

(Last Updated: August 17, 2011)

2011 Ontario Provincial Time Trial Championships Sunday, August 21, 2011

TECHNICAL GUIDE

Hosted by Ride with Rendall

In the City of Clarence-Rockland



Sponsored/Supported by:



Sanctioned by:



ONTARIO CYCLING ASSOCIATION INC.

Introduction

Ride with Rendall, together with the city of Clarence-Rockland, is proud to host the 2011 Ontario Individual Time Trial Championships.

Starting and finishing in the town of Clarence Creek, the 20km, and 40km courses consist of circuits on lightly traveled farming roads. With several false flats and a fast straight descent to the finish line, wind will be the “X-factor” on this course.

The Individual Time Trial (ITT) is open to all UCI Championship categories. There will also be separate categories for non-conforming UCI bikes (i.e. triathletes, club riders, and kids) on 20km and 40km courses.

Out of province cyclists are welcome, but are not eligible for the provincial title.

See Course Maps on page 6 for additional details.

Registration and Entry Fees

You can register online at <http://www.ontariocycling.org> by noon, Friday, August 19, 2011.

There will not be any onsite registration for this event.

Category	Fee
Kids	\$10
U17 and U19 Championships	\$30
All other Championship Categories	\$40
Non-Championship Sportif 20km	\$20
Non-Championship Sportif 40km	\$40

OCA One-Event Racing License will be required for unlicensed riders (\$8 for U17 and \$12 for 17+).

Approximate Schedule

The start lists will be posted on the OCA and Canadian Cyclists websites 24hrs prior to the start of the event.

7:00am	Sign-in open	Arena de Clarence Creek, Lemay Street, Clarence Creek
Start Time	Categories	Distance*
8:30am	U17 Women U19 Women U17 Men U19 Men	20km
	Awards Presentation	Arena de Clarence Creek
9:00am	Kids	5km (separate course on Landry St)
	Master A Women Master B Women Master C Women Master D Men	20km
	Awards Presentation	Arena de Clarence Creek
	Sportif Riders (Men/Women, no bike check)	20km
	Awards Presentation	Arena de Clarence Creek
	Elite (Senior) Women Master C Men Master B Men Master A Men	40km (riders to start in waves)
	Awards Presentation	Arena de Clarence Creek
	U23 Men Elite (Senior) Men	40km (riders to start in waves)
	Sportif Riders (Men/Women, no bike check)	40km (riders to start in waves)
TBA Day Of	Awards Presentation	Arena de Clarence Creek

*Distances are approximate

Event Rules

Riders arriving to the course must first sign in at the Arena de Clarence Creek Arena (see maps at the end of this guide). All participants, including those preregistered, must sign in and present an appropriate license or purchase an OCA One-Event Racing permit for the day of for (\$8 for U17 and \$12 for 17+).

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 will be available for all categories.

All participants (or parents/guardians) must sign the OCA and CCA waivers, unless they have an OCA-issued license.

The start list and start times will be posted online at <http://www.ridewithrendall.com> 24 hours prior to the start of the event.

Pre-riding of the course is not permitted after the start of the first race.

Marshals and barricades will be placed around the course to help direct riders and control traffic at key locations. Marshals will be in place at the start of the first race.

Riders and spectators must park in the designated areas and must not park along the roadsides on or near the race site. Parking is not allowed at the Public Works lot.

Provincial medals will only be awarded to those who reside in Ontario and are licensed riders.

Provincial Championship results will not count towards the Ontario Cup Series.

Provincial Championships will be run utilizing UCI age-based categories

Rules in Use

The races will be held under the rules of the UCI/CCA, with OCA modifications.

Participants are expected to adhere to UCI Rules Part 1 – particularly with respect to Chapter 3 rules on equipment. (For a summary explanation, refer to http://www.ontariocycling.org/web_doc/gen_pdf/20110603-180550-2011%20Road%20Communiqu%C3%A9-bike%20measurement.pdf.)

Bike checks will be performed by OCA commissaries for participants in the championship categories.

Roads are not closed during this event. You will be expected to follow the Ontario Highway traffic act. While efforts will be made to have traffic yield to racers, you are responsible for your safety at all times.

Riders will be started promptly at the posted/indicated start times. Riders missing their starts should immediately proceed to the start line – your finish time will reflect your posted start time.

There will not be a team managers meeting.

There will not be any team vehicles permitted on the course.

There is no feed zone and feeding is not permitted.

Any participant dropping out of the race shall notify an OCA commissar.

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.

Riders stopping at any point on the race course must pull completely to the right-hand side of the road and avoid obstructing any traffic (i.e. remain in a single file).

Riders finishing the race must continue in the indicated direction back to the parking/registration area and may not continue to ride on the course.

Equipment Rules

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 will be permitted** (i.e. no Softride framesets, etc.) For bike setup for time trials, see section 1.3 of the UCI rule book.

Non-championship Sportif riders will not have section 1.3 rules enforced as they are not competing in the championship categories. Therefore, there will not be a bike check for non-championship Sportif riders.

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.

Riders will be supplied with race numbers. There will be one number per rider.

