

***Tourism London Races – August 18<sup>th</sup>, 2013***  
***Youth Grand Prix 9:00 AM***  
***Tourism London Challenge 1:45 PM***



**Technical Guide**  
**Version 1.1 - July 24<sup>th</sup>, 2013**

***Proudly brought to you by the Forest City Velodrome and Tourism London***



**Sanctioned by the  
Ontario Cycling Association**

## General Information

### Youth Cup RR (1.35 km per lap)

- All races will be held as timed events.
- A race clock will be displayed and replaced with a “laps to go” at the Chief Commissaries’ discretion at any point in the race.
- All riders will finish on the same lap.
- The winner of the race will be determined by the places in the final sprint.

### Youth Cup ITT (1.25 km)

- Squirt and PeeWee will start 3 riders at a time.
- Minime and Cadet will start in 30 sec intervals
- Time trial will run counter-clockwise around the circuit

### Tourism London Challenge

- Field limit 150 riders
- Sign on & number pick-up: 12:45 to 1:30 pm
- Licensed Junior riders and above (Open Category)

Results will be posted at the Registration Area 20 minutes after the last rider is finished. While every effort will be made to start the races as advertised, delays can happen. All riders should be ready to race at least 15 minutes before their advertised start time. Races will not be delayed for late riders.

## Registration Information

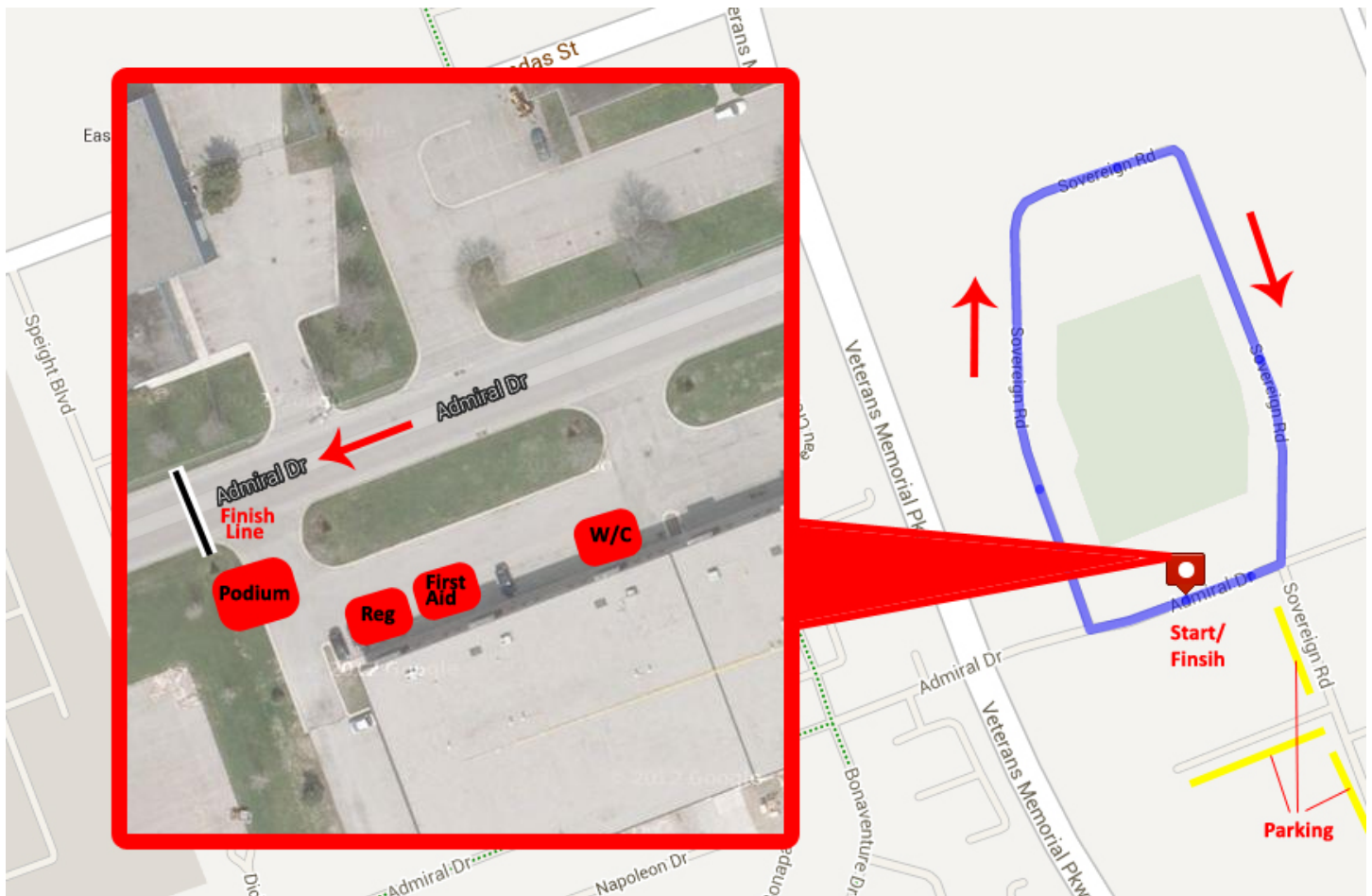
- Online registration is available at [www.ontariocycling.org](http://www.ontariocycling.org), closes Friday August 16<sup>th</sup> at Noon.
- Sign in for pre-registered riders will be available up to 30 minutes before each race.
- All riders must sign in at registration to receive race number and race package.
- Sign on is located at 555 Admiral Dr, London, ON N5V 4L6
- Cost \$35.00
- Youth Cup Requirements: UCI Licence, Citizen Permit, or OCA Club member
- Tourism London Challenge Requirements: UCI Licence or Citizen Permit
- PRE-REGISTRATION ONLY



