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**SUNDAY MAY 26, 2019**

Technical Guide (March 2019) V6

Sponsored by:



**A Natural Attraction**



Sanctioned by the  
Ontario Cycling Association

## GENERAL INFORMATION

**Course:** The course is a 1.7 km loop of smooth pavement and wide corners.

**Parking:** Parking is available in the main parking lot across from the Duncan McDonald Memorial Arena.

**Pre-Riding:** Pre-Riding will only be allowed prior to the start of your 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 [performancedrivenevents@gmail.com](mailto:performancedrivenevents@gmail.com)



## REGISTRATION INFORMATION

Registration will take place in the lobby of pad #2, inside the Lawrence Cuculuzzi Sports Centre. Riders will have access to bathrooms and change rooms here.

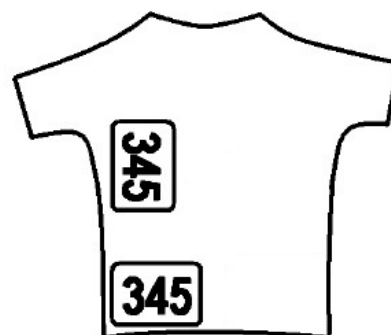
	U19	19+
Early Bird Registration (April 11 - April 24)	\$35 + HST	\$55 + HST
Online Registration (April 25 - May 9)	\$45 + HST	\$60 + HST
Online Registration (May 10 - May 24)	\$55 + HST	\$65 + HST
Day of Registration	\$80 cash	

### Pre-registration available online at CCN

- All participants must hold a valid UCI racing licence.
- The above prices exclude CCN fees.

### Number Placement

See image for bib number placement for the race:



## SCHEDULES/CATEGORY

### criterium

Category	Distance	Start Time	Start Wave
Sign in/Registration	-	7:30 am - 2:00 pm	-
Elite (Senior) 4 Men	40 km	9:00 am	A
Master 3 Men	40 km	9:00 am	A
Master 2 Men	40 km	10:15 am	B
Elite (Senior) 3 Men	40 km	10:15 am	B
Master A 30-39 Women	40 km	11:30 am	C
Master B 40+ Women	40 km	11:30 am	C
Elite (Senior) 3 Women	40 km	11:30 am	C
Elite (Senior) 1/2 Women	40 km	11:30 am	C
Master 1 Men	51 km	1:00 pm	D
Elite (Senior) 1/2 Men	60 km	2:30 pm	E

## EQUIPMENT

The wearing of an approved helmet is mandatory. UCI Rule 1.3.018 states that: Only wheel designs granted prior approval by the UCI may be used.

Only standard handlebars are permitted. Handlebar extensions, including time-trial bar extensions or other types of tri-bars, are not permitted. Only bicycles conforming to UCI rules 1.3.001 - 1.3.025 are permitted for use.

**GEARING: NEW!** Juniors and upgraded Cadets racing in Elite categories will not be required to race in Junior gears at any O-Cups in 2019.

## POINTS

The breakdown of Ontario Criterium points is as follows for each category:

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

## AWARDS

Awards will be given out shortly after the finish of each event. No hats or sunglasses permitted. Prize list will be posted event day at registration.

