



TECHNICAL GUIDE

Last Updated: August 12, 2012

Version 2.0

Hosted by Ride with Rendall

In the City of Clarence-Rockland

Sanctioned by:



Supported by:



General Information

Ride with Rendall, together with the city of Clarence-Rockland, is proud to host the 2012 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 as well as U17 Women. There will also be separate categories for non-conforming UCI bikes (i.e. triathletes, club riders) on 20km and 40km courses.

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

Registration and Entry Fees

You can [register online](#) at from the OCA website up until midnight on **Thursday, August 23, 2012**.

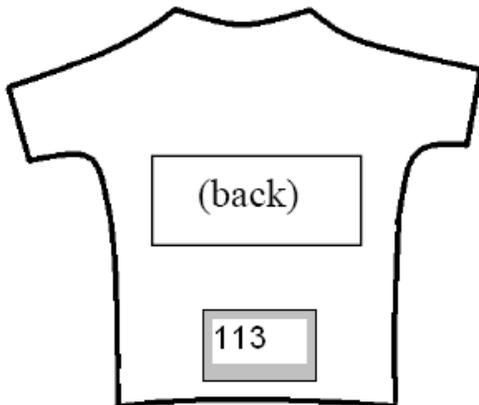
There will not be any onsite registration for this event.

Category	Fee
U17 and U19 Championships	\$40
All other Championship Categories	\$50
Non-Championship Sportif 20km	\$30
Non-Championship Sportif 40km	\$50

Unlicensed riders will need to also purchase an OCA Citizen Permit at an additional fee.

Bib Number Placement

The race number must be pinned to the lower-back of your jersey, positioned over the jersey pockets just under the seam so that it can be viewed when in the extensions. Race numbers must not be folded or modified and must clearly display the advertiser’s logo.



Approximate Schedule

The start lists will be posted on the [OCA](#) website 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 U19 Men	20km
TBA	Master A Women Master B Women Master C Women Master D Men	20km
TBA	Sportif Riders (Men/Women, no bike check)	20km
TBA	Elite (Senior) Women Master C Men Master B Men Master A Men	40km (riders to start in waves)
TBA	U23 Men Elite (Senior) Men	40km (riders to start in waves)
TBA	Sportif Riders (Men/Women, no bike check)	40km (riders to start in waves)

*Distances are approximate

Prizes and Award Ceremony

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

Prizes will be awarded to Sportif Rider categories.

The award ceremony will take place in the Arena De Clarence Creek after each group of categories as listed in the schedule above. The approximate time of the awards ceremony will be communicated the day of the race since the time is affected by the number of race participants.

Top-3 finishers are required to attend award presentations or they may be assessed a penalty and/or forfeit their awards. Riders must wear their competition uniforms for the presentation.

Event Rules and Regulations

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 must sign in and present an appropriate license or purchase an OCA Citizen.

All UCI-licensed riders are eligible to register. Additional licensing details below:

Category	Age	Race using Citizen Permit	Race using Citizen Permit + Upgrade Permit*	Race using UCI Licence
U17 Women	15-16	Yes		Yes
U19 Men	17-18		Yes	Yes
U19 Women	17-18		Yes	Yes
Elite 1/2 Men	19+			Yes
Elite 3 Men	19+			Yes
Elite 4 Men	19+		Yes	Yes
Elite 1/2 Women	19+			Yes
Elite 3 Women	19+		Yes	Yes
M1 Men	35+			Yes
M2 Men	35+			Yes
M3 Men	35+		Yes	Yes
Master 30-39 Women	30-39		Yes	Yes
Master 40+ Female	40+		Yes	Yes
Sportif (M/W)	17+	Yes		

* Maximum 3 Upgrade Permits per season

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

U.S riders must present a UCI license in order to enter this event. USAC Domestic Licenses are not allowed in Canada

All foreign licensed riders other than U.S. riders must produce a letter of permission from their country's federation.

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.

The races will be held under the rules of the UCI/CCA, with OCA modifications. The penalty scale of the OCA will apply. For more information, please see: <http://www.ontariocycling.org/commissaires/commissaires-rules/>

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.) As of January 1, 2003, the UCI equipment regulations now apply to all categories of riders, including Masters, therefore, **only bicycles conforming to UCI rules 1.3.001 - 1.3.024 are permitted for use.**

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.

