



# Cyclo-cross

# Toronto

MIDWEEK CYCLING CLUB

UCI.c.2 • OCA • Over \$13,000 prize purse • races for all ages

10 am to 5 pm, Sat Oct 16 and Sun Oct 17<sup>2010</sup> 256 Centennial Park Rd, Toronto, ON

*New, distinctly different course each day!*



# Saturday October 16 and Sunday October 17, 2010

Centennial Park, 256 Centennial Park Rd., Toronto ON M9C 5N3  
between Eglinton Ave. and Rathburn Rd. just west of Renforth Dr.

- Saturday we utilize the east side of the ski hill
- Sunday we use the west side and the ski hill

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## 1.0 Event Presentation

### 1.1 Midweek Cycling Club

# MIDWEEK CYCLING CLUB

Organizer: Midweek is a premiere educational cycling club in Ontario, delivering programming from April through December. This past year Midweek hosted road Learn to Race clinics on Mondays and youth learn-to's on Thursdays, races every Tuesday and in the fall cyclo-cross "learn-to/training camp" every Tuesday from September to December at Centennial Park. We will be hosting the Canadian Road Cycling Championships in 2011 & 2012.

### 1.2 Organizing Committee

#### Saturday, October 16, 2010

Co-Race/Tech Director    Craig Fagan  
   Scot Doel

Course Set-up Coordinator    Bob Haufler

Registration Coordinator    Lesley Gallinger

Volunteer Coordinator    Leslie Guillemette (Elf)

Announcer    Rick Meloff

Chief Commissaire    Pierre Gagné (UCI)

Assistant Chief    Josée Bédard (CCA)

Race Secretary    Brad Day (CCA)

Finish Judge    Anne Cobban (OCA)

Assistant Commissaire    Ed Sitarski (OCA)

Assistant Commissaire    Steve Head (OCA)

Results    Doug Pogue

Protocol

OCA Delegate

Emergency Medical    Adam Hobbs

Media Relations    Vickie Fagan

Rider Hosting    Rod Oliver

Race Services / Pit    Nick Di Cristofaro

#### Sunday, October 17, 2010

Co-Race/Tech Director    Scott Doel  
   Craig Fagan

Course Set-up Coordinator    Bob Haufler

Registration Coordinator    Amit Ghosh

Volunteer Coordinator    Andrew Paradowski

Announcer    Rick Meloff

Chief Commissaire    Pierre Gagné (UCI)

Assistant Chief    Josée Bédard (CCA)

Race Secretary    Brad Day (CCA)

Finish Judge    Anne Cobban (OCA)

Assistant Commissaire    Ed Sitarski (OCA)

Assistant Commissaire    Steve Head (OCA)

Results    Doug Pogue

Protocol

OCA Delegate

Emergency Medical    Adam Hobbs

Media Relations    Vickie Fagan

Rider Hosting    Rod Oliver

Race Services / Pit    Nick Di Cristofaro

### 1.3 Race Headquarters

Pre-Race:    502-41 Lake Shore Drive, Toronto, ON M8V 1Z3  
Phone: 416.252.7903    Fax: 416.252.7903  
E-mail: craig@torontocyclocross.com or  
   scott@torontocyclocross.com  
Web-site: www.torontocyclocross.com

Race Days:    Ticket Office, Stadium, Centennial Park, Toronto  
   please see 2.4 Race Office for contact details

## 2.0 Registration

### 2.1 Eligibility

- Pre-Registration is available @ [www.ontariocycling.org](http://www.ontariocycling.org) (Cdn\$) link is in the drop down menus on the left side of the page. Canadian and US currency are deemed to be at par.
- Pre-Registration closes Friday, October 15th at noon.
- Race Day registration is available for an **additional \$10 per day**.
- Day of Registration closes 30 minutes prior to scheduled race start time or 12:30 pm which ever comes first.
- All riders must sign-on at registration on the day of the race.
- All UCI-licensed riders are eligible to register. OCA Citizens permits are available to residents of Ontario, in all categories except Elite Men & Elite and U19 Women
- Ontario's Master program is ability, not age based. Non-Ontario Master riders with UCI licence have a choice to race either Master 1 (fastest and most competitive), Master 2, or Master 3 (new or slowest riders).
- For all categories except the Elite/Junior women, USA riders with domestic licenses must purchase a 1 event license for \$5.

