



(Last Updated: November 9, 2011)

2011 Ontario Provincial Cyclocross Championships

“The Hammer”

Saturday, November 19, 2011

&

“The Anvil”

Sunday, November 20, 2011

TECHNICAL GUIDE

Hosted by Ride with Rendall

In cooperation with the Nepean National Equestrian Park

Sponsored by



Sactioned by



ONTARIO CYCLING ASSOCIATION INC.

Introduction

Ride with Rendall will be hosting its 3rd annual Hammer & Anvil cyclocross event with two days of racing on the weekend of **November 19 – 20, 2011** at the Nepean National Equestrian Park located in **Ottawa**.

The 2011 Ontario Provincial Cyclocross Championships, “The Hammer”, will be held on the Saturday and a second day of races, “The Anvil” will be held on the Sunday.

Out of province cyclists are welcome, but are not eligible for the provincial title, however, are eligible for all cash and merchandise prizes. There will be categories for all levels ranging from beginners to elite.

This year, RWR will also be hosting the “Anvil on Foot”, a cross-country race where participants will be running the cyclocross course. This event will take place on the Sunday after the bike races.

Registration and Entry Fees

You can preregister online at <http://www.ontariocycling.org/> or register the day of the races at the Nepean National Equestrian Park. However, there is **no day-of registration for Provincials** (the Hammer), you must preregister for this race.

Online registration for all races closes on Thursday, November 17, 2011 at midnight.

Day of registration will open at 8am and you will be able to register up until 1 hour before your race start.

Riders who have preregistered must still sign in at the registration table each day of the race no later than 1 hour before their race start.

Entry Fees per Day

“The Hammer” (Provincials) & “The Anvil” (Cyclocross Races)

U13 & U15

- \$20 (pre-registration)
- \$25 (day of*)

All other Cyclocross categories

- \$35 (pre-registration)
- \$45(day of*)

**Day of registration not available for Provincials (the Hammer).*

Note, an OCA One-Event Racing License will be required for unlicensed riders (\$8).

“Anvil on Foot” (Cross-Country Race)

- \$15 (pre-registration)
- \$20 (day of)

For more details on the cross-country race, go to www.ridewithrendall.com and navigate to Events>Anvil on Foot.

Race Day Schedule

Note, schedule may change pending OCA approval. Please check back in a few days.

Saturday, November 19, 2011 - Ontario Provincial Championships, "The Hammer"

8:00 AM	Registration Opens Officials inspection of the course – Course closed
8:30 - 9:30	Course open for training
9:30 - 9:50	Men/Women U13 & U15 beginner (non-championship)
9:55 - 10:25	Course open for training & Awards
10:30 - 11:10	Master D (60 +) Men
	Master C Men
	U15 Men
	U17 Men
	U15 & U17 Women
	Beginner Men (non- championship)
11:15 - 11:55	Course open for training & Awards
12:00 - 12:50	Master B Men
	Elite (including U19) Women
	Master Women
	U19 Men
12:50 - 1:25	Course open for training & Awards
1:30 - 2:30	U23 Mens
	Elite Mens
	Master A Mens
2:30 - 3:30	Awards & Course closed

Sunday, November 20, 2011 – "The Anvil"

8:00 AM	Registration Opens Officials inspection of the course - Course closed
8:30 - 9:30	Course open for training
9:30 - 9:50	Men/Women U13 - U15 beginner
9:50 - 10:25	Course open for training & Awards
10:30 - 11:15	Men Master A, B, C ,U19 and U15*
11:15 - 11:40	Course open for training & Awards
11:45 - 12:30	Women Open (Elite, Masters, U19,U15*)
12:30 - 12:55	Course open for training & Awards
1:00 - 2:00	Men Elite, U23
2:00 - 2:15	Awards & Course closed
2:15 - 2:45	Runners only - Course open for training
2:45 - 3:45	Cross-country Race
3:45	Awards & Course closed

*U15 with existing racing license (not beginners)

Prizes and Award Ceremony

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

Medals and/or prizes will be awarded to U13 and U15 categories.

