



Mississippi Mills
GRAND PRIX



August 16 - 17, 2014

OMNIUM

Technical Guide

Version 1.1

Hosted by



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General Information

Ride with Rendall brings you the 3rd Annual Mississippi Mills Grand Prix, available in two different formats:

- **Stage Race for Elite 1/2 Men, Master 1 Men, and U19 Men*only** over 3 days, with 4 stages. Riders must be entered in teams of 4 to 8. Teams can have combined categories (M1, Elites, select U19 Men).
- **Omnium A and B for all other categories** with 3 races. Riders can choose the races they would like to take part in and are not required to start in all 3 races.

If more than 50 women are registered in the Omnium, women will be given their own start.

The information in this Technical Guide is for the Omnium participants. For the Stage Race, see the MMGP 2014 Stage Race Technical Guide.

Omnium Categories

Race	Category
2	Open Men A, Open Women A, U19 Men not entered in Stage Race
3	Open Men B, Open Women B
4	All Women (if more than 50 women registered, will be a separate race)

Notes:

- Open A and B fields are self-seeded. Riders are to select their start according to their experience, fitness and comfort.
- Slower riders are encouraged to select the B start wave.
- A and B fields may be combined on race day based on the number of riders registered.

Registration Information

- **\$30** – Clayton Time Trial
- **\$40** – Almonte Criterium
- **\$45** (preregistered) or **\$50** (day of) – Pakenham Road Race
- **\$90** – All three (Time Trial, Criterium, and Road Race)
- Preregister [online](#) by **Aug 13th, 2014, 11:50 pm**.
- Day of registration will only be available for the Pakenham Road Race. There will be **no day of** registration for the Time Trial or Criterium.

There will be NO ONE-DAY permits available. If you wish to participate, you must either hold a UCI license or a Citizen Permit. Additional fees may apply for Citizen Permits. See details at www.ontariocycling.org.

If you intend to purchase a race license, please register after you have received it

Bib Number Placement



Figure 1 – Road Race and Crit



Figure 2 Time Trial

Omnium Race Details

All categories not in the Stage Race will be able to enter in all or any of the following races:

- Time Trial – Saturday, Aug 16, morning
- Almonte Criterium – Saturday, Aug 16, afternoon
- Pakenham Road Race – Sunday, Aug 17, morning

The overall winner of the Omnium will be based on points from the 3 events. A winners jersey will be awarded at the end of the 3 events; there will not be a leaders jersey handed out after each event.

There will be no sprint competition.

There will be two separate waves (A and B) of riders for the Omnium. However, the organizers reserve the right to combine categories depending on the number of registrations received. There will only be one classification for each start wave (see the prize list for details).

In the event that there are more than 50 women registered for the Omnium, **all** women will race together in their own race with a separate start wave.

Riders registered for more than one stage of the Omnium will use the same number for all days and must sign in before each race.

Event Details –Clayton Time Trial – Saturday, Aug 16

Category	Start Time	Distance
Omnium B Riders	8am onwards	18km
Omnium A Riders	Will be posted	18km
Team Time Trial - Elite (Senior) 1/2 men, Master 1 Men, select U19 Men*	AM – Times will be posted	36km

Registration: Clayton Community Center (147 Linn Bower Lane), will close 30mins before start for race kit pick-up, or 15mins before for race sign-in

Parking & Washrooms: Clayton Community Center (147 Linn Bower Lane) and along side roads

Staging/Rollout: At Clayton Road just before the start line

Start/Finish: Clayton Road

Award Ceremony: Clayton Community Center, 30mins after category finish

Time trial start times will be posted on the www.ridewithrendall.com site on Friday, Aug 15.

Start order may be adjusted once registration closes.

There will be no bike check.

Any rider missing their start time must inform the Chief Commissaire immediately. Time penalties may apply.