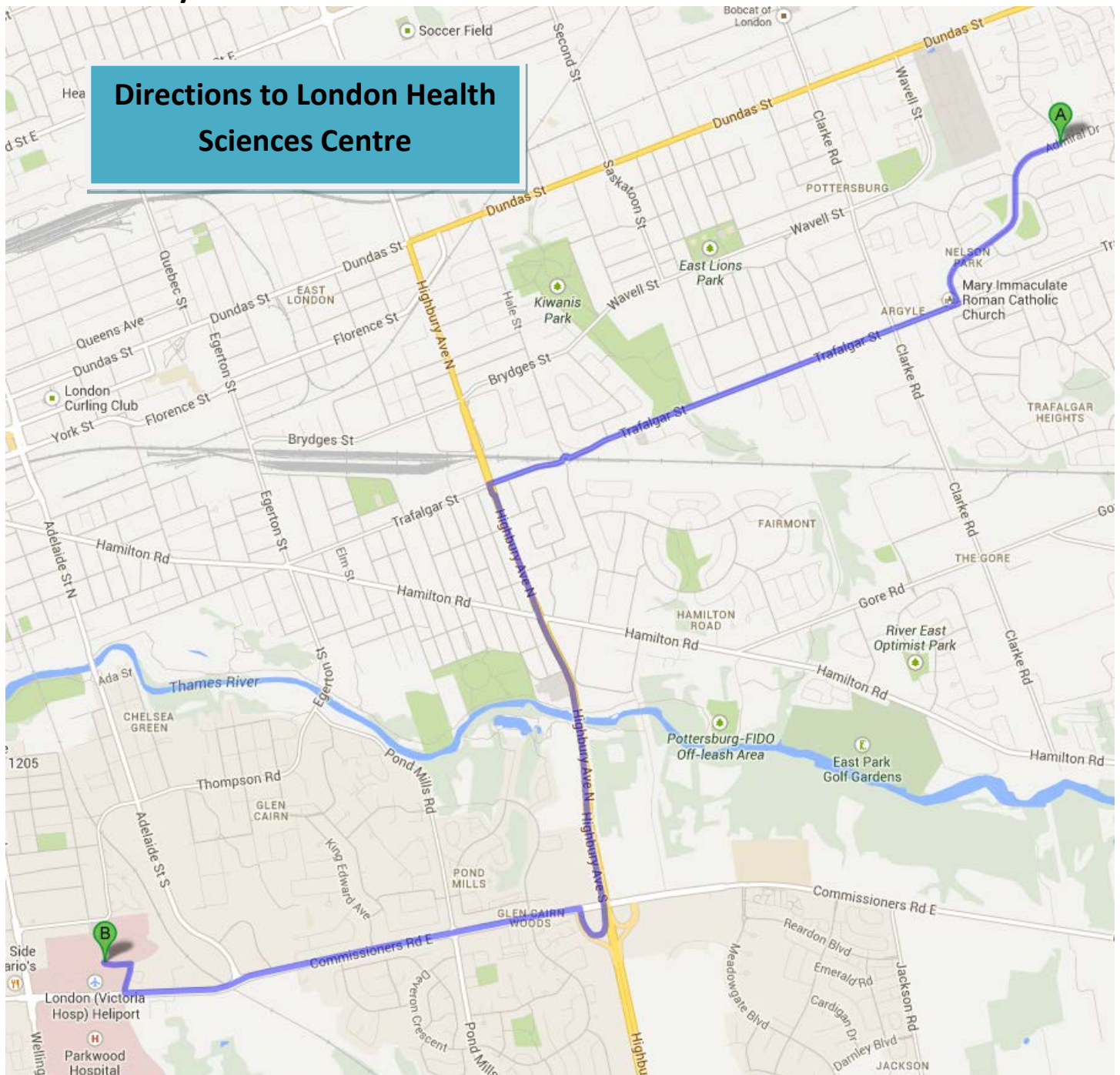
## Schedules/Category

Category	Start Time	Distance	Entry Fee
<b>Youth Cup Time Trial</b>			
Squirt Girls / Boys (9-10)	9:00 am	1.25 km	\$35.00
PeeWee Girls / Boys (11-12)	9:00 am	1.25 km	\$35.00
Minime Girls / Boys (13-14)	9:30 am	1.25 km	\$35.00
Cadet Girls / Boys (15-16)	10:00 am	1.25 km	\$35.00
<b>Youth Cup Road Race</b>			
Squirt Girls / Boys (9-10)	11:00 am	20 min	Included
PeeWee Girls / Boys (11-12)	11:25 am	20 min	Included
Minime Girls / Boys (13-14)	12:00 pm	30 min	Included
Cadet Girls / Boys (15-16)	12:40 pm	45 min	Included
Podium Presentation	1:30 pm	All Youth Categories	
<b>Tourism London Challenge</b>	1:45 pm	75 min	\$35

## Course Map



# Course Safety



## Directions to London Health Sciences Centre

- |   |  |               |
|---|--|---------------|
| 1 | Head west on Admiral Dr toward Dickens Ave                   | go 1.2 km     |
| 2 | Turn right onto Trafalgar St                                 | go 2.4 km     |
| 3 | At the roundabout, continue straight to stay on Trafalgar St | go 500 m      |
| 4 | Turn left onto Highbury Ave N                                | go 2.5 km     |
| 5 | Take the Commissioners Road exit                             | go 400 m      |
| 6 | Turn left onto Commissioners Rd E                            | go 1.9 km     |
| 7 | Slight left to stay on Commissioners Rd E                    | go 700 m      |
| 8 | Turn right onto Western Counties Rd                          | go 170 m      |
| 9 | Turn left into parking lot                                   | go 160 m      |
|   | Destination will be on the right                             | total 10.0 km |

- This is a 1.35 km closed course. This is a 20+ feet (2 + car lanes) wide loop ideal for Bicycle Racing. The turns are gradual and safe. There is no elevation change.
- 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. If the race is cancelled, refunds will not be made
- For your safety, if you withdraw from the event for any reason, you must inform the nearest Commissaire that you are no longer racing.
- 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.

## 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 30 minutes before the start of each race.
- Warming up on the course is not permitted.
