



# Jewel in the Wilderness Elliot Lake



August 14-15, 2010



The city of Elliot Lake will once again fill its quiet northern Ontario roads with the Province's top road cyclists.

The 2010 edition of the Jewel in the Wilderness will include the **Provincial Road Race**, where the fastest and strongest will battle it out on a challenging course that features a variety of terrain that will surely select a worthy champion. It will also once again feature a racer favorite, the **Provincial Hill Climb**.

The City of Elliot Lake is located between Sault St. Marie and Sudbury. The former mining town has now become a quiet tourist destination of 12,000 residents.

The activities found in the area, include; hunting, fishing, canoeing, hiking, snowmobiling, skiing, and not to forget, the hundreds of kilometers of cycling routes. The area easily satisfies any outdoor fanatic.

The Jewel in the Wilderness will take place from August 14-15. Saturday kicks off with the leg burning and lung busting 7-9 minute blast up to the fire tower lookout to crown the **Provincial Hill Climb** Champion. On Saturday afternoon riders will rocket through the clean and crisp air of downtown Elliot Lake for a classic urban Criterium, and Sunday's race is the Granddaddy of them all the 2010 **Provincial Road Race Championships**.



## INSIDE THIS TECH GUIDE

Schedule.....	pg.2
Riders Meeting.....	pg.3
Course Descriptions....	pg.3 - 8
Number Placement.....	pg.9
Event Rules.....	pg.10
Equipment Rules.....	pg.11
Registration info.....	pg.11
Accommodations.....	pg.12
Directions.....	pg.13
Prize List.....	pg.14

## SPECIAL POINTS OF INTEREST

- ◆ 2010 Provincial Road Race Championships one of the toughest courses ever.
- ◆ 3.5 km Provincial Hill Climb Championships
- ◆ 1.3 km downtown Criterium
- ◆ Great rates on accommodation and meals



# Schedule

## Saturday Events

Hill Climb		
Category	Start Time	Distance
All Categories	8:00 AM	3.5 km
Criterium Start #1		
Master A Women	12:00 PM	40 min
Master B Women	12:00 PM	40 min
Junior Women	12:00 PM	40 min
U17 Women	12:00 PM	40 min
Elite 3 Women	12:00 PM	40 min
Elite 1/2 Women	12:00 PM	40 min
Criterium Start #2		
Master C Men	12:50 PM	40 min
U17 Men	12:50 PM	40 min
Criterium Start #3		
Master B Men	1:40 PM	45 min
Junior/Elite 3 Men	1:40 PM	45 min
Criterium Start #4		
Master A Men	2:40 PM	50 min
Criterium Start #5		
Elite 1/2 Men	3:40 PM	60 min

## Sunday Events\*

Road Race start #1		
Category	Start Time	Distance
U 17 men	8:30 am	55.8 km
Sportif Men	8:32 am	86.4 km
Master C Men	8:32 am	86.4 km
Master D Men	8:32 am	86.4 km
U19 Women	8:34 am	55.8 km
U17 Women	8:34 am	55.8 km
Master A Women	8:34 am	55.8 km
Master B Women	8:34 am	55.8 km
Road Race Start #2		
U19 Men	11:00am	102 km
Master B Men	11:02 am	86.4 km
Elite Women	11:04 am	102 km
Road Race Start #3		
Elite Men	1:30	150 km
U23 Men	1:30	150 km
Master A Men	1:32	102 km

\* See pages 6-8 for course profiles. Please note some categories are racing two courses.