All riders must wear their number as shown in this guide. Numbers must not be folded or modified and must clearly display the advertiser's logo.

No race radios are permitted. The organization reserves FSR radio channels 11, 12, 13 and 14 for use by the organization, officials, and medical personnel.

No Neutral service will be provided. In the event of a mishap, flat, etc., riders are encouraged to continue onto the next volunteer checkpoint (i.e. at intersections). Volunteers will notify the organizers as to the extent of the mishap and take appropriate action.

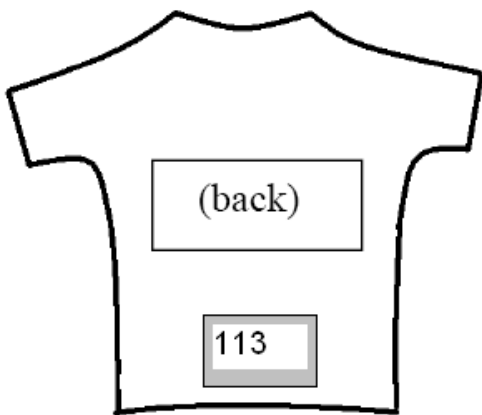
Riders must wear hard-shell ANSI or SNELL approved bicycle helmets while warming up and racing.

Gear restrictions will be in effect for Junior and U17 categories. Bicycles must be presented before and after the race for a gear rollout check.

The use of glass containers is strictly prohibited during the race.

Placement of Race Number

The race number must be pinned to the lower-back of your jersey. Race numbers must not be folded or modified and must clearly display the advertiser's logo.



Prizes and Award Ceremony

Provincial medals are only awarded to those who reside in Ontario and are licensed riders. Provincial Championship results will not count towards the Ontario Cup Series.

Medals and/or prizes will be awarded to Sportif Riders/Kids categories.

Figure 2 – 20km Course: One outer loop of the course shown below

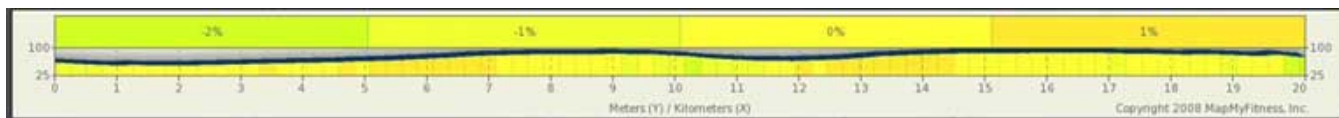
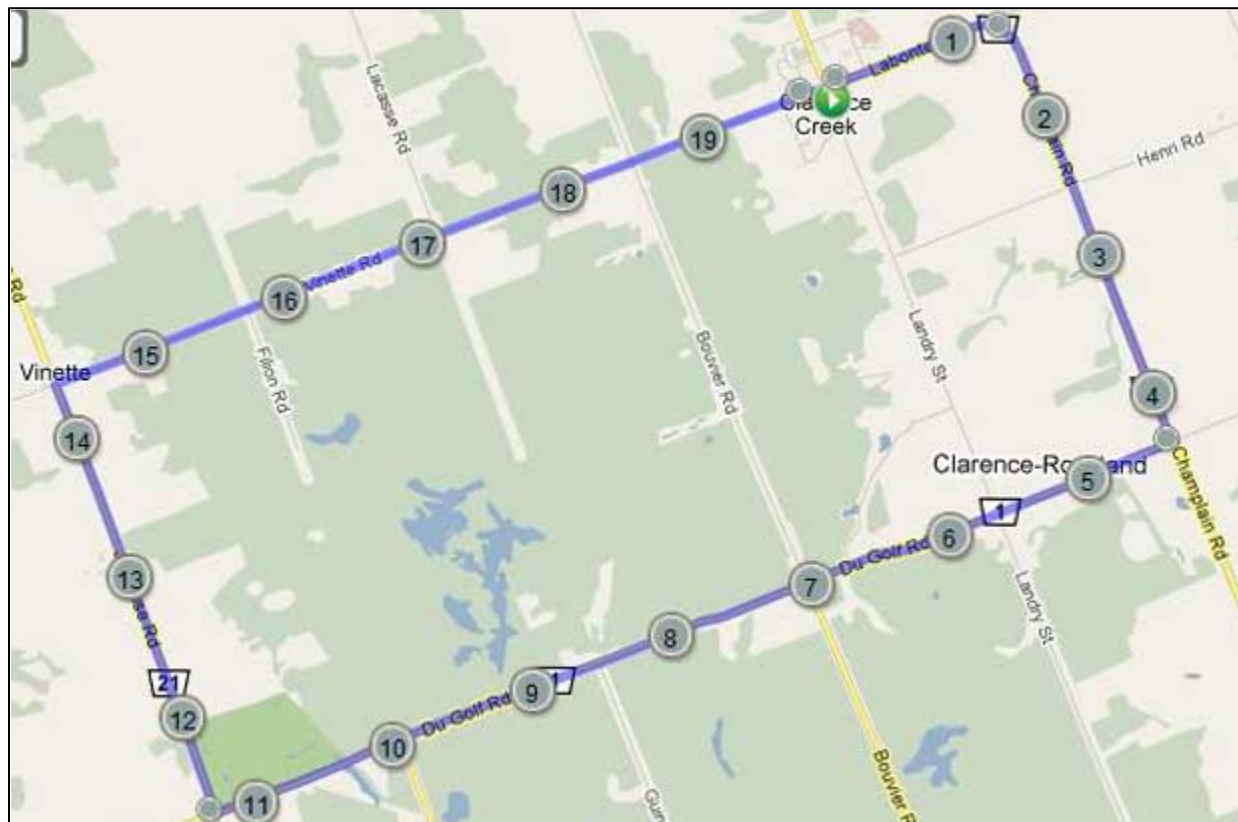
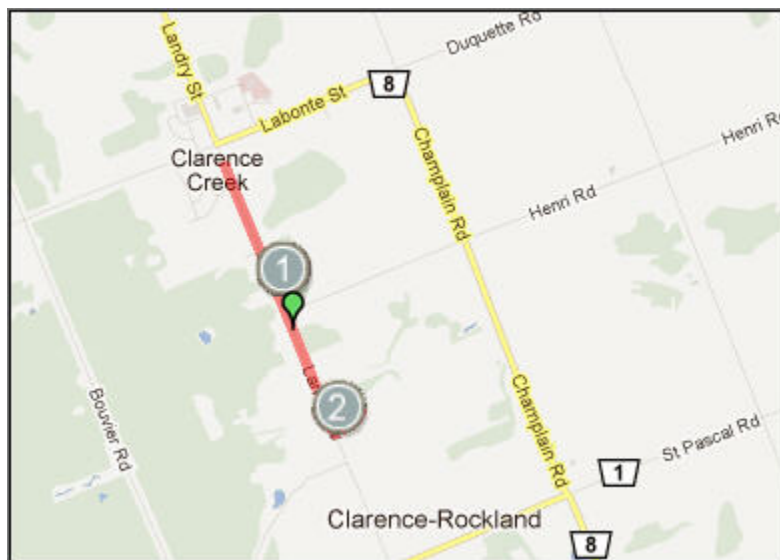