Event Details - Almonte Criterium – Saturday, Aug 16

Category	Start Time	Distance*	Intermediate Sprints
Omnium B Riders	3:15pm	30min + lap	Lap primes only
Omnium A Riders	4pm	45min + lap	Lap primes only
Elite 1/2 men, Master 1 Men, select U19 Men (must be entered in the Stage Race)	5pm	62 km, 40 laps	3

*distances are approximate (1.55km/lap)

Registration: Almonte Old Town Hall

Parking & Washrooms: Almonte Old Town Hall, Overflow parking will be at the arena

Staging/Rollout: Brae Street (market square)

Start/Finish: Mill Street

Award Ceremony: Centennial Square

Riders must continue until pulled by commissaires.

Event Details – Pakenham Road Race – Sunday, Aug 17

Categories	Start Time	Distance	Laps	Intermediate Sprints
Elite 1/2 Men, Master 1 Men, select U19 Men (must be entered in the Stage Race)	10am	170.88	4	2
Omnium A Riders	10:05	85.44	2	n/a
Omnium B Riders	10:10	85.44	2	n/a
Women (separate race only if more than 50 women)	10:15	85.44	2	n/a

Notes:

- A and B fields may be combined on race day based on the number of riders registered
- If more than 50 women are registered, all women will race together in the 4th wave.

Race Sign-In: Pakenham Arena (112 MacFarlane Street), will close 15mins before start

Parking & Washrooms: Pakenham Arena (112 MacFarlane Street)

Staging/Rollout: Renfrew Street

Start/Finish: Main Street

Feed Zone: Bellamy Road, North of Pennesula, Opens after first lap

Award Ceremony: Main Street (Pakenham) by start/finish

There will be a Managers' meeting to assign the caravan positions and go over the logistics of the race. The meeting is **mandatory** for anyone who wishes to have a car in the caravan. Teams will be advised of the time and location.

Dropped riders may be asked to stop and will be given a pro-rated time at the discretion of the Chief Commissaire. Riders are instructed to listen to the pre-race announcements for specific details.