Trophies and merchandise will be awarded for all categories except elite men/women. Riders who are not present for awards ceremonies forfeit their merchandise prizes.

The top three finishers in each championship category, who are residents of Ontario and hold an OCA Citizen Permit or UCI Licence, will be awarded provincial championship medals provided by the OCA. The jersey will be awarded to the top Ontario licensed rider in each category.

Separate Prizes (other than the provincial titles and medals) will be awarded after each race in a separate podium presentation. The top three riders overall, regardless of their province of licence, will receive merchandise and/or trophies.

The top three Ontario riders (on day 1) and top three riders (both days) must report to the podium area with 10 mins of their finish.

The award ceremony will take place after each race (see race schedule) on the podium by the main show ring (the awards area may be adjusted on race day.)

Elite Prize Breakdown

Prize money will be awarded for each day of racing and all participants, regardless of their province of licence, will be eligible to win according to the following chart (this may be adjusted).

Cash payouts will be available at the registration table approximately 30 mins after the results are posted.

Day 1 Elite women (including U19) will be eligible for the payout listed. Top riders overall will receive the payout listed. Master women will not be part of payout, but will receive trophies and merchandise instead if a separate start wave is used. (Start waves are determined by the chief commissaire on race day). In the event of a combined start, the overall numbers will be used to determine the payout scale and, as such, master women will be eligible for the prize list, but not for the merchandise prizes.

Men Elite and U23 fields will race together. Top riders overall will receive the payout.

Day 2 Women's fields will be combined (Women Open, Elite, Masters, U19, U15*) to increase the numbers and to possibly increase the payout as per the chart below. Top riders overall will receive the payout indicated on the chart.

Men Elite and U23 fields will race together. Top riders overall will receive the payout.

2011 Prize List per Day											
CATEGORY \$	1	2	3	4	5	6	7	8	9	10	\$TOTAL
NUMBER OF RIDERS											
ELITE MEN (\$655 Pay out if 6-24 riders)	300	150	100	70	35						655
ELITE WOMEN (\$655 Pay out if 6-24 riders)	300	150	100	70	35						655
ELITE MEN (\$1,100 Pay out if 25-35 riders)	500	300	150	95	55						1100
ELITE WOMEN (\$1,100 Pay out if 25-35 riders)	500	300	150	95	55						1100
ELITE MEN (\$1,550 Pay out if 36-49 riders)	750	400	200	125	75						1550
ELITE WOMEN (\$1,550 Pay out if 36-49 riders)	750	400	200	125	75						1550
ELITE MEN (\$2,400 Pay out if 50+ riders)	1000	550	250	180	100	95	75	65	50	35	2400
ELITE WOMEN (\$2,400 Pay out if 50+ riders)	1000	550	250	180	100	95	75	65	50	35	2400

Event Rules

Riders arriving at the course **must first sign in** at the registration table each day. All participants, including those preregistered, must sign in and present an appropriate license or purchase an OCA One-Event Racing license the day of for \$8.

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

Pre-riding of the course is only permitted during the scheduled times (*see race day schedule*). Any rider caught warming up on the course while races are taking place will be disqualified from the event with no refund. Pre-riding at the Nepean National Equestrian Park will **not** be allowed until Friday, November 18, 2011 at 3:00pm.

Course tape will help outline the course. Course marshals will be in place at the start of the first race each day.

Riders and spectators must park in the designated areas and must not park along the roadsides near the race site. Parking is not allowed at the main parking lot for the Nepean National Equestrian Park.

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

Provincial Championships will be run utilizing UCI age-based categories.

Out of Province Riders are eligible for prizes and merchandise, but not Championship titles, medals, or jerseys.

Rules in Use

Refer to the [UCI Cycling Regulations: Part #5](#).

Equipment Rules

The UCI rules for bicycles and equipment are outlined in the [UCI Cycling Regulations: Part #1, Chapter 3](#).