## Where to Eat



**Chris' Bar and Grill**— Algo Mall— open on Saturday at 7:00 and Sunday from 9:00 am

**MacDonald's Restaurant**— 263 Hwy 108 North open at 6:30 am

**Tim Horton's**— 261 Hwy 108 North open 24 hours

**GEM Variety**— 80 Hergott Avenue open from 8:00 am

**Subway**— 275 Hillside Drive South—open from 8:00 am

**Serenities**—261 Hillside Drive South open from 7:00 am

**Hungry Jacks**— Algo Mall open Saturday at 7:00 am / closed Sunday

**The Coachman Steak House**—5 Mountain Road open at 8:00 am

**Rocky's**—23 Newfoundland Walk open from 8:00 am

**Stella's Place**—Algo Mall open Saturday at 7:00 and Sunday at 9:00 am

**Wil's Cove**—4 Prince Edward Walk open from 7:00 am

# MANDATORY Riders Meeting

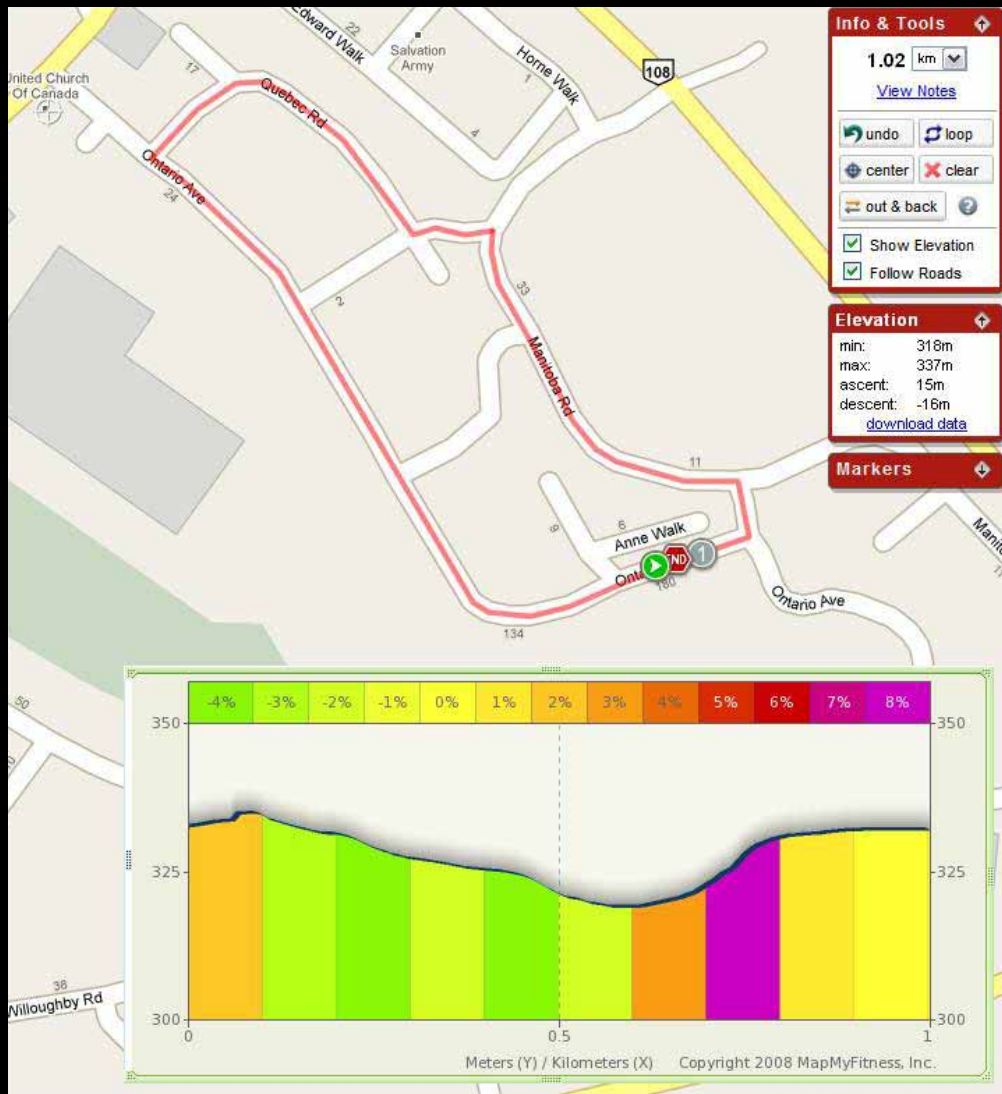
There will be a mandatory riders meeting held on Saturday at 5:30 pm at Algo Inn after the criterium. Riders who are competing in the Road Race on Sunday are required to bring their licence and sign in at this meeting, and **will not** be permitted to race on Sunday without being in attendance.

The purpose of this meeting will be to review the race courses various categories will be riding. Some of these courses require specific instruction regarding certain race aspects. Any questions riders may have can be address at this meeting. It shouldn't take more than an hour.

**NOTE:** An updated meeting schedule will be available at race registration



# Course Description - Criterium



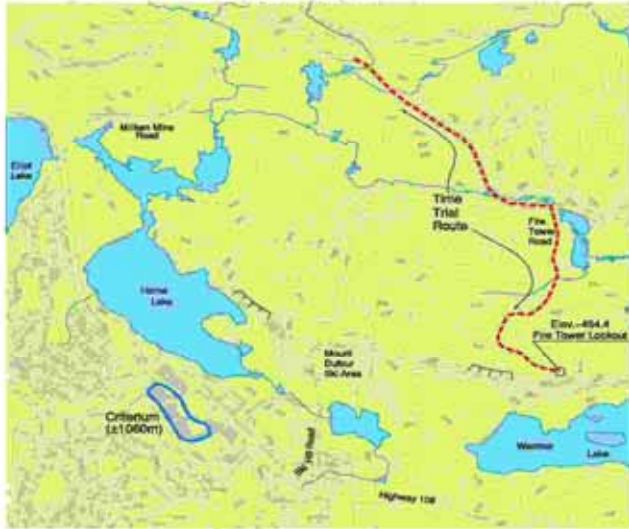
The 1.3 km Criterium will be held on the same course as years past. For 2010 we will be running the opposite direction, clockwise. The start and finish will now be on the south east side of the course on Ontario Ave.

For those who participated in the past, these new changes will definitely add excitement to an already tough criterium course.

