



# Ontario Road Provincials



## Jewel in the Wilderness, Elliot Lake 2008



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

The Jewel in the Wilderness will include the Provincial Road Championships, the fastest and strongest will battle it out on the challenging 22km loop that features a variety of terrain that will select a worthy champion to wear the Provincial jersey.

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 23-24. 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. Sunday's race is the Granddaddy of them all, the Provincial Road Race championships.

### INSIDE THIS TECH GUIDE

- Schedule.....pg.2
- Course descriptions..... pg.3-5
- Rules.....pg.6
- Number Placement.....pg.6
- Equipment rule.....pg.7
- Registration info.....pg.7
- Accommodations.....pg.8
- Directions.....pg.9

### SPECIAL POINTS OF INTEREST

- ◆ National Ranking Series event
- ◆ Ontario Cup
- ◆ 3.5 km Provincial Hill Climb Championships
- ◆ 1.3 km downtown Criterium
- ◆ Provincial Road Race Championships
- ◆ Great rates on accommodation and meals



Ontario Cup points and prize money will be awarded to the General Classification winners. Another set of Ontario Cup points will be awarded to the winners of the road race. Riders do not have to race Saturday's events to be eligible for the Provincial Road Race. For the first time ever Provincial's will use Master ability categories. It will surely make for exciting Master's racing as all the top teams will be working together to get one of their riders in the coveted Provincial jersey.

**In addition to the races, the weekend will once again feature a pasta dinner at a cost of 5\$, all proceeds going towards race support!**

# 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
Cadet Women	12:00 PM	40 min
Elite Women	12:00 PM	40 min
Criterium Start #2		
Master 3 Men	12:50 PM	40 min
Cadet Men	12:50 PM	40 min
Master D Men	12:50 PM	40 min
Criterium Start #3		
Master 2 Men	1:40 PM	45 min
Junior Men	1:40 PM	45 min
Criterium Start #4		
Master 1 Men	2:40 PM	50 min
Criterium Start #5		
Elite/Espoir Men	3:40 PM	60 min

## Sunday Events

Road Race Start #1			
Category	Start Time	Distance	laps
Master 2 Men	8:00 AM	106 km	5
Master 3 Men	8:02 AM	84.8 KM	4
Master D Men	8:02 AM	84.8 KM	4
Cadet Men	8:02 AM	63.6 km	3
Elite Women	8:04 AM	84.8 KM	4
Master A Women	8:04 AM	63.6 km	3
Master B Women	8:04 AM	63.6 km	3
Junior Women	8:04 AM	63.6 km	3
Cadet Women	8:04 AM	63.6 km	3
Road Race Start #2			
Elite/Espoir Men	12:00 PM	148.4 km	7
Master 1 Men	12:02 PM	127.2 km	6
Junior Men	12:04 PM	106 km	5