- 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 will be available from the OCA. There are no plans to sell UCI licences on race day. Please contact the OCA for more details.
- 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.
- Awards will be presented according to the published schedule. Top-5 finishers are required to attend award presentations or risk forfeiting their awards. Riders must wear their competition uniforms for the presentation.

## Specific Course Rules

- 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. The Wheel Pit is located near the Start/Finish
- There is no outside feeding allowed in this race

- Lapped riders may be pulled at the order of the Commissaires, 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.
- If two or more riders overtake the field and remain there after there is less than 5km left in the race from the perspective of the race leader, the overtaking riders will be sprinted separately from the field. Instructions on this process will be given by the Commissaires at the start line before the race.

## Equipment

- The wearing of an approved helmet is mandatory.
- Cycling gloves are strongly recommended.
- The participants are encouraged to ride on a road-racing bicycle however other suitable bicycles may be utilized.
- No aero bars, time trial bikes, or other “aero” equipment are permitted.
- All equipment must be in good repair, have adequate tires and operating brakes.
- Warm-up ideally to be completed on trainers.
- Racers be careful during staging and warm-up if on the street.
- Traffic will be restricted and there will be police and marshals on site.

## Gear Restrictions for Cadet Riders Aged 15 and 16 Years of Age

The international governing body for cycling is the Union Cycliste Internationale (UCI). The UCI rules are the basis for the Cycling Canada Rule Book. The UCI has specific limits on the gearing for young riders. The main reasons for the restrictions are to prevent injury and to promote good pedaling.

The OCA will enforce gear restrictions for Cadet riders as defined by the UCI. This means that bikes for all riders 15 or 16 years of age will be checked before and after every race to ensure they are not using illegal gears.

## What are the restrictions?

Directly from the CCC Rule Book: 2.2.024 For Junior Men and Junior Women, the maximum authorized chain gear is 7.93 metres.