### 2.2 Entries

#### Pre-Registration Entry Fees :

- Youth (U14) Races: \$5 plus \$5 one-day license if applicable
- Under 23 OCA or UCI: \$25 per day, \$45 for both days
- 23 and over OCA (Elite 3/4m, Masters m&f): \$45 per day; \$85 for both days
- 23 and over UCI-C2: \$45 per day; \$85 for both days
- N.B. U19 (Junior) Women race as Elite Women in 'cross but their pre-registration entry fee is \$25 per day, \$45 for both days

Note: Refunds are not guaranteed. Notice of refund request must arrive via e-mail no later than 8 pm the day before your applicable start (no morning of) and a doctor's certificate must follow. If refund is allowed, only 60% of entry fee will be refunded. Any rider cancelling and later identified as racing at another race of any type will be penalized as per UCI breach of contract guidelines.

#### Day-of-Registration Entry Fees :

- Youth (U14) Races: \$5 plus \$5 one-day license if applicable
- U23 OCA or UCI: \$35 per day, \$65 for both days
- 23 and over OCA (Elite 3/4m, Masters m&f): \$55 per day; \$95 for both days
- 23 and over UCI-C2: \$55 per day; \$95 for both days
- N.B. U19 (Junior) Women race as Elite Women in 'cross but their day-of entry fee is \$35 per day, \$65 for both days

Note: This event pays both OCA and CCA rider levies for all categories.

## 2.3 Schedule of Events

### Saturday, October 16, 2010 Schedule - UCI.c2

start	category	duration	sanction
8:30	Sign-in/ Day of Registration Opens		
10:00	Master 3 m, Under 17 m & f, Elite 3 & 4 m*	40 minutes	OCA
11:15	Master 2 m, Under 19 m, Master f	50 minutes	OCA
12:30	<b>Sign-in / Race Day Registration Close</b>		
1:00	UCI-c.2 Elite f, U 19 f	40 minutes	UCI-c.2
2:15	UCI-c.2 Elite m	60 minutes	UCI-c.2
3:30	Youth Races		OCA
	• ages 8 & 9 m & f:	2 laps	
	• ages 10, 11 & 12 m & f:	3 laps	
	• ages 13 & 14 m & f:	5 laps (or as time and weather allows)	
4:00	Master 1 m	55 minutes	OCA

### Sunday, October 17, 2010 Schedule - UCI.c2

start	category	duration	sanction
9:00	Sign-in/ Day of Registration Opens		
10:00	Master 3 m, Under 17 m & f, Elite 3 & 4 m*	40 minutes	OCA
11:15	Master 2 m, Under 19 m, Master f	50 minutes	OCA
12:30	<b>Sign-in / Race Day Registration Close</b>		
1:00	UCI-c.2 Elite f, U 19 f	40 minutes	UCI-c.2
2:15	UCI-c.2 Elite m	60 minutes	UCI-c.2
3:30	Youth Races		OCA
	• ages 8 & 9 m & f:	2 laps	
	• ages 10, 11 & 12 m & f:	3 laps	
	• ages 13 & 14 m & f:	5 laps (or as time and weather allows)	
4:00	Master 1 m	55 minutes	OCA

Please note: U19 (Junior) females race Pro-Am Elite at UCI sanctioned races.

\*Elite 3 m with a UCI licence have a choice to race in either OCA Elite 3 & 4 race OR the UCI Elite race; but not both. Ontario's Master program is ability base, not age based. Non-Ontario Master riders have a choice to race either Master 1 (fastest and most competitive), Master 2 or Master 3 (new or slowest riders)

### 2.4 Race Office – Centennial Park

Ground floor of the Stadium Ticket Office at Centennial Park Ski Centre,  
Centennial Park, 256 Centennial Park Rd., Toronto ON M9C 5N3  
Phone: 416.886.7903 Fax: 416.252.7903  
E-mail: [craig@torontocyclocross.com](mailto:craig@torontocyclocross.com) or  
[scott@torontocyclocross.com](mailto:scott@torontocyclocross.com)

### 2.5 Distribution of Race Numbers

- Package pick-up available during the day-of registration period on each race day
- OCA Southern Ontario Series Riders will use the number issued for the Southern Ontario Series.
- If you plan to race the OCA sanctioned races and you have not been issued a

series number, one will be given to you at registration.

- Riders entered in the UCI categories will be issued numbers at registration. These will be your numbers for both Saturday and Sunday. You may keep these numbers, do not return them post race.

## 2.6 Number Placement

- All Competitors will be issued with two shoulder numbers and one back number. The large number will be attached to the centre back of the rider's jersey. Smaller numbers are to be placed on each arm sleeve, below the shoulder facing forward. Please see jersey at sign-in.

## 2.7 Call to the Line Order

- Competitors must be in the start coral no later than 15 minutes prior to their race start for bike check and call to the line.
- Call to the line order is based on the highest number of UCI points achieved, then top 5 places in the Southern Ontario Cross points, followed by the time and date of registration for all other competitors.
- A rider may take any empty position in the start grid.