Figure 3 – Close-up of start, finish, and registration area

Note, the access to the bike measurement and start area may be adjusted on race day.



Figure 4 – 5km Kids course



Location and Directions

Parking, race sign-in, and the awards ceremony will be at located at the Arena de Clarence Creek, Lemay Street, Clarence Creek, K0A, 1N0. Parking is **not** allowed at the Public Works lot.

Washrooms will be available at the arena and Port-a-Potties at the start line.

From Ottawa

Merge onto ON-417 E	4.7 km
Take the exit on the left onto Regional Road 174 E toward Orléans Rockland	26.9 km
Continue onto County Road 17	8.9 km
Turn right onto Landry St/County Road 8 (signs for Rue Landry Street/Clarence Creek)	6.0 km
Turn left onto Beauchamp St	280 m
Beauchamp St turns right and becomes Lemay St Destination will be on the right	170 m

From Montreal

Merge onto Autoroute 40 W	66.4 km
Continue onto Trans-Canada Hwy Entering Ontario	8.9 km
Take the County 17 exit toward Hawkesbury/Rockland	1.1 km
Merge onto County Road 17	61.1 km
Turn left onto Landry St/County Road 8 (signs for Rue Laundry Street/Clarence Creek)	6.0 km
Turn left onto Beauchamp St	280 m
Beauchamp St turns right and becomes Lemay St Destination will be on the right	170 m

From Toronto

Follow signs for Victoria Park Avenue/Warden Avenue and merge onto ON-401 E	342 km
Take exit 721A to merge onto ON-416 N toward Kemptville/Ottawa	74.7 km
Take exit 75B to merge onto ON-417 E toward Ottawa	19.1 km
Take the exit on the left onto Regional Road 174 E toward Orléans Rockland	26.9 km
Continue onto County Road 17	8.9 km
Turn right onto Landry St/County Road 8 (signs for Rue Landry Street/Clarence Creek)	6.0 km
Turn left onto Beauchamp St	280 m
Beauchamp St turns right and becomes Lemay St Destination will be on the right	170 m

Medical Assistance and Hospitals

The Ottawa Hospital at 501 Smyth Road, Ottawa, ON K1H 8L6 is approximately 52 minutes from the Arena de Clarence Creek.

From the Arena to the Hospital

Head north on Lemay St toward Beauchamp St	170 m
Lemay St turns left and becomes Beauchamp St	280 m
Turn right onto Landry St/County Road 8	6.0 km
Turn left onto County Road 17	8.9 km
Continue onto Regional Road 174 W Continue to follow Regional Road 174 W	26.1 km
Keep right at the fork, follow signs for ON-417 E/Cornwall/Montreal and merge onto ON-417 E	1.9 km
Take the Chemin Innes/Innes Road exit	500 m
Turn right onto Innes Rd/Regional Road 30	1.4 km
Turn left onto St Laurent Blvd/Regional Road 26	550 m
Turn right onto Smyth Rd/Regional Road 72	1.9 km
Turn right Destination will be on the left	180 m