### Provincial Hill Climb Award Ceremonies

*will be held*

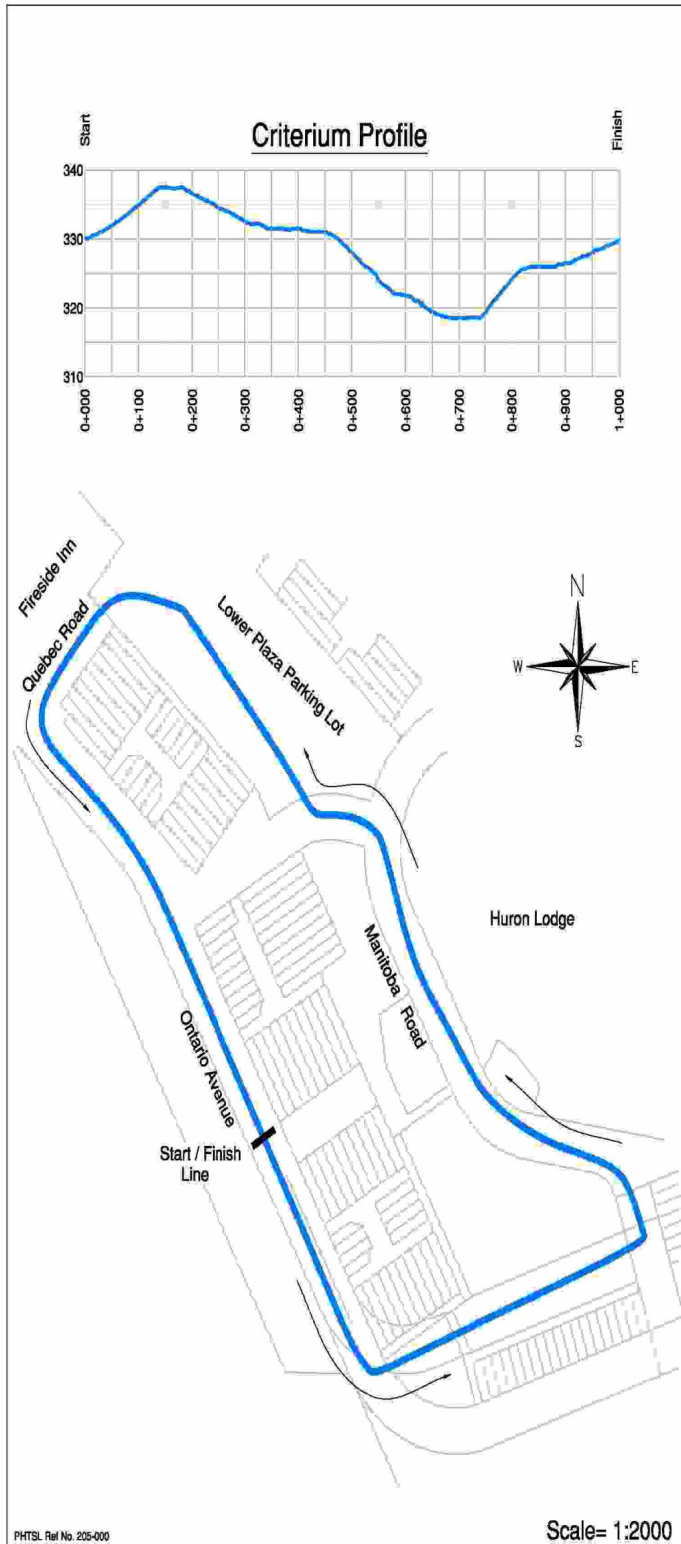
*20 minutes prior to the start of each categories Criterium.*