## 3.0 Prizes & Points

### 3.1 OCA Sanctioned Races Prizes

Medals are awarded to all categories with the following minimum participation criteria:

- Gold, silver and bronze medal with a minimum of six (6) finishers.
- Gold and silver medal with a minimum of four (4) finishers.
- Gold medal with only two (2) or fewer finishers.
- Youth races: all participants receive a medal and are invited onto the podium, Elite race winners are requested to join the youth on their podium
- "Product" prizes value **at a least** \$50 for 1st, \$40 for 2nd and \$25 for 3rd.

Medal Categories	Prizes each day	Podium places each day
Youth	medals + gift	all participants
U17 m & f	medals + product	5 for each gender category
Master 3 m	medals + product	5
Elite 3 & 4 m	\$300 + product	5
Master f	\$300 + product	5
Master 2 m	\$400 + product	5
Master 1 m	\$500 + product	5
U19 (Junior) m	\$300 + product	5
U19 (Junior) f	\$300 + product	5 (in addition to winnings in Elite race)

### 3.1.1 OCA Sanction Races Cash Prize Award Break-down

Finishing Place	Elite 3 & 4 m	Master f	Master 2 m	Master 1 m	U 19 m	U 19 f
1	100	100	100	150	100	100
2	80	80	80	100	80	80
3	60	60	60	70	60	60
4	40	40	40	60	40	40
5	20	20	20	50	20	20
6				40		
7				30		
Total	\$300	\$300	\$300	\$500	\$300	\$300

## 3.2 Daily UCI Race Prizes & Points

Saturday, October 16, 2010 • Sunday, October 17, 2010— UCI.c2

### Elite Men

Finishing Place	UCI Minimum Euros	Cash CDN \$	Toronto Award CDN \$	Points UCI
1	343	517	550	40
2	175	265	280	30
3	116	174	200	20
4	92	139	150	15
5	84	127	130	10
6	80	121	130	8
7	74	112	115	6
8	69	103	115	4
9	66	99	100	2
10	63	95	100	1
11	59	89	90	
12	47	71	80	
13	44	67	70	
14	37	56	60	
15	25	38	50	
16	22	33	40	
17	22	33	40	
18	22	33	35	
19	22	33	35	
20	22	33	35	
21	14	21	25	
22	14	21	25	
23	14	21	25	
24	14	21	25	
25	14	21	25	
Total	€ 1,551 <sup>2</sup>	\$2,340 <sup>2</sup>	\$2,530	

### Elite & U19 Women

Finishing Place	UCI Minimum Euros	Cash CDN \$	Toronto Award CDN \$	Points UCI
1	181	273	550	40
2	127	192	280	30
3	98	148	200	20
4	78	118	150	15
5	69	103	130	10
6	59	89	100	8
7	59	89	100	6
8	59	89	90	4
9	59	89	90	2
10	59	89	90	1
11	29	44	50	
12	29	44	50	
13	29	44	50	
14	29	44	50	
15	29	44	50	
Total	€ 995 <sup>2</sup>	\$1,500 <sup>2</sup>	\$2,030	

<sup>1</sup>Prize money converted from € (Euros) to Cdn \$ (Canadian Dollars) at UCI prescribed rate of 1 € = \$1.508, actual Bank of Canada published average August 2010 exchange rate is 1 € = \$1.3420

Prizes are less 2% CFAD rider contribution rounded to the nearest dollar.

<sup>2</sup>Totals reflect rounding-off from actual

## 4.0 Participation

### 4.1 Event Rules

- .1 The race will be held under the 2010 rules of the UCI (www.uci.ch — rules)
- .2 The penalty scale for the UCI races will be that of the UCI book, the CCA/OCA scale will be used for the other races.
- .3 Races will start promptly at their indicated start times.
- .4 There will NOT be a team managers meeting.
- .5 Feeding: In the event of warm weather conditions (above 20 °C) the commissaires' panel may decide to allow feeding. If feeding is allowed it will take place in the pit lane. Under those conditions, feeding is not allowed during the first 2 and the last 2 laps.
- .6 There will be one double equipment pit, and will be sign posted and marked with a yellow flag at the entrance and exit.
- .7 Each rider has a right to two assistants per pit area for the race in which they are competing. The assistants must hold an UCI licence. They must also carry an accreditation issued by the organizer. A rider is allowed no more than two assistants in the pit area at any one time.
- .8 In the event of a mishap, equipment changes must be carried out within the confines of the pit lane and at the same point.
- .9 A supply of water for cleaning equipment will be located near the pit. Please do NOT use it for post race bike washing — see item 4.8 below.
- .10 Riders may change wheels or bikes in pit at the same location.
- .11 A rider may use the pit lane only in the event of a change of bicycle or wheel, or for feeding as per rule 4.1.5 above.
- .12 A rider who arrives at the end of the equipment pit must continue until the following pit in order to change the bicycle or wheel.
- .13 Any rider going through the course lane inside the area marked with the yellow **PIT** flags who suddenly needs to go to his/her pit is allowed to go backwards on the course in order to enter the pit lane. This is the only place on the course that a rider may go backwards on the course.
- .14 The exchange of equipment between riders shall be forbidden.
- .15 Any rider dropping out of the race shall immediately notify a commissaire.
- .16 Lapped riders must complete the lap during which they were lapped and leave the event via an exit located before the finishing straight or in the “80%” zone as described in UCI rules article 5.1.052, if that rule applies. They will be listed in the results in the order in which they are pulled out of the race plus number of laps which have not been completed.
- .17 The ringing of a bell will indicate the last lap.
- .18 All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.
- .19 First aid will be in or adjacent to the pit area.

