

**Eastern Canada**

# **Gravel Cup**



## **Wheelers Lanark-Liège**



**p/b euro-sports**  
**Ottawa's Endurance Sport Store**

# Gravel Cup General Information

- Updates: <https://www.facebook.com/GravelCup/>  
<https://twitter.com/GravelCup>
- The Eastern Canada Gravel Cup is an Ontario Cycling Association sanctioned road cyclosporitif series comprising of 5 races, where the **competitive** riders will accumulate points in all races.
- The points leader (1 woman, 1 man) after each race and at the end of the series will earn the Series Leader's jersey along with the Gravel Cup
- The competitive courses will range from 70-90km while the sport courses will range from 40-60km
- Courses will consist of various surfaces, ranging from pavement, gravel and un-maintained roads
- Gravel or cyclocross bikes are recommended but not required
- The organizer reserves the right to postpone or cancel the events due to weather conditions or any unforeseen circumstances
- The event is self-supported
- The Eastern Canada Gravel Series (ECGS) will have the following categories (see table 1).

Categories	
Competitive Course	Sport Course
Open Women	Open
Open Men	
Team (4-6 riders)	Team (4-6 riders)

Table 1

## Race Director

Name	Province
Brendan Gorman	Ontario

Table 2

# Schedule

- The ECGC is a 5 event series See Table 3. This guide covers the Wheelers Lanark-Liege

Date	Race	Registration/Sing-in Time	Event Start
06-Apr-2019	KIN Vineyards Spring Runoff	7:30-9:30 am	Comp: 10am Sport: 10:05am
01-Jun-2019	Wheelers Lanark-Liège	7:30-9:30 am	
22-Jun-2019	Wheelers Maple Highlander	7:30-9:30 am	
27-Jul-2019	Walsh Wiltshire Renfrew Randonneur	7:30-9:30 am	
07-Sep-2019	Wheelers Lanark-Lombardy	7:30-9:30 am	

Table 3

# Registration

- All registration must be done ahead of time at [Register here](#) . **No on-site registration will be allowed**
- The Sign-In and Race Start will take place at 1001 Highland Line, McDonalds Corners (Lanark Highlands), Ontario, Canada, KoG 1Mo
- Registration fee will be as per table 4

Category	Course	Cost	Un-Licensed (Day Permit)
Open Women/Men	Competitive	\$50 per Race	\$12 per race
Open	Sport	\$35 per Race	\$12 per race
Team 4-6 riders	Competitive	\$37.50/person	\$12 per race
Team 4-6 riders	Sport	\$25/person/event	\$12 per race

Table 4

- Proper Identification must be presented at time of registration. See eligibility section (page 4) for details.

# Eligibility

- To participate to any Eastern Canada Gravel Cup Events, registration must be done 24 hours prior to race start.
- Participants will not be considered registered for an event until the following administrative requirements have been completed:
  - Online registration and payment
  - In-person sign-in and timing chip/number pickup
  - Waiver has been signed
  - Day Permit, UCI license, Domestic license or Citizen's permit\*
- \*Participants with **NO** OCA (or UCI recognized) racing licenses **are** still eligible to participate with OCA Day Permits purchased online.

# Technical Regulations

- The ECGC will be run under Ontario Cycling Association Rules and will abide by the Ontario Highway Traffic Act
  - The roads are open to other users. All traffic laws, including stopping at stop signs and staying to the right, apply to all riders at all times. Marshals may stop or delay riders for safety reasons. Any rider who disobeys their instructions will be immediately removed from the event.
- Approved helmets are mandatory for the event.
- All participants must obey the instructions of the route marshals
- No aerobars are allowed

# Medical

Perth & Smiths Falls District Hospital,  
GREAT WAR MEMORIAL SITE  
33 DRUMMOND STREET WEST  
PERTH, ON  
K7H 2K1  
TEL: (613) 267-1500

# General Course Information

- The start is at Wheelers Maple
- The riders will stop after a short neutralized section and then restart
- Specific start details will be provided before race start if necessary
- Mixed surfaces, ranging from smooth pavement to un-maintained roads
- All rules of the road apply for the event
- Turns will be marked with large red arrows
- COMMUNICATE regarding traffic and obstacles. Although it'll feel like a closed course these are open roads. Vehicles, ATV's, 4 Wheelers could be coming in the opposite direction at anytime.
- Seed yourselves accordingly. If you don't plan on racing the "Competitive" course please start from the back and let the racers go.
- There'll be some volunteer members of the Ottawa Valley & Renfrew County ATV Clubs patrolling the course for safety.
- THERE'S BUGS IN THE FOREST: Don't stop unless you really have to, and preferably in an open area. Don't hesitate to use bug spray.
- Use the widest tires your bike can possibly fit. I don't have the road maintenance schedule and road grading anywhere at anytime could occur. Every possible type of surface is on the course.
- Any type of bike is permitted. If you plan to ride 28mm tires or less you will have a difficult time regardless of the course. There'll be a couple spots you'll be walking or going very slow.
- There's lots of elevation and very little pavement. If you have doubts about whether you can complete the "Competitive" course in under 5hrs please sign up for the "Sport" Course. These are very challenging courses in the "highlands" of Lanark
- Sport & Competitive courses diverge at km 7.5.
- Competitive goes straight on gravel Kingston Line
- Sport goes right on paved Elphin Maberly Rd
- It's riders responsibility to know the courses but they will be signed.

# Competitive Course

- Aid Station- Corner of Lavant Mill and Gemmills Rd at 39km
- The event finishes at the top of “Papa” Stairway to Heaven. The courses have been updated.
- Competitive: [Ride w GPS Strava](#)
- Sport: [Ride w GPS Strava](#)

# Sport Course

- Aid Station- Corner of Lavant Mill and Gemmills Rd at 28km
- The "Sport" event is timed but completely non-competitive.
- The event finishes at the top of “Papa” Stairway to Heaven. Same place as the “Competitive” event.

# Logistics

## Parking:

- Park in the upper level parking lot at Wheelers. It's a left up a short incline when you see the Pancake House.

## Washrooms:

- 4 porta-potties will be placed in the upper lot and Wheelers bathrooms are available as well.

Map 1

## Registration:

- 1001 Highland Line, McDonalds Corners (Lanark Highlands), Ontario, Canada, KoG 1Mo
- 8am-9:30am- Sign In
- **get race # and helmet timing chip**

# Questions?

**Brendan Gorman**

613-884-2520

Or by e-mail: [brendangorman@hotmail.com](mailto:brendangorman@hotmail.com)