Bike checks will be performed by OCA commissaries for participants in the championship categories. If you are entered into a Championship category, and your bicycle does not meet the regulations for time trial specifications after being checked, you may choose to either adjust your bicycle and have it rechecked, start your race non-compliant and receive a time with an automatic DQ, or elect to drop down to the Sportif category. In any case your start time will remain the same.

Riders are required to wear jerseys corresponding to the club or team printed on their license. Independent 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.

Per CCA rule 1.3.031 N) 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 a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials

Gear restrictions will be in effect for U19 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.

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

Riders will be started promptly at the posted/indicated start times. Riders missing their starts should report to the Starter Commissaire immediately and request to start the race late. In this case, your finish time will be based on your original start time – your finish time will reflect your posted start time.

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.

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 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).

If a rider catches up to another, they are strictly forbidden from drafting behind the lead rider. Riders must remain at least 2m laterally between each other during passing, which starts 25m before on the approach, and 25m afterwards. Failure to do so may result in a time penalty. After passing, riders then have 1 km to return to the 25m separation or additional penalties may apply.

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

Any participant dropping out of the race shall notify an OCA Commissaire. Failure to do so may result in a severe penalty.

There will not be a team managers meeting.

There will not be any team vehicles permitted on the course except for Para Athlete Support vehicles.

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.

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

Course Maps

Attention riders: Pre-riding of the course is not permitted after the start of the race.

Figure 1 – 40km Course: Two loops of the course shown below

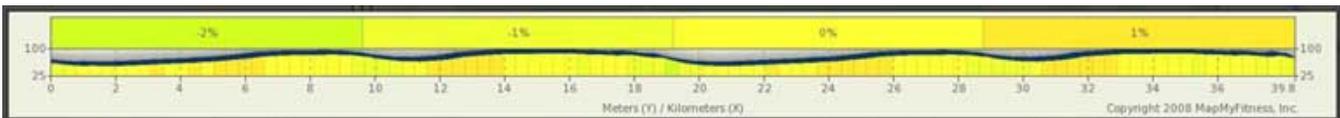
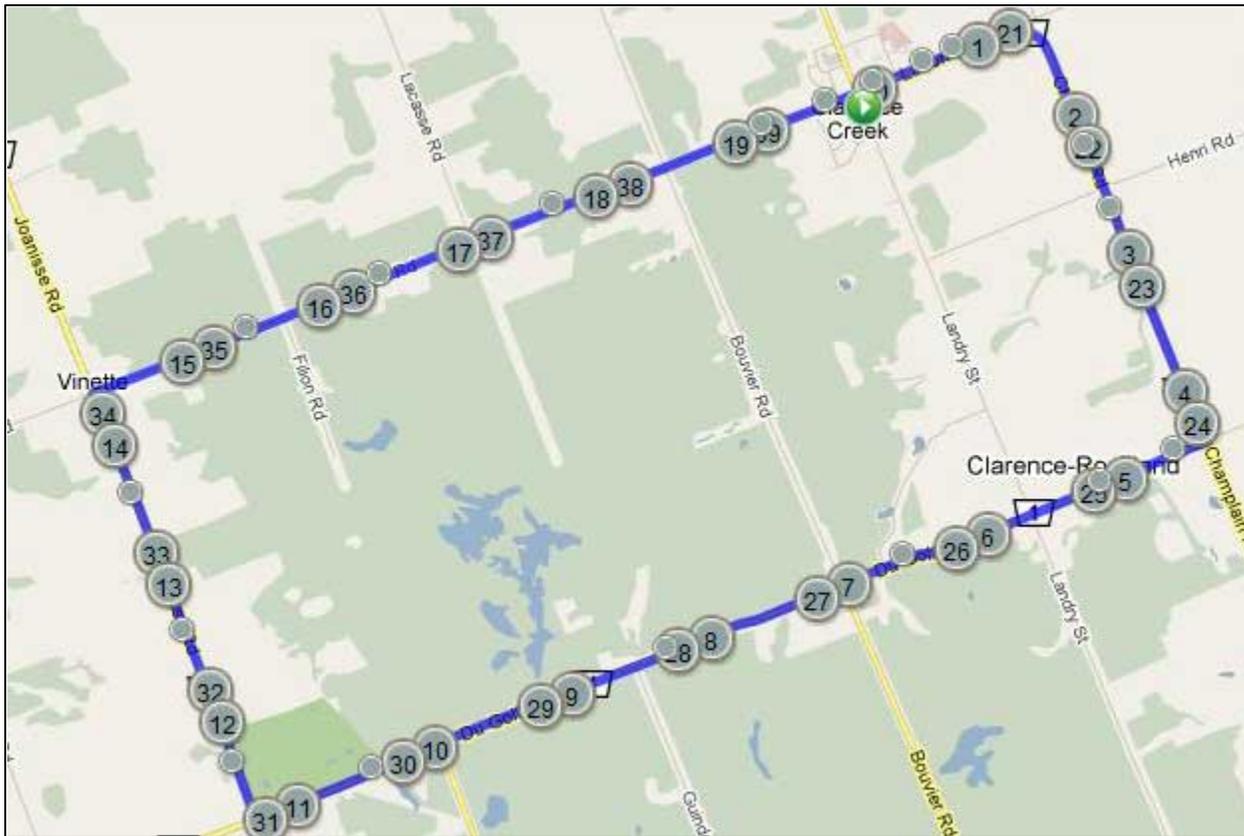