Use of mountain bikes or bikes with flat handlebars is permitted in all categories except Elite Men/U23 and Master A Men, where a traditional cyclocross-style bike with drop handlebars must be used. Tire width regulations (maximum of 33mm measured at the widest part of the tire) will not be enforced. Riders must wear approved helmets at all times, including warm-up and warm-down.

Placement of Race Number

The same race numbers will be used for both days. However, riders must sign at the registration table up to 30 mins prior to their race on both days. Race numbers are to be placed on the lower back and over the shoulders.



General Notes

The Ontario Provincial Championships (“the Hammer”), “the Anvil”, and the “Anvil on Foot” will take place weather permitting.

There will be no extension of the Championships due to unforeseen delays or prolonged stoppages.

The organizer reserves the right to combine fields and to adjust start times subject to unforeseen delays.

Entry fees are non-refundable.

Medical problems should be reported to the Chief Commissaire.

A bike wash station will be provided at the Nepean National Equestrian Park near the race parking lot. A bike wash station will also be available at the race hotel, the Brookstreet Hotel, the Saturday afternoon.

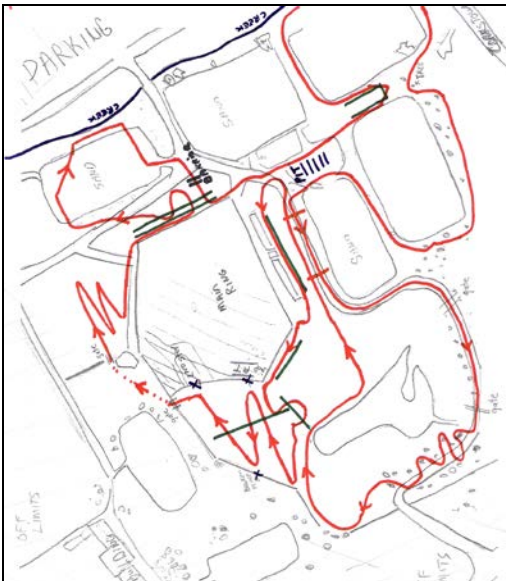
Port-a-potties will be on site at the venue, however, showers or running water will not be available.

Hot food and drinks will be available for a small fee in the food tent.

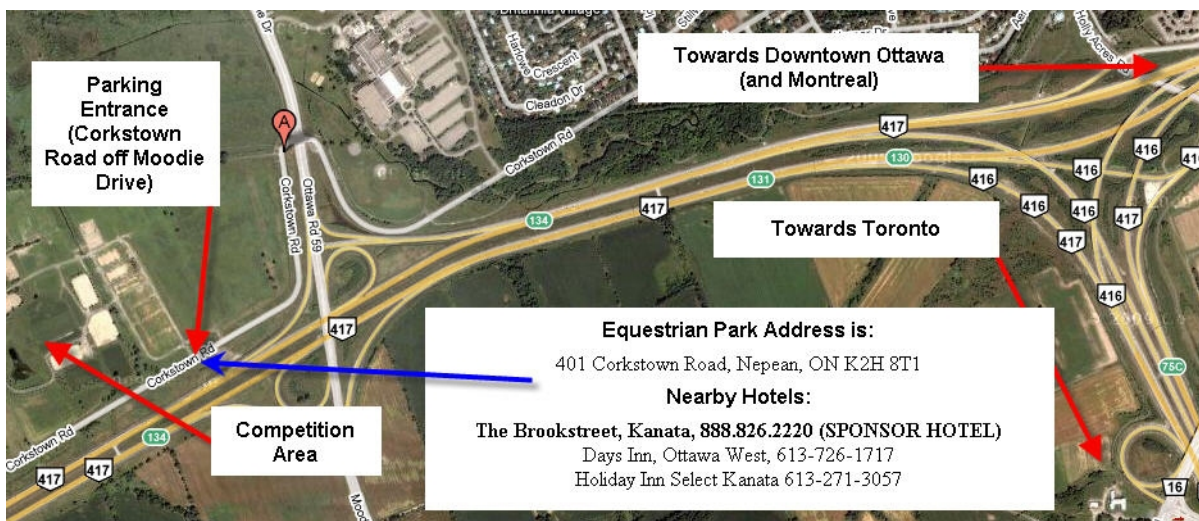
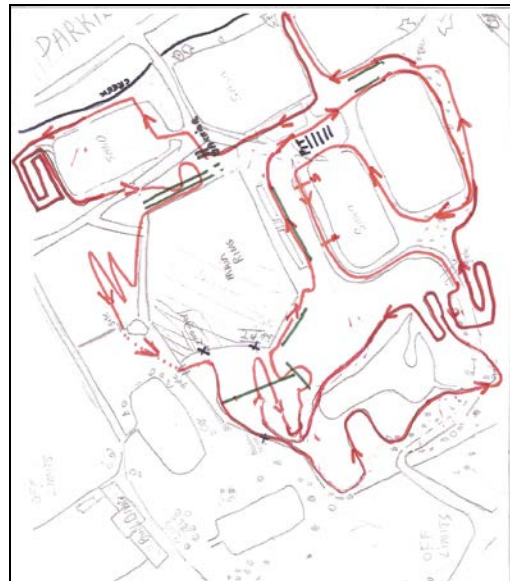
Course Maps

