

**Turkey 'Cross**  
**Sat Oct 12, 2013**



**Christie Conservation Area-Dundas, Ontario**

**1000 Hwy 5 W, Dundas ON L9H 5E2**

Tech Guide Version 1.5

Title Sponsor: Findlay Attorneys



[www.findlaylaw.ca](http://www.findlaylaw.ca)

## General Information

- great **NEW** course at Christie Lake has a bit of everything...climbs, sand, grass, dirt etc
- up to \$2000 in cash and merchandise with 100 pre-registered riders in prizes to catch your attention and help you race your best
- new Turkey 'Cross winners jersey for Elite, M1, and Women races



- get updates and more information at [www.slowburnracing.com](http://www.slowburnracing.com)
- visit all our awesome sponsors and thank them for supporting the race

Our Title Sponsor-Findlay Attorneys [www.findlaylaw.ca](http://www.findlaylaw.ca)



The Brassie Pub in Ancaster [www.brassiepub.com](http://www.brassiepub.com)



Microart Services Inc- Custom electronics manufacturing [www.microart.ca](http://www.microart.ca)



Prime Contact- Polling & Research services, data services, live agent calling [www.primecontact.ca](http://www.primecontact.ca)



Tour de Giro- Online Multiplayer Cycling Race [www.tourdegiro.com](http://www.tourdegiro.com)



Bayshore Therapy & Rehab-providing a complete range of therapy and rehab solutions [www.bayshore.ca/therapy-rehab](http://www.bayshore.ca/therapy-rehab)



**Louden Kinetics**-Fitness and health development for women and busy moms on the go [www.loudenkinetics.ca](http://www.loudenkinetics.ca)



**Kerr Mechanical**-Commercial Plumbing and Mechanical services

### Race Day nutrition support

**Domestique**-Get your race day caffeine fix **Waterloo Brewing Co**

**Willy Dog**



## Registration Information

- Registration cut off will be Midnight Oct 10<sup>th</sup> 2013
- Registration can be done online through CCN at [www.ontariocycling.org](http://www.ontariocycling.org)
- Limited day of registration will be available
- This is a Regional race
- Bib Placement-includes shoulders and one side TBD on race day
- One day permits for non-licenced riders are available through the OCA registration process
- **Note-all Women race is 40mins and is at 11:30am**

## Schedules/Category-

**Race entry includes park entry. Car pool when possible!**

**\*vehicles with racers only will not be charged park entry**

**\*vehicles with one racer and one or more passengers will be charged \$5 by Christie Park**

**\*vehicles with spectators only will be charged \$14 for park entry by Christie Park**

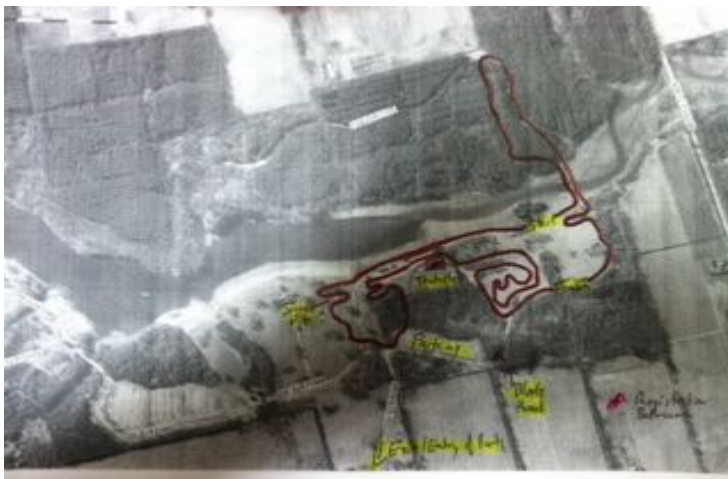
**\*we have committed to covering the Christie Park entry fee for racers to have access to a great location-Please car pool where possible...Thanks!**

Category	Start Time	Distance	Entry Fee
M3/Sport 4	10:00:00	40min	\$35.00
Podium Presentation	11:15:00	First and second categories	
M2/Women/Sport 3/ Junior	11:30:00	50 min	\$35.00
M1/Elite	01:00:00	60min	\$35.00
Podium Presentation	12:45:00	M2/Women/S3	
Podium Presentation	02:15:00	M1/Elite	