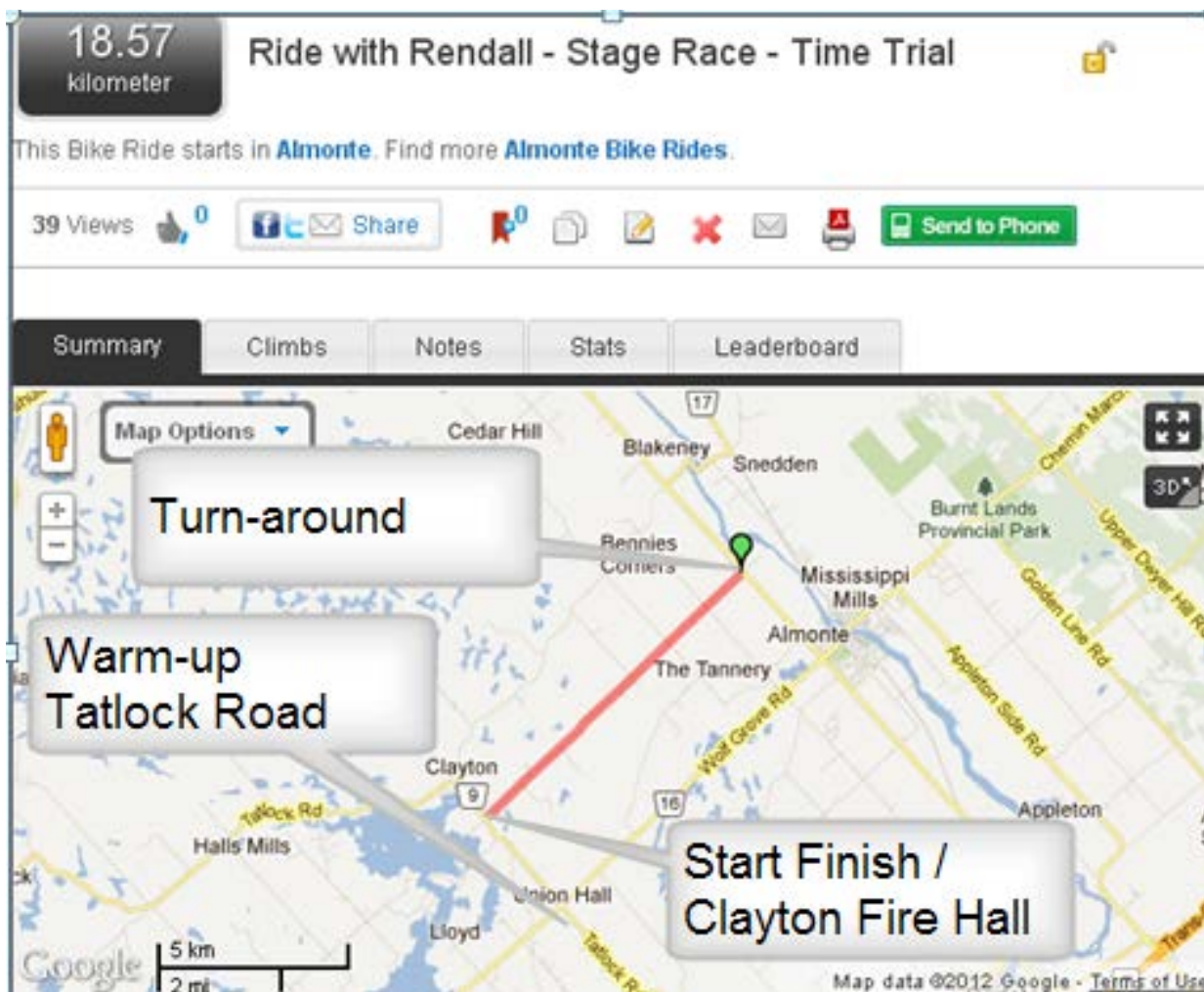
Groups outside of a predetermined time (TBA) may be sprinting on the completion of the lap they are on as directed by the officials.

The top three riders must present themselves to the awards ceremony within 15min of the stage finish. Any rider not presenting himself may forfeit the prize money for the stage.

We strongly recommend bringing extra wheels to put in neutral support in the wheel trucks.

There will be a race caravan to provide support for your team. Divers of caravan vehicles must have proper accreditation listed on their UCI license and must attend the managers meeting.

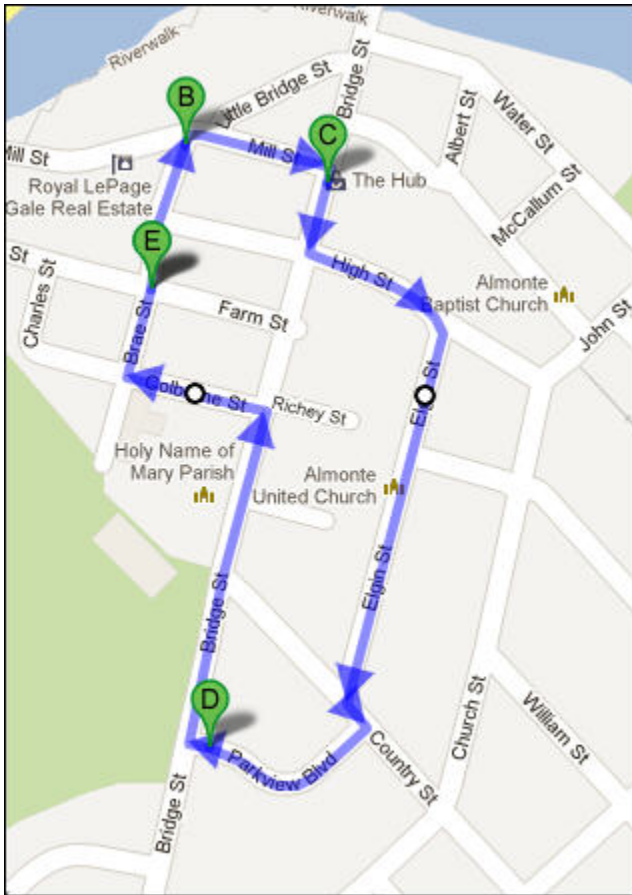
Course Map - Clayton Time Trial – Saturday, Aug 16