# COURSE MAP

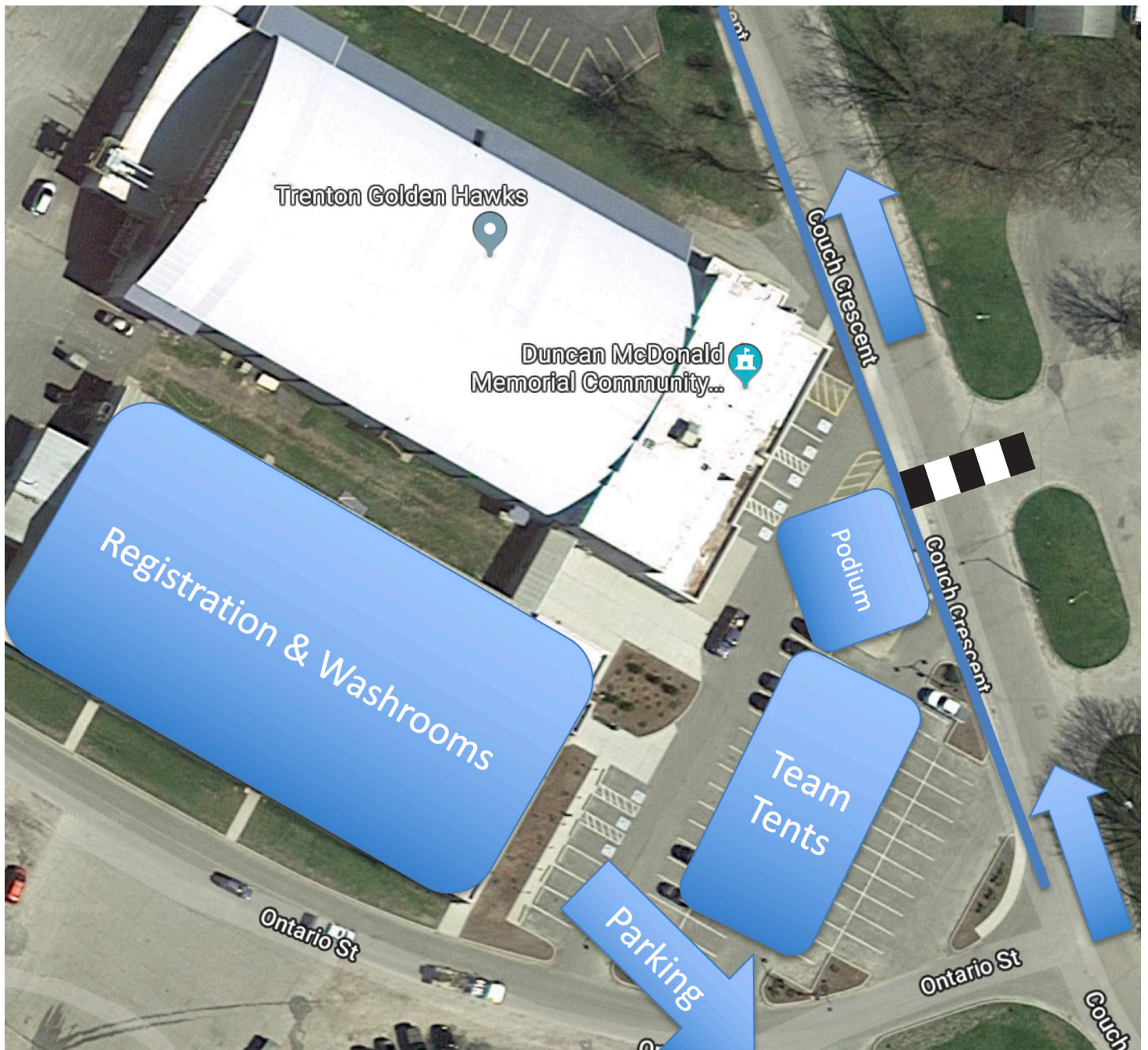


# COURSE ELEVATION





## START / FINISH



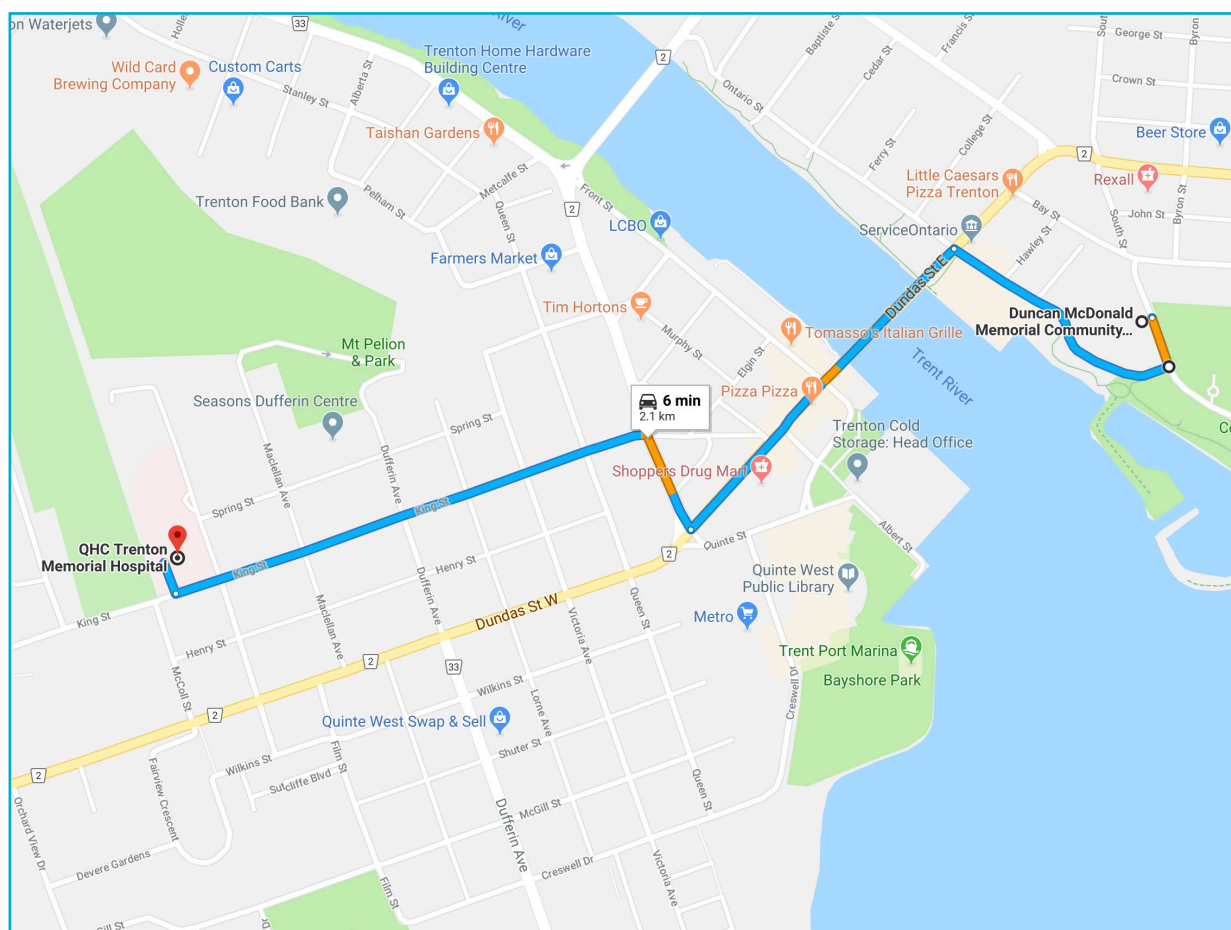
**No spectators allowed on the inside of the course near the start/finish line.**