Courses may be subject to minor modifications.

“The Hammer”



“The Anvil” and the “Anvil on Foot”



Location and Directions

From downtown Ottawa:

1. Take ON-417 W/Queensway/Trans-Canada Hwy.
2. Take the Moodie Drive N exit.
3. Merge onto Moodie Dr/Regional Road 59.
4. Turn left onto Corkstown Rd.

From Toronto:

1. Take the ON-401 E.
2. Take exit 721A to merge onto ON-416 N toward Kemptville/Ottawa.
3. Take exit 75B for ON-417 E toward Ottawa.
4. Take exit 75C toward Chemin Acres Road/Chemin Richmond Road.
5. Turn left onto Holly Acres Rd/Regional Road 16.
6. Turn left to merge onto ON-417 W/Queensway/Trans-Canada Hwy toward Promenade Moodie Drive.
7. Take the Moodie Drive N exit.
8. Merge onto Moodie Dr/Regional Road 59.
9. Turn left onto Corkstown Rd .

From downtown Montreal:

1. Head southwest on Rue Notre-Dame E toward Place Jacques Cartier
2. Turn right onto Boulevard Saint-Laurent
3. Take the 1st right onto Rue Saint Antoine E
4. Take the ramp on the left onto Autoroute 720 W
5. Take exit 1N to merge onto Autoroute Décarie/Autoroute 15 N toward Saint-Jérôme
6. Take exit 700 on the left for Autoroute 40 O toward Hull/Ottawa/Autoroute 520/Pierre Elliott Trudeau
7. Merge onto Autoroute 40 W
8. Continue onto Trans-Canada Hwy Entering Ontario
9. Take the Moodie Drive N exit
10. Merge onto Moodie Dr/Regional Road 59
11. Turn left onto Corkstown Rd

Medical Assistance and Hospitals

The closest hospital is the Queensway Carleton Hospital, located at 3045 Baseline Road, Ottawa, ON, K2P 8P4.

1. Head northeast on Corkstown Rd toward Moodie Dr/Regional Road 59
2. Turn right onto Moodie Dr/Regional Road 59
3. Merge onto ON-417 E via the ramp to Ottawa
4. Take exit 130 toward Acres Road/Richmond Road
5. Turn right onto Holly Acres Rd/Regional Road 16 (signs for Holly Acres Road S)
6. Turn right onto Richmond Rd/Regional Road 36
7. Turn left onto John Sutherland Dr. Partial restricted usage road
8. Turn right. Restricted usage road. Destination will be on the right

Race Hotel

A block of rooms has been reserved at the [Brookstreet Hotel](#), located at 525 Legget Dr, Ottawa, ON K2K 2W2. Please quote the "Ride with Rendall Cyclocross" rate at \$149/night (includes parking and internet). A bike wash station will be available at the hotel for Saturday afternoon as well as on-site at the race course during the events.