Figure 2 – 20km Course: One outer loop of the course shown below

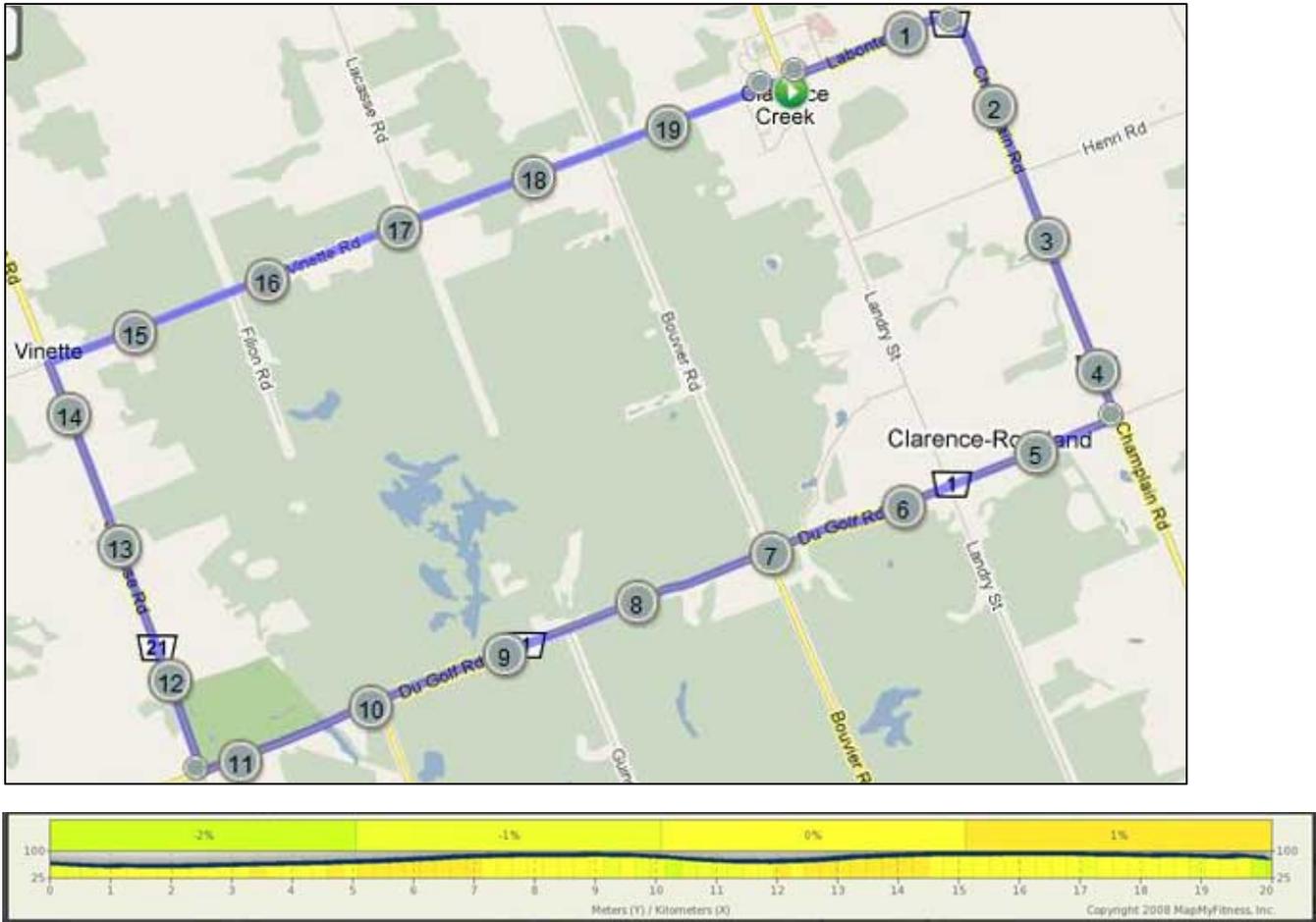
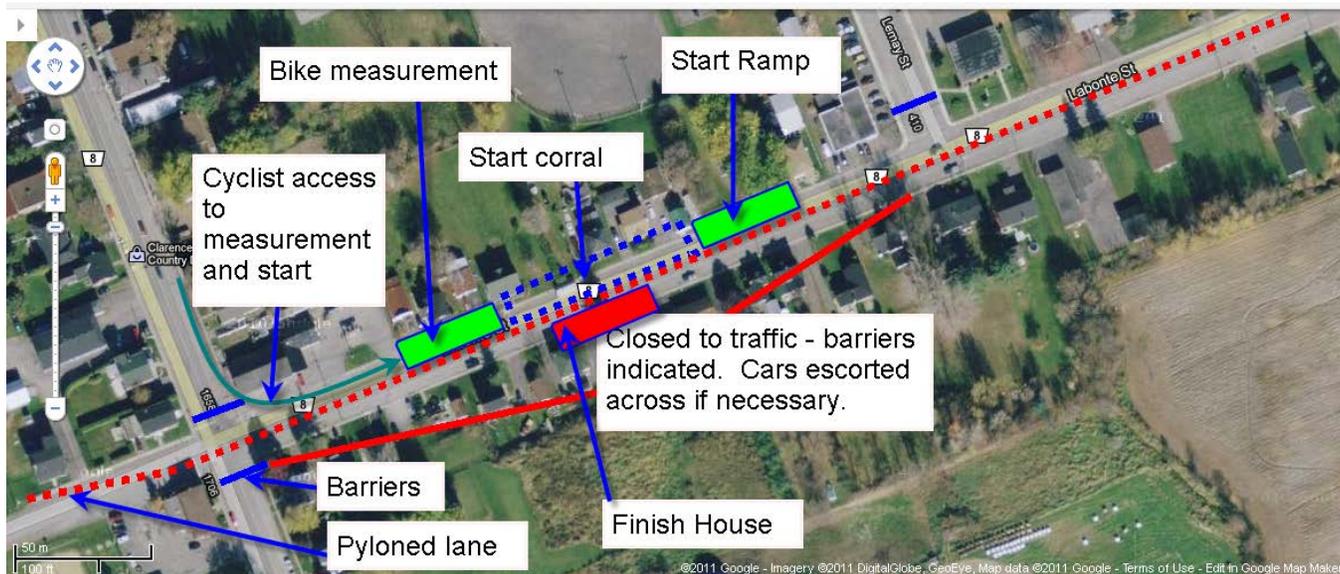


Figure 3 – Close-up of start, finish, and registration area

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



Location and Directions

Parking, race sign-in, and the awards ceremony will be located at the Arena de Clarence Creek, Lemay Street, Clarence Creek, KOA, 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