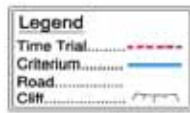
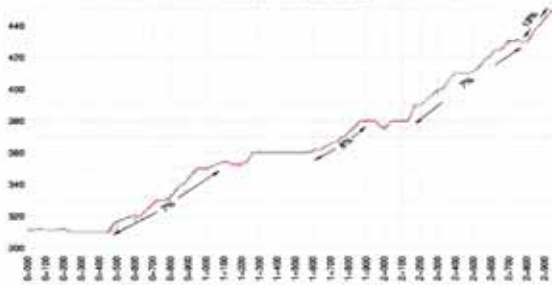


# Course Description - Hill Climb

Scale= 1:20,000



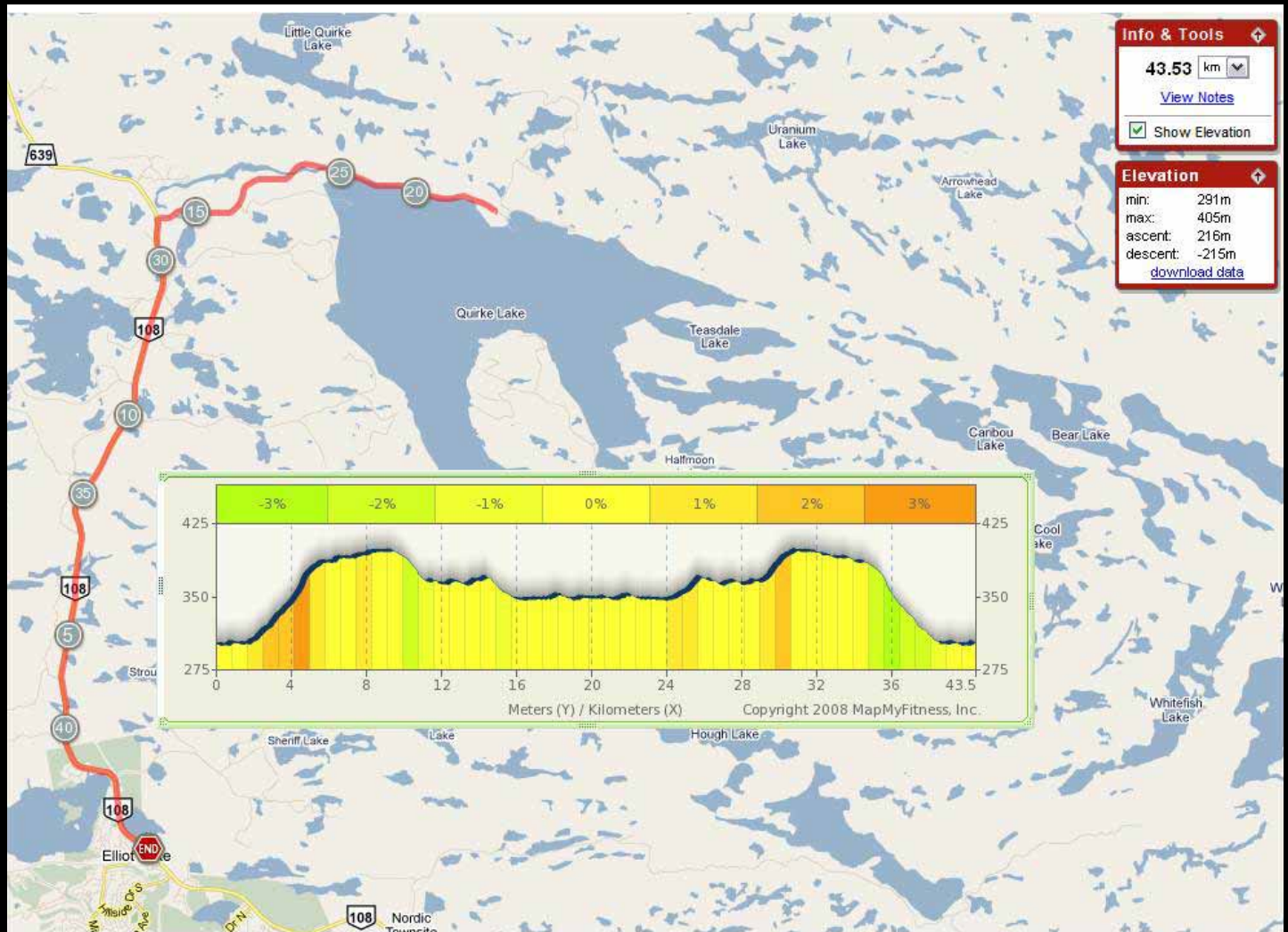
Time Trial Profile



Provincial Hill Climb Championship			
	Medals	Plaque	2009 Time to Beat
Cadet Women	3 places	1st only	No '09 participants
Junior Women	3 places	1st only	No '09 participants
Elite Women	3 places	1st only	0h 8' 48"
Master A Women	3 places	1st only	0h 10' 15"
Master B Women	3 places	1st only	0h 10' 21"
Cadet Men	3 places	1st only	0h 8' 16"
Junior Men	3 places	1st only	0h 7' 53"
Espoir Men	3 places	1st only	0h 7' 21"
Elite Men	3 places	1st only	0h 6' 43"
Master A Men	3 places	1st only	0h 7' 41"
Master B Men	3 places	1st only	0h 7' 40"
Master C Men	3 places	1st only	0h 8' 36"
Master D Men	3 places	1st only	0h 8' 36"



