

Dirt Squirrel 'Cross -OCUP #1

Sunday September 20, 2015



Christie Conservation Area-Dundas, Ontario

1000 Hwy 5 W, Dundas ON L9H 5E2

Tech Guide Version 1.0

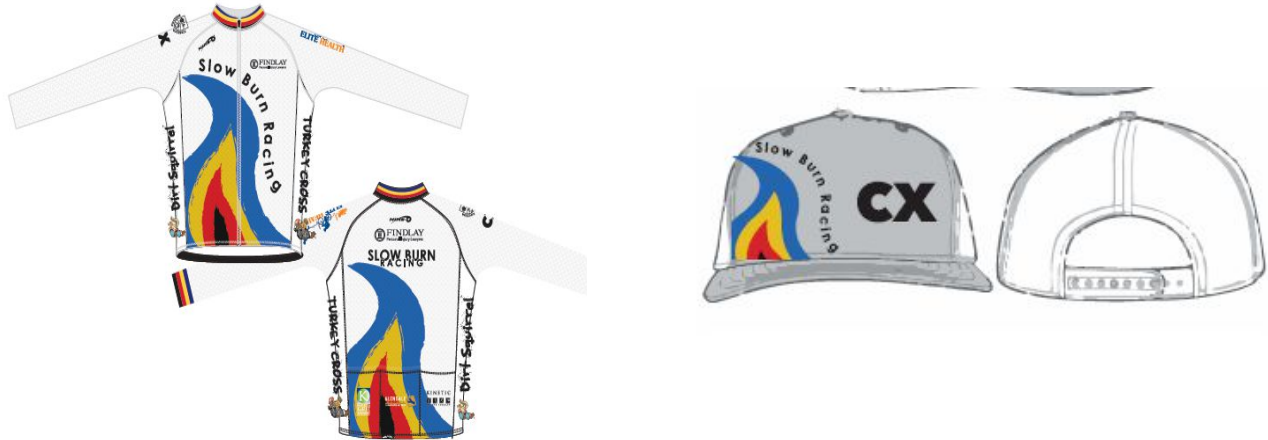
Title Sponsor: Findlay Attorneys



www.findlaylaw.ca

General Information

- exciting and challenging course at Christie Lake has a bit of everything...climbs, sand, grass, dirt
- up to \$1500 in cash and merchandise with 100 pre-registered riders in prizes to catch your attention and help you race your best
- new Slow Burn Racing winners jersey for Elite Men, Master 1 Men, and Elite Women races and Trucker hats for podiums in the rest of the categories



- get updates and more information at www.slowburnracing.com
- visit all our awesome sponsors and thank them for supporting the race
-

Our Title Sponsor-Findlay Attorneys www.findlaylaw.ca



Elite Health- <http://www.elitehealth.ca/>

Glendale Motors <http://www.glendalemotors.ca/>





Kinetic Sports Therapy <http://www.kineticsportstherapy.ca/>

Robert Kloet Accounting <http://www.rhkcma.ca/>

Race Day nutrition support

Waxy's Food Truck-coffee, bagels, sandwiches and other snacks

Registration Information

- Registration cut off will be Midnight Sept 17th 2015
- this is an Ocupe race
- Registration can be done online through CCN at www.ontariocycling.org
- 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
-

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!

Day of Registration is \$50 plus \$10 Christie Park entry fee per racer

Race Categories

Category	Start Time	Distance	Entry Fee
M3 Men/E4 men	09:30 AM	40min	\$40.00
U13, U15, U17 M &F	10:45 AM	30min	\$30.00
M2, E3 Men, U19 Men	11:45 AM	45min	\$40.00
U19/Master W/Elite W	01:00 PM	40min	\$40.00
M1/Elite M/singlespeed	02:00 PM	60min	\$40.00

Day of Registration is \$50 plus \$10 Christie Park entry fee per race

Cat	1	2	3
M3	30 + hat	20 + hat	10 + hat
S4	30 + hat	20 + hat	10 + hat
M2	50 + hat	40 + hat	30 + hat
S3/JRM	50 + hat	40 + hat	30 + hat
U17 M/F	MERCH	MERCH	MERCH
Elite F	120 + jersey	90 + hat	70 + hat
Master W/JR W	50 + hat	40 + hat	30 + hat
E1	120 + jersey	90 + hat	70 + hat
M1	100 + jersey	80 + hat	60 + hat
Single Speed	30 + hat	20 + hat	10 + hat

Prizes

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

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 8 riders in a category then prizes only to top 4

You must attend the awards ceremonies in order to receive your winnings. If you receive a prize for a position below 3rd, 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.

