

**AMENDMENTS:** **NEW** #1 Price reduced for Nov 7<sup>th</sup> race, #2 Commissaire names added, #3 Élite Women age change, #4 Supplemental Map added, #5 Sportif Men & Women Cat.4 race @ 9A:M on Nov. 7<sup>th</sup>., #6 Prize List added for Nov. 7<sup>th</sup> added. #7 Contact Ziggy for TENTS or for RSVP parking. #8 Smoke s Poutinerie will be official food provider. #9 Nationals Riders Meeting at Arlington Arena Friday 19h00 – 19h30 / Réunion des coureurs a l'aréna Arlington vendredi 19h00 – 19h30.



**NATIONAL CYCLING CHAMPIONSHIPS**  
**CHAMPIONNATS CYCLISTES NATIONAUX**

**CYCLO-CROSS**

*November 6 - Toronto, ON - 6 novembre*

*And / et*

**THE ZM CYCLE & FITNESS NATIONAL'S REVENGE**  
**ZM CYCLE & FITNESS LA REVENGE**

**CYCLO-CROSS**

*November 7th – Toronto, Ontario – Le 7 novembre*

**TECHNICAL GUIDE**

**GUIDE TECHNIQUE**



# National Cyclo-Cross Championships, Toronto

THE ZM CYCLE & FITNESS NATIONAL'S REVENGE

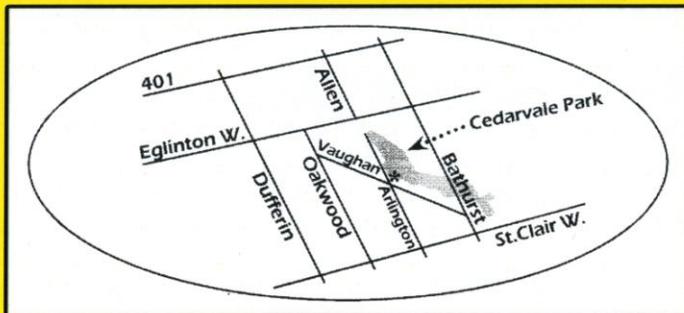
ZM CYCLE & FITNESS LA REVENGE



**Time** Saturday November 6, 2010  
 Sunday November 7, 2010  
**Location:** Cedarvale Park, Toronto (PHIL WHITE ARENA)  
 Please See The Map & Arena Location Back Side of this Flyer



## DIRECTIONS to Cedarvale Park from the 401



- Take the exit to Allen Rd. South.
- Follow Allen Rd. to the end and turn right on Eglinton Ave. W. (going West)
- Turn left on Oakwood Ave.
- Turn left on Vaughan Rd.
- Turn left on Winona Dr.
- Follow the green signs to "**PHIL WHITE ARENA**"
- The arena is located at 443 Arlington Ave. (beside the Arlington Middle School)



**TECHNICAL GUIDE / GUIDE TECHNIQUE**

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Gary Welsh, General Manager  
Transportation Services Division

Cycling and Pedestrian Unit  
850 Coxwell Ave  
2nd Floor  
Toronto ON M4C 5R1

John Mende  
Director Transportation Infra Management

Refer to: Sean Wheldrake  
Phone: (416) 392-1143  
E-mail: [swheldrake@toronto.ca]

October 28, 2008

Ziggy Martuzalski  
ZM Cycle and Fitness  
2055 Dufferin St. Toronto, Ontario  
M6E 3R3

**RE: Canadian National Cyclocross Championships**

Dear Mr. Martuzalski ,

The City of Toronto supports your bid to host the Canadian National Cyclocross Championships in either 2010 or 2011. I will work with you to hold the event in Toronto at Cedarvale Park and provide additional resources. Toronto is an attractive destination for this event, and will surely attract athletic talent from across Canada.

The City attracts over 10 million visitors each year with its vibrant urban centre, eclectic mix of neighborhoods, attractive waterfront and ravine system, and bustling shopping and entertainment districts. With all the desirable features Ontario's provincial Capital has to offer, I believe Toronto may be a top contender to host the 2010/11 championships.

Bicycles are a great source of exercise, contributing to overall health and wellness. With over a million cyclists in the Greater Toronto Area, cycling has a vibrant cultural presence. Recreational cycling events such as the Cyclocross National championships, would contribute to the overall culture of cycling within the City. A national event of this caliber will help raise the profile of Toronto as a City friendly to cyclists.

Please contact me at 416 392-1143 or by email at swheldra@toronto.ca if you have any questions or comments.

Yours truly,

Sean Wheldrake  
Bicycle Promotions Coordinator  
Transportation Services





March 2, 2009

Mr. Ziggy Martuzalski  
ZM Cycle and Fitness  
2055 Dufferin St  
Toronto, ON M6E 3R3  
Tel: 416-652-0080  
Email: zmcyclefitness@bellnet.ca

Dear Mr. Martuzalski,

We are delighted to hear of your bid to bring the Canadian Cyclocross Championships to Toronto in November, 2010. Cedarvale Park is an ideal venue for this event and, with approximately 250 riders participating from all over Canada plus their family members and officials from the Canadian Cycling Association, these Championships should have a positive impact on the community.

We also look forward to being able to promote this event on Tourism Toronto's informative on-line calendar of events.

We wish you every success with this exciting event and look forward to welcoming Canadian Cyclocross Championships in November 2010.

Tourism Toronto, Toronto's Convention and Visitors Association, is an industry association of more than 1,200 members established to strategically sell and market the Greater Toronto Region as a remarkable destination for tourists, convention delegates and business travelers around the globe. For more information please visit [www.SeeTorontoNow.com](http://www.SeeTorontoNow.com).

Sincerely,

Kathryn Wakefield  
Director, Client Services

Queen's Quay Terminal at Harbourfront  
207 Queens Quay West, Suite 405, Toronto, ON, CANADA M5J 1A7  
Tel: 416-203-2600 • Fax: 416-203-6753  
Visitor Info: 416-203-2500 • Toll-Free Visitor Info: 1-800-363-1990  
Website: [www.see.toronto.on.ca/see/toronto](http://www.see.toronto.on.ca/see/toronto)  
E-Mail: [toronto@torcvb.com](mailto:toronto@torcvb.com)

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HOUSE OF COMMONS  
CHAMBRE DES COMMUNES  
CANADA

**Carolyn Bennett MD**

*Member of Parliament / députée – St. Paul's*

March 2, 2009

Ziggy Martuzalski  
ZM Cycle and Fitness  
2055 Dufferin Street  
Toronto ON M6E 3R3

Dear Mr. Martuzalski,

The Government of Canada and the St. Paul's constituency heartily supports your bid to host the Canadian National Cyclocross Championships in 2010. We will be pleased to provide whatever help we can to ensure that this event goes smoothly.