# Road Race Course: Panel Mine turn-around

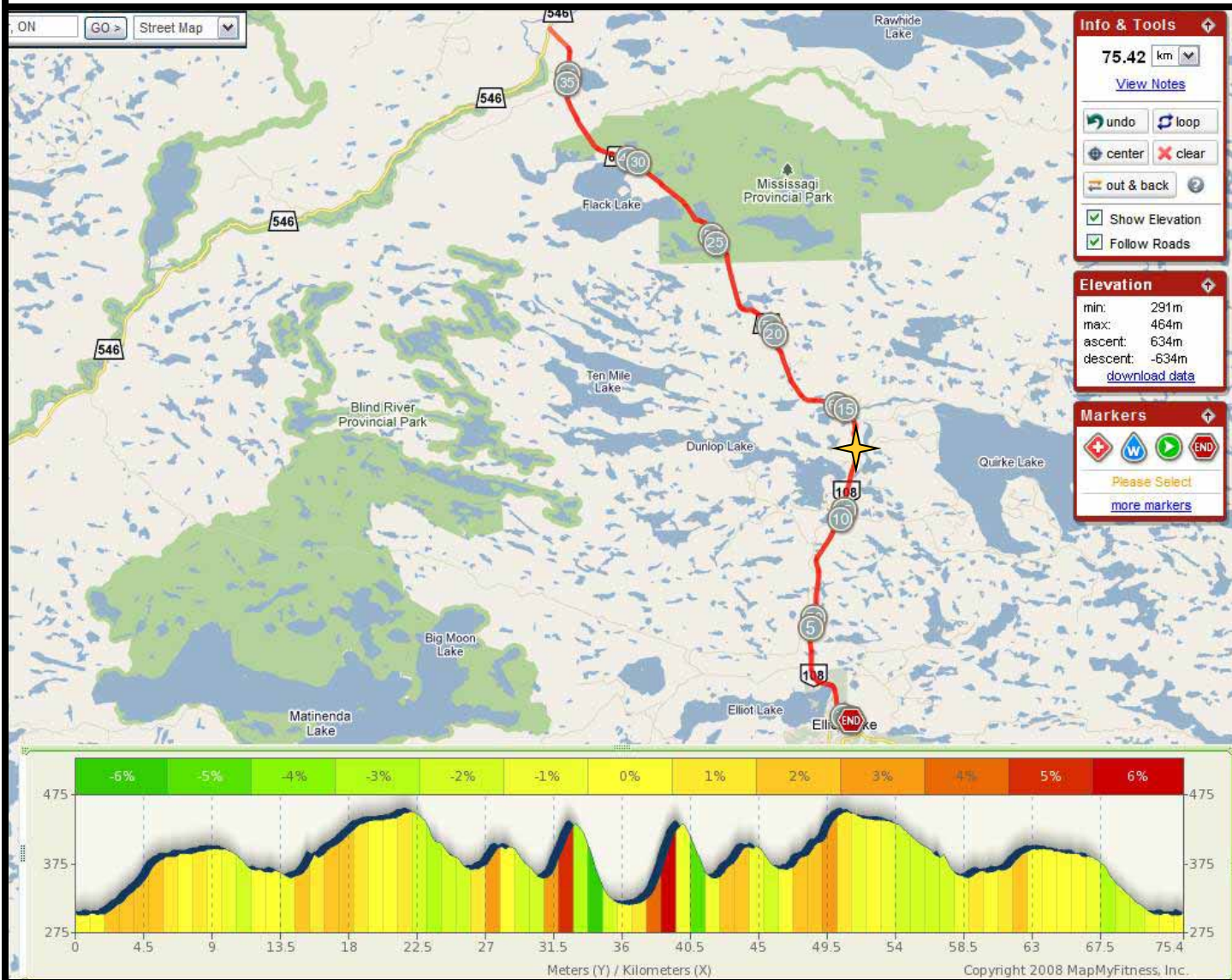


## Categories that Race the Panel Mine Course

Category	Laps	Distance
Master B Men	2	86.4 km
Sportif Men	2	86.4 km
Master C Men	2	86.4 km
Master D Men	2	86.4 km