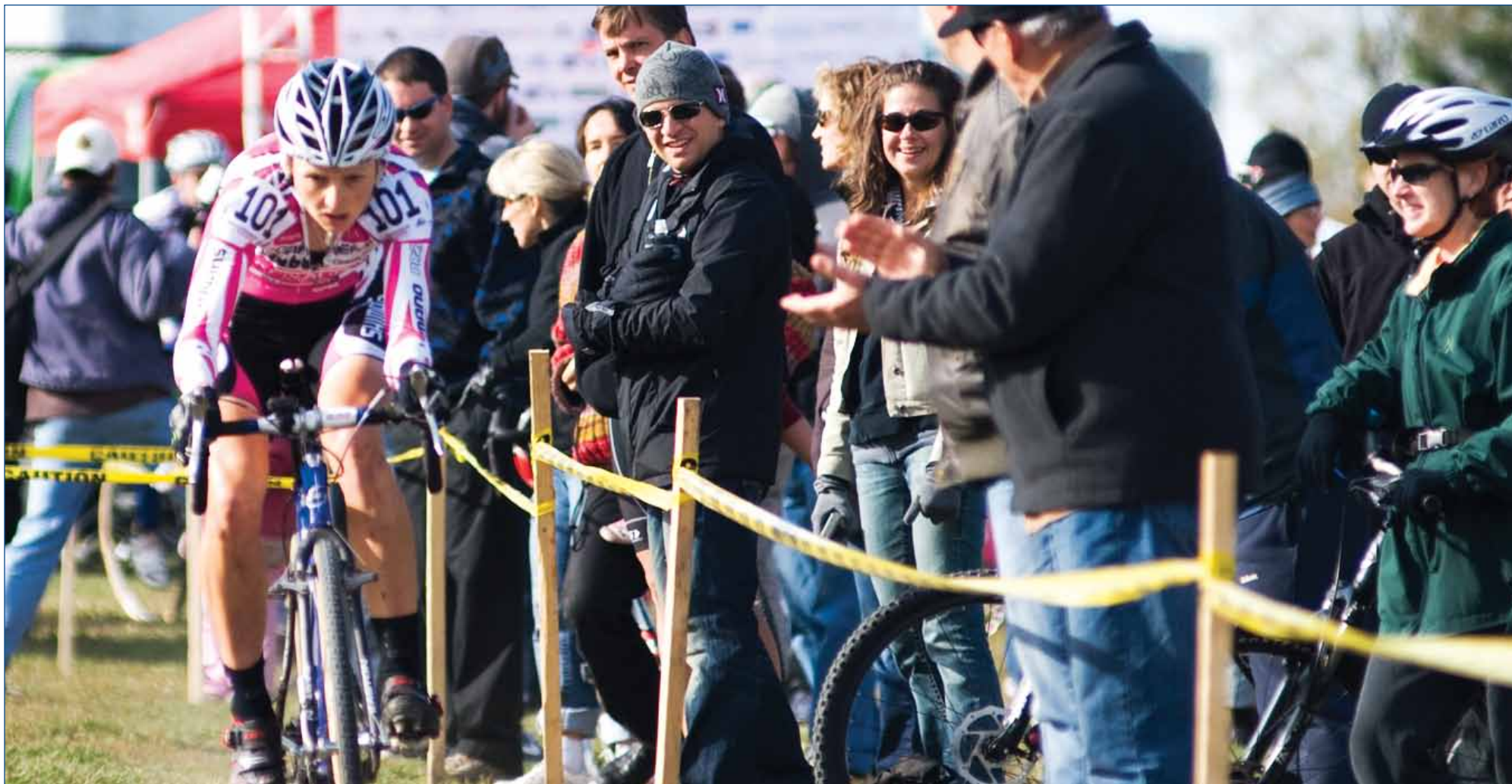
- .20 Riders may not use any form of radio communication while competing.
- .21 The prize list will be displayed at registration.
- .22 Doping control will be located in Stadium at Centennial Park, adjacent to registration.