Our riding is home to a flourishing and diverse cultural community that will provide a warm welcome to the visiting delegates and to the athletes and their families. The local restaurants and services are second to none and I'm certain that all of the event's attendees will enjoy their visit to St. Paul's.

As a government, we believe strongly in the benefits of cycling from an environmental, health and alternative transportation perspective and encourage participation in healthy competitions such as this.

Please contact me at my constituency office if I can be of any further assistance.

Yours truly,

Hon. Carolyn Bennett  
Member of Parliament, St. Paul's





## **NATIONAL CHAMPIONSHIPS / CHAMPIONNATS NATIONAUX :**

### **GENERAL INFORMATION :**

- The National Championships will take place if weather allows.
- There will be no extension of the Championships due to unforeseen delays or prolonged stoppages.
- Entry fees are non-refundable.
- Drug Test Facility for CCES Anti-doping Inspector are to be announced at the venue.
- Medical problems should be reported to Chief Commissaire.

### **INFORMATION GÉNÉRALE :**

- Les championnats nationaux se tiendront aux dates et temps indiqués, si la température le permet.
- Les championnats nationaux ne seront pas prolongés pour cause d'arrêts ou de délais imprévus.
- Les frais d'inscription ne sont pas remboursables.
- L'emplacement des tests anti-dopage du CCES sera annoncé lors de chaque épreuve.
- Tout problème médical doit être rapporté à un officiel.

### **ELIGIBILITY :**

- This event is open to Canadian citizens, permanent residents and landed immigrants as well as individuals with refugee status in all categories including UCI categories. Proof of citizenship status may be required (passport, permanent resident card, landed immigrant status or refugee status papers).
- Only Canadian citizens will have access to the national title, national championship podium positions, UCI points and national championships medals.
- Prize money (where applicable) will be based on order of finish at the National Championships, regardless of citizenship or nationality.
- Should a non-citizen (permanent resident, landed immigrant or individual with refugee status) place amongst the top three overall finishers in the race category, a podium presentation will take place based on order of finish of the race and a second podium presentation based on the National Championships results of eligible Canadian citizens will follow.
- Proof of residence may be required (this includes driver's licence, permanent resident card).
- All athletes must be in possession of a valid UCI/CCA international license.
- All participants must be licensed to compete in the appropriate discipline.
- All participants must be prepared to present their license upon demand at the event.
- Domestic licenses from other countries or within Canada are not permitted.
- No one day event licenses will be sold
- License must be presented during race package pick-up.
- No registrations will be accepted on the day of the event.
- All competitors MUST enter their event class as shown on their license.
- The classes are defined as per UCI rules based on the year of birth.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled.
  - ✓ completed the application form,
  - ✓ sign the waiver,
  - ✓ payment has been transacted,
  - ✓ rider's license has been validated by the designated commissaire.
- All athletes registered past the deadlines will be fined \$50.

### **ADMISSIBILITÉ :**

- La compétition est ouverte aux citoyens canadiens, aux résidents permanents, aux immigrants reçus ainsi qu'aux personnes ayant le statut de réfugié dans toutes les catégories incluant les catégories UCI. Une preuve de citoyenneté peut être exigée ( passeport, carte de résidence permanente, papiers confirmant le statu d'immigrant ou de réfugié reçu).
- Seulement les citoyens canadiens peuvent avoir accès au titre de champion national, podium du championnat national, points UCI ainsi qu'aux médailles de championnat national.
- Les prix en argent (si applicable) seront basés sur l'ordre d'arrivée au championnat national, indépendamment de la citoyenneté ou de la nationalité des coureurs.
- Si un non-citoyen (résident permanent, immigrant reçu ou personne ayant le statut de réfugié) termine parmi les trois premiers au général d'une épreuve, un podium aura lieu basé sur l'ordre d'arrivée de l'épreuve. Un deuxième podium basé sur les résultats des Championnats nationaux (classement des citoyens canadiens) suivra.
- Preuve de résident permanent peut être exigée (permis de conduire, carte de résidence permanente)
- Tous les compétiteurs doivent avoir une licence ACC/UCI en règle.
- Tous les participants doivent pouvoir présenter en tout temps leur licence lors des épreuves. *(voir page suivante)*



- Tous les participants doivent avoir une licence valide pour chacune de leurs épreuves.
- Les licences domestiques canadiennes ou émises par d'autres pays ne sont pas valides.
- Aucune licence d'un jour ne sera émise.
- La licence devra être présentée lors de la cueillette de la trousse du coureur.
- Aucune inscription ne pourra se faire le jour de la course.
- Tous les compétiteurs doivent s'inscrire dans leur catégorie, tel que stipulé sur leur licence.
- Les catégories sont définies par les règles de l'UCI, basé sur l'année de naissance.
- Les athlètes ne seront considérés inscrits à une épreuve que lorsque tous les pré-requis administratifs seront remplis
  - ✓ formulaire d'inscription complété,
  - ✓ formulaire de dégagement de responsabilité complété et signé,
  - ✓ frais d'inscription reçus,
  - ✓ licence du coureur validée par le commissaire.
- Les athlètes inscrits après la date limite recevront une amende de 50\$.