# Road Race Course: Cobre turn-around



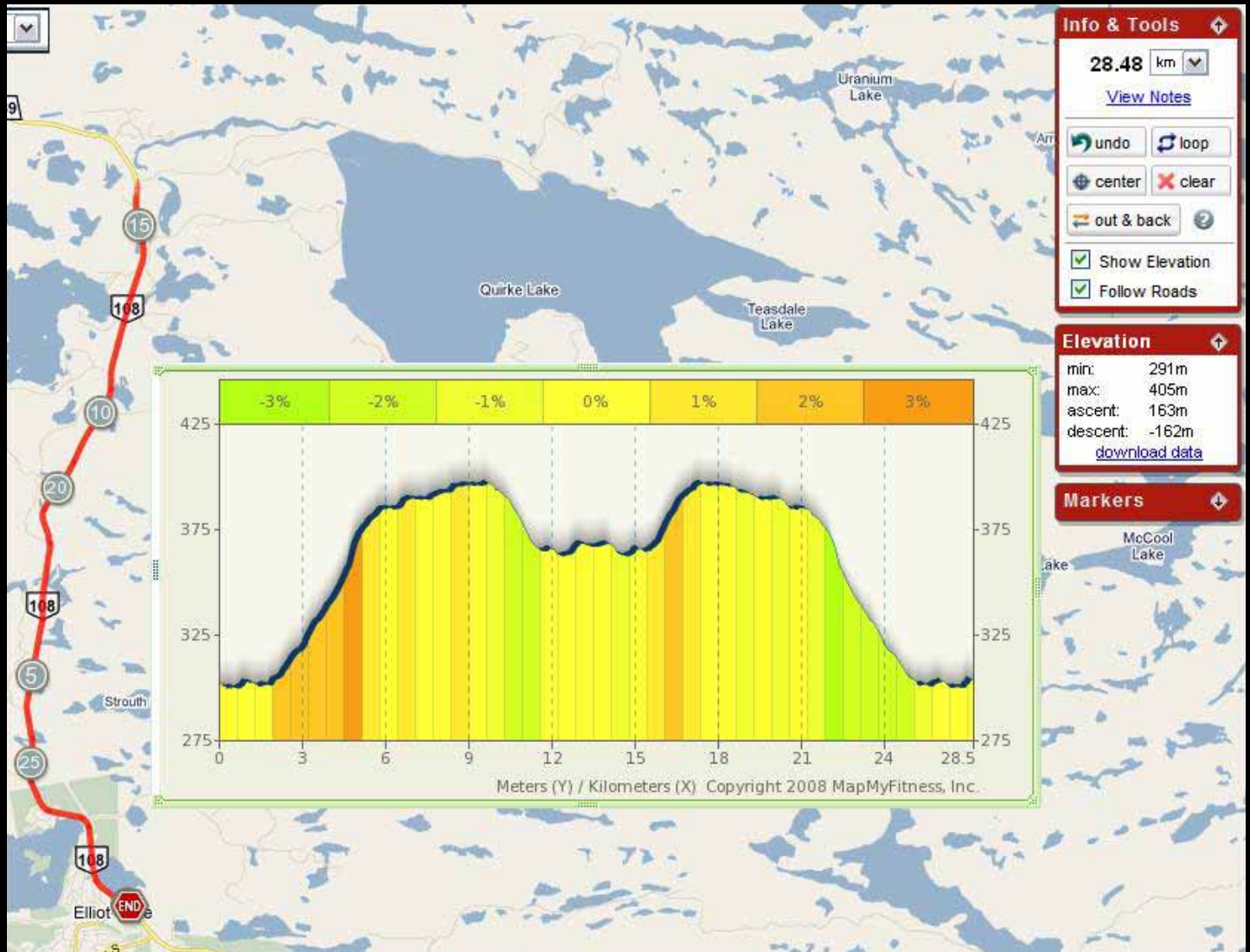
## Categories that Race the Cobre Course

Category	Laps	Distance
Master A Men**	1.5	102 km
Elite Men	2	150 km
U23 Men	2	150 km
U19 Men**	1.5	102 km
Elite Women**	1.5	102 km

\*\* Race one full lap, and one modified lap [to the star (Panel Rd Turn around, see page 8 for profile) and back].



# Road Race Course: Panel Rd turn-around



## Categories that Race the Panel Rd. Course

Category	Laps	Distance
U17 Men	2	55.8km
U19 women	2	55.8km
Master A women	2	55.8km
Master B women	2	55.8km
U17 Women	2	55.8km



