

CX OCup #1 – We Need More Cowbell

Big Valley Camping Resort – St. Catherines

SUNDAY, SEPTEMBER 27th, 2026



**September 20, 2026
Technical Guide
Version 3**

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Event Description

Date: Sunday, September 27, 2026

Time: 7:30 am – 3:00 pm

Location: Big Valley Camping Resort: [2211 King St, St. Catharines, ON L2R 6P7](#)

Parking: Entry & exit to the park are located off King St, within the park follow the Ontario Cycling parking signs to the lot at the back of the park near the tent camping area. Vehicles found outside of the designated parking lot will be required to relocate their vehicle and could potentially be towed if blocking the roadway and/or a resident of the property.

Pit/Tech Zone: The pit will be dual sided and located about midway through the lap to offer riders 2 opportunities for servicing/bike changes per lap.

Come join us for a great day of early season CX racing at Big Valley Camping Resort in St. Catharines for OCup #1! The same great course as last year, with some 2026 tweaks. Parking, washrooms, and food truck on site open during event day.

[Grey Method Massage, Physio, Chiropractic](#) will be on-site with a team of therapists providing 10–15-minute manual therapy treatment to riders.

All Ontario Cycling members are welcome to visit any of their clinic locations for treatment, corrective movement strategies, and individualized exercise programming. Helping address any areas of concern, optimize movement patterns, and support in performing at your best for upcoming events.

Grey Method's promotion for OC members includes:

- **Complimentary 30-minute Physiotherapy Assessment & Treatment** for first-time visits to Grey Method.
- **15% off subsequent Physiotherapy, Massage Therapy, and Chiropractic treatments** for Ontario Cycling staff and members.
- Priority access to appointments during race season, helping members address injuries and recovery needs quickly.

When members book with the clinic, they need to show proof of their 2026 license/membership card – as such when signing in at an event.

Event Contacts

Position	Name
Event Organizer	Nathan Chown E: cxking618@gmail.com
Ontario Cycling Event Lead	Darren De Ruiter E: events.team@ontariocycling.org
Ontario Cycling Membership	Chris Baskys E: info@ontariocycling.org
Timing	Zone4
Medical	On-Site Paramedic/2 Certified First Aid Responders

Commissaires

Position	Name
President of the Commissaire Panel	Marie-Eve Potvin
Finish Judge	Kevin Scheerer
Member	Andy Makarewich

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 September 23rd, 2026 to receive accreditation for the event.

Registration

- Registration for all CX OCups is open to Ontario Cycling members and license holders 8 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.

- Non-members residing in Canada can participate in all categories except for Cat A and will be subject to an additional \$5 (under 18) or \$10 (18+) at registration.
- Registration for CX OCup closes on **Thursday, of race week at 11:59pm.**
- If the Thursday at 11:59pm registration deadline passes and a rider would still like to register, they have until Friday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

CX OCup #1 – We Need More Cowbell Registration		
Event	Registration Timeline	Link
OCup	Closes Thursday (of race week) @ 11:59pm	HERE
Cost per event	Price of \$40-\$65 depending on category	

**Riders looking to register for both a geared and single speed category can do so by selecting multiple categories when registering online. Adding single speed to your cart in addition to a geared category will discount the cost of single speed to only \$20 for the add on. Day of registration for single speed and all categories is not allowed.*

Pre-Riding

Course pre-riding is only available on race day Sunday, September 27th, 20-to-30-minute time breaks between start waves have been worked into the schedule to allow all riders to have an equal opportunity to ride 1 or more laps of the course prior to their race start. Riders are only permitted to pre-ride the course when either no race is currently on the course or behind the last rider in the current race on course on their final lap. Pre-riders must not interfere with the current race unfolding, any riders who are found to have interfered with or passed the last rider of the current race on course may be subject to a fine or disqualified from competing in their race. Any person who rides the course outside of race day assumes their own risk and responsibility when riding.

