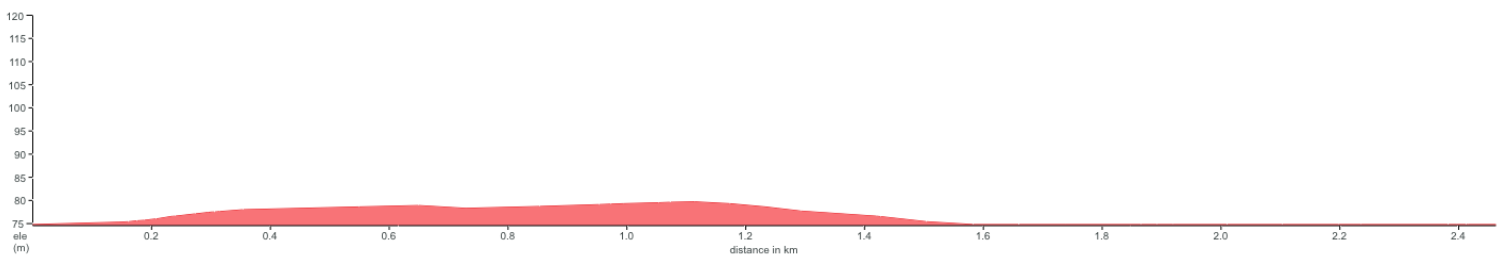
COURSE MAP

Location: 94 Willmott Street, Cobourg, ON K9A 0E9



COURSE ELEVATION

2.5 kilometers · +5 m / -5 m



RIDE WITH GPS [LINK](#)

EVENT & COURSE SAFETY

- First aid will be provided, 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.
- Riders are required to wear an approved, regulation cycling helmet at all times while riding their bike.
- Should a Commissaire or OC representative feel that a rider is unfit to race for any reason, the OC reserves the right to remove the rider from the event, for their own safety and the safety of others.

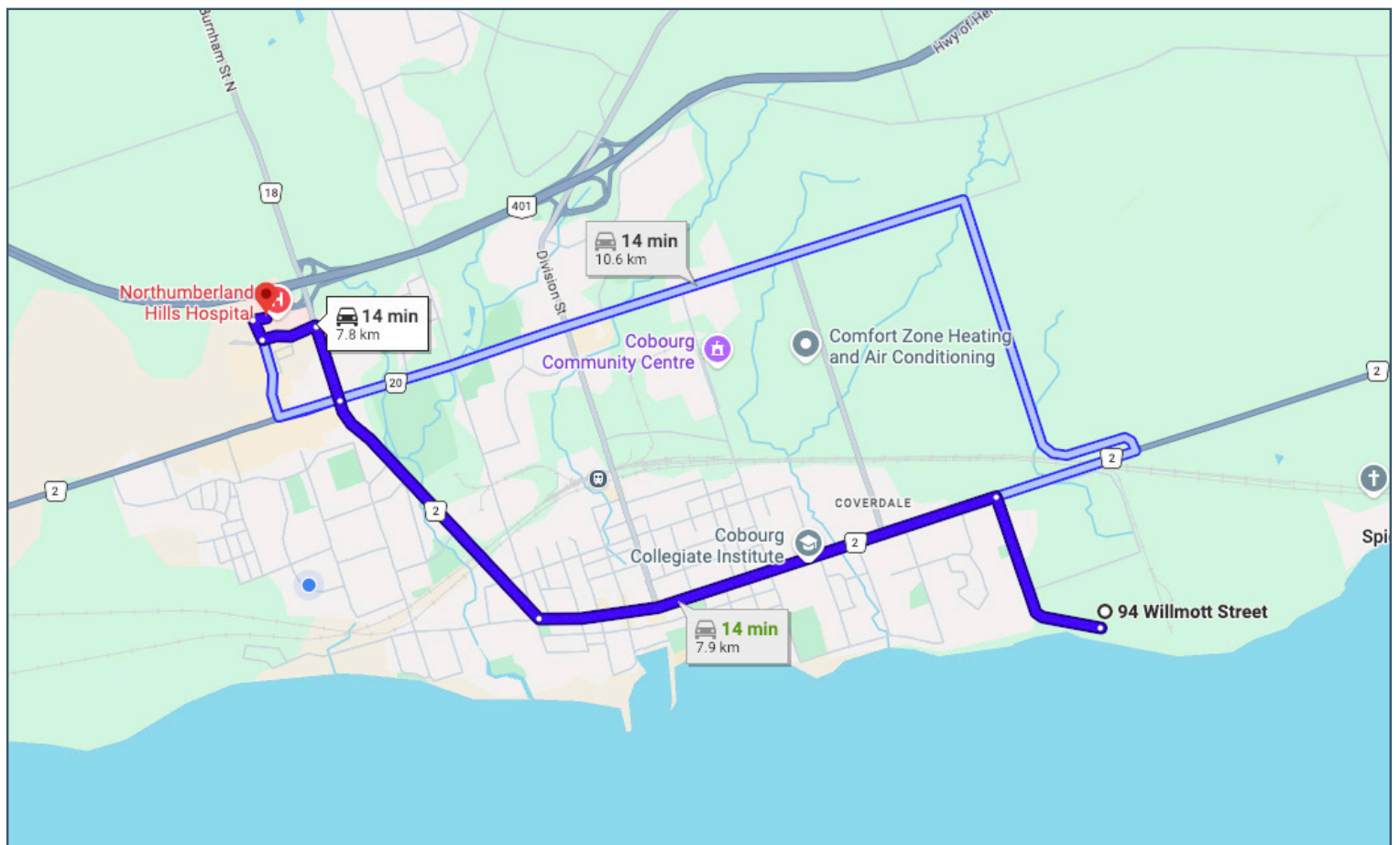
SPECTATORS

Spectators should be aware of the start/finish line area.

DIRECTIONS TO NEAREST HOSPITAL

Northumberland Hills Hospital (905) 372-6811

1000 Depalma Dr, Cobourg, ON K9A 5W6



ONBOARD TECHNOLOGY

The following are OC regulations for onboard technology for 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 of the footage.
6. Note:
 - 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.

RIDER CONFIRMATION

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

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](#)