# Road Racing Elliot Lake



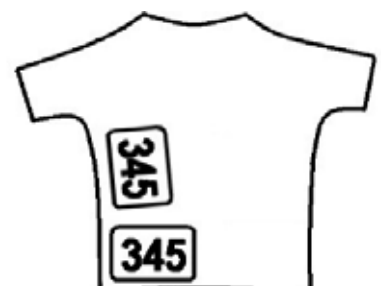
## Number Placement



Number placement for Hill Climb



Number placement for Criterium



Numbers placement for Road Race

# Event Rules

- The Yellow Line Rule will be strictly enforced. Riders will be required to stay to the right of the middle of the road on roads that do not have a yellow line.
- The races will be held under the rules of the UCI/CCA with OCA modifications.
- The CCA rules are available on-line at: [www.canadian-cycling.com/e2/rulebook/index.htm](http://www.canadian-cycling.com/e2/rulebook/index.htm)
- The penalty scale of the CCA rulebook will be applicable.
- **Pre-registration only.**
- All UCI-licensed riders are eligible to register. OCA Citizen Permit holders under the age of 17 may also register. For all other unlicensed riders, OCA One-Event Racing Permits (\$10) will be available for the following categories ONLY: U17 Men and Women, Junior Men and Women, Sportif, Master A/B/C Men, Master Women. Citizen Permits will be available for riders under 17 in age.
- **Only OCA issued UCI licence and U17 Citizen Permit holders are eligible for Provincial awards**
- An OCA representative will be present at the race to assist with rider licensing issues. One-Event Racing Permits and Citizen Permits will be available from the OCA. There are no plans to sell UCI licenses on race day. Please contact the OCA for more details.
- Races will start promptly at the indicated start times.
- There will be a minimum of four licenced Commissaires officiating at this event.
- Registration sign-in will be on Friday night from 5 PM to 9 PM. The TT start lists will be posted at 9 PM in the lobby of the Algo Inn. Registration will be from 7 AM to 8 AM on Saturday at the start of the Hill Climb. Number pick up on Sunday will be available at the start area.
- **Please note the Rider/Manager Meeting on page 3 of this guide.**
- Team vehicles will **not** be permitted on the course for any event.
- *The feed zones will vary by race course . Details on the locations and the laps that the various feed zones are open will be posted later.*
- **Any rider dropping out of the race shall immediately notify a Commissaire.**
- For the road race, there are no free laps for mishaps (e.g. crashes and punctures). Riders suffering mishaps will be serviced from the service vehicles and must continue the race from the point of the mishap. The Criterium will have free laps.
- In the event of a mishap, riders are strictly forbidden from drafting behind vehicles for lengthy periods in attempting to catch up to their group. Such drafting may result in disqualification.
- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups.
- 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.
- *Riders who are dropped from the main bunch must proceed at their own risk and shall always ride on the right side of the road with the flow of traffic.*
- 2-way radios are NOT permitted for racers and teams.
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.
- The prize breakdown will be displayed at registration. Additional prizes may be announced on the start line.
- Provincial Road Race Medals will be presented within 15 minutes of the end of the race. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders are expected to wear their competition uniforms for the presentation.
- Hill Climb Provincial medals will be awarded at the Criterium
- There will be ten (10) GC classifications: **Elite/Espoir Men, Elite Women, U17 Women, Junior Women, Master A/B Women, Master A, Master B, Junior Men, Master C/D Men, and U17 Men.** Prizes can be calculated using the placing within the GC results.
- For each GC category, one set of points will be awarded per event as follows:
  - **Hill Climb** - 30, 28, 26, 25, 24, 24, 23, 23, 22, 22, 21, 21, 20, 20, 20, 19, 18, ... 3, 2, 1, 0 for DNF, DNS (1 point for DNF with reported flat)
  - **Criterium** - 40, 37, 35, 34, 33, 32, 31, 30 ... 3, 2, 1, 0 for DNF, DN (1 pt for flat in last 5 laps)
  - (Sprints every 5 laps - 3, 2, 1 (only Elite/Espoir Men and Master A)
  - **Road Race** - 50, 46, 43, 41, 40 ... 3, 2, 1, 0 for DNF, DNS
- Ties in the GC will be broken by the road race results.
- **Riders do not have to finish all three events but in order to qualify for the overall General Classification all three must be completed. Awards for the GC will take place on Sunday after the appropriate races making up the GC classification are finished**
- Any Rider caught making the turn before the actual turn (not completing a full lap) will be disqualified.
- There will be a period of 10 minutes between categories during the Hill Climb for riders to descend the hill. All riders have to wait at the top until this time to return to the bottom.
- If you drop out of a race and do not report it to a Commissaire you will be considered DNF and given a NP
- Gear restrictions will be enforced for U19 riders.

# Equipment Rules

- As per UCI/CCA Rule 1.3.018, new wheel regulations will be enforced. Only traditional wheels or approved non-traditional wheels are permitted. Consult the list of approved non-traditional wheels at [www.uci.ch/english/about/wheels.htm](http://www.uci.ch/english/about/wheels.htm).
- Only standard handlebars are permitted except for the Provincial Hill Climb Championships. For the Provincial Hill Climb Championships, the use of time trial bar extensions will be permitted, bicycles must meet the UCI/CCA standard for time trialing as outlined in part 1.3.011 thru 1.3.024 of the current UCI/CCA rulebook
- As of January 1, 2003, the UCI equipment regulations now apply to all categories of riders, including Masters, therefore only bicycles that fit the UCI definition are now permitted (i.e. no Softride framesets, etc.) See Section 2 of Chapter 3 in the 2003 CCA Regulations.
- Riders are required to wear jerseys corresponding to the club or team printed on their license. Independent riders and unlicensed riders are required to wear plain-coloured jerseys with no significant logos, team names or advertising displayed on them. Unlicensed riders with club membership cards may wear their club jersey as long as they display their club membership card at registration.
- Sleeveless jerseys are not permitted.
- All riders must wear numbers positioned as shown in this guide. Only OCA-approved numbers may be worn. **Numbers must not be folded or modified** and must be returned after the road race.
- Neutral service vehicles will be supplied by the organization and assigned to follow every race. Riders are encouraged to bring their own spare wheels to be placed in the service vehicles before the start of their race. Wheels must be clearly marked with the rider's number or with the rider's team name if it is intended for use by any member of a particular team. Although efforts will be made to provide a rider's own spare wheels in the event of a mishap, in the interests of servicing a rider quickly, service vehicles may supply wheels at random. The organization is not responsible for damage to wheels, even resulting from use by other riders.
- Riders are required to wear hard-shell ANSI or SNELL approved bicycle helmets while racing and also warming up.
- Gear restrictions will be in effect for Junior and Under-17 categories, plus Under-19 Senior 1&2 riders.
- The use of glass containers is strictly prohibited the race.
- The weight of the bicycle cannot be less than 6.8 kilograms.
- The use of personal audio players, including i-pods and mp3 players, etc... while racing is prohibited.

