



Powered by:



# SATURDAY AUGUST 11, 2018

Technical Guide (April 2018) V6

Support provided by:



## GENERAL INFORMATION

**Course:** The course is a 1.2 km loop of smooth pavement and wide corners.

**Parking:** Street, and paid parking is available north of the course. There is also a free lot available west of the course at 390 King Street.

**Pre-Riding:** Racers will be permitted to pre-ride the course prior to the start of their race.

**Warming Up:** Racers are encouraged to bring trainers/rollers for warm ups.

**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 outside of Cobourg Town Hall (55 King Street West). Please check the schedule to confirm your sign-in time for each event and your race time.

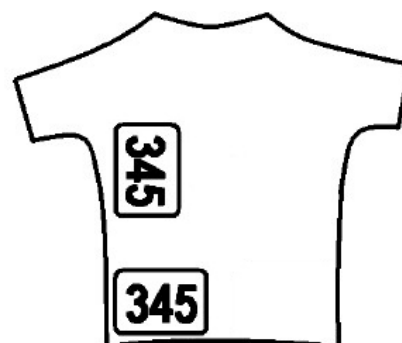
|  | U19           | 19+        |
|--|---------------|------------|
| Early Bird Registration (April 30 - June 10) | \$35 + HST    | \$75 + HST |
| Online Registration (June 11 - July 11)      | \$45 + HST    | \$80 + HST |
| Online Registration (July 12 - August 9)     | \$55 + HST    | \$85 + HST |
| Day of Registration                          | Not Permitted |            |

### Pre-registration available online at CCN

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

### Number Placement

See image to the right for bib number placement:



## SCHEDULES/CATEGORY

### Criterion

| 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          |
| U19 Men                  | 40 km    | 10:15 am          | B          |
| U19 Women                | 40 km    | 11:30 am          | C          |
| 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    | 12:30 pm          | D          |
| Elite (Senior) 1/2 Men   | 60 km    | 2:00 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

Gear restrictions are in place for the Junior category

## POINTS

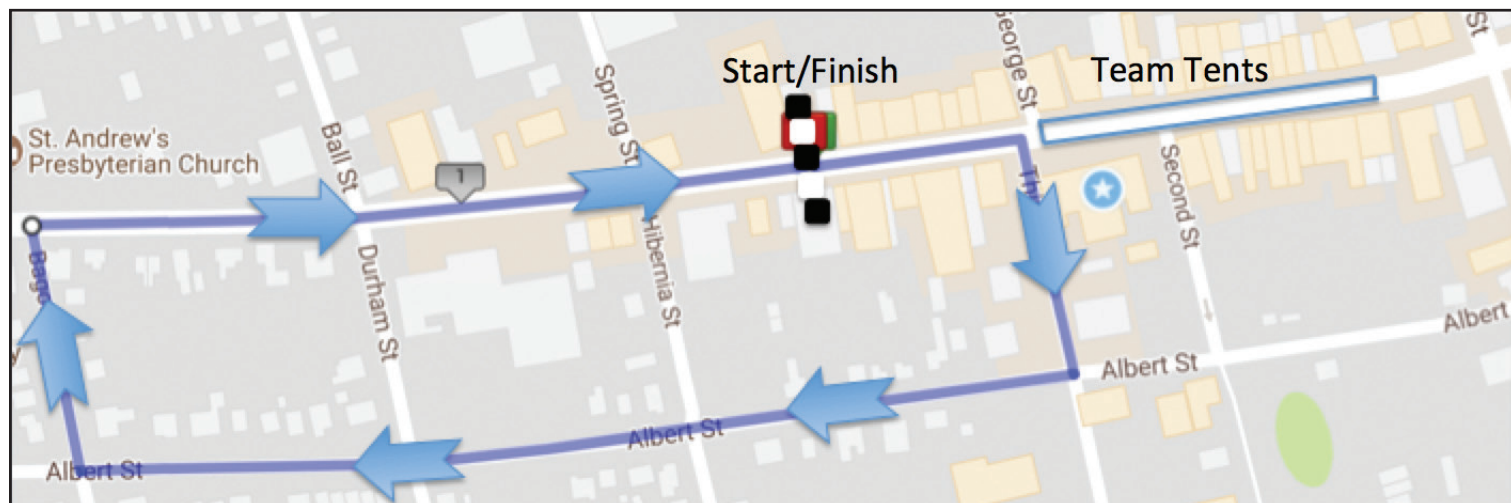
The breakdown of O-Cup points is as follows for each category:

| Placing | 1st | 2nd | 3rd | 4th | 5th | 6th | 7th | 8th | 9th | 10th | 11th | 12th | 13th | 14th | 15th |
|---------|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|------|------|------|------|------|
| O-Cup   | 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



**Team Tent Area:** Limited team parking is available on the street here - please note, if you park here, you are staying for the entire day (7:30am until the end of last race). Cars/trailers etc. will not be able to come/go throughout the day.