Event Schedule

7:30am – 1:00pm	Rider Sign-in is Open*
9:00am	Start Wave 1 (Cat C [17+] & Master Men/Open [55+])
10:15am	Wave 1 Podiums
10:00am	Start Wave 2 (U17, U15, & U13)
11:15am	Wave 2 Podiums
11:00am	Start Wave 3 (Cat B [17+] & Master Men/Open [35+])
12:30pm	Wave 3 Podiums
12:15pm	Start Wave 4 (Cat A Women [17+], Cat B Women [17+], Master Women [35+] & Master Women [55+])
1:45pm	Wave 4 Podiums
1:30pm	Start Wave 5 (Cat A [17+] & Single Speed [17+])
3:00pm	Wave 5 Podiums

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

Results & Timing

Zone4 is the official timer of the 2026 Cowbell Cross OCup. Start lists and results can be found at the link <https://zone4.ca/> after registration for the event is closed. Final results will be posted on the Ontario Cycling website after the conclusion of the event.



All participants will receive a timing chip corresponding to their race plate. Timing chips must be picked up by all racers at the sign-in tent on event day and returned via the chip drop-off bin after finishing the race. Event organizers have made a significant investment to provide professional timing equipment and services. All riders who do not return their timing chip on event day will be responsible for a \$75 replacement fee, unless other arrangements can be made to return the chip to the event organizer.

Categories & Start Times

OCup categories for riders 17+ are ability-based where athletes self-seed themselves from Categories A-C and Categories A & B (Women Only), based on their ability and experience level. Women who would like to race in Categories A-C are able 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. Youth categories for riders under 17 years of age as of Dec. 31st of the following year remain with age groups U17 (15-16), U15 (13-14), and U13 (8- 12). ***New for 2026*** Masters age group categories for Men lower from 45+ in 2025 to 35+. This complements the addition of a separate Master 55+ category for both Men/Open and Women. Cat D is removed with C moving to the first start of the day to pair with the additional Master category, the Master 35+ category moving to the 11am start with Cat B.

Ontario Cups				
Start Time	Category	Duration	Registration Fees Closes Thu, before race	Tire Width*
9:00 AM	Cat C (17+)	40 minutes	\$ 65.00	N/A
9:01 AM	Master Men/ Open 55+	40 minutes	\$ 65.00	N/A
9:40 AM	Break	20 minutes		
10:00 AM	U17 Girls & Boys	40 minutes	\$ 40.00	33mm
10:01 AM	U15 Girls & Boys	30 minutes	\$ 40.00	N/A
10:02 AM	U13 Girls & Boys	30 minutes	\$40.00	N/A
10:40 AM	Break	20 minutes		
11:00 AM	Cat B (17+)	45 minutes	\$ 65.00	N/A
11:01 AM	Master Men/Open 35+	45 minutes	\$ 65.00	N/A
11:45 AM	Break	30 minutes		
12:15 PM	Cat A Women (17+)	45 minutes	\$ 65.00	33mm

12:16 PM	Cat B Women (17+)	40 minutes	\$ 65.00	N/A
	Master Women (35+)	40 minutes	\$ 65.00	N/A
	Master Women 55+	40 Minutes	\$ 65.00	N/A
1:00 PM	Break	30 minutes		
1:30 PM	Cat A (17+)	60 minutes	\$ 65.00	33mm
1:31 PM	Single Speed (17+)	45 minutes	\$ 65.00	N/A

**At Ontario Cup events tire width courtesy checks will be performed for each corresponding category – U17, Cat A Women, & Cat A. No riders will be disqualified if their tire width does not conform to the 33mm maximum width at Ontario Cups. The categories most likely required to follow the UCI tire width restriction align with those that will be checked at National and Provincial Championships – U17, U19, U23, Elite, & Master. A tire width gauge will be made available to all riders at the sign-in desk to pre-check.*

Licensing Requirements

Categories (Age as of Dec. 31, 2027)	Non-Member Permit*	Challenge Membership	Compete Membership	UCI License
U13 Boys (8-12)	X	X	X	X
U13 Girls (8-12)	X	X	X	X
U15 Boys (13-14)	X	X	X	X
U15 Girls (13-14)	X	X	X	X
U17 Boys (15-16)	X	X	X	X
U17 Girls (15-16)	X	X	X	X
Cat A (17+)	N/A	N/A	X	X
Cat A Women (17+)	N/A	N/A	X	X
Cat B (17+)	X	X	X	X
Cat B Women (17+)	X	X	X	X
Cat C (17+)	X	X	X	X
Master Women 35+	X	X	X	X
Master Women 55+	X	X	X	X
Master Men/Open (35+)	X	X	X	X
Master Men/ Open 55+	X	X	X	X
Single Speed (17+)	X	X	X	X

**Riders competing in events on a Non-Member Permit are subject to an additional fee at the time of registration, \$5 and \$10 for Youth and Adults respectively. Non-Members will not be eligible to earn OCup Points and Call-Ups.*

Awards & Prizes

- 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 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 race.