**Day of Registration is \$45 plus \$9 Christie Park entry fee per racer**

## **Course Map-**

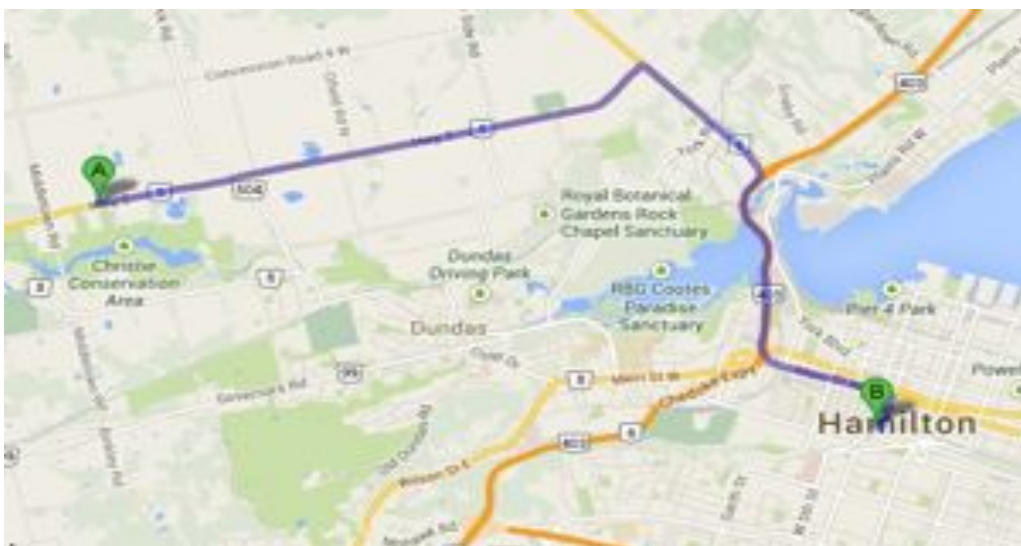
- Course subject to change
- There will be a 2 sided 'Bike Pit' approx half way through the course



## **Course Safety**

- First Aid will be available beside Registration
- First Aid Contact--TBD
- 

**Directions to St Joseph's Healthcare 50 Charlton Hamilton**



<b>A</b>	<b>Christie Lake Conservation Area</b> 1000 Hwy 5 W, Dundas, ON L9H 5E2	
	1. Head east on <b>ON-5 E</b> About 8 mins	go 9.5 km total 9.5 km
➤	2. Turn right onto <b>ON-6 S</b> (signs for Toronto/Brantford) About 2 mins	go 2.5 km total 12.0 km
➤	3. Keep right at the fork, follow signs for <b>ON-403 W/Ontario 6 S/Brantford</b> and merge onto <b>ON-403 W/ON-6 S</b> About 2 mins	go 3.6 km total 15.6 km
➤	4. Take the <b>Main St</b> exit toward <b>ON-8 E</b>	go 750 m total 16.3 km
	5. Merge onto <b>Main St W</b> About 3 mins	go 2.0 km total 18.3 km
➤	6. Turn right onto <b>John St S</b> About 1 min	go 650 m total 19.0 km
➤	7. Turn right onto <b>Charlton Ave E</b> Destination will be on the left	go 120 m total 19.1 km
<b>B</b>	<b>50 Charlton Ave E, Hamilton, ON L8N 4A6</b>	

## Directions to Cambridge Memorial Hospital



<b>A</b>	<b>Christie Lake Conservation Area</b> 1000 Hwy 5 W, Dundas, ON L9H 5E2	
	1. Head west on <b>ON-5 W</b> toward <b>Middletown Rd</b> About 3 mins	go 3.2 km total 3.2 km
➤	2. Slight right onto <b>ON-8 W</b> About 14 mins	go 18.4 km total 21.6 km
	3. Continue onto <b>Dundas St S</b> About 6 mins	go 4.7 km total 26.4 km
	4. Continue onto <b>Coronation Blvd</b> About 2 mins	go 800 m total 27.2 km
↻	5. Make a U-turn at <b>Oliver Ave</b> About 58 secs	go 24 m total 27.2 km
<b>B</b>	<b>Cambridge Memorial Hospital</b> Cambridge, ON	

