



*Mississippi Mills*  
GRAND PRIX



**August 15 - 17, 2014**

**STAGE RACE**

**Technical Guide**

*Version 1.1*

Hosted by



## Contents

General Information .....	3
Registration Information.....	3
Bib Number Placement .....	3
Stage Race Details .....	3
Event Details - Blakeney Circuit Race – Friday, Aug 15.....	4
Event Details –Clayton Time Trial – Saturday, Aug 16.....	5
Event Details - Almonte Criterium – Saturday, Aug 16.....	5
Event Details – Pakenham Road Race – Sunday, Aug 17 .....	6
Course Map - Blakeney Circuit Race – Friday, Aug 15 .....	7
Course Map - Clayton Time Trial – Saturday, Aug 16 .....	8
Course Map - Almonte Criterium – Saturday, Aug 16 .....	9
Course Map - Pakenham Road Race – Sunday, Aug 17 .....	10
Course Safety .....	11
General Event Rules and Regulations .....	12
Specific Course Rules .....	13
Jerseys and Prizes.....	14
Directions to Event.....	14
Accommodations .....	14

## General Information

Ride with Rendall brings you the 3<sup>rd</sup> 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.

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

## Registration Information

- **\$150** per rider
- Riders must be entered in teams of 4 to 8. Teams can have combined Categories (M1, Elites, select juniors).
- Submit one entry, one payment per team.
- Individual riders who wish to take part in the Stage Race may contact Ride with Rendall and, where possible, will be placed on a team.
- For stage race registration, complete [this form](#) and email to [ridewithrendall@gmail.com](mailto:ridewithrendall@gmail.com) by **Aug 12<sup>th</sup>, 2014, 11:50pm**. Instructions for payment are included on the form. If you want to have a car in the caravan, you must also provide your manager's contact information on the form.

## Bib Number Placement



Figure 1 – Road Race and Crit



Figure 2 Time Trial

## Stage Race Details

Only Elite 1/2 Men, Master 1 Men, and select U19 Men will be able to enter the Stage Race.

U19 riders who wish to take part in the Stage Race must contact the [ridewithrendall@gmail.com](mailto:ridewithrendall@gmail.com) to be awarded entry. Entry will be based on skill and experience.

Riders must be entered in teams of 4 to 8. Teams can have combined Categories (M1, Elites, select U19 Men). Composite teams are allowed to enter, but must race in the same jerseys. Individual riders who wish to take part in the Stage Race may contact [ridewithrendall@gmail.com](mailto:ridewithrendall@gmail.com) and, where possible, will be placed on a team.

The stage race will be broken down as follows:

- Stage 1 – Blakeney Circuit Race – Friday, Aug 15, 5pm
- Stage 2 – Team Time Trial – Saturday, Aug 16 morning
- Stage 3 – Almonte Criterium – Saturday, Aug 16, 5pm
- Stage 4 – Pakenham Road Race – Sunday, Aug 17, 10am

The stage race winner will be determined by overall time. Time bonuses will be awarded to the winner of Stage 3 (Almonte Criterium) and Stage 4 (Pakenham Road Race). A time bonus will also be awarded to the team that has the fastest half-way split.

All riders will compete together for one prize list.

All riders must finish each stage in order to start the next stage.

Elite 1/2 Men & Master 1 Men must compete in the stage race. There is no option for these categories to ride any or all of the omnium stages.

All riders will need to pay the full amount, despite any stages they miss.

Riders must sign-on for each stage, except the TTT.

As this is a Stage Race, we strongly **recommend bringing extra wheels to put in neutral support** in the wheel trucks.

For Stage 1 (Blakeney Circuit Race) and Stage 4 (Pakenham Road Race), **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.

## Event Details - Blakeney Circuit Race – Friday, Aug 15

Categories	Start Time	Distance	Laps	Intermediate Sprints
Elite 1/2 Men, Master 1 Men, and select U19 Men	5pm	110	4	3

**Registration:** Pakenham Arena (112 MacFarlane Street), will close 30mins before start

**Parking & Washrooms:** Pakenham Arena (112 MacFarlane Street)

**Staging/Rollout:** Renfrew Street

**Start/Finish:** Main Street

**Award Ceremony:** Main St near the Start/Finish

There will be a Managers' meeting at 2:30pm in the Pakenham Arena 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.