**COMMISSAIRES :**

NEW

| Position                               | Level           | Name           | Country /Province |
|--|-----------------|----------------|-------------------|
| Technical Delegate / Délégué technique | CCA             | Matthew Knight | ON                |
| Chief / Chef                           | UCI / CCA / ACC | Louise Lalonde | QC                |
| Assistant-Chief / Assistant Chef       | CCA / ACC       | Scott Doel     | ON                |
| Secretary / Secrétaire                 | CCA/ ACC        | Doug Pogue     | ON                |
| Commissaire – Start                    | PSO / OPS       | Steve Head     | ON                |
| Commissaire – Finish                   | PSO / OPS       | Bradley Day    | ON                |
| Commissaire – Member                   | PSO / OPS       | Anne Cobban    | ON                |

**REGISTRATION / INSCRIPTION:**

| Registration / Incription   | Deadline / Échéance                                       |
|---|---|
| Online / En ligne @ <a href="http://www.ontariocycling.org">www.ontariocycling.org</a><br><b>Pre-registration only.</b><br><b>Inscription en ligne seulement.</b> | 04/11/2010 – 23h59  |
| Race Package pick-up /<br>Cueillette de la trousse du coureur   | 05/11/2010 – 16h00 to 19h00<br>06/11/2010 – 08h00 – 11h00 |

**ENTRY FEES / FRAIS D'INSCRIPTION :**

| Category / Catégorie | Before November 5<br>Avant le 5 novembre |
|----------------------|--|
| Master M/H           | \$50.00                                  |
| Master W/F           | \$50.00                                  |
| Junior M/H           | \$40.00                                  |
| Elite W/F            | \$50.00                                  |
| U23 M/H              | \$50.00                                  |
| Elite M/H            | \$50.00                                  |





## NATIONAL CHAMPIONSHIPS / CHAMPIONNATS NATIONAUX :

### SPECIFIC TECHNICAL REQUIREMENTS :

- The event(s) will be run under CCA/UCI rules.
- The National Championships shall be governed by the Canadian Cycling Association.
- Based on UCI national championship classification, UCI points will be allocated for the following categories and events:(see chart)
- Categories with fewer than 5 starters will be cancelled or will be merged with another age or ability category at the discretion of the Technical Delegate or Chief Commissaire.
- Equipment regulations to be enforced for ALL categories. There will be NO exceptions.
- A National Championship Title shall be awarded only in those categories where at least 5 starters are entered.
- Approved helmets are mandatory for training and competition.
- The distinct titles for all National Championship categories are listed on page 8.

### RÈGLEMENTS TECHNIQUES SPÉCIFIQUES :

- Les épreuves sont régies par les règlements de l'ACC et de l'UCI.
- Les Championnats cyclistes nationaux sont régis par l'Association cycliste canadienne.
- Selon la classification par nation de l'UCI, des points UCI seront alloués aux catégories et événements suivants : (charte suivante)
- Les catégories ayant moins de cinq (5) participants seront annulées ou jumelées à des catégories d'âge ou de niveau différent, et ceci, à la discrétion du commissaire en chef ou du délégué technique.
- Les règlements relatifs à l'équipement seront tous en vigueur dans TOUTES les catégories SANS EXCEPTION
- Un titre de champion national ne sera attribué que dans les catégories où il y aura au moins cinq (5) participants au départ.
- Les casques conformes aux normes en vigueur seront obligatoires pour l'entraînement et pour la compétition
- Les titres officiels pour toutes les catégories des Championnats cyclistes nationaux sont présentés en page 8.

### UCI POINTS :

Based on UCI national championship classification, UCI points will be allocated for the following categories and events:  
Basés sur la classification par nations de l'UCI, des points UCI seront alloués aux catégories et événements suivants :

| Place | Elite Women / Femme | Elite Men / Homme | U23 Men / Homme | Junior Men / Homme |
|-------|---------------------|-------------------|-----------------|--------------------|
| 1     | 120                 | 120               | 60              | 20                 |
| 2     | 60                  | 60                | 30              | 15                 |
| 3     | 50                  | 50                | 25              | 12                 |
| 4     | 40                  | 40                | 20              | 10                 |
| 5     | 30                  | 30                | 15              | 8                  |
| 6     | 25                  | 25                | 13              | 5                  |
| 7     | 20                  | 20                | 10              | 4                  |
| 8     | 15                  | 15                | 8               | 3                  |
| 9     | 10                  | 10                | 5               | 2                  |
| 10    | 5                   | 5                 | 3               | 1                  |

### NATIONAL CHAMPIONSHIPS TITLES TITRES CHAMPIONNAT NATIONAL

| Categories / Catégories - Championship   | Categories / Catégories - Championship  |
|--|---|
| <ul style="list-style-type: none"> <li>❖ Junior M/H 17-18 (1994 – 1993)</li> <li>❖ U23 M/H 19-22 (1992 1989)</li> <li>❖ <b>Elite W/F 19+ (before / avant 1994)</b> <span style="border: 1px solid black; padding: 2px;">NEW</span></li> <li>❖ Elite M/H 23+ (before / avant 1988)</li> </ul> | <ul style="list-style-type: none"> <li>❖ Master 30+ W/F (before / avant 1981)</li> <li>❖ Master 30-39 M/H (1981 –1972)</li> <li>❖ Master 40-49 M/H (1971 –1962)</li> <li>❖ Master 50 + M/H (before / avant 1961)</li> </ul> |





## **NATIONAL CHAMPIONSHIPS / CHAMPIONNATS NATIONAUX :**

### **MEDALS AND JERSEYS :**

Medals will be awarded to all categories in the following manner:

- Gold, Silver & Bronze: when there is a minimum of four (4) riders who started in a designated category.
- Gold & Silver: when there are only three (3) riders who started in a designated category.
- Gold: when there are only two (2) riders who started in a designated category.
- A National Champion jersey will only be awarded to National Title categories. (Providing the category meets the minimum requirement of five (5) starters.)

Note: Should the minimum requirement not be met in any title category, the winner will have the option to purchase a National Champion Jersey, but only if there were a minimum of two (2) finishers in that category.

- All athletes who have placed on the podium must attend the awards ceremonies. Failure to do so will result in a fine and loss of award.
- Riders must wear cycling apparel to the awards ceremony. Failure to do so will result in a fine and loss of award.
- Riders cannot wear or bring hats, eyewear, water bottle, etc on the podium. Failure to do so will result in a fine and loss of award.