## COURSE ELEVATION

Mostly flat

↑ 4 m · ↓ 2 m

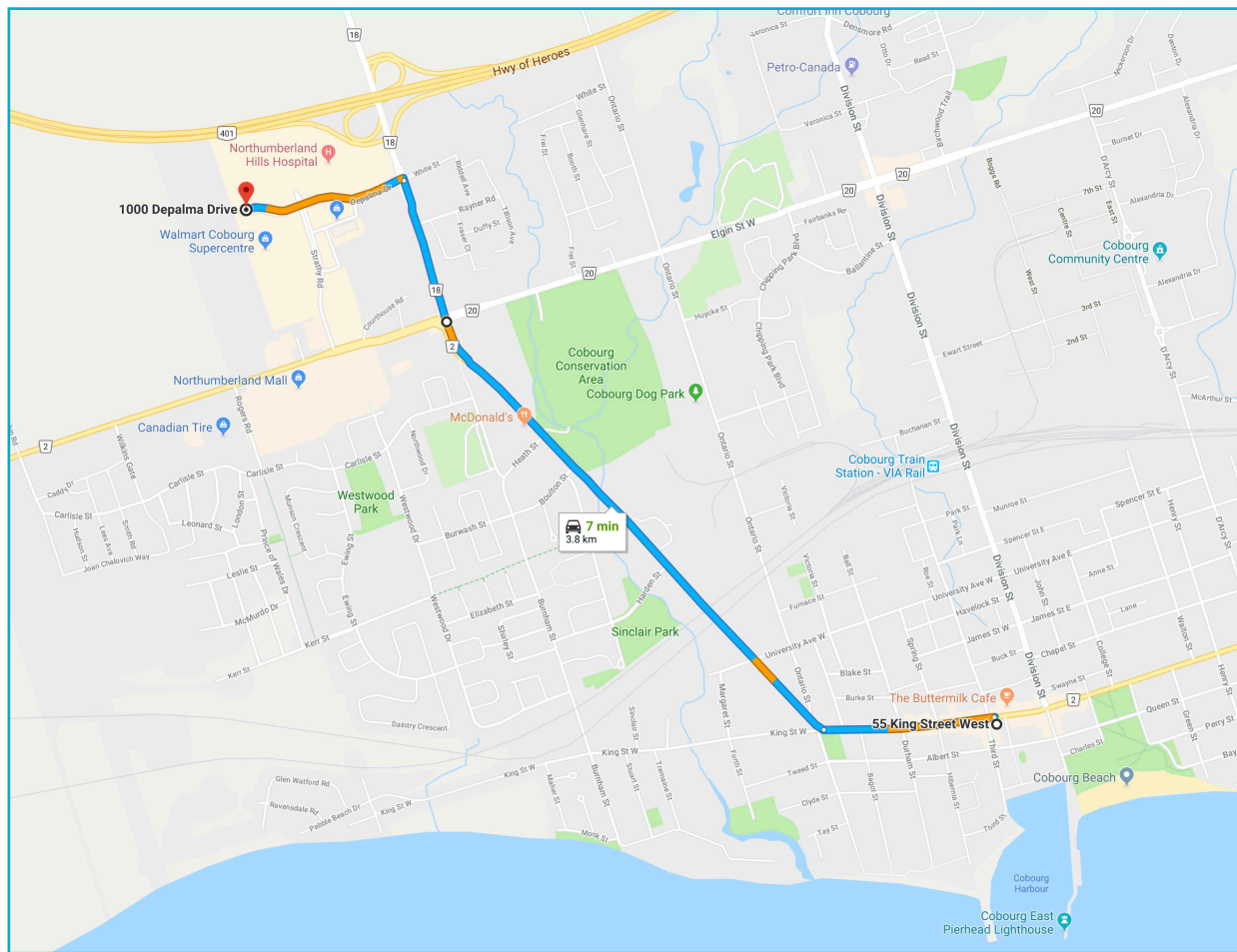


## COURSE SAFETY

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

## DIRECTIONS TO NEAREST HOSPITAL

**Northumberland Hills Hospital** - 1000 Depalma Dr, Cobourg, ON K9A 5W6



- Head west on County 2 Rd W toward George St
- Turn right to stay on County 2 Rd W (signs for County Road 2 W/William Street)
- Continue straight onto Burnham St/Northumberland County Rd 18 (signs for ON-401)
- Turn left onto Depalma Dr