Groups outside of a predetermined time (TBA) may be sprinting on the completion of the lap they are on as directed by the officials. Stage placings will be given out based on the completion of this lap along with prorated times for the stage.

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

Leader and Points jersey will be given out after each 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.***

## 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](http://www.ridewithrendall.com) site on Friday, Aug 15.

Start order may be adjusted once registration closes.

There will be no bike check; However, if a bike appears to be non-conforming, officials may inspect the bike.

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

Any rider on a composite team can race the time trial in clothing different from their other teammates providing the team of the clothing they are wearing is not in the race.

The team's time will be taken from the third rider that crosses the line. All riders finishing before and/or with the third rider will receive the same time. All riders have to finish in order to start the next stage. Riders who get dropped in the Time Trial must finish and make the time cut; they will receive the time that they crossed the line.

If less than three riders finish the TTT, the entire team may not be allowed to start the next stage.

A time bonus of 5 seconds will be available to the team that has the fastest half-way split. The bonus will be given to only the riders on the team who finish ahead of and/or with the third rider. Riders finishing behind the group containing the third rider of their team will not receive the bonus.

**15%** time cut may be applied. Appeals to the commissaires in the case of a mechanical or other issue will be considered on a case by case basis.

GC and points leaders' jerseys will be handed out at the start of the criterium.

## 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:** At Staging, Brae Street (market square), will close 15mins before start

**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**

In this stage, a rider who is pulled from the race is considered to have finished the race and will be awarded a prorated time provided they have completed a minimum number of laps prior to being pulled. Riders who drop out or who pull themselves out will not receive a placing and will not be able to continue.

**Riders must complete 30% (12 laps) of the race without getting lapped by the main field to receive a pro-rated time and to start the following stage.**

Riders must continue until pulled by commissaires. The longer a rider can stay off the back before getting pulled will greatly reduce the amount of pro-rated time added to their overall time. The number of laps it takes to get caught by the lead Commissaire will factor into how many average laps are added to the riders time. For example, if at 20 laps to go, a rider falls off the back of the group and gets caught with 15 laps to go, they will receive 4 times the avg lap time for the winner as their prorated time (20 laps divided by 5 laps to get caught)

Time bonuses will be awarded to the top 3 placings (15sec, 10sec, 5sec).

Riders failing to stop when instructed by the Commissaire may be eliminated from the overall race and will not be allowed to start the next day. In the event of a crash or incident before 3km to go that prevents a rider from completing the stage, a rider may be allowed to start the next day according to the discretion of the Chief Commissaire.

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.

GC and points leaders must also be present for the awards ceremony to receive their jerseys.

## **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

**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.

Groups outside of a predetermined time (TBA) may be sprinting on the completion of the lap they are on as directed by the officials. Stage placings will be given out based on the completion of this lap along with prorated times for the stage. Riders who drop out or who pull themselves out will not receive a placing and will be listed as DNF for the final classification

Time bonuses will be awarded to the top 3 placings (15sec, 10sec, 5sec).