Bib Numbers

- Riders at OCup and Provincial Championship events will receive new bib numbers for each event they compete in.
- Please ask for a second timing chip for your pit bike. All timing chips are to be returned at the end of race completion.
- Bibs are to be placed on the **RIGHT** arm and back side of the jersey. Please refer to below diagram.



Course Map

Ride Segment St. Catharines, Ontario, Canada

Distance	Elevation Gain	Avg Grade	Lowest Elev	Highest Elev	Elev Difference
1.86km	34m	-0.8%	5m	25m	20m

808 Attempts By 110 People



Site Layout



Event Rules

General Rules & Regulations

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are available online at www.ontariocycling.org/officials
- The UCI penalty scale with CC and OC modifications will be used for any infractions
- All riders must sign-in at registration on race day at least 30 minutes prior to their start.
- US licensed racers must hold a UCI International license. For insurance reasons, a USA cycling license is not sufficient and is not permitted in Canada.
- All foreign licensed riders, other than US riders must produce a letter of permission from their country's federation. This must be submitted to Ontario Cycling 72 hours in advance of the event and a copy must be provided on race day to the President of the Commissaire Panel.
- Riders must have a valid Provincial Race or UCI license to participate.
- An OC representative will be present at the race to assist with rider licensing issues. Licenses will not be sold on race day.
- Proof of license purchase (i.e., receipt) is not a sufficient proof of license and will not be accepted on race day.
- Races will start promptly at the indicated start times.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter the course at a point just beyond the finish and must not interfere with racers completing their last lap. Please be courteous to other racers above all else.
- Rider staging will begin 10 minutes prior to race start and call-ups 5 minutes prior. If you are not present for call-up you will forfeit your starting position.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A double-sided pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrances and riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- The 80% rule will be enforced at the discretion of the President of the Commissaire Panel.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- Results will be posted near registration shortly after each race.
- Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled. If there are any changes or delays

in the schedule.

On-Board Technology

The following are OC regulations for onboard technology for all OC events 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: 2026 Cyclocross Event Guidelines 18 5/22/26s
 - 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) 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 commissaire's 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 posting 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. Note:
 - a) OC Insurance does not cover loss or damage which may occur to onboard technology during the event.
 - b) All individuals using onboard technology are responsible and liable for any damage and injuries which may occur if the technology interferes with the integrity and safety of the event.

Equipment Regulations

- Cyclocross bicycles conforming with UCI regulations are required in **Cat A categories ONLY**. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - All other categories allow the use of any bicycle; including mountain bikes.
- Riders are required to wear jerseys corresponding with the club or team printed on their license. Independent riders and unlicensed riders are required to wear a plain jersey with no significant logos, team names, or advertising displayed on them.
- Sleeveless jerseys are not permitted.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.

- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 10 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 rider 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

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 (5th)	77	10 (Yes)	87
Rider2	18 (3 rd)	15 (6th)	20 (1 st)	16 (5 th)	17 (4 th)	71	10 (Yes)	81
Rider3	20 (1 st)	19 (2 nd)	19 (2 nd)	18 (3rd)	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

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 U17 to Cat A (17+) they are required to submit a formal upgrade request via the OC upgrade form [here](#). Age category upgrades require the submission of race results, 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.

**Any age category upgrade approved by Ontario Cycling is for Ontario Cycling sanctioned events only. Those looking to upgrade for a National level event (including National Championships) must make this request to Cycling Canada.*

Ontario Cup Call-Up Protocol

Call-ups for OCup categories are designed to encourage participation in the OCup series. The following is the protocol when using OCup points to determine the call-up order:

- 1) Riders tied with the same number of OCup points will be randomized.
- 2) After the first 2 rows are filled, any remaining riders will fill the additional places on the starting grid on a first-come, first-served basis.
- 3) If the first 2 rows are not filled, other riders can take open positions.
- 4) When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered “in the same race”. Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, etc.).

Organizers may acknowledge National or World Champions in their race. These acknowledgments will be done before the call-ups. Participants will then be called up by the procedure above only. Riders may choose any position on the grid after their call-up, including not taking a position until the remainder of the field is called up.