# Pasta Dinner



**Don't miss the Pasta dinner  
on Saturday night. Only 5\$!**

# Course Description - Criterium

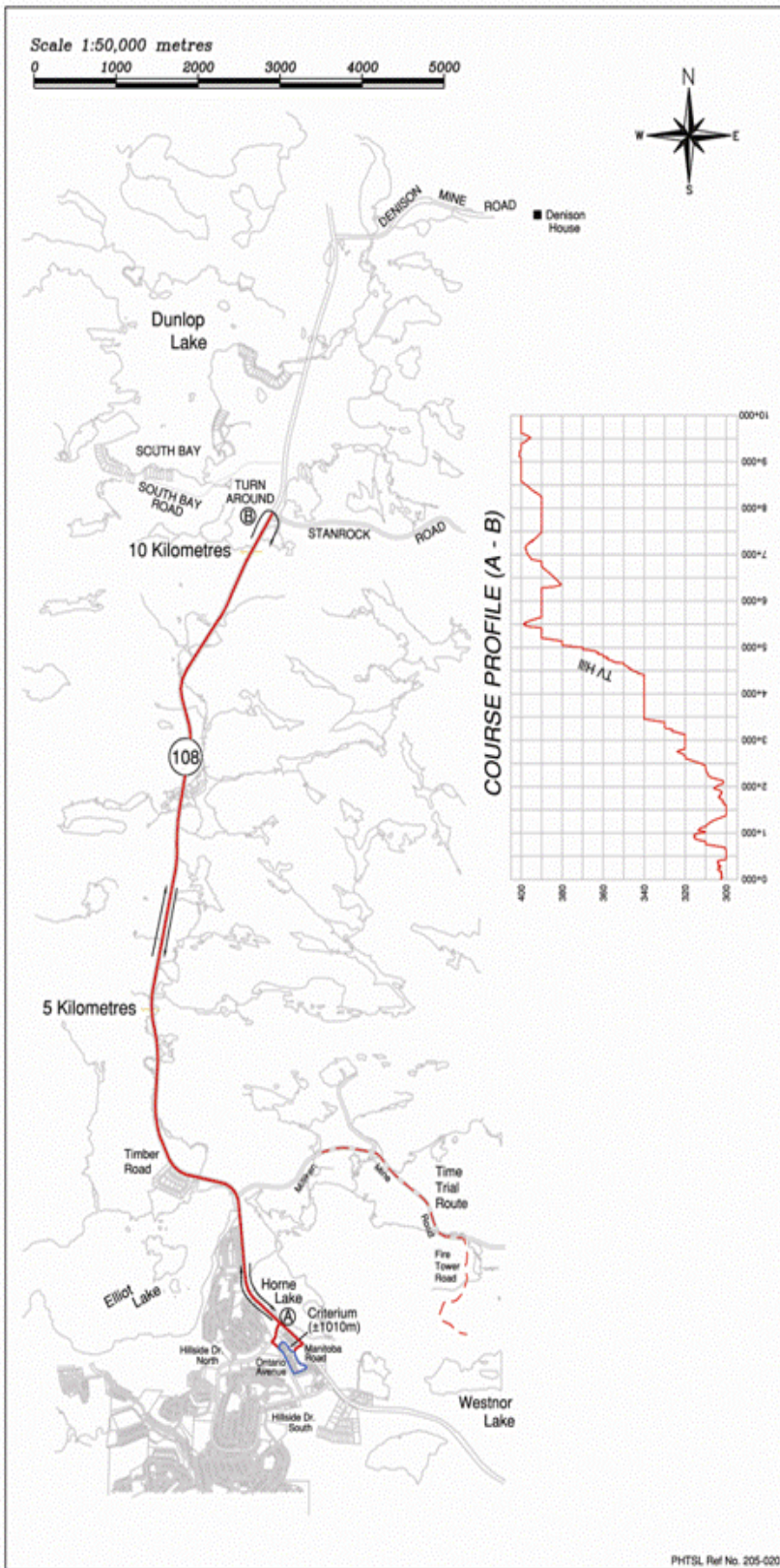


The 1.3 km Criterium will start in front of Sarich Source for Sports on Ontario Avenue. Riders will race counter clockwise onto Manitoba Road. Rider feedback has increased the course from Manitoba, through the fenced-in Lower Plaza Parking lot onto Quebec Road. From Quebec Road, riders will sprint down Ontario Avenue to the finish.





# Course Description - Road Race



The Start/Finish will be located on Ontario Avenue, located in the heart of the city .

Riders leave the line and proceed down Ontario Avenue following the Criterium course. Immediately left of the Legion, riders will be turning right onto Manitoba Road. The course proceeds to Hwy 108 where riders turn left. Riders continue along Hwy 108, past Timber and beyond city limits. Approx 3 km outside of Elliot Lake, riders will make the first of two epic climbs at TV Hill. Approx 3 km later, riders will arrive at the turnaround point located on another hill at Stanrock Road.

After the turnaround point, riders will ride back into the city via Hwy 108. Once back in the heart of the city, riders will turn left at the Fire-side Inn onto Ontario Avenue for the final leg of the 21.2 km course.

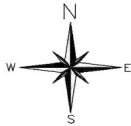
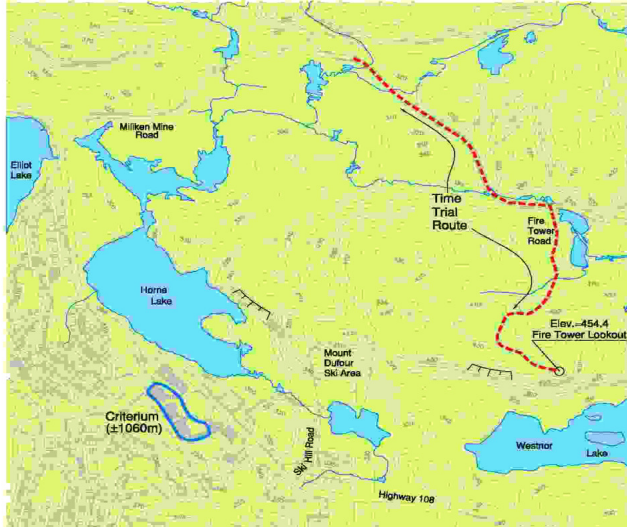
The Yellow Line rule will be strictly enforced.