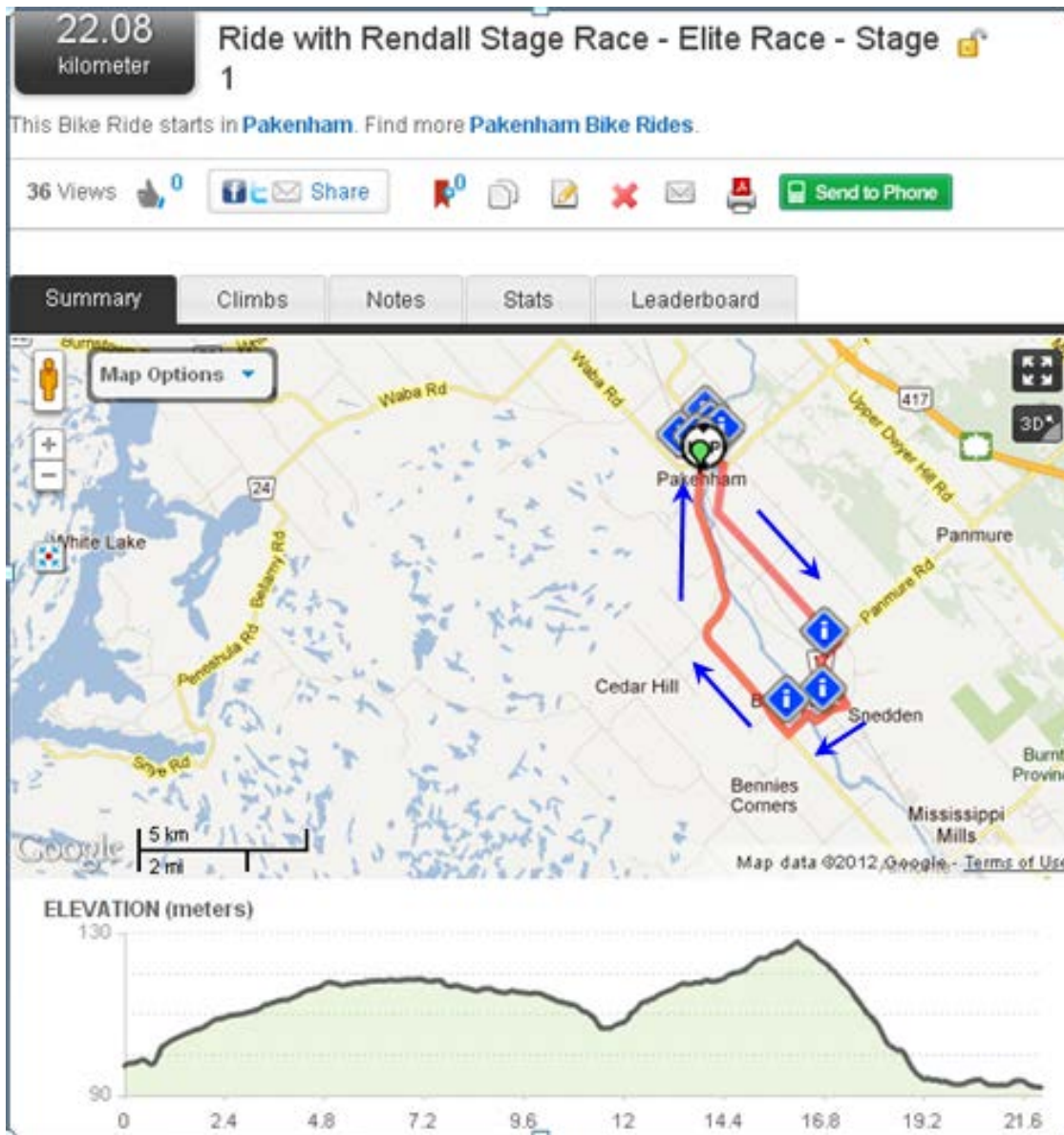
The top three riders must present themselves to the awards ceremony within 15min of the stage finish. Any rider not presenting himself may forfeit the prize money for the stage.

The overall GC winner and overall sprint points winner must present themselves to the awards ceremony within 20 mins of posted results.