## 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 on 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.
- Riders who are dropped from the main bunch must proceed at their own risk and should always, when possible, ride on the right side of the road with the flow of traffic.
- 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

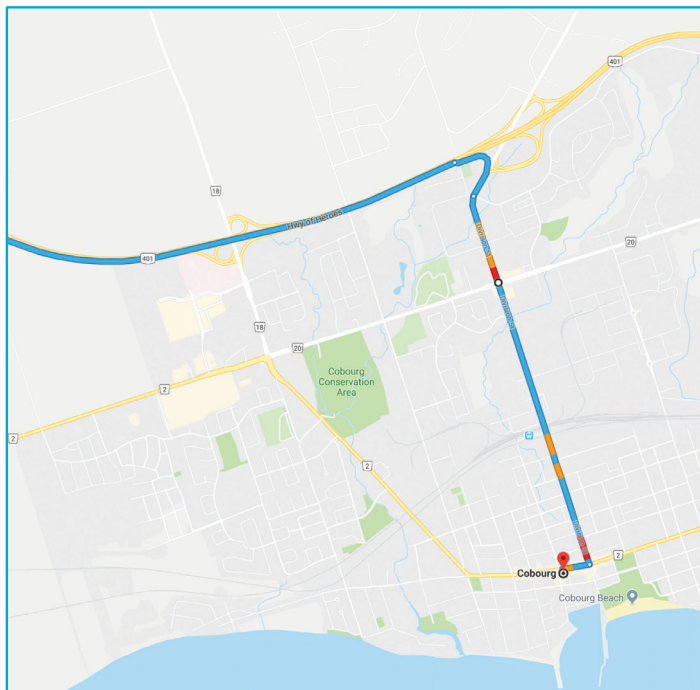
### criteriums

- 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.



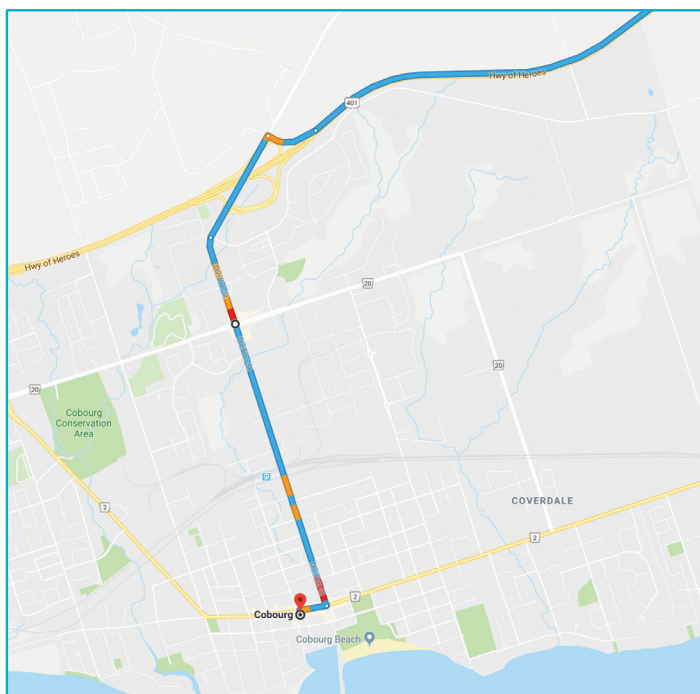
# DIRECTIONS TO EVENT

## 401 East



- Head east on ON-401 E
- Take exit for Division Street, Cobourg
- Go South on Division to King Street. Those parking in the Team Tent area turn right on King and proceed to the west end
- Those parking outside the team tent area should find parking north of King Street

## 401 West



- Head west on ON-401 W
- Take exit for Division Street, Cobourg
- Go South on Division to King Street. Those parking in the Team Tent area turn right on King and proceed to the west end
- Those parking outside the team tent area should find parking north of King Street

Cobourg has an awesome beach steps from the Crit - bring your beach gear!