Notes:

- 18km straight out and back with no surprises ... just a slight uphill on the way out, wind is normally cross tail wind on the way out.
- 36km categories will do 2 loops of the above course
- Traffic will be restricted to local traffic only.

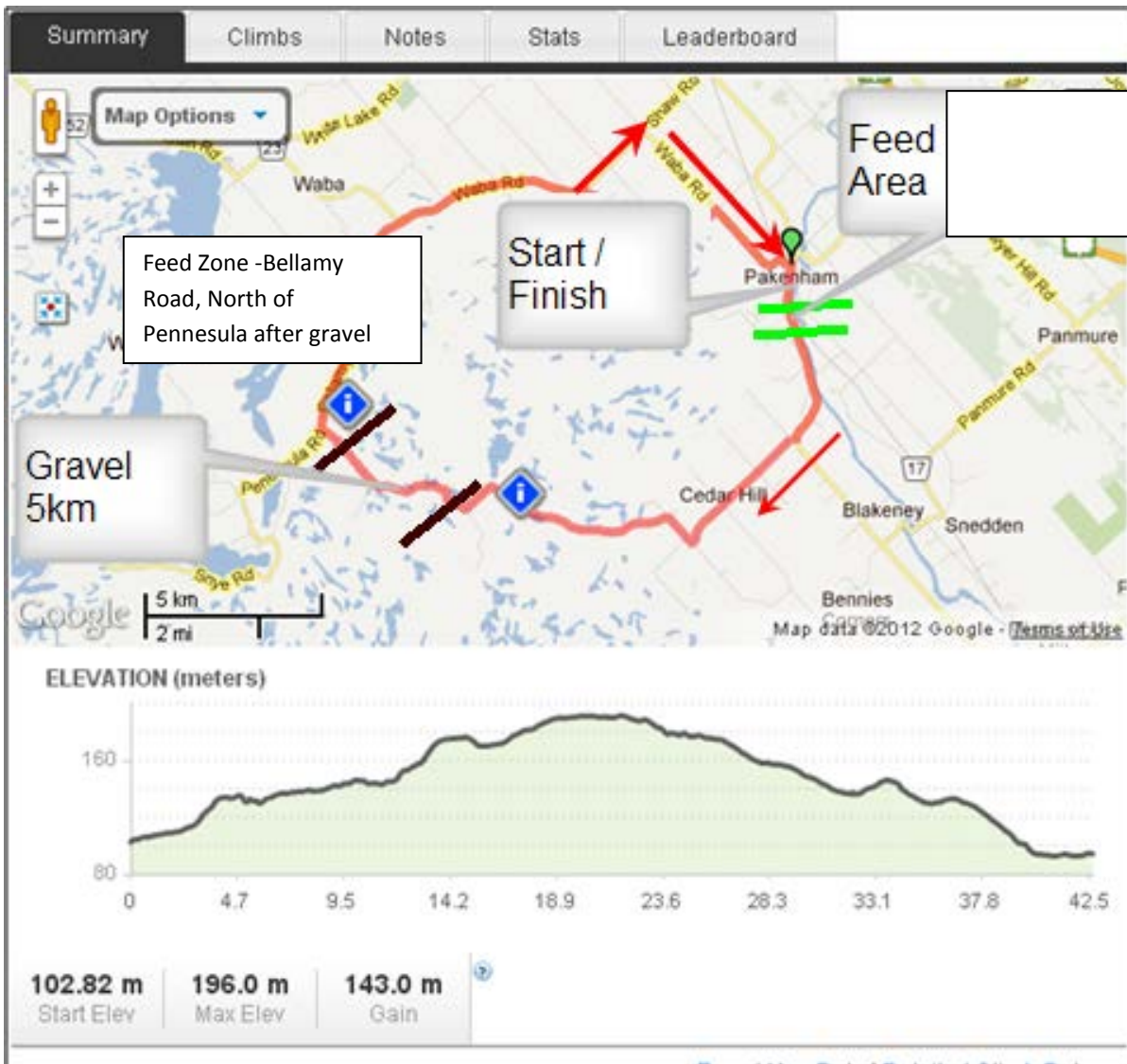
Course Map - Almonte Criterium – Saturday, Aug 16



