



**ST CATHARINES CYCLING CLUB
2010 ONTARIO PROVINCIAL TIME TRIAL CHAMPIONSHIPS
Sunday, September 12, 2010**

The St Catharines Cycling Club is proud to host the 2010 Ontario Provincial Time Trial Championships.. The club previously hosted this event on the River Road Course and once again for 2010, we will be returning to this fast, rolling course along the Welland River.

ENTRY FEES:

Pre-registration only for this event. Entry includes lunch. Online registration (provided by the OCA www.ontariocycling.org) closes at midnight, Thursday, September 9, 2010.

<u>Category</u>	<u>Entry Fee</u>
U17 Men, U 19 Men U19 Women	\$30.00
All Other Categories	\$40.00

The Start times for all pre-registered riders will be published at least 24 hours prior to the start of the race. The order of categories will as shown in the Schedule of Events. The start list will be published on the OCA Web Site

OCA UCI-licenced riders are eligible to register. Riders holding non OCA Racing Licences may participated in the ITT Championship but are in-eligible to win Provincial medals/jerseys.

Violation of this rule will result in fines and possible disciplinary actions from the authority that issued your licence.

For those members racing on a citizen permit in the U17 categories you do not need a full UCI licence to win the Championship Medals

For all un-licenced riders, OCA One Event Racing Permits must be purchased on-line with the race entry fee. All un-licenced riders will be entered into the Sportif category, unless they are in the 15 km start, in which case they will be entered in their respective category.

For any licencing issues, contact the OCA Office no later that Thursday, September 9.

DIRECTIONS TO THE RACE

From Toronto/Hamilton

- Take QEW towards Niagara, exit at Victoria Ave South
- Continue on Victoria Ave (RR 24) for approximately 25 km
- Turn Left onto Webber Road, proceed for 10 km into the City of Welland
- Turn right onto Riverside Drive
- Parking for all participants is behind the Moose Lodge, 281 Riverside Drive. (Watch for marshals to direct riders to parking)



SCHEDULE OF EVENTS

7:30am: Sign in Opens – Moose Lodge Main Ballroom

8:30am START 15 km ITT

U17 Women
U19 Women
U17 Men

START 30 km ITT

Sportif Riders (Men & Women, all ages)
Master A (30 – 39) Women
Master B (40 – 49) Women
Master C (50+) Women
Master C Men
Master D Men
Elite (Senior) Women
U19 Men

START 38km ITT

Master B Men
Master A Men
U23 Men
Elite (Senior) Men

NOTES:

1. Start times will be posted on-line at least 24 hours prior to the start of the race.
First off rider will be at 8:30am
2. Race sign in and Number pick up will be at the Moose Lodge, 281 Riverside Drive, Welland
3. Awards and lunch will be at the Moose Lodge Exact times for awards presentation will be announced during the event.

COURSE DESCRIPTION

The 2010 Provincial Time Trial Championships will be held on the “River Road” course, between Welland and Wellandport (Niagara Regional Road 27). This is a fast, out and back course that is relatively flat, running alongside the Welland River, with good road surfaces and minimal traffic. The prevailing winds in this area are from the south west, so if the wind picks up, riders will have a head wind out and a tail wind in.

Route details and profiles are shown included at the end of this Technical Guide.



MEDICAL/HOSPITALS

St John's First Aid will be on site at the Start/Finish area.

The Welland County Hospital is located approximated 2 km from the start finish line.

Hospital contact information is:

Address: 63 Third Street, Welland, Ontario

Phone Number: 905-732-6111

See attached map for location of the hospital.

EVENT RULES

- a. The races will be held under the rules of the UCI/CCA with OCA modifications
- b. The CCA rules are available on-line at: http://www.canadian-cycling.com/cca/coaches_officials/companion_guide.shtml
- c. The penalty scale of the CCA Rule book, with OCA modifications will be effect for this championship
- d. Races will start promptly at the indicated start time. Riders are responsible to present themselves to the starting area prior to their scheduled start time.
- e. There will be a minimum of six (6) OCA Commissaires officiating this event
- f. There will not be a team managers meeting
- g. There will not be any team vehicles or following vehicles permitted on the course
- h. There are no feed zones in the race
- i. The race course is not closed to traffic. Some light traffic can be expected. Riders must proceed at their own risk and obey the rules of the Highway Traffic Act and should always, when possible, ride on the right side of the road.
- j. The race course crosses one set of active railway tracks. (except for the 15 km distance). Riders are to be aware that there is a very slight chance of train traffic during the race.
- k. Team/rider radios, IPods and similar devices are NOT allowed to be worn during the race.
- l. Awards will be presented according to the published schedule. Top 3 finishers are required to attend the award presentation and are expected to wear their competition/club jersey. Failure to attend the podium will result in forfeiture of the award and prizes and may result in a fine.