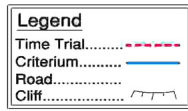
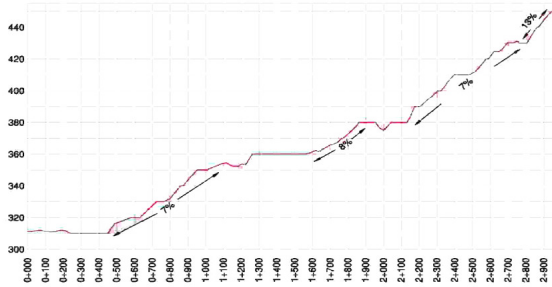


# Course Description - Hill Climb

Scale= 1:20,000



Time Trial Profile



PHTSL Ref No. 205 000

Provincial Hill Climb Championship			
	Medals	Plaque	2007 Time to Beat
Cadet Women	3 places	1st only	0:09:28 Krista Ruby
Junior Women	3 places	1st only	0:09:54 Celeste Jones-Baumgardt
Elite Women	3 places	1st only	0:08:22 Merrill Collins
Master A Women	3 places	1st only	0:10:14 Andrea Bowker
Master B Women	3 places	1st only	0:10:22 Lori Kofman
Cadet Men	3 places	1st only	0:08:09 Matt Degiacomo
Junior Men	3 places	1st only	07:29.0 Evan Mundy
Espoir Men	3 places	1st only	0:07:08 Jonathan Prosser
Elite Men	3 places	1st only	07:10.0 Darko Ficko
Master 1 Men	3 places	1st only	07:49.0 Andrew Lees
Master 2 Men	3 places	1st only	08:22.0 W. Vandenberg
Master 3 Men	3 places	1st only	09:12.0 B. Pasciullo
Master D Men	3 places	1st only	-



Photo Courtesy of Paul Kazulak

# Hill Climbing

## Advice from 2007 Hill Climb Champ- Jonathan Prosser

My way of tackling the Elliot Lake hill climb:

Of course my obvious advantage on climbs is weight; but there are many heavier riders who can power up the Elliot Lake hill just as fast because it's not so much its steepness that's hard, it's the length.

To train for that hill climb, I basically raced a lot of hilly races during the year. New York state has plenty of brutally hilly races during the year. My hometown of Hamilton and the surrounding area has its share of hard climbs up the Niagara escarpment.

My pre-race nutrition for the hill climb TT isn't very different than my usual pre-race diet. I really want to emphasize not eating anything but a gel about 3 hours before, because you will be pushing yourself so hard that anything that isn't settled will come out onto the road.

Warm-up is key in a tt like this. You want to get lots of warm up so that your legs are firing from the start. Everyone has their own method of warming up. Warm-down is equally as important.

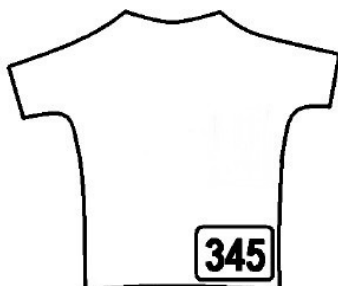
Bike set up does make a difference as well.



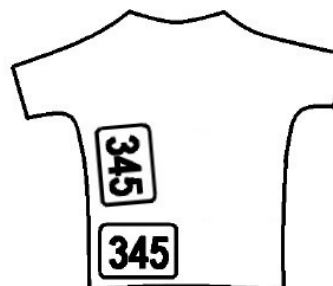
I am not one to use data of any sort when time trialing, so I don't know the exact figures, but the lighter the package, the faster. No need for waterbottles, unless you're afraid of swallowing a Junebug, then take a sip's worth. Aero bars will not make you faster on this hill. A skinsuit will make you think you are faster, but probably doesn't do much.