**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.**

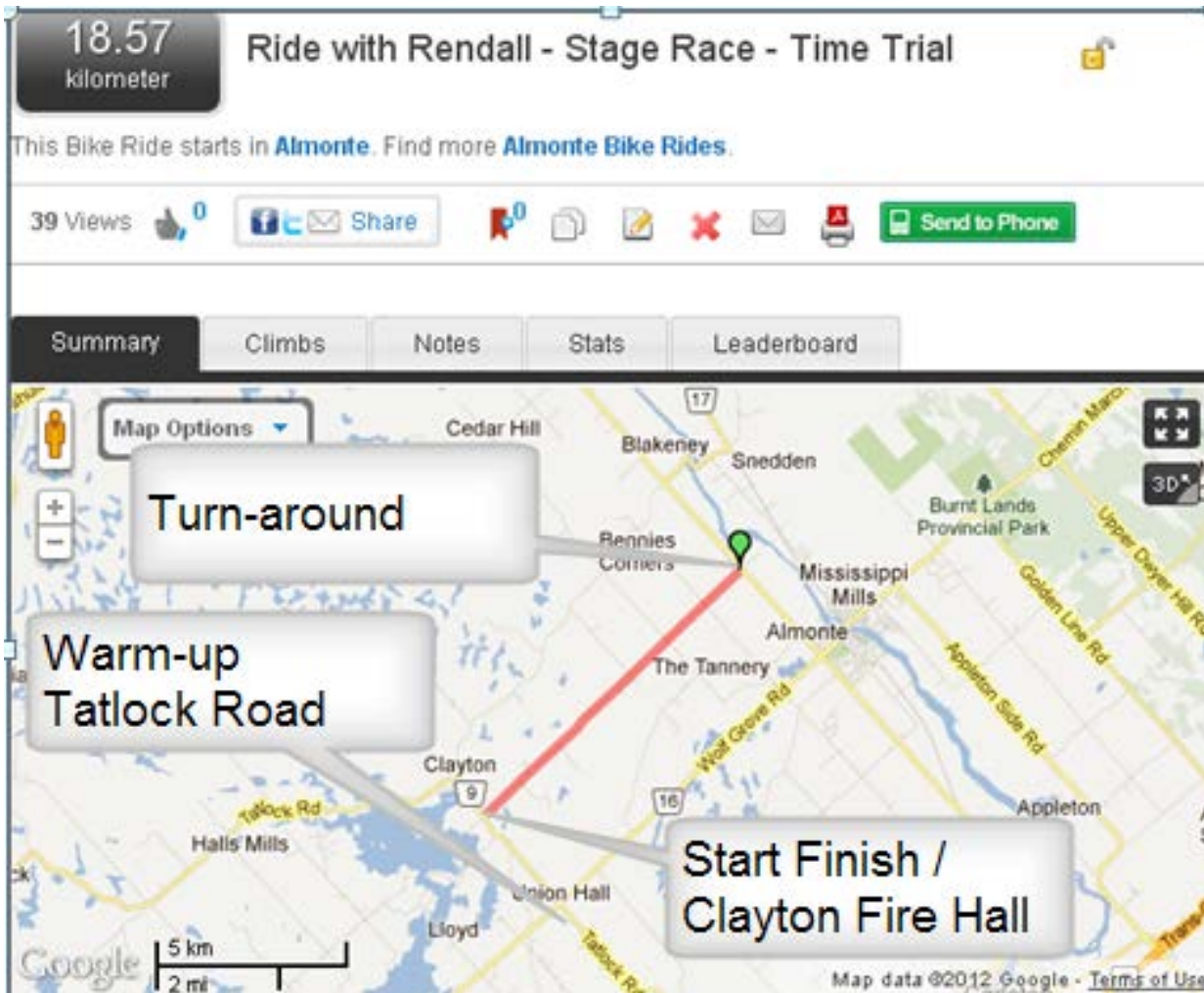
## Course Map - Blakeney Circuit Race – Friday, Aug 15



### Notes:

- Heading North East on Pakenham's main street, right turn over 5 span stone bridge, right hand bend and short 300m climb to top of hill. Right turn onto Blakeney Road, Right onto Panmure Road, (over train tracks) and left bend, Right bend into Blakeney, downhill and across narrow bridge, Right onto Hwy 29. Continue on Hwy 29 to start/finish.
- Study the Main Street straight-away ... you'll sprint in the opposite direction (from the corner at Waba Road / Main on Sunday).