# Registration

## Pre-Registration Only

- Pre-Registration is available via the OCA Event Online Registration System
- Registration sign-in will begin on Friday night at 5 PM inside the Algo Inn. On Saturday, sign in will be at the hill climb start from 7 - 8 AM. Sign-in on Sunday will be available at the start finish area.
- Do not miss the riders meeting 5:30 Saturday evening! More details will be available at registration.



## Entry Fees\*

Pre-Reg	All 3
Cadet	\$70.00*
Junior	
All Others	\$82*

Pre-registration closes August 11th at 11:59 pm.  
Jewel in the Wilderness is **PRE-REGISTRATION ONLY**

Riders must sign up for all events  
*If you are having problems pre-registering please contact [events@ontariocycling.org](mailto:events@ontariocycling.org)*

\* includes HST

# Accommodations



**BRAND NEW**

279 Highway 108 North, Elliot Lake

35 rooms have been reserved for August 13, 2010 for 2 nights— \$ 109 – 129 / night

Release date is July 14<sup>th</sup>, 2010

Phone: 1-705-848-4004 or register on line at hamptoninn.com



**ALGO INN**

Located downtown in the Algo Centre Mall

Access to mall shops and restaurants

62 rooms have been reserved for August 13, 2010 for 2 nights

Release date is July 14<sup>th</sup>, 2010

Prices range from \$ 71.90 – 81.90 / night

Phone: 1-800-461-4600 or 705-461-9251

**Elliot Lake**

Hampton Inn 705-848-4004 or hamptoninn.com

Algo Inn 705-461-9251 1-800-461-4600

Dunlop Lodge 705-848-8090

Laurentian Lodge 705-848-0423

Frontier Lodge 705-848-2809

**Spanish/Serpent River**

Vance's Motor Inn 705-844-2000

Vance's Resort 705-844-2565

Vance's Campground 705-844-2442

**Blind River/Spragge**

Auberge Eldo Inn 800-798-3536

MacIver's Motel & Camp 800-935-3713

North Shore Wayside Inn 705-356-2274

Old Mill Motel 705-356-2274

Lakeview Inn 800-477-7379

Mountain View Camp 705-356-7087

Roy's Motel 705-849-2482

Nth Channel KOA Campground 800-562-3416

# Directions

## From Toronto

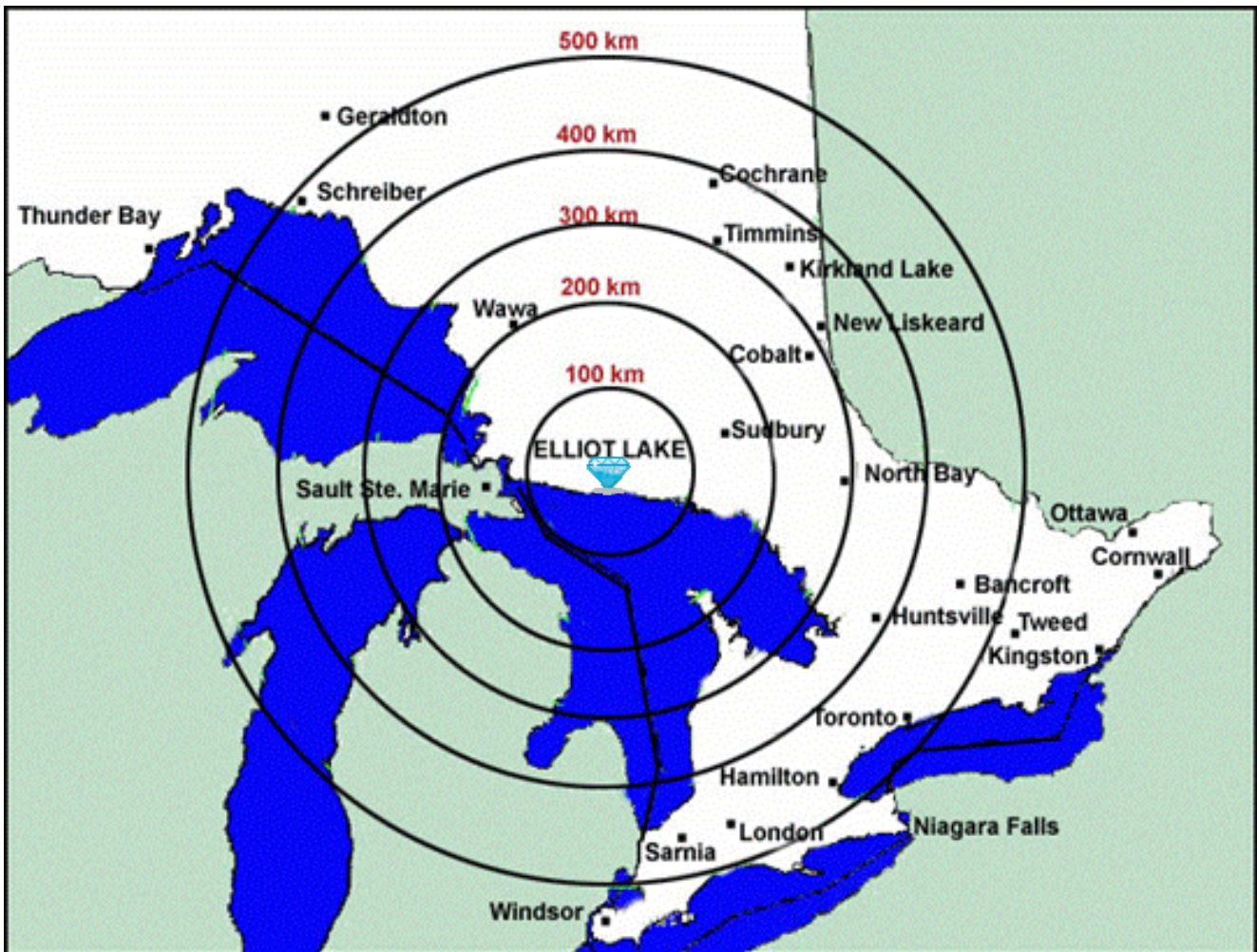
Elliot Lake is located on Hwy 108. From Toronto, take Hwy 400 North to Highway 69, to Sudbury. When approaching Sudbury from the South, on Hwy 69, take the Sault Ste Marie bypass (careful this is a sharp corner). This bypass will take you straight to Hwy 17 West. Travelling West for about 90 minutes you will arrive at a small village called Serpent River. Just past the village you will see the junction of Hwy 108. Turn right on Hwy 108 and proceed North for 20 minutes to the city of Elliot Lake. Go straight to the second street light where you will turn left. Bear right on Saskatchewan Road, cross Ontario Avenue and drive into the Algo Mall parking lot. You can park on the roof and take the elevator to the hotel lobby where the registration will be set up.