## COURSE SAFETY

Medical is being supplied by Odyssey Medical, anyone seeking medical assistance should go to the start finish area.

## DIRECTIONS TO NEAREST HOSPITAL

**QHC Trenton Memorial Hospital** - 242 King Street, Trenton, ON K8V 5S6



- Head south on Couch Crescent toward Ontario St
- Turn right onto Ontario St
- Turn left onto Dundas St E
- Turn right onto Division St/County Rd 33/Ontario County Hwy 2
- Turn left onto King St

## GENERAL EVENT RULES AND REGULATIONS

- The races will be held under the rules of the UCI with CCA and OCA modifications.
- The CCA & OCA rules are available on-line at:  
[www.ontariocycling.org/commissaires/commissaires-rules/](http://www.ontariocycling.org/commissaires/commissaires-rules/)
- The penalty scale of the OCA rule book will be applicable.
- Registration closes 30 minutes before the start of each race.
- All riders must sign in at registration.
- U.S. riders must present a UCI licence in order to enter this event. USAC Domestic Licences are not allowed in Canada.
- All foreign licensed riders other than U.S. riders must produce a letter of permission from their country's federation.
- An OCA representative will be present at the race to assist with rider licensing issues.
- Races will start promptly at the indicated start times.
- There will not be a team managers meeting.
- There will not be any team vehicles or coach/parent ride-a longs permitted on the course.
- Any rider dropping out of the race shall immediately notify a commissaire.
- Awards will be presented according to the published schedule. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.
- Race is on rented private property and will be held completely on private, closed roads. Marshalls will be stationed at corners.
- 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.
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing. Any unreported DNF may result in a severe penalty.
- You are required to wear an approved, regulation cycling helmet at all times while astride your bike, from the moment you arrive at the race until you leave. Non-compliance may result in a severe penalty.