### 4.2 Equipment Rules

- .1 Master and U14 riders are permitted to use any MTB, road or cyclocross bicycle.
- .2 Elite Men, Elite Women and U19 must use a cyclo-cross bicycle.
- .3 All categories except Master and U14 categories shall adhere to the UCI rules regarding bicycle equipment regulations. Of particular mention are the following:
  - a) A bicycle shall not measure more than 185 cm in length and 50 cm in width overall.
  - b) For the cyclo-cross bicycle the width of the **tire shall not exceed 33 mm** and it may not incorporate any form of spike or stud. Disk Brakes are allowed.Note- Please refer to the UCI rule book for the complete set of equipment bicycle set-up rules.
- .4 No one may warm up on the course once a race has started.
- .5 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 jersey with no significant logos, team names or advertising displayed on them.
- .6 Sleeveless jerseys are not permitted.
- .7 There is no neutral service provided. Riders must supply their own spare wheels or bicycles. All service must take place in one of the equipment pits.
- .8 Two-way radios are reserved for race organization only.
- .9 The use of radio links or other remote means of communication with the riders is forbidden.
- .10 The use of personal music players (iPod, Mp3, etc.) are not permitted while racing or warming up on the course.
- .11 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 one of the following standards:

CSA standard CAN/CSA-D113.2-M	ANSI standard Z90.4
US DOT helmet standards for cycling	ASTM standard F-1447
Snell Memorial Foundation Standard “B” or “N” series	
US CPSC standard for bicycle helmets; their updated equivalents or the equivalent recognized safety standard from another country.	

Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.
- .12 The use of glass containers is strictly prohibited during the race.



# Cyclo-cross

# Toronto

## 4.3 Course maps and profiles

Maps are fair but not exact representations of the courses • Parks Department is undertaking some grounds work adjacent to courses which may create course options not previously available • Both courses will be available for pre-riding on Friday October 15

GNC LiveWell.