Technical Assistance Regulations

- 1) Riders should be prepared to work on their bicycle outside of the pit area on course. They can receive assistance in the pit area only, or neutral support if provided by the organizer.
- 2) Tools and spare components can be handed to people in the pit area only.
- 3) Anyone in the pit area may help riders to get their bicycle operational.
- 4) Spare bicycles and wheels are allowed in the pit area only. Spares cannot be stationed for use along the course other than in the pit. All participants with a spare bike should ask for a secondary timing chip for their additional bike when signing in at registration.

- 5) Riders are required to supply their own parts and equipment in the pit area. Riders may not take other participants equipment without their permission.
- 6) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or other competitors.

Bad Weather and Course Changes

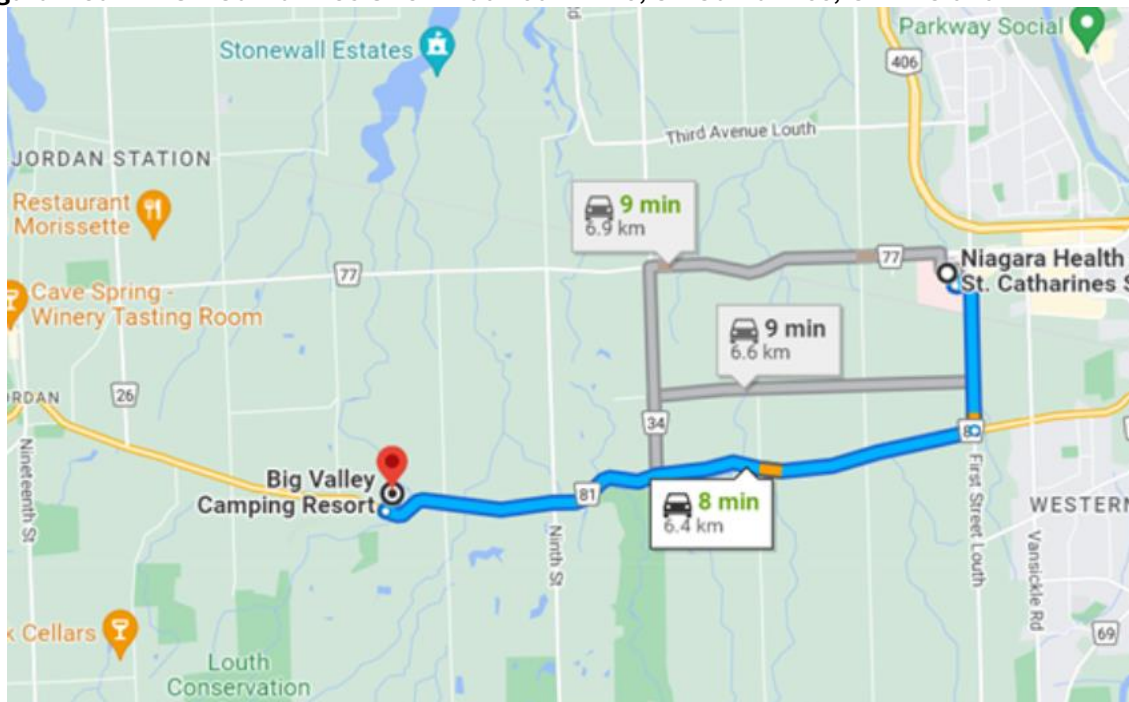
- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In 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 safety tape. Spectators should stand a minimum of 3 feet behind tape and use caution when taking photos/videos due to depth perception. Tape although providing a visual boundary for course limits does not provide significant physical protection from riders breaking through and contacting features, objects, or people outside of course limits.

Medical/Hospitals

Niagara Health - St. Catharines Site: 1200 Fourth Ave, St. Catharines, ON L2S 0A9



Directions to Closest Hospital

Big Valley Camping Resort: [2211 King St, St. Catharines, ON L2R 6P7](#)

- Turn left onto King St (Niagara Regional Rd 81)
- Turn left onto First Street Louth
- Turn left at Burbank Dr
- The destination will be straight ahead

Niagara Health - St. Catharines Site: [1200 Fourth Ave, St. Catharines, ON L2S 0A9](#)

Safety and First Aid

First Aid will be provided by a Paramedic and 2 additional Certified First Aid Responders. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Course maintenance volunteers will be on course at all times to make sure the competition area maintains consistent for all races.