### **MÉDAILLES ET MAILLOTS :**

Les médailles seront décernées de la façon suivante :

- Médailles d'or, d'argent et de bronze lorsqu'il y a au minimum quatre (4) coureurs ayant débuté la course dans cette catégorie
- Médailles d'or et d'argent lorsqu'il n'y a que trois (3) coureurs ayant débuté la course dans cette catégorie,
- Médaille d'or : lorsqu'il n'y a que deux (2) coureurs ayant débuté la course dans cette catégorie.
- Un maillot sera donné dans les catégories de titres nationaux (à condition qu'il y ait au moins 5 coureurs dans cette catégorie)  
NB. Dans les cas où le minimum de cinq (5) coureurs n'est pas rencontré, il sera possible au gagnant d'acheter un maillot s'il y a au moins deux (2) coureurs ayant terminé la course.
- Tous les athlètes qui ont terminé sur le podium doivent se présenter à la cérémonie protocolaire. Tout athlète ne respectant pas cette consigne recevra une amende et son prix sera annulé.
- Les coureurs doivent porter leur uniforme de cycliste lors de la cérémonie. Tous athlètes ne respectant pas cette consigne seront mis en amende et leurs prix seront annulés.
- Les coureurs ne peuvent porter ou amener avec eux sur le podium des lunettes, casquettes, bouteille d'eau, etc. Tous athlète ne respectant pas cette consigne recevra une amende et son prix sera annulé.





## THE ZM CYCLE & FITNESS NATIONAL'S REVENGE

### ELIGIBILITY :

- All athletes must be in possession of a valid UCI/CCA international license.
- All participants must be prepared to present their license upon demand at the event.
- All participants must be licensed to compete in the appropriate discipline.
- No one day event licenses will be sold
- License must be presented during race package pick-up.
- There will be no registration on race day.
- All Canadian competitors **MUST** enter their event class as shown on their license.
- The class are defined as per UCI rules based on 2011 year of birth.
- Athletes are not considered registered for an event until all administrative requirements have been fulfilled;  
Completed the application form  
Sign off the waiver  
Payment has been transacted
- Rider's license has been validated by the designated commissaire.
- All athletes registered past the deadlines will be fined \$50.

### ADMISSIBILITÉ :

- Tous les compétiteurs doivent avoir une licence CCA/UCI en règle.
- Tous les participants doivent pouvoir présenter leur licence en tout temps lors des épreuves.
- Tous les participants doivent avoir une licence valide pour chacune de leurs épreuves.
- Aucune licence d'un jour ne sera émise.
- La licence devra être présentée lors de la cueillette de la trousse du coureur.
- Aucune inscription ne pourra se faire le jour de la course.
- Tous les compétiteurs canadiens doivent s'inscrire dans leur catégorie, tel que stipulé sur leur licence.
- Les catégories sont définies par les règles de l'UCI, basé sur l'année de naissance 2011.
- Les athlètes ne seront considérés inscrits à une épreuve que lorsque tous les pré-requis administratifs seront remplis :  
Formulaire d'inscription complété  
Formulaire de dégageant de responsabilité complété et signé  
Frais d'inscription reçus  
Licence du coureur validée par le commissaire.
- Les athlètes enregistrés passés la date limite seront mis à l'amende de 50\$.

### REGISTRATION / INSCRIPTION :

| Registration / Incription  | Deadline / Échéance   |
|--|---|
| Online / En ligne @ <a href="http://www.ontariocycling.org">www.ontariocycling.org</a><br><del>Pre registration only.</del> <span style="border: 1px solid black; padding: 2px;">NEW</span><br><b>\$10 surcharge day of.</b><br><del>Inscription en ligne seulement.</del> | 04/11/2010 – 23h59  |
| Race Package pick-up /<br>Cueillette de la trousse du coureur  | 05/11/2010 – 16h00 to 19h00<br>06/11/2010 – 08h00 – 11h00<br>07/11/2010 – 08h00 – 11h00 |



## THE ZM CYCLE & FITNESS NATIONAL'S REVENGE

### RACE CATEGORIES / CATEGORIES :

| Categories / Catégories - Championship  | Categories / Catégories - Championship   |
|---|--|
| <ul style="list-style-type: none"> <li>❖ U17 Men</li> <li>❖ U17 Women</li> <li>❖ Beginner Men (cat 4)</li> <li>❖ Beginner Women (cat 4)</li> <li>❖ Junior M/H 17-18 (1994 – 1993)</li> <li>❖ U23 M/H 19-22 (1992 1989)</li> </ul> | <ul style="list-style-type: none"> <li>❖ Elite W/F 17+(before / avant 1994)</li> <li>❖ Elite M/H 23+ (before / avant 1988)</li> <li>❖ Master 30+ W/F (before / avant 1981)</li> <li>❖ Master 30-39 M/H (1981 –1972)</li> <li>❖ Master 40-49 M/H (1971 –1962)</li> <li>❖ Master 50 + M/H (before / avant 1961)</li> </ul> |

### ENRY FEES / FRAIS D'INSCRIPTION :

| Category / Catégorie      | Pre Registration Before October 7<br>Avant le 7 octobre | On Site<br>Sur le site de course  |
|---------------------------|---|-----------------------------------|
| Masters M/H               | <del>\$50.00</del> \$40.00                              | NEW<br><br>\$10 dollar surcharge. |
| Master W/F                | <del>\$50.00</del> \$40.00                              |                                   |
| All Junior & U17          | <del>\$40.00</del> \$30.00                              |                                   |
| Elite W/F                 | <del>\$50.00</del> \$40.00                              |                                   |
| U23 M/H                   | <del>\$50.00</del> \$40.00                              |                                   |
| Elite M/H                 | <del>\$50.00</del> \$40.00                              |                                   |
| SPORT MEN & WOMEN (cat 4) | NEW \$30.00   |                                   |