Parking

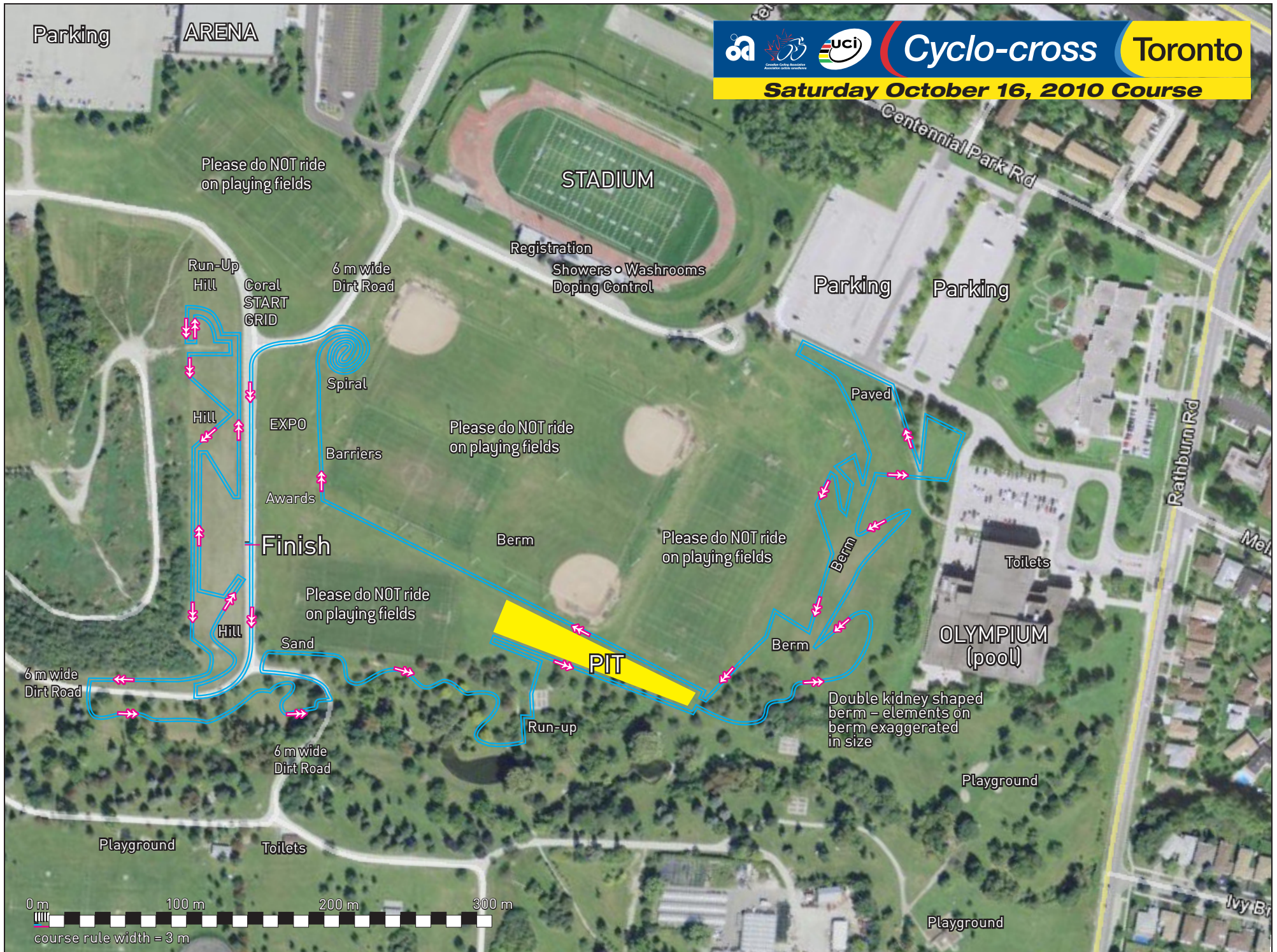
ARENA




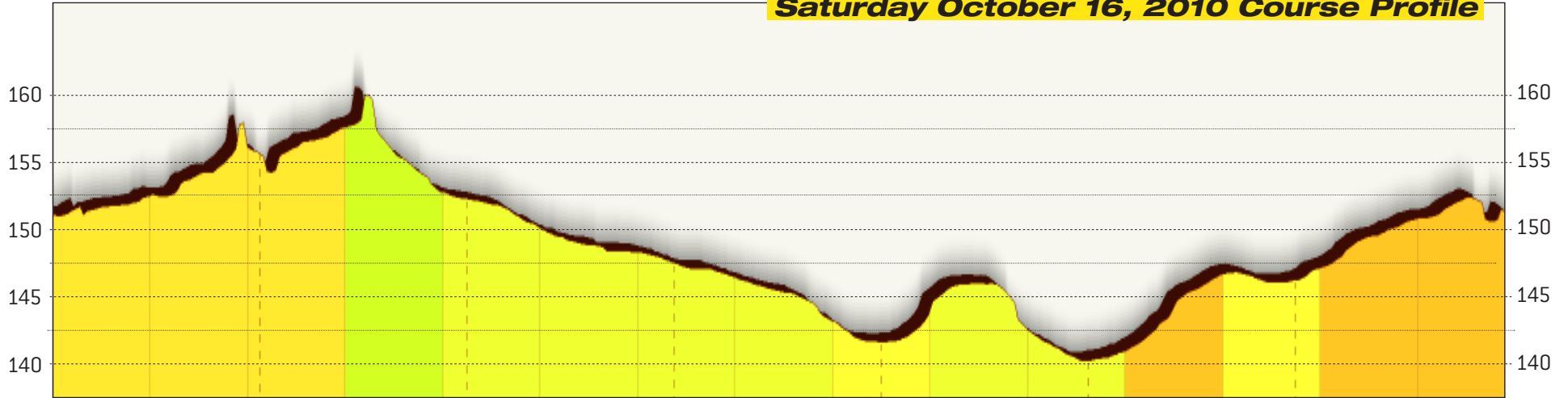
Cyclo-cross

Toronto

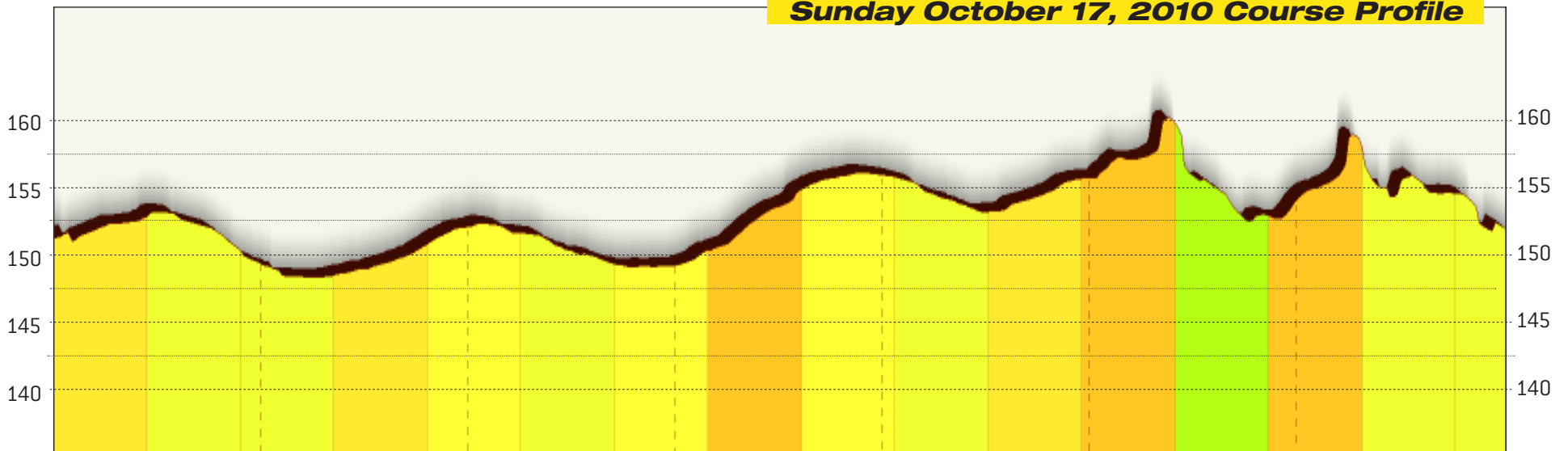
Saturday October 16, 2010 Course




**Cyclo-cross Toronto**  
**Saturday October 16, 2010 Course Profile**




**Cyclo-cross Toronto**  
**Sunday October 17, 2010 Course Profile**





# Cyclo-cross Toronto

Sunday October 17, 2010 Course



#### 4.4 Youth Races

**The Youth Cyclo-Cross Races are fun competition.** Everyone entering receives a medal. The races are relatively short, 8 to 24 minutes in duration; that is just enough to give the sense of competition without over doing it for first-timers. For those interested in doing more they are also welcome to enter the Under 17 category races on Saturday and Sunday.

**Type of bike needed:** mountain or cyclo-cross bikes are best, road with heavy treaded or cyclo-cross tires will do, sorry bmx style bikes while allowed just have too low of gearing to be competitive. The only other equipment requirement is a good quality helmet. Sorry no bar extensions allowed.

**Eligibility:** All youth are eligible to compete including competitors with OCA Citizens Permits or requiring One-Day permits. Non-Ontario residents are also welcome to compete. Those youth with UCI licences are not eligible to compete.

**Pre-registration:** at <http://www.ontariocycling.org/> and click on the event registration button under the welcome message or register on site.

#### Age groupings, laps, and race durations:

category	laps	estimated duration
Youth 8 & 9 years of age m & f	3 laps	about 10 minutes in duration
Youth 10 to 12 years of age m & f	5 laps	about 15 minutes in duration
Youth 13 & 14 years of age m & f	7 laps	about 22 minutes in duration