## From Ottawa

Take Hwy 17 West to Sudbury. When approaching Sudbury from the East (just past Coniston) take the Sault Ste Marie bypass. This bypass will take you straight to Hwy 17 West. Travelling West for about 90 minutes you will arrive at a small village called Serpent River. Just past the village you will see the junction of Hwy 108. Turn right on Hwy 108 and proceed North for 20 minutes to the city of Elliot Lake. Go straight to the second street light where you will turn left. Bear right on Saskatchewan Road, cross Ontario Avenue and drive into the Algo Mall parking lot. You can park on the roof and take the elevator to the hotel lobby where the registration will be set up.

## From Windsor

There are a couple of ways to get to Elliot Lake from Windsor. **Travelling through Ontario** take Hwy 401 East to Hwy 400 North. Take Hwy 400 North to Hwy 69, which to Sudbury. When approaching Sudbury from the South, on Hwy 69, take the Sault Ste Marie bypass (careful this is a sharp corner). This bypass will take you straight to Hwy 17 West. Travelling West for about 90 minutes you will arrive at a small village called Serpent River. Just past the village you will see the junction of Hwy 108. Turn right on Hwy 108 and proceed North for 20 minutes to the city of Elliot Lake. Go straight to the second street light where you will turn left. Bear right on Saskatchewan Road, cross Ontario Avenue and drive into the Algo Mall parking lot. You can park on the roof and take the elevator to the hotel lobby where the registration will be set up.



# Prize List

## 2010 Elliot Lake Prize Payouts

Cash Prizes go to General Classification Placing (Preliminary)

PLACING	CATEGORY									
	Elite/ Espoir Men	Elite Women	U17 Women	Junior Women	Master A/ B Women	Master A Men	Master B Men	Master C/ D Men	Junior Men	U17 Men
1	\$ 500	\$ 500	\$ 75	\$ 75	\$ 100	\$ 150	\$ 100	\$ 75	\$ 100	\$ 75
2	\$ 375	\$ 300	\$ 50	\$ 50	\$ 75	\$ 100	\$ 75	\$ 50	\$ 75	\$ 50
3	\$ 275	\$ 100		\$ 25	\$ 50	\$ 60	\$ 50	\$ 25	\$ 50	
4	\$ 150				\$ 25	\$ 40	\$ 25		\$ 25	
5	\$ 125					\$ 25				
6	\$ 100									
7	\$ 75									
8	\$ 50									
9	\$ 25									