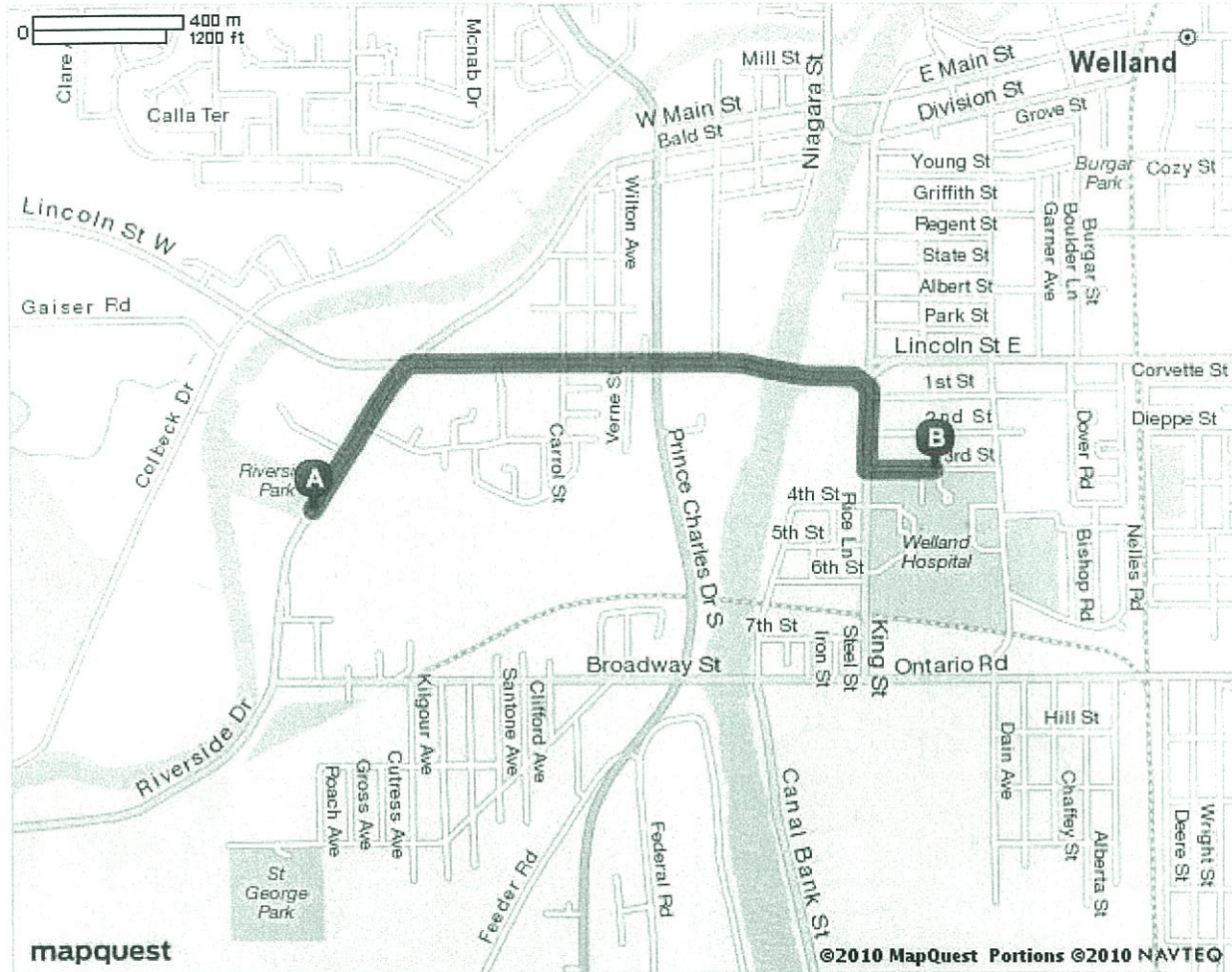


EQUIPMENT RULES

- a. Bicycles will be inspected to ensure compliance with the UCI rule book definitions. Please refer to Section 1.3 of the UCI Rule Book for regulations regarding bike set up for time trials.
A guide to the practical implementation of time trial bike set up may be found at: <http://www.uci.ch/BUILTIN/getObject.asp?MenuId=MTkzNg&ObjTypeCode=FILE&type-FILE&id=34033&langId=1>
- b. Bicycles must be presented for inspection no less than 15 minutes before the rider's scheduled start time. Riders whose bicycles do not pass the inspection will NOT be permitted to start.
- c. Gear restrictions will be in effect for Junior and Under 17 categories. Bicycles must be presented for gear roll out inspection by a commissaire prior to and after the race.
- d. Riders are required to wear jerseys corresponding to the club or team printed on their licence. Independent riders and unlicensed riders are required to wear plain coloured jerseys with no significant logos, team names or advertising displayed on them. Skinsuits are permitted for current club, past club or neutral (ie no advertising). No pro team skinsuits are allowed until your racing licence says you are a member of that team
- e. Sleeveless jerseys are not permitted
- f. Race numbers will be provided at registration. Numbers must not be folded or modified and must be affixed to the rider's clothing per the figure at the end of this Technical Guide.
- g. Team/rider radios, iPods and similar devices are NOT allowed to be worn during the race.
- h. Riders are required to wear hard shell ANSI or SNELL approved helmets while racing and warming up. Warming up on the course is strictly forbidden.
- i. Use of glass containers is strictly prohibited during the race.

PRIZES

- a. Award ceremonies for all categories will be held at the Moose Lodge ballroom.
- b. Championship jerseys and medals for the top three finishers will be awarded to winners of each UCI Licenced category.
- c. Medals and/or prizes will be presented to the top Sportif category finishers



A Loyal Order of Moose - (905) 735-1333
281 Riverside Dr, Welland, ON L3C 5E6

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|---|--|-----------|
|  | 1. Start out going NORTHEAST on RIVERSIDE DR / RR-27 toward WATERVIEW CT. | go 0.3 mi |
|  | 2. Turn RIGHT onto LINCOLN ST W / RR-29. | go 0.8 mi |
|  | 3. Turn SLIGHT RIGHT onto KING ST / RR-68. | go 0.2 mi |
|  | 4. Turn LEFT onto 3RD ST. | go 0.1 mi |
|  | 5. 65 THIRD ST. | go 0.0 mi |

B Welland County General Hospital - (905) 732-6111
65 Third St, Welland, ON L3B 4W6

Total Travel Estimate : 1.51 miles - about 3 minutes

Number Placement