Notes:

- The criterium course winds clock-wise through the downtown streets of Almonte. A road closure will be in effect for the entire criterium event. Warm up and cool down laps on the course will be limited to one joint lap only; all races will start on time.
- Route: Start/Finish Mill St, right onto Bridge St, left onto High St, right onto Elgin St, left onto Country St, right onto Parkview Blvd, right onto Bridge St, left onto Colborne St, right onto Brae St, and back onto Mill St for finish.

Course Map - Pakenham Road Race – Sunday, Aug 17



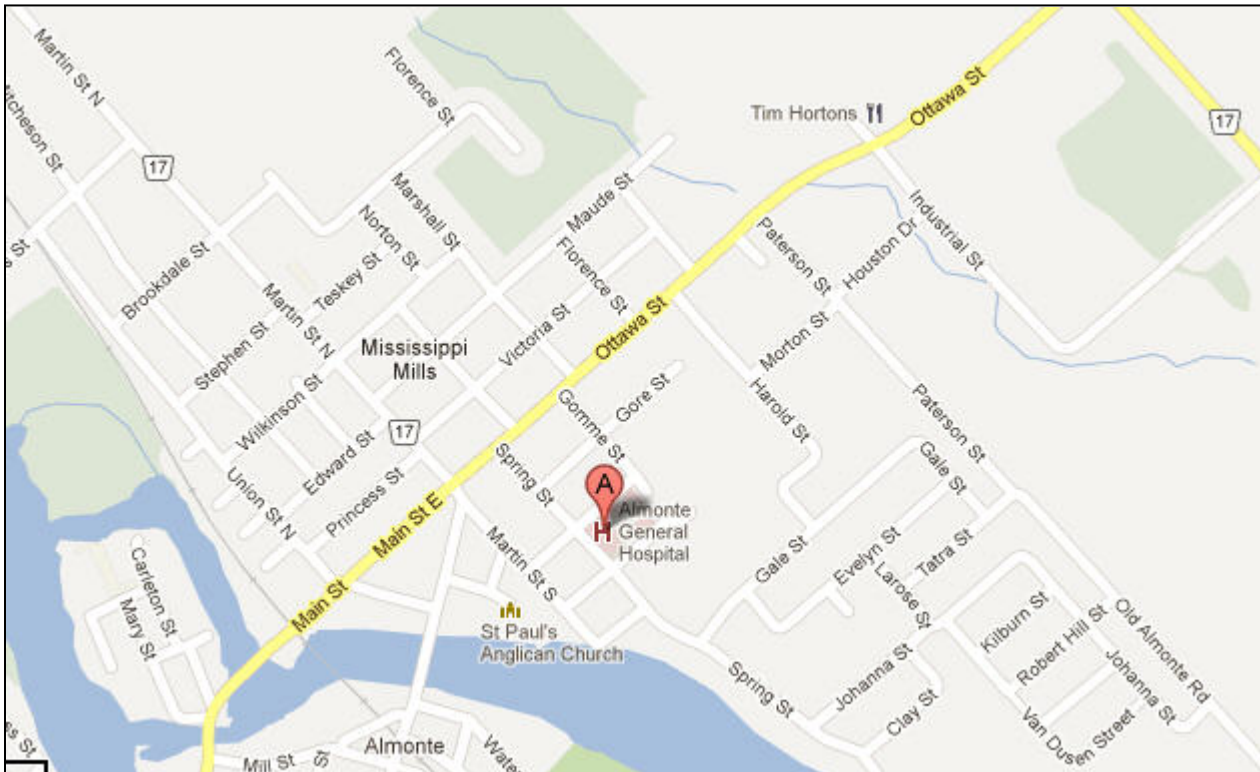
Notes:

- This course doesn't have any huge climbs, but riders should be prepared for the rolling 5 km of gravel which starts approximately 20 km the race. The gravel section will be closed to all but local traffic.
- Route: Start/Finish Main Street Pakenham, finish in a south direction. South on Hwy 29, right onto Cedar Hill Side Road, right onto Conc. Road #6, left onto Bellamy Road, right bend at Hwy 24 (still Bellamy Road), left bend onto Conc. Road #4 (Hwy 24) right onto Campbell Side road (Hwy 24), downhill and right onto Waba Road, all the way back to Pakenham, and then right onto Main Street. (Finish Main Street Pakenham)

Course Safety

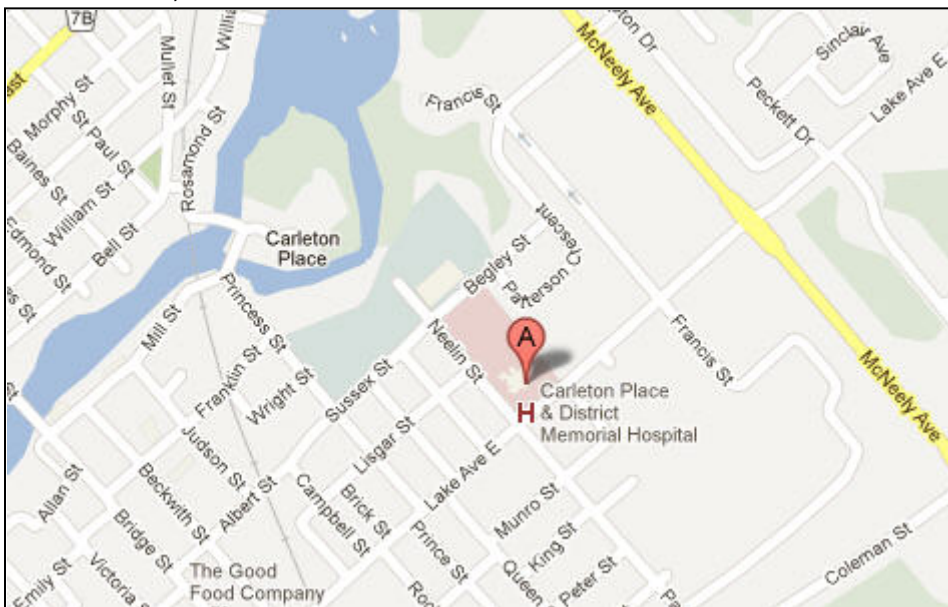
Almonte General Hospital

75 Spring Street, Almonte, ON K0A 1A0



Carleton Place and District Memorial Hospital

Carleton Place, ON K7C 1J4



This race is being run on open roads in the direction of traffic. You must, at all times, stay on the right side of the road. Any rider caught crossing the center line may be disqualified and eliminated from the race. If you are removed from the race and ignore the instruction to do so, you may be subject to further penalties.

In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume.

For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing. Any unreported DNF may result in a severe penalty.