## Course Map - Clayton Time Trial – Saturday, Aug 16

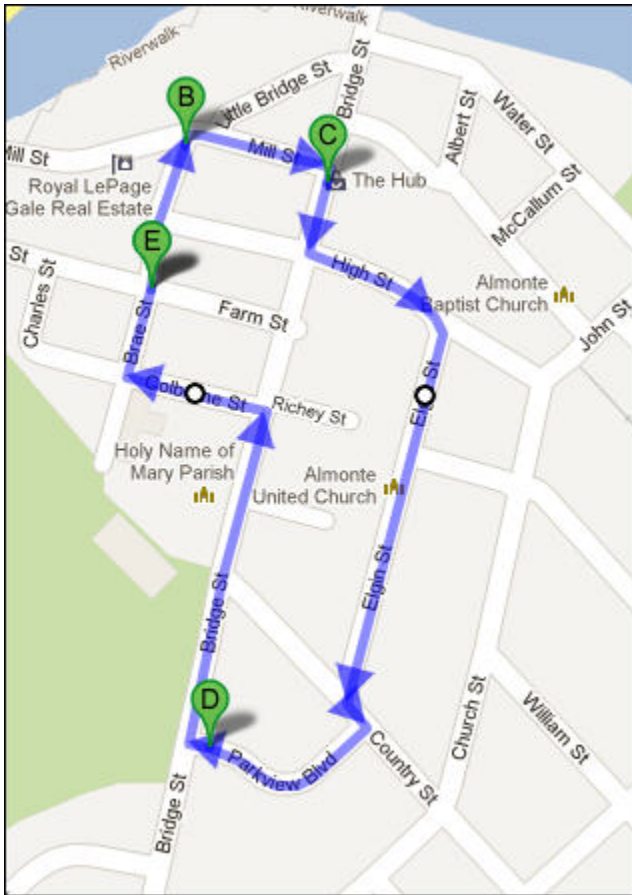


### Notes:

- 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.



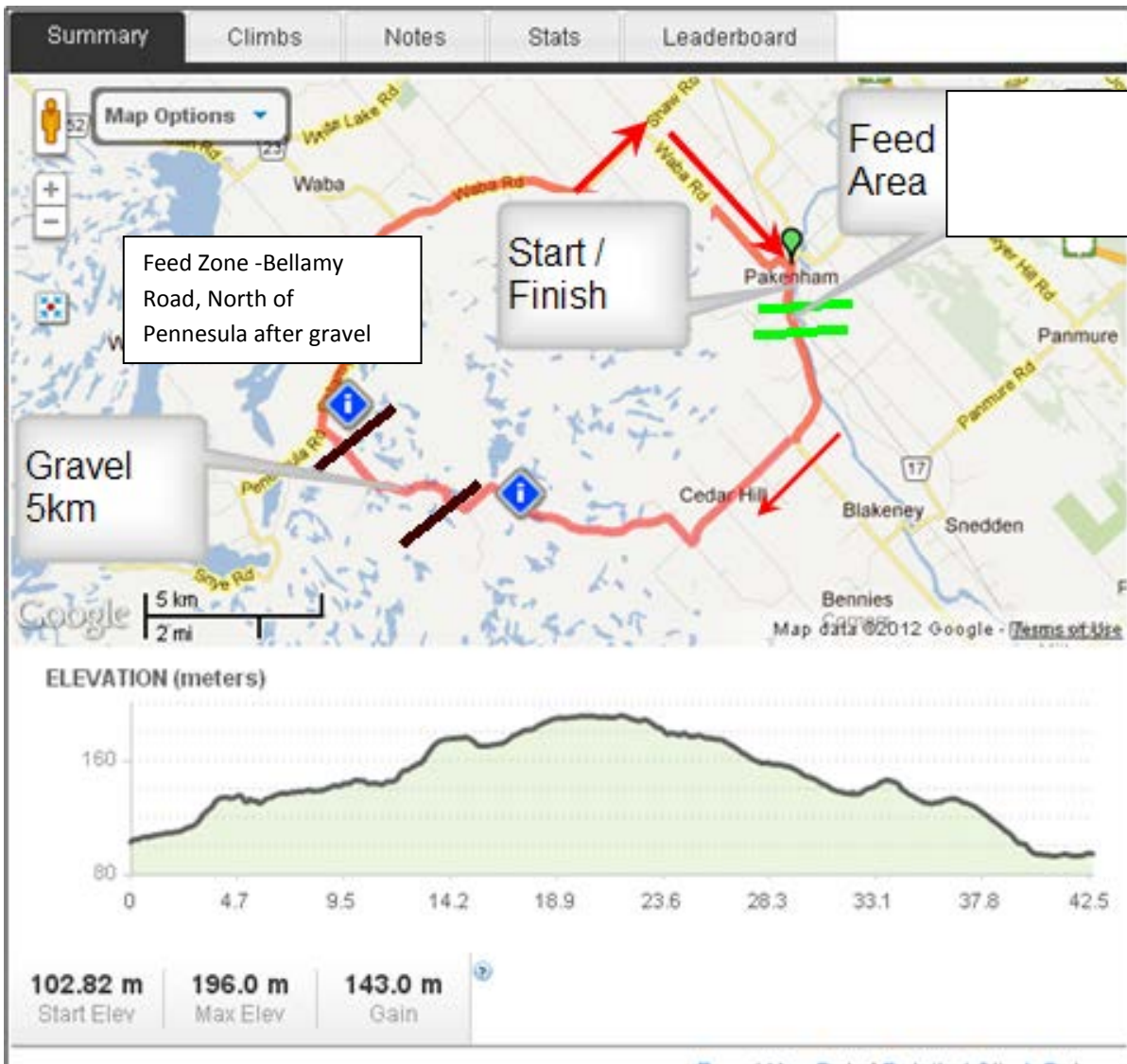
## Course Map - Almonte Criterium – Saturday, Aug 16