## THE ZM CYCLE & FITNESS NATIONAL'S REVENGE

### EVENT RULES :

1. The event will be held under the rules of the CCA/UCI.
2. The penalty scale of the CCA/UCI rulebook will be applicable.
3. All riders must sign on at registration on race day, present valid UCI license, 1 hour prior to category start time.
4. All UCI licensed riders are eligible to register.
5. Riders in Masters categories must hold a Masters license.
6. Race will start promptly at their indicated start times.
7. Riders should assemble in the call up zone 10 minutes before the start.
8. Start order for Elite men and Elite women will be based on UCI points as per the latest published individual UCI cyclo-cross classification.
9. There will be no feed zone.
10. There will be one double equipment pit marked with yellow flags.
11. Each rider will have the right of accreditation for one attendant in the equipment pit.
12. Equipment changes may only take place in the equipment pit.
13. A water supply will be available at the equipment pit.
14. Rider may change wheels or bikes only in the equipment pit.
15. Riders may only use the equipment pit lane to change equipment.
16. A rider who passes the end of the equipment pit area must proceed to the following equipment pit to change wheels or bikes.
17. A rider who is still in the racing lane and has not passed the end of the equipment pit area may enter the equipment pit as long as he re-traces his route in the racing lane and enters the pit at its start without obstructing other competitors.
18. The exchange of equipment between riders is forbidden.
19. A rider dropping out of the race must immediately notify a Commissaire.
20. Lapped riders are required to withdraw at the next crossing of the finish line after being overtaken by leader(s) in their own category.
21. The ringing of a bell will indicate the last lap.
22. All riders will finish on the same lap.
23. Radio channels 11, 12 and 13 are reserved for the use of the organization, Commissaries and medical personnel, therefore teams should avoid the using these channels.
24. Riders may not use radio communication while competing.
25. The use of personal music players (ipod Mp3 etc.) will not be permitted while training or racing.
26. Awards for all categories will be presented immediately after the last rider has crossed the finish line of the Elite Men's race. Top 3 finishers (top 5 Elite Men and Elite Women) are required to attend the awards presentation or risk forfeiting their awards. Riders must wear clean, team or club, competition uniform to the awards presentation. Additional team clothing may also be worn.
27. Prize money for Elite Men and Elite Women will be distributed at the podium immediately after the awards presentation.

### EQUIPMENT RULES :

1. The UCI Equipment Regulation for Cyclo-cross events shall be followed by all categories.
2. Cyclo-cross bicycles are required.
3. Riders are required to wear club or team jerseys corresponding to their license.
4. Independent riders are required to wear a jersey with no significant logos, team names or advertising displayed on them.
5. Sleeveless jerseys are not permitted.
6. The use of glass containers is strictly prohibited.
7. Race numbers will be distributed at registration.
8. Race numbers must not be folded or modified and must clearly show all advertising.
9. Number placement; 1 Body number lower left back, 2 shoulder numbers facing forward.
10. All rider shall wear an approved helmet in accordance with CCA rule 1.3.031 N).  
At all times when participating in or preparing for an event held in Canada, all licensees who are mounted on a bicycle shall wear a securely fastened helmet that meets one of the following standards:

US DOT helmet standard for cycling;  
ANSI standards Z90.4;  
Snell Memorial Foundation Standard "B" or "N" series;  
ASTM standard F-1447;  
CSA standard CAN/CSA-D113.2-M;  
US CPSC standard for bicycle helmets;  
their updated equivalent recognized safety standard from another country.

Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.



## THE ZM CYCLE & FITNESS NATIONAL'S REVENGE

### AWARDING OF MEDALS & PRIZES :

NEW

| Categories / Catégories<br>Prize list /<br>Prix | 150 to 250 Participants (Riders)              | 250 Plus Participants<br>(Riders)                       |
|---|---|---|
| U17 M/H   | <i>Prizes, Prizes, Prizes</i>                 | <i>Prizes, Prizes, Prizes</i>                           |
| U17 W/F   | <i>Prizes, Prizes, Prizes</i>                 | <i>Prizes, Prizes, Prizes</i>                           |
| Beginner M/H (Cat 4)                            | <i>Prizes, Prizes, Prizes</i>                 | <i>Prizes, Prizes, Prizes</i>                           |
| Beginner W/F (Cat 4)                            | <i>Prizes, Prizes, Prizes</i>                 | <i>Prizes, Prizes, Prizes</i>                           |
| Junior M/H 17-18                                | <i>Prizes, Prizes, Prizes</i>                 | <i>Prizes, Prizes, Prizes</i>                           |
| Junior W/F 17-18                                | <i>Prizes, Prizes, Prizes</i>                 | <i>Prizes, Prizes, Prizes</i>                           |
| Elite W/F 19+                                   | <i>\$110, \$100, \$80, Prizes,<br/>Prizes</i> | <i>\$150, \$125, \$100, \$90,<br/>\$80, \$50,</i>       |
| Elite & U23 M/H 19+                             | <i>\$150, \$100, \$75, \$60, \$50</i>         | <i>\$175, \$150, \$125, \$100,<br/>\$75, \$60, \$50</i> |
| Master 30+ W/F                                  | <i>\$100, Prizes, Prizes</i>                  | <i>\$80, \$60, \$50,</i>                                |
| Master 30-39 M/H                                | <i>\$100, Prizes, Prizes</i>                  | <i>\$100, \$80, \$60,</i>                               |
| Master 40-49 M/H                                | <i>\$80, Prizes, Prizes</i>                   | <i>\$100, \$80, \$60</i>                                |
| Master 50+ M/H                                  | <i>Prizes, Prizes, Prizes</i>                 | <i>Prizes, Prizes, Prizes</i>                           |



**EVENT GENERAL SCHEDULE / HORAIRE GÉNÉRAL DE L'ÉVÉNEMENT :****Friday, Vendredi – 05/11/10**

| Description   | Period / Période                                     |
|---|--|
| Course Closed for Maintenance Arlington Arena<br>Parcours est fermé pour l'entretien  | 08h00 – 16h00  |
| Course open for training<br>Parcours ouvert pour entraînement   | All categories<br>Toutes catégories<br>16h00 – 19h00 |
| Registration Office Open<br>- Race package pick up<br><br>Bureau des inscriptions ouvert<br>- Collecte du paquet des coureurs   | All categories<br>Toutes catégories<br>16h00 – 19h00 |
| <b>Nationals Riders Meeting at<br/>Arlington Arena<br/>Réunion des coureurs a l'aréna<br/>Arlington</b> <span style="background-color: yellow; border: 1px solid black; padding: 2px;">NEW</span> | All categories<br>Toutes catégories<br>19h00 – 19h30 |