(note: 10 minutes of solid cyclo-cross effort will tire out a child 8 or 9 years of age)

**Prizes:** Everyone who competes goes home with a medal. Additional prizes may be awarded; check at sign-in.

**Entry fee:** \$5 participants holding either a citizens permit or UCI licence.  
All others: \$5 plus \$5 one-day license (licence can also be used for OCA races for weekend).

#### 4.5 Protocol

- Awards will be presented 10 minutes after the last rider has crossed the finish line of each race. Top 5 finishers are required to attend the award presentations or risk forfeiting their awards. Riders are required to wear a clean competition uniform to the awards presentation. Additional clothing may be worn.
- Toronto UCI Cross awards winners a memento cycling cap by Assos. All winners are asked to don it for one set of photos, after which a second set of photos may be taken with rider sponsored caps in place.
- Prize money for Elite Men & Elite Women will be distributed immediately after the awards presentation at the protocol desk.

#### 4.6 Competitor Showers

- Competitors are invited to utilize the showers located under the Stadium Grandstands. Please bring your own towels and supplies. Kindly try to keep the space clean for the convenience of your fellow competitors. Showers will close 40 minutes after the conclusion of the last race of the day.

#### 4.7 Competitor Hosting

We are trying to set-up billeting for riders travelling distances greater than 200 km on a first come, first served basis. We cannot guarantee billeting for every competitor. Please e-mail [rod@torontocyclocross.com](mailto:rod@torontocyclocross.com) as soon as possible.

#### 4.8 Post Race Washing of Bike

Hoses and water for post race are located near the Stadium. Please use them instead of the water supply located in the Pit.