### 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



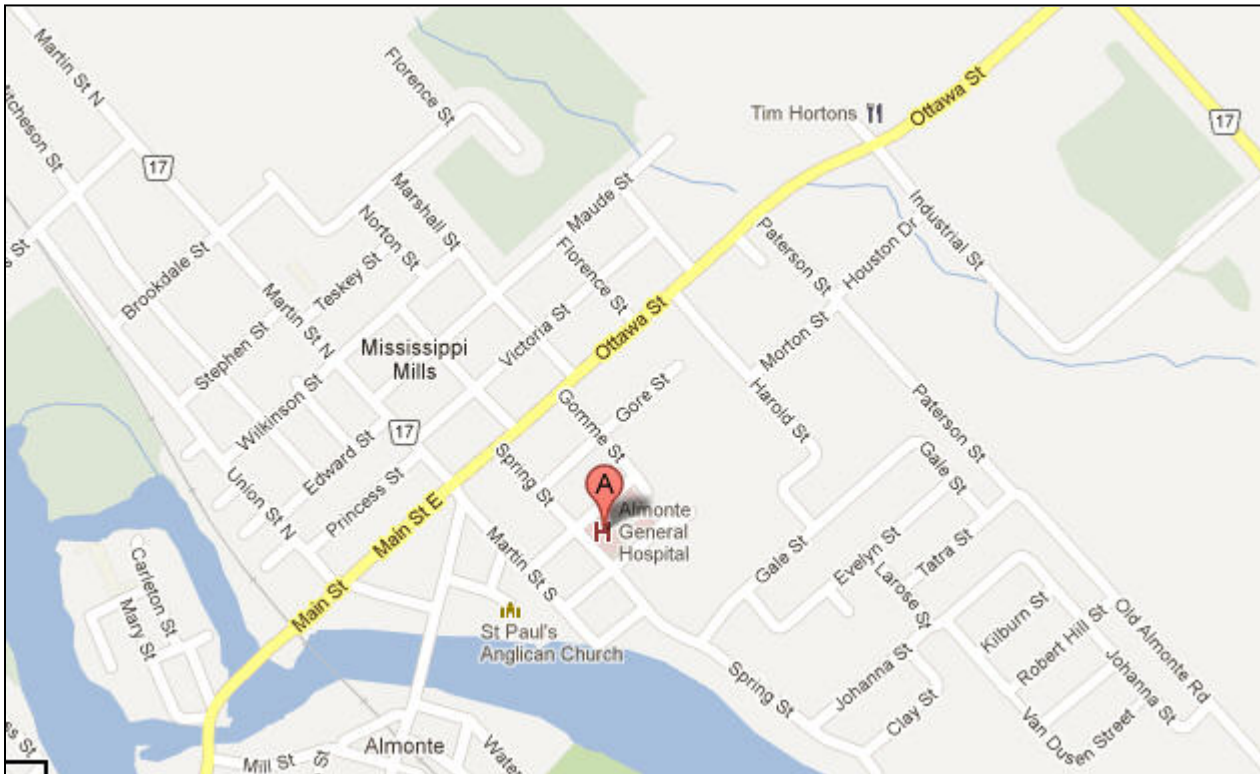
### Notes:

- 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

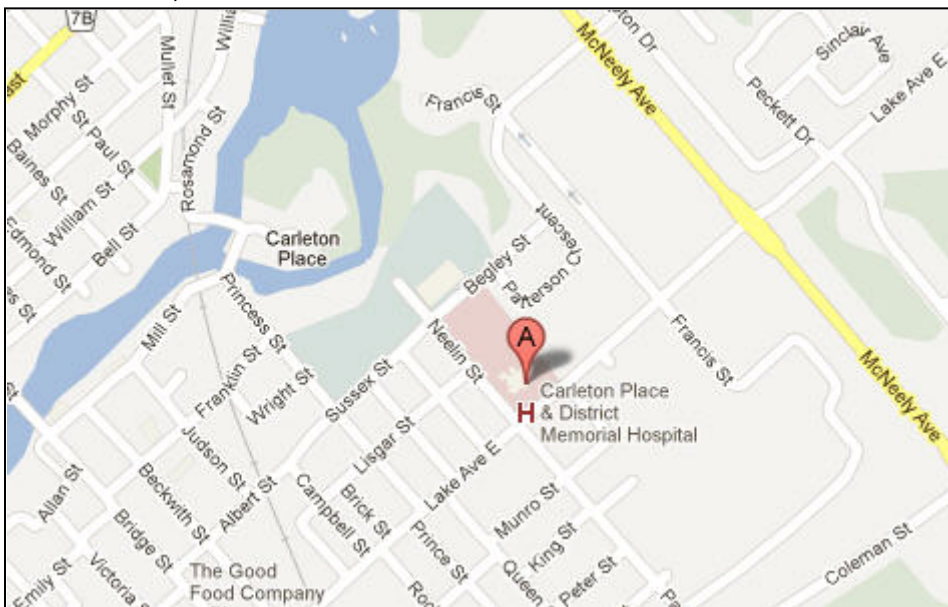
### Almonte General Hospital

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

- You must start every stage and finish within the cut-off limit in order to start the next stage.
- For the overall sprint points leader classification, a rider must finish in the General classification.
- If a rider is leading the general classification and the sprint points competition, he will be presented the Overall Leaders Jersey to wear in the next stage; the sprint points jersey will be worn by the second place rider in the sprint points competition. At the end of the race, the leader of the Sprint Points comp will be awarded to the first place rider, regardless of if they won the Overall Classification.
- You must wear your Leader or Sprint jersey if awarded, or not get your prize money.
- 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 the first race.
- This event is pre-registration only.
- **All riders must sign on at registration for EACH stage.**
- 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. 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.
- 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.**
- Aside from the Criterium, 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
- Caravan positions for Stage #1 will be drawn at the 1<sup>st</sup> Managers meeting
- Caravan positions for Stage #4 will be assigned based on the highest placed riders on the General Classification for each team.

### 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.
- Riders must complete 30% (12 laps) of the race to receive a pro-rated time and to start the following stage

### TIME TRIALS

- There will be no bike check; however, if a bike appears to be non-conforming, officials may inspect the bike.
- 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 Leaders jersey (Overall leader) and a Points jersey (Sprinter's Jersey) from the overall in each day will be based on the finish of each stage. Both jerseys will be presented at the end of each stage to the cyclists with the lowest time from all stages to that point (GC Leader) and the most points from all stages gained over the stages to that point (Sprint Leader).

Jerseys will be awarded in the final podium presentations 15 min. after the completion of their respective events. The exception will be the Team Time Trial, where jerseys will be given to the riders at the sign-in for the criterium. Riders will be called to the line.

You must attend the awards ceremonies in order to receive your winnings. If you receive a prize for a position below 3<sup>rd</sup>, you may be asked to attend the podium ceremonies

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

	Stage 1	Stage 2	Stage 3	Stage 4	Total
<b>Elite (Senior) 1/2 men, Master 1 Men, select U19 men*</b>	Blakeney Circuit Race	Clayton Team Time Trial	Almonte Criterium	Pakenham Road Race	
lap distance	22	18	1.55	42.72	
number of laps	5	2	40	4	
stage distance	110	36	62	170.88	378.88
number of intermediate sprints	3	0	3	2	8
Sprint - RR Lap 1 -	5,3,2,1			5,3,2,1	
Sprint - RR Lap 2 -	5,3,2,1			10,6,4,2,1	
Sprint RR Lap 3 -	5,3,2,1			no sprint	
<b>Crit every 10 laps</b>			<b>5,3,2,1</b>		
Final Sprint Finish	10,6,4,2,1		10,6,4,2,1	15,9,6,3,2,1	
Time Bonus		5 sec for fastest half-way time	15sec, 10sec, 5 sec	15sec, 10sec, 5 sec	

Prize lists will be published in a separate document.

## 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/>.