**Saturday, Samedi – 06/11/10**

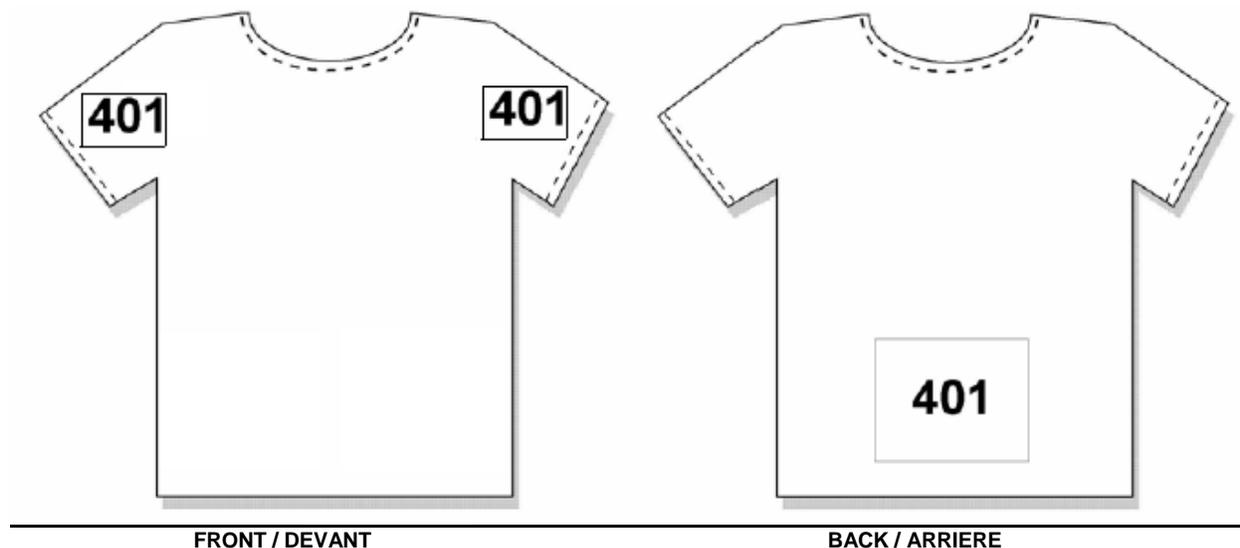
| Description   | Period / Période   |
|---|--|
| Course Closed for Maintenance<br>Le parcours est fermé pour l'entretien   | 07h00 – 08h00  |
| Registration Office Open<br>- Race package pick up<br>Bureau des inscriptions ouvert<br>- Collecte du paquet des coureurs | All categories<br>Toutes catégories<br>8h00 – 11h00                    |
| Course open for training<br>Parcours ouvert pour entraînement   | All categories<br>Toutes catégories<br>08h00 – 08h45                   |
| <b>Race / Course No. 1<br/>National Championship<br/>Championnat national</b>   | Master 50+M/H, Master 30+ W/F<br>9h00 – 9h35                           |
| <b>Race / Course No. 2<br/>National Championship<br/>Championnat national</b>   | Master 40-49 M/H<br>10h00 – 10h40                                      |
| <b>Race / Course No.3<br/>National Championship<br/>Championnat national</b>  | Master 30-39 M/H<br>11h00 – 11h45                                      |
| Course open for training<br>Parcours ouvert pour entraînement   | U23 M/H, Elite W/F<br>Junior M/H, Elite M/H<br>12h00 – 12h45           |
| <b>Race / Course No. 4<br/>National Championship<br/>Championnat national</b>   | U23 M/H<br>13h00 – 13h50   |
| <b>Race / Course No. 5<br/>National Championship<br/>Championnat national</b>   | Elite W/F<br>Junior M/H<br>14h30- 15h10                                |
| <b>Race / Course No. 6<br/>National Championship<br/>Championnat national</b>   | Elite M/H<br>15h30 - 16h30   |
| <b>Awards ceremonies<br/>Cérémonie des médailles</b>  | <b>All Categories</b><br><b>5 min after finish<br/>/après finition</b> |



**Sunday, dimanche – 7/11/10**

| Description   |  | Period / Période                              |
|---|--|---|
| Course Closed for Maintenance<br>Le parcours est fermé pour l'entretien   |  | 07h00 – 08h00<br><b>NEW</b>                   |
| Registration Office Open<br>- Race package pick up<br>Bureau des inscriptions ouvert<br>- Collecte du paquet des coureurs | All categories<br>Toutes catégories                                    | 8h00 – 11h00                                  |
| Course open for training<br>Parcours ouvert pour entraînement   | All categories<br>Toutes catégories                                    | 08h00 – 08h45<br><b>NEW</b>                   |
| <b>Race / Course No. 1</b>  | OCA Sanctioned Citizen Event<br>U17 , Beginner Men, and Beginner Women | 9h00 – 9h35                                   |
| <b>Race / Course No.2 (2 cat)</b>   | Master 50+M/H<br>Master 30+ W/F  | 10h00 – 10h40                                 |
| <b>Race / Course No.3 (2 cat)</b>   | Master 30-39 M/H<br>Master 40-49 M/H                                   | 11h00 – 11h45                                 |
| Course open for training<br>Parcours ouvert pour entraînement   | U23 M/H, Elite W/F<br>Junior M/H, Elite M/H                            | 12h00 – 12h45                                 |
| <b>Race / Course No.4 (2 cat)</b>   | Elite W/F<br>Junior M/H  | 13h00- 13h40                                  |
| <b>Race / Course No.5 (2 cat)</b>   | U23 M/H / Elite M/H  | 14h00 - 15h00                                 |
| <b>Awards ceremonies<br/>Cérémonie des médailles</b>  | <b>All Categories</b>  | <b>5 min after finish<br/>/après finition</b> |



**NUMBER PLACEMENT / IDENTIFICATION DES COUREURS :****TECH & EXPO AREA :**

Please contact the Organizing Committee for all inquiries.

**AIRE TECH & EXPO :**

SVP, contacter le Comité organisateur pour toute demande d'information.

**PROVINCIAL TEAM :**

Each province can send only one (1) provincial team per race. Each athlete on the team must wear the provincial team jersey to be recognized as a provincial team. If two or more provinces combine their athletes to form a single team (ex; team Atlantic), all athletes on the team must wear the same jersey that clearly identifies the team, and no provincial team from those provinces will be accepted.

**ÉQUIPE PROVINCIALE :**

Chaque province peut envoyer une (1) seule équipe provinciale par course. Chaque athlète sur l'équipe doit impérativement revêtir le maillot de l'équipe provinciale pour être reconnu comme membre de cette équipe. Si deux ou plusieurs provinces se regroupent (ex; équipe Atlantique), chaque athlète doit revêtir le même maillot qui les identifie clairement à l'équipe. De plus, aucune équipe provinciale en provenance de ces dites provinces ne pourra être représentée.

**TECH SUPPORT AREA :**

Tech support will be allowed only for championship categories

The tech support area will be split in 2 different areas;

Zone 1: UCI team, CCA team, Provincial team

Zone 2: Neutral support, individual riders, clubs

**AIRE DE SUPPORT TECHNIQUE :**

Le support technique sera autorisé seulement pour les catégories de championnat.