#### 4.9 Doping Control

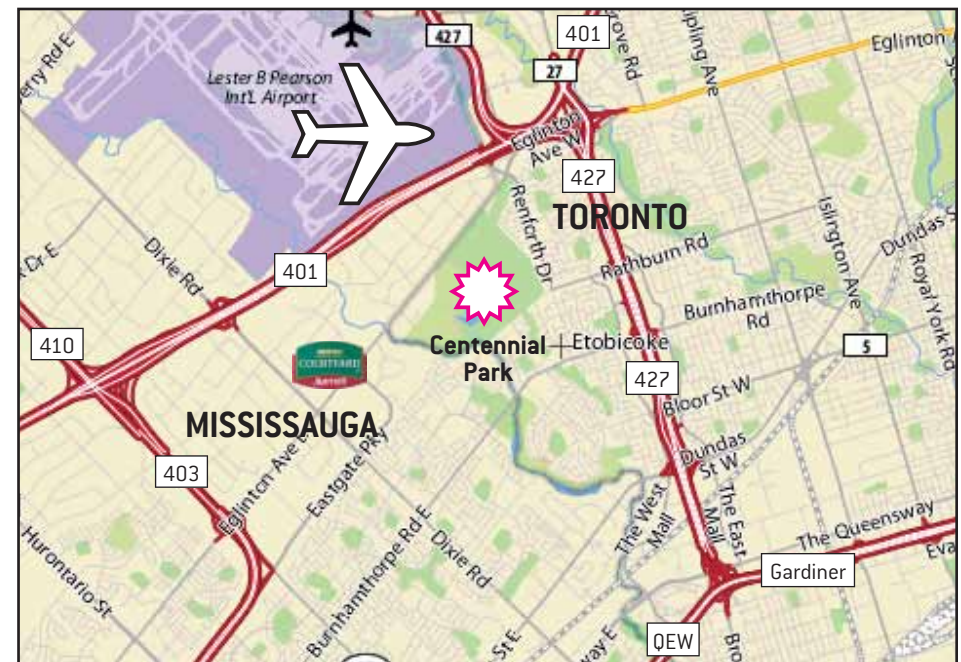
- Doping control will be on the ground floor of the Stadium Ticket Office. Riders are to follow UCI rules concerning doping control.

#### 4.10 Race Hotel

- See advertisement on the next page.
- The Courtyard by Marriott Mississauga and the Residence Inns return as the race hotels. They are adjacent to each other a convenient 5 minute bicycle ride from the courses. They are also very close to the Toronto International Airport and Highways 401, 403 and 427.
- Special room rates have been set-up: Courtyard Marriott • \$95/night  
Residence Inn Marriott • \$105/night  
CYC is the code needed to get these rates

#### 4.11 Directions

- Hwy 401 or QEW/Gardner to Hwy 427, exit via Rathburn Rd. from the 427, go west until you see the park entrance signs just west of Renforth, proceed north to ski center. Note the 40 kph speed limit on Renforth and Rathburn is strictly enforced.





**Courtyard & Residence by Marriott Mississauga  
Airport Corporate Centre West**



**2010 Toronto International Cyclocross Host Hotel**  
**October 16-17<sup>th</sup>, 2010**

**Courtyard Marriott Mississauga Airport Corporate Centre West**

5050 Creekbank Rd, Mississauga, Ontario, L4W 5R2

Reservations – Contact Hotel: 905-625-3555 or 1-866-321-2211

- Free High Speed & Wireless internet in all rooms
- Complimentary Airport Shuttle
- Free Parking
- Courtyard Café, Lounge, Bar
- Pool, Hot Tub, Exercise Room
- 2 Queen Beds or 1 King with Pullout Sofa
- 5 Minutes to Centennial Park from Hotel
- **2010 Cyclocross Rates \$95.00 per night – Quote Code CYC for rate**



**Residence Inn Marriott Mississauga Airport Corporate Centre West**

5070 Creekbank Rd, Mississauga, Ontario, L4W 5R2

Reservations – Contact Hotel 905-602-7777 or 1-866-806-4242

- Complimentary Hot Buffet Breakfast Daily
- Free High Speed & Wireless internet in all rooms
- Complimentary Airport Shuttle
- Free Parking
- All Suite Property, Full Kitchen, with Fridge, Stove, Microwave,
- Pool, Hot Tub, Exercise Room
- Studio, One Bedroom and Two Bedroom Suites
- **2010 Cyclocross Rates from Studio Suite \$105.00, One Bedroom \$115 – Quote Code CYC for rate**



To Book your room please call  
hotel directly.  
**MUST QUOTE GROUP CODE CYC**  
To get your Special Rate!



**5.0 Corporate Supporters of Midweek's Programming**



**SPECIALIZED**



**PROJECTCORE INC.**  
Project Managers + Developers