All of this prep is fairly easy to achieve, but the one thing many riders forget, is to mentally prepare. That's one

## Number Placement



*Number placement for Hill Climb*



*Numbers placement for Criterium and Road Race*

# Event Rules

- The Yellow Line Rule will be strictly enforced.
- 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 all categories except Senior 1&2 Men. Citizen Permits will be available for riders under 17 in age.
- **Only OCA issued 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 4 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. There will be no registration or number pickup on Sunday.
- **There will be no Manager's Meeting.**
- Team vehicles will **not** be permitted on the course for any event.
- The road race **feed zone** will be located on Hillside Drive North and will be marked by green flags. All feed zone activity must take place from the feed zone and from the right side of the road only. The feedzone opens after riders have completed one lap. The feedzone closes after riders start the last lap.
- **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 should always, when possible, ride on the right side of the road with the flow of traffic.*
- FSR radio channels 11, 12, 13 and 14 are reserved for use by the organization, officials and medical personnel and therefore riders and teams should avoid their use. U19 cannot use radios.
- 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.
- Awards 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.
- There will be eight (8) GC classifications : Elite/Espoir Men, Elite Women, Cadet/Junior/Master Women, Master 1, Master 2, Junior Men, Master 3 Men, and Cadet Men. There will be eight (8) prize categories: **"Elite/Espoir Men", "Elite Women", "Master 1 Men", "Master 2 Men", "Master 3 Men", "Cadet/Junior/Master Women", "Junior Men", and "Cadet Men"**. Prizes and Points for the O-Cup categories can be calculated using the placing within the GC results. Provincial awards for all categories.
- 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, DNS (1 pt for flat in last 5 laps)  
(Sprints every 5 laps - 6, 4, 2 (only Elite/Espoir Men and Master 1))
  - Road Race** - 50, 46, 43, 41, 40 ... 3, 2, 1, 0 for DNF, DNS  
Sprints on laps 1 & 2 for 6, 4, 2 (only Elite/Espoir Men, Elite Women and Master 1)
- 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. Ontario Cup points are based on the GC.**
- **A second set of O-Cup points are awarded for the Provincial Road Race**
  - 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 - can not race in the remainder races (i.e. road race) at the event.
  - If you drop out of a race and do not report it to a commissaire you will be considered DNF.
  - 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.
- Although 2-way radios are permitted, the organization reserves FSR radio channels 11, 12, 13 and 14 for use by the organization, officials and medical personnel.
- 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 4 PM inside the Algo Inn. On Saturday, it will be open from 7 - 8 AM. There is no registration on Sunday.
- If you arrive late Friday night, please call the Algo Inn to confirm your arrival to Elliot Lake. Please note you will still be required to sign-in on Saturday morning.



## Entry Fees

Pre-Reg	All 3 Events
Cadet	\$65
Junior	
All Others	\$75

Pre-registration closes at noon on August 21st  
Jewel in the Wilderness is **PRE-REGISTRATION ONLY**

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

# Accommodations



## ALGO INN

### Algo Inn Hotel (Host Hotel)

Located downtown in the Algo Centre Mall,  
Access to mall shops and restaurants  
Phone: 1-800-461-4600 or 705-461-9251

#### Elliot Lake

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

Denison House 1-866-599-5141

Fireside Inn 705-461-3711

Dunlop Lodge 705-848-8090

Laurentian Lodge 705-848-0423

Frontier Lodge 705-848-2809

Ten Mile Lake Lodge 705-848-8036

Wilderness Lodge 705-848-2843

#### Spanish/Serpent River

Vance's Motor Inn 705-844-2000

Vance's Resort 705-844-2565

Vance's Campground 705-844-2442

Blue Heron Resort 705-844-2596

#### 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

A Cottage for All Seasons 705-356-0037

Mountain View Camp 705-356-7087

Roys Northland Camp 705-848-2810

Roys Motel 705-849-2482

Birch Lodge 866-807-3334

Lodge on Lake Matinenda 705-848-2881

Comfy Suite 705-356-1340

A Taste of Home B & B 705-356-7165

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.