La zone de support technique sera divisée en 2 parties;  
Zone 1: Équipe UCI, Équipe ACC, Équipe provinciale  
Zone 2: Support neutre, coureurs individuels, clubs

**PIT PASS :**

One (1) per rider in each pit on course for the championship races.

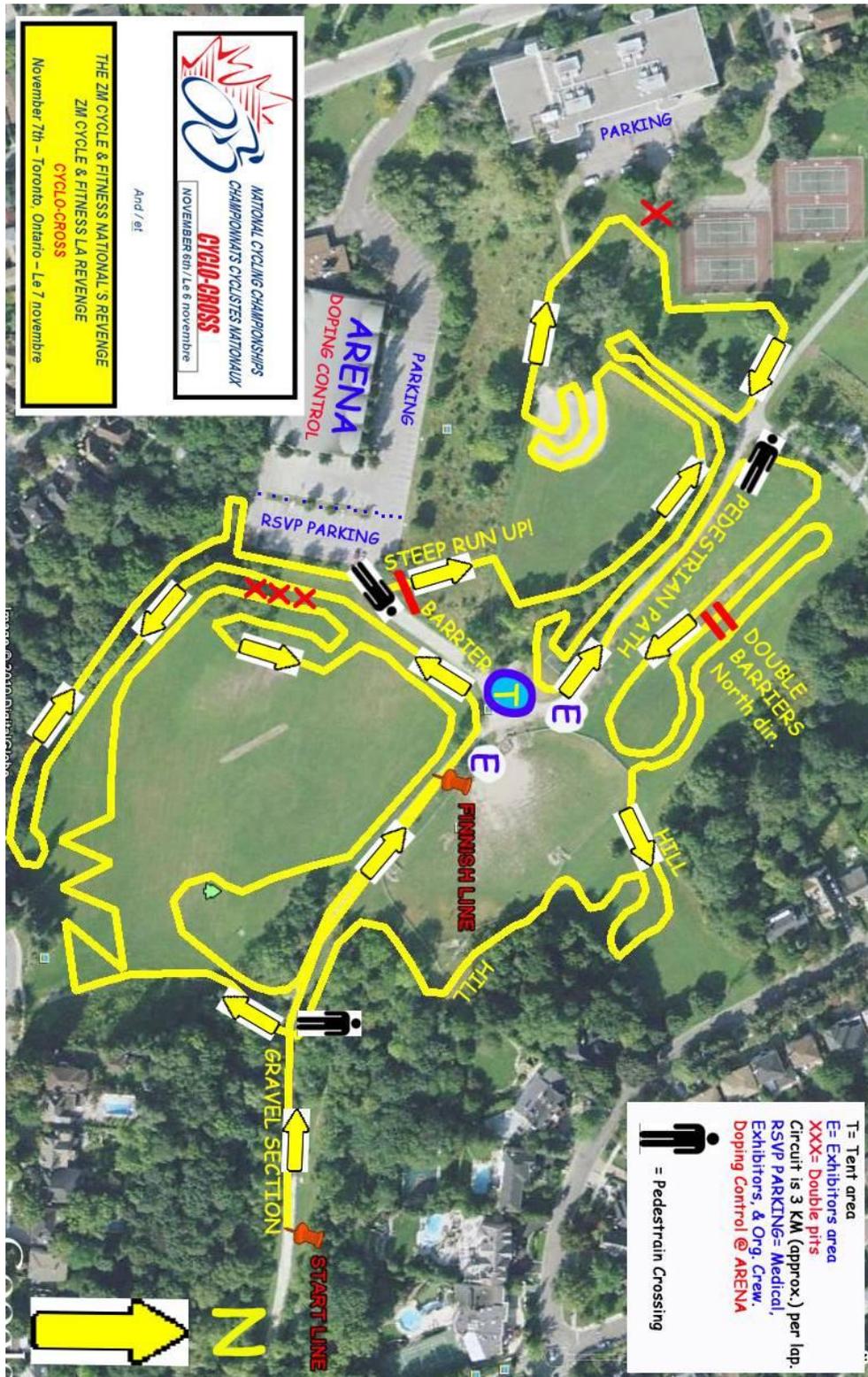
**ACCREDITATIONS POUR LES PUIITS :**

Une (1) par coureur pour chaque puits sur le parcours dans les courses de championnats.