What does this mean? When the bike is in the largest gear (big ring on the front and small cog on the rear) it must travel less than 7.93 metres when the pedals are turned exactly one full rotation. This is tested by doing a “roll-out”. At the race, the Commissaire will shift your bike into the largest gear and then roll it backwards watching one pedal. When the pedal goes around one time the distance will be marked. If more than 7.93 metres are travelled the bike will be considered illegal and you will not be able to ride. At the end of the race the same procedure will be repeated and if your bike fails, you will be disqualified.

## So how do I comply?

The best way to ensure that your bike is legal is to make sure your largest chain ring is 52 teeth while your smallest cog is 14 teeth. These standard parts are available at most bike shops and are usually provided at no extra charge. The other way to comply with this gearing is to “block” off the gearing by limiting the derailleur to prevent the use of the smaller cogs. In either case, you should roll out your bike to ensure that you are under 7.93m because there could be other factors (i.e. tire height) that could have an effect on the result.

Remember that your bike will be checked after the race and so, if adjustments slip or you get a spare wheel that has different gearing, you could be disqualified.

## Special note for Younger Riders

The CCC Rule Book states that gear restrictions may be applied to younger riders as follows:

Under 17: 6.94m or 52 X 16

Under 15: 6.00m or 45 X 16

Under 13: 5:60m or 42 X 16

These restrictions will not be enforced in Ontario at this time. Riders entering races in other provinces may find that these restrictions are enforced there. This is especially true for cadets (U17) who travel to Quebec for major races as a part of the OCA development program. If you plan to race outside of Ontario make sure to find out if your gear restrictions are enforced and that you have the correct equipment on your bike.

## Prize List and Protocol

### Youth Cup

- Trophies will be awarded to top 5 finishers in all categories.
- Participants do not have to complete both events to be eligible.
- All finisher of each stage will receive one point
- Ties will be broken by the highest placing in the road race.

### Youth Cup Omnium Points Schedule

Placing	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th
Youth	25	20	16	13	11	10	9	8	7	6	5	4	3	2	1

### Tourism London Challenge

Category	1st	2nd	3rd	4th	5th
Category 1	\$300	\$200	\$150	\$100	\$50
*** Highest placed rider in each of U19, Elite, & Masters that complete the distance (not pulled) will receive a \$100 bonus (separate awards for men and women))					

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-5 finishers are required to attend award presentations or they may be assessed a penalty. Riders must wear their competition uniforms for the presentation.

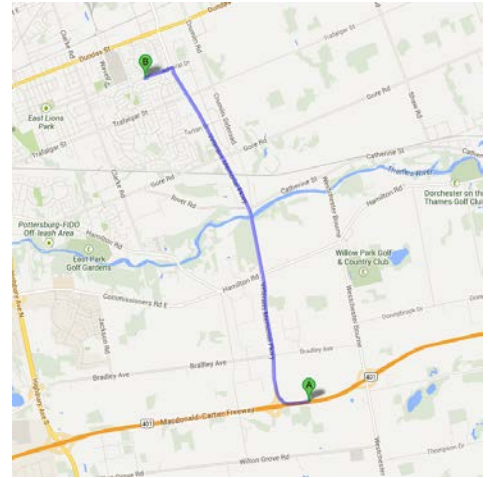
Hats and sunglasses are not allowed on the podium

## Directions to Event

555 Admiral Dr, London, ON N5V 4L6

### From the 401:

- |   |   |                     |
|---|---|---------------------|
| 1 | Head on ON-401 toward Exit 194              |                     |
| 2 | Take exit 194 for Veterans Memorial Parkway | go 700 m            |
| 3 | Merge onto Veterans Memorial Pkwy           | go 6.8 km           |
|   | Turn left onto Admiral Dr                   |                     |
| 4 | (signs for Admiral Drive W)                 | go 550 m            |
|   |   | <b>Total 8.2 km</b> |



Parking is located on the street south of the course. See course map for more details.

## Accommodations

### Best Western Lamplighter Inn

Water Park, Continental breakfast, WIFI, Games rooms

591 Wellington Rd, London, ON N6C 4R3, Canada  
Reservations: 519-681-7151



## Shopping

### White Oaks Mall

Over 100 stores, Future Shop, Best Buy, Mountain Equipment Co-op, Chapters, Starbucks

1105 Wellington Rd, London, ON N6E 1V4  
Contact: (519) 681-0434



## Entertainment

### Empire Wellington 8 Cinemas

983 Wellington Rd, London, ON N6E 3A9  
Contact: (519) 685-2529