## 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.
- Registration closes 15 minutes before the start of each race.
- This event is pre-registration and race day registration
- All riders must sign on at registration.
- U.S riders must present a UCI licence in order to enter this event. USAC Domestic Licences 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 licences 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 licence.
- Races will start promptly at the indicated start times.
- There will not be a team managers meeting.
- 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.
- 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.
- not during the final 20km of a race; however this may be modified at the discretion of the commissaires 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
- **Race Start 'Call Ups' will be made at each race start. Riders will be called forward based on the current to date Season Results**

## Other race course safety info!!!

- 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.
- There are No Refunds for Race Cancellation due to weather
- 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
- 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

## Prizes

With 100 Racer pre-registered the Prize pool will be as follows

	1	2	3	4	5	6	7	8	9	10
M3	30	20	10	10	10					
S4	20	Merch	Merch	x	x	X	X	X	X	x
women	160+ Jersey	100	80	60	40	10	10	10	10	10
M2	60	40	30	20	20	10	10	10	10	10
S3/jr	40	20	10	Merch	Merch					
M1	160+ Jersey	100	80	60	40	20	20	20	20	20
elite	260+ Jersey	160	100	60	40	20	20	20	20	20

With 99 or less racers pre-registered the Prize pool will be as follows

	1	2	3	4	5
M3	20+ Merch	10	10	10	
S4	10	Merch	Merch	x	X
women	100+ Jersey	80	60	40	10
M2	40	30	20	20	10
S3/jr	20	10	Merch	Merch	
M1	100+ Jersey	80	60	40	20
elite	160+ Jersey	100	60	40	20

Elite, M1, Women winner is expected to support our sponsors and put on the TCX Jersey for podium

Payout will only go ½ through the results ex/ if only 12 riders in a category then prizes only to top 6

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.

# Directions to Event-Christie Lake Conservation Area -1000 Hwy 5 W, Dundas ON L9H 5E2

## From the North:

<b>A</b> Guelph, ON	
1. Head southeast on Wyndham St N toward Carden St	go 450 m total 450 m
2. Turn right onto Wellington St E/ON-7 W	go 260 m total 700 m
3. Turn left onto Gordon St/County Rd 46 Continue to follow County Rd 46 About 18 mins	go 14.1 km total 14.8 km
4. Continue onto Brock Rd S/Queen St/ON-6 S Continue to follow ON-6 S About 8 mins	go 9.7 km total 24.5 km
5. Turn right onto Route 97 (signs for Hamilton 97/Cambridge)	go 500 m total 25.0 km
6. Turn left onto Brock Rd/Regional Rd 504 About 13 mins	go 12.2 km total 37.2 km
7. Turn right onto ON-5 W About 2 mins	go 2.4 km total 39.6 km
<b>B</b> Christie Lake Conservation Area 1000 Hwy 5 W, Dundas, ON L9H 5E2	



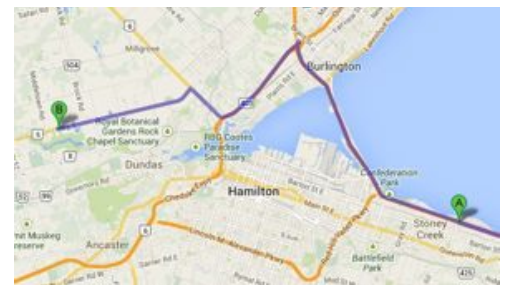
## From the East:

<b>A</b> Queen Elizabeth Way, Burlington, ON	
1. Head northeast on ON-403 E toward Exit 105 About 50 secs	go 1.5 km total 1.5 km
2. Take exit 105 for Walkers Line About 1 min	go 550 m total 2.1 km
3. Turn left onto Walkers Line	go 120 m total 2.2 km
4. Take the Queen Elizabeth Way/Ontario 403 ramp to Hamilton	go 550 m total 2.7 km
5. Merge onto Queen Elizabeth Way/ON-403 W About 3 mins	go 3.9 km total 6.6 km
6. Keep right to continue on ON-403 W, follow signs for Hamilton/Brantford About 4 mins	go 7.6 km total 14.2 km
7. Take exit 74 to merge onto ON-6 N toward Guelph About 2 mins	go 3.0 km total 17.2 km
8. Turn left onto ON-5 W (signs for Paris) About 9 mins	go 9.5 km total 26.7 km
<b>B</b> Christie Lake Conservation Area 1000 Hwy 5 W, Dundas, ON L9H 5E2	



## From the South:

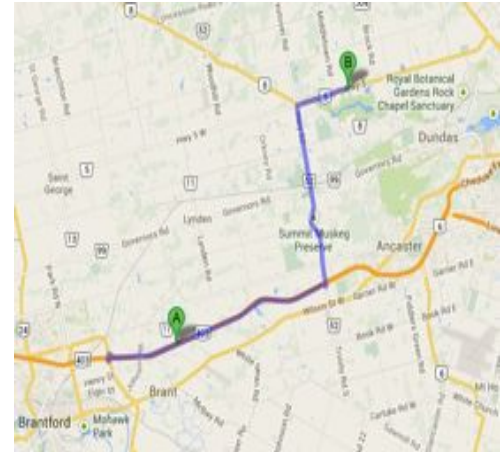
<b>A</b> Queen Elizabeth Way, Burlington, ON	
1. Head northeast on ON-403 E toward Exit 105 About 50 secs	go 1.5 km total 1.5 km
2. Take exit 105 for Walkers Line About 1 min	go 550 m total 2.1 km
3. Turn left onto Walkers Line	go 120 m total 2.2 km
4. Take the Queen Elizabeth Way/Ontario 403 ramp to Hamilton	go 550 m total 2.7 km
5. Merge onto Queen Elizabeth Way/ON-403 W About 3 mins	go 3.9 km total 6.6 km
6. Keep right to continue on ON-403 W, follow signs for Hamilton/Brantford About 4 mins	go 7.6 km total 14.2 km
7. Take exit 74 to merge onto ON-6 N toward Guelph About 2 mins	go 3.0 km total 17.2 km
8. Turn left onto ON-5 W (signs for Paris) About 9 mins	go 9.5 km total 26.7 km
<b>B</b> Christie Lake Conservation Area 1000 Hwy 5 W, Dundas, ON L9H 5E2	





## From the West:

<b>A</b>	Ontario 403, ON	
1.	Head west on <b>ON-403 W</b> About 2 mins	go 3.8 km total 3.8 km
2.	Take exit <b>41</b> for <b>Garden Avenue</b> toward <b>Cainville</b> About 55 secs	go 550 m total 4.4 km
3.	Turn left onto <b>Garden Ave</b> (signs for <b>Garden Avenue S/Cainville</b> )	go 240 m total 4.6 km
4.	Merge onto <b>ON-403 E</b> via the ramp to <b>Hamilton</b> About 8 mins	go 14.3 km total 18.9 km
5.	Take exit <b>55</b> for <b>County Road 52</b> toward <b>Copetown</b>	go 500 m total 19.4 km
6.	Turn left onto <b>Hwy 52</b> About 2 mins	go 1.1 km total 20.6 km
7.	At the roundabout, continue straight to stay on <b>Hwy 52</b> About 8 mins	go 8.1 km total 28.7 km
8.	Turn right onto <b>Hwy 8/ON-5 E</b> Continue to follow <b>ON-5 E</b> About 3 mins	go 3.4 km total 32.1 km
<b>B</b>	<b>Christie Lake Conservation Area</b> 1000 Hwy 5 W, Dundas, ON L9H 5E2	



After you enter the park continue straight and take right turn to large gravel parking lot.

Follow the signs and park in the designated area closest to the race site

**PARK IN THE GRAVEL PARKING LOT AND STAY OFF THE GRASS AND ROAD!!!!**