**COURSE MAP / PARCOURS :**

**CARTE DE**



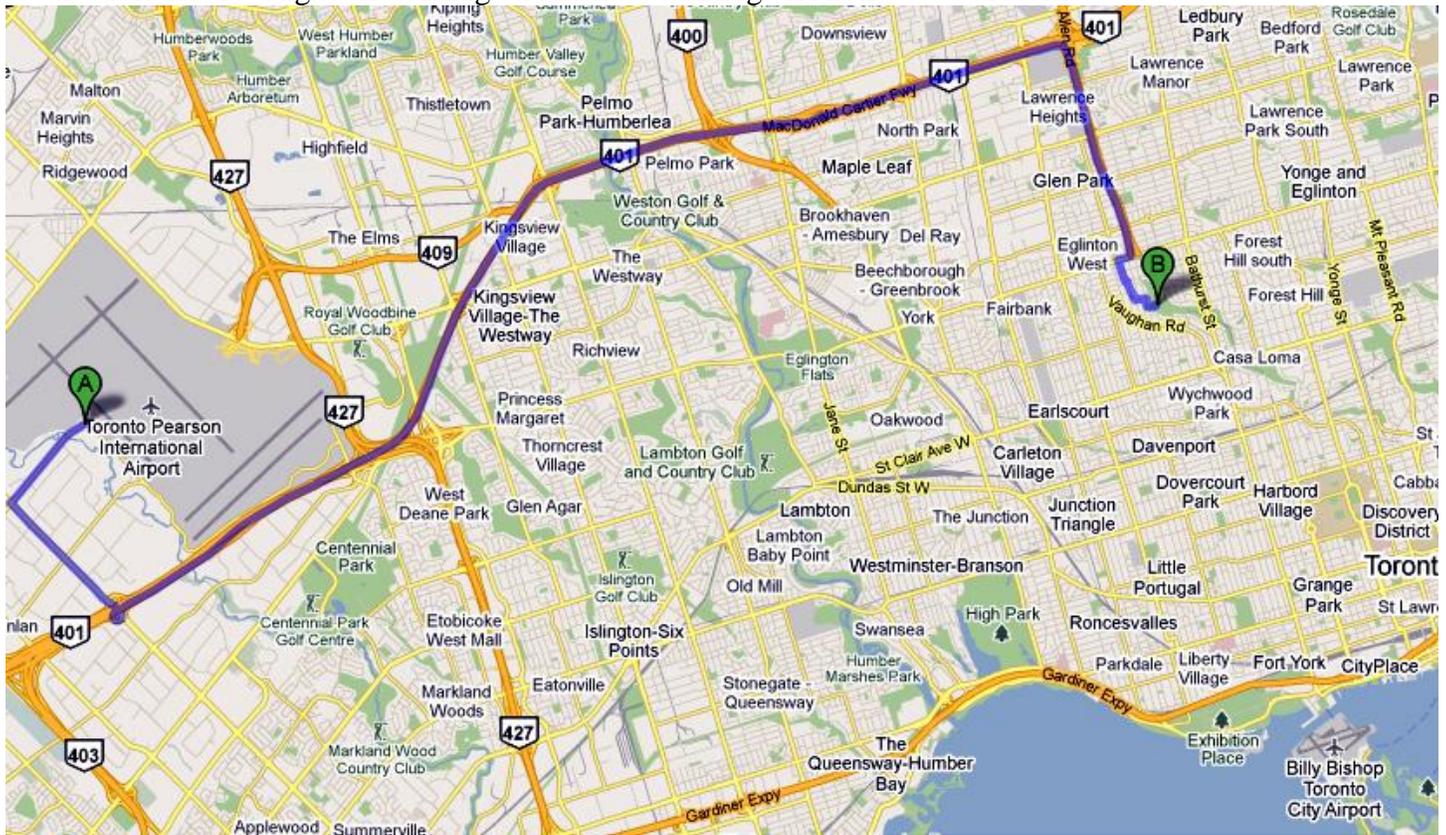
THE ZIM CYCLE & FITNESS NATIONAL'S REVENGE  
ZIM CYCLE & FITNESS LA REVENGE  
CYCLO-CROSS  
November 7th - Toronto, Ontario - Le 7 novembre

NATIONAL CYCLING CHAMPIONSHIPS  
CHAMPIONNATS CYCLISTES NATIONALUX  
CYCLO-CROSS  
NOVEMBER 6th / Le 6 novembre  
And / et




**DIRECTION TO LOCATION / DIRECTION AU LIEU : \*CEDARVALE PARK (PHIL WHITE ARENA) TORONTO \***

- |   |         |
|---|---------|
| 1. Head southwest on Courtneypark Dr Etoward Netherhart Rd.                 | 1.7 KM  |
| 2. Turn left at Dixie RD/Regional Road S                                    | 2.4 KM  |
| 3. Merge onto ON-401 E via ramp for Toronto.                                | 2.1 KM  |
| 4. Take the exit on the left onto ON-401 E                                  | 12.1 KM |
| 5. Taken the exit 365 for Allen Road  | 850 M   |
| 6. Merge onto Allen Road S  | 3.1 KM  |
| 7. Turn Right at Eglinton Ave W   | 210 M   |
| 8. Turn left at Wiona Dr  | 310 M   |
| 9. Take the 2 <sup>nd</sup> left onto Ava Rd                                | 53 M    |
| 10. Take the 1 <sup>st</sup> right onto Atlas Ave                           | 350 M   |
| 11. Take the 1 <sup>st</sup> left onto Durham Ave                           | 160 M   |
| 12. Take the 2 <sup>nd</sup> Right onto Arlington Avenue to Arlington Arena | 140 M   |


**GOOGLE MAP LINK / LIEN GOOGLE MAP :**

[http://maps.google.com/maps?f=d&source=s\\_d&saddr=Courtneypark+Dr+E&daddr=Unknown+road&geocode=FcpmgldvrpA-w%3BFU-umgldx\\_hD-w&hl=en&mra=prv&sll=43.691925,-79.4239&sspn=0.02197,0.038581&ie=UTF8&ll=43.656198,-79.529686&spn=0.175862,0.308647&z=12](http://maps.google.com/maps?f=d&source=s_d&saddr=Courtneypark+Dr+E&daddr=Unknown+road&geocode=FcpmgldvrpA-w%3BFU-umgldx_hD-w&hl=en&mra=prv&sll=43.691925,-79.4239&sspn=0.02197,0.038581&ie=UTF8&ll=43.656198,-79.529686&spn=0.175862,0.308647&z=12)



**LODGING / HÉBERGEMENT :**

# *Holiday Inn*

- Special Rates for Cyclocross National Championship participants
  - Reservations must be made before Oct 22, 2010
    - Rate is offered based upon availability
  - Bike ride away from the Cyclocross Course Event.
    - **Holiday Inn Toronto Yorkdale**
- 3450 Dufferin Street | Toronto , ON M6A 2V1
  - P 416-785-6857 | F 416-789-2946
  - Erin.Beakhouse@ihg.com
  - [www.hiyorkdale.com](http://www.hiyorkdale.com)



**CONTACTS / COORDONÉES :**

**RACE ORGANIZATION / ORGANIZATION DE COURSE :**

NEW

2055 Dufferin Street, Toronto , On, 416-652-0080

Ziggy Martuzalski, [zmcyclefitness@rogers.com](mailto:zmcyclefitness@rogers.com),

**FOOD PROVIDER:**

NEW

<http://smokespoutinerie.com/>



**EVENT SPONSORS / COMMANDITAIRES :**



Capturing Ontario Bike Racing in Motion



**Supplement Map :** NEW

## o EXTRA INFORMATION.

o CHANGES: ONLY ONE SET OF BARRIERS.

o NOTE THE DIRECTION OF THE PIT ZONE.

o RSVP PARKING: INSTALLATION OF TENTS (BIG OR SMALL) ONSITE MUST BE AUTHORIZED. (CONTACT ZIGGY @ 416-652-0080 OR E-MAIL STEPHANEGTI@YAHOO.COM

o POUR INSTALLATION DE TENTE OU AUTRES INSTALLATION PRÈS DES PUIITS, TÉLÉPHONER ZIGGY AU NUMÉRO 416-652-0080 OU ADRESSE COURRIEL : STEPHANEGTI@YAHOO.COM.