You are required to wear an approved, regulation cycling helmet at all times while astride your bike, from the moment you arrive at the race until you leave. Non-compliance may result in a severe penalty

General Event Rules and Regulations

- The races will be held under the rules of the UCI with CCA and OCA modifications.
- The CCA & OCA rules are available on-line at:
 - <http://www.ontariocycling.org/commissaires/commissaires-rules/>
- The penalty scale of the OCA rulebook will be applicable.
- Race Kit Pick-Up closes 30 minutes before the start of each race.
- **All riders must sign on at registration for each race.**
- 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.
- An OCA representative will be present at the race to assist with rider licensing issues. Citizen Permits and Citizen Permit Upgrades will be available from the OCA. There are no plans to sell UCI licenses on race day. Please contact the OCA for more details.
- All riders (or parents/guardians) are required to sign the OCA and CCA waivers, unless they have an OCA-issued license.
- Races will start promptly at the indicated start times.
- There will not be a team managers meeting for categories outside of the stage race.
- Other than accredited vehicles within the caravan, there will not be any team vehicles permitted on the course.
- **Any rider dropping out of the race shall immediately notify a Commissaire.**
- **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 and obey all road rules and signs.**
- This race is being run on open roads in the direction of traffic. You must, at all times, stay on the right side of the road. Any rider caught crossing the center line may be disqualified and eliminated from the race. If you are removed from the race and ignore the instruction to do so, you may be subject to further penalties.
- The prize list will be displayed at registration. Additional primes may be announced on the start line.
- Awards will be presented according to the published schedule. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.

Specific Course Rules

ROAD

- As this is a 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.
- 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. Any rider trying to gain advantage by riding in another group will be disqualified.
- Lapped riders may be pulled at the order of the Commissaire, 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. Any riders outside the cut-off time limit may be pulled
- For feed zone locations, see stage details above. It will be marked with green flags. All feed zone activity must take place from the right side of the road only. The UCI/CCA Regulations state that feeding may not take place during the first 50 km of a race and not during the final 20 km of a race; however this may be modified at the discretion of the Commissaire depending on race conditions. Neutral Feed will not be provided.

- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.
- Radio communication is not permitted between riders and anyone else
- Divers of caravan vehicles must obey the instructions provided by the commissaries
- Service provided to riders must take place on the right side of the road

CRITERIUMS

- As this is a criterium race, riders will be given free laps for mishaps (e.g. crashes and punctures). **Improperly maintained bicycles resulting in equipment failure is not considered a mishap.** Riders suffering mishaps shall head to the designated pit area via any means other than travelling backwards on the course, report to the Commissaire, and make repairs. At the direction of the Commissaire only, riders will be allowed to resume the race at the same location in the pack where they had their mishap.
- The pit will be closed when there is 5 km left in the race from the perspective of the race leader. No more free laps will be given after this point.
- There is no outside feeding allowed in this race.
- Lapped riders may be pulled at the discretion of the Chief Commissaire. Details will be announced at the pre-race instructions given by the Chief Commissaire; riders are advised to listen.

TIME TRIALS

- There will be no bike check.
- If you arrive late for your start time, you will be allowed to start your race, at the direction of the Commissaire only. Your time will be counted from your original time, minus any time the Commissaire asks you to wait.
- If a rider catches up to another, they are strictly forbidden from drafting behind the lead rider. Riders must remain at least 2 m laterally between each other during passing, which starts 25 m before on the approach, and 25 m afterwards. Failure to do so may result in a time penalty.

Jerseys and Prizes

The winners jersey for the Omnium will be handed out on the last day, after the Pakenham Road Race, to the overall winners of the Omnium A and B categories.

Prizes will be based on the Omnium placing.

Directions to Event

From Ottawa:

To Almonte - Take Hwy 417 west and exit at March Road west to Almonte.

To Pakenham – Take Hwy 417 west and exit at Kilburn Side road west to Pakenham.

From Toronto:

Take Hwy 401 east to Hwy 416 north to Ottawa. Exit at Hwy 417 west then follow directions from Ottawa.

From Montreal:

Take Hwy 40 west to Hwy 417 West to Ottawa. Then follow directions from Ottawa

Accommodations

For information on places to stay in Mississippi Mills, go to <http://exploremississippimills.ca/all/stay/>.