## SPECIFIC COURSE RULES

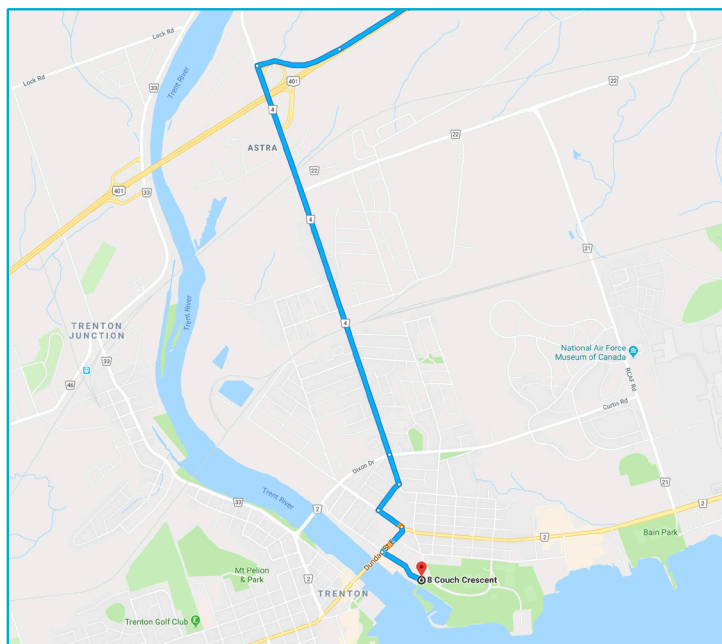
### criteriums

- As this is a criterium race, riders will be given free laps for mishaps (e.g. crashes and punctures). Improperly maintained bicycles resulting in equipment failure is not considered a mishap. Riders suffering mishaps shall head to the designated pit area via any means other than travelling backwards on the course, report to the Commissaire, and make repairs. At the direction of the Commissaire only, riders will be allowed to resume the race at the same location in the pack where they had their mishap.
- The pit will be closed when there is 5 km left in the race from the perspective of the race leader. No more free laps will be given after this point.
- There is no outside feeding allowed in this race
- Lapped riders may be pulled at the order of the Commissaires, either after being overtaken or just before being overtaken. Otherwise, lapped riders must remain separate, even when being overtaken by riders in their own group.
- If two or more riders overtake the field and remain there after there is less than 5 km left in the race from the perspective of the race leader, the overtaking riders will be sprinted separately from the field. Instructions on this process will be given by the Commissaires at the start line before the race.



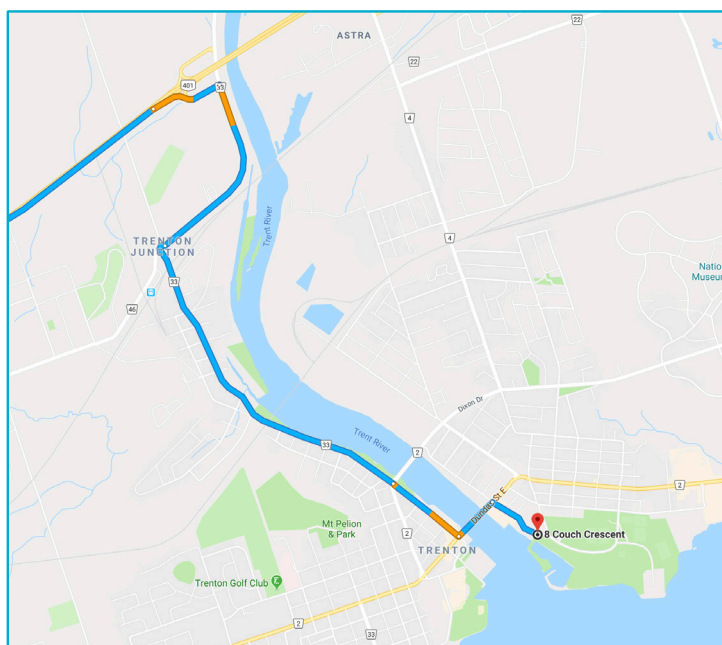
# DIRECTIONS TO EVENT

## 401 West



- Take 401 E to exit 525 for County Road 33 toward Batawa/Trenton/Frankford
- Turn left onto Glen Miller Rd/County Rd 4
- Continue onto Sidney St
- Turn right onto Francis St
- Turn left onto Marmora St/Ontario County Hwy 2
- Turn right onto Dundas St E
- Turn left onto Ontario St

## 401 East



- Take 401 E to exit 525 for County Road 33 toward Batawa/Trenton/Frankford
- Turn right onto County Rd 33/Regional Rd 33 (signs for County Road 33 S)
- At the roundabout, take the 3rd exit onto Trenton St/County Rd 33
- Continue to follow County Rd 33
- Continue straight onto Front St
- Turn left onto Dundas St E
- Turn right onto Ontario St

**Duncan McDonald Memorial Community Gardens**  
**8 Couch Crescent, Trenton, ON K8V 1G8**



**We look forward to hosting you for the 2nd Annual  
Quinte Criterium in the City of Quinte West.**

From hiking trails to historical hotspots; aviation archives to other awe inspiring attractions; craft beer to concerts; wakeboarding to walleye fishing; food festivals to festive lighting displays; a world class marina to a myriad of events; you will find an adventure in Quinte West.

While visiting, we encourage you to check out our selection of shopping in Downtown Trenton and our great mix of dining options within the city.

If you're coming to town ahead of time be sure to check out our Barks By the Bay, a Canine Festival and Trade show taking place in Centennial Park on Sat. May 25th. Not to be missed on a trip to Quinte West is the National Air Force Museum of Canada, telling the tale of Canada's Aviation History. Not just for boaters, Trent Port Marina offers a relaxing atmosphere to chill for a bit and enjoy a Kawartha Dairy ice cream cone.

**Bringing the kids on event day? Enjoy the Splash Pad & Park located in Centennial Park in the centre of the Criterium track.**



**Engage with us!**



City of Quinte West



@quintewest



quinte\_west\_tourism

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[www.quintewesttourism.ca](http://www.quintewesttourism.ca)

**1.800.930.3255**



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