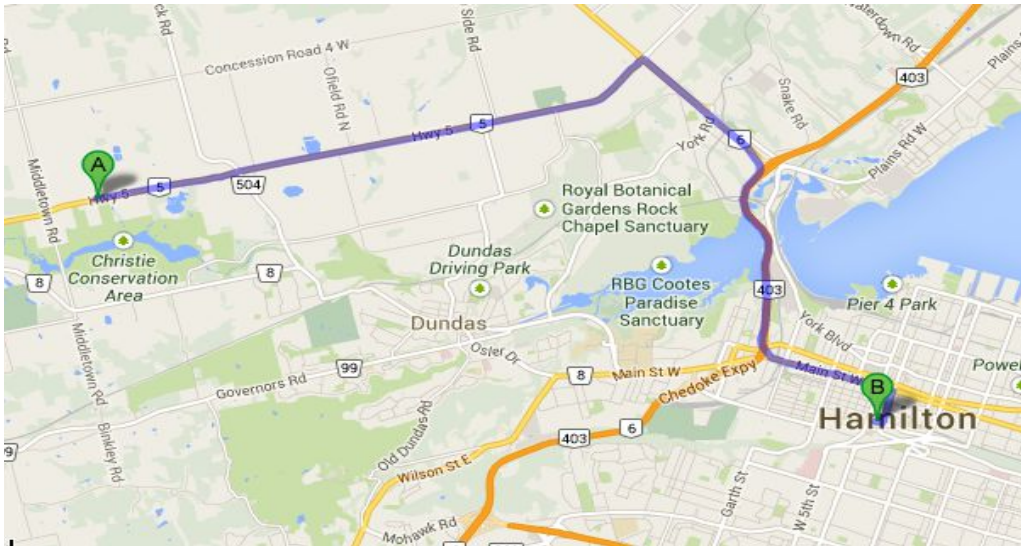
Course Map-

- Course subject to change-will not be crossing the bridge this year but using multiple sections of the park including the sand
- clover leaf design to maximize spectator viewing
- 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

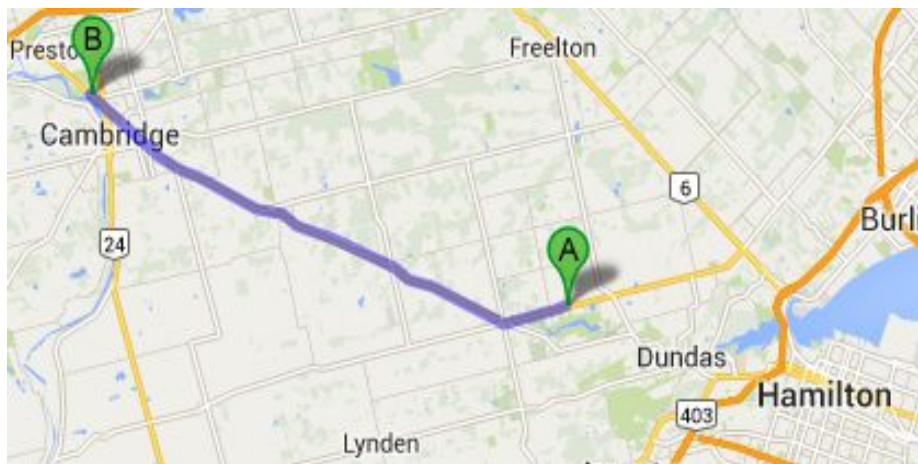


A Christie Lake Conservation Area
1000 Hwy 5 W, Dundas, ON L9H 5E2

- | | |
|---|----------------------------|
| 1. Head east on ON-5 E
About 8 mins | go 9.5 km
total 9.5 km |
| 2. Turn right onto ON-6 S (signs for Toronto/Brantford)
About 2 mins | go 2.5 km
total 12.0 km |
| 3. Keep right at the fork, follow signs for ON-403 W/Ontario 6 S/Brantford and merge onto ON-403 W/ON-6 S
About 2 mins | go 3.6 km
total 15.6 km |
| 4. Take the Main St exit toward ON-8 E | go 750 m
total 16.3 km |
| 5. Merge onto Main St W
About 3 mins | go 2.0 km
total 18.3 km |
| 6. Turn right onto John St S
About 1 min | go 650 m
total 19.0 km |
| 7. Turn right onto Charlton Ave E
Destination will be on the left | go 120 m
total 19.1 km |

B 50 Charlton Ave E, Hamilton, ON L8N 4A6

Directions to Cambridge Memorial Hospital



A **Christie Lake Conservation Area**
1000 Hwy 5 W, Dundas, ON L9H 5E2

1. Head **west** on **ON-5 W** toward **Middletown Rd**
About 3 mins
go 3.2 km
total 3.2 km
2. Slight right onto **ON-8 W**
About 14 mins
go 18.4 km
total 21.6 km
3. Continue onto **Dundas St S**
About 6 mins
go 4.7 km
total 26.4 km
4. Continue onto **Coronation Blvd**
About 2 mins
go 800 m
total 27.2 km
5. Make a U-turn at **Oliver Ave**
About 58 secs
go 24 m
total 27.2 km

B **Cambridge Memorial Hospital**
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 prizes 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
-

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

From the North:



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**)

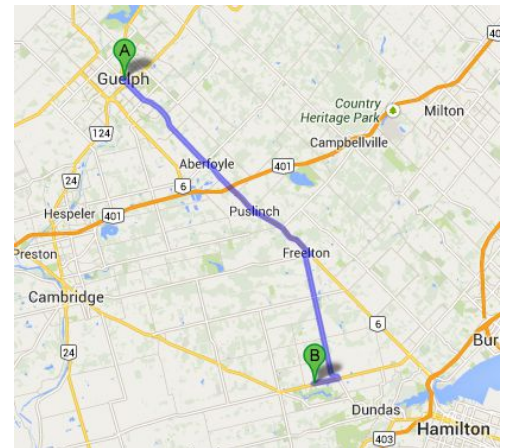
go 500 m
total 25.0 km
6. Turn **left** onto **Brock Rd/Regional Rd 504**
About 13 mins

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



Christie Lake Conservation Area
1000 Hwy 5 W, Dundas, ON L9H 5E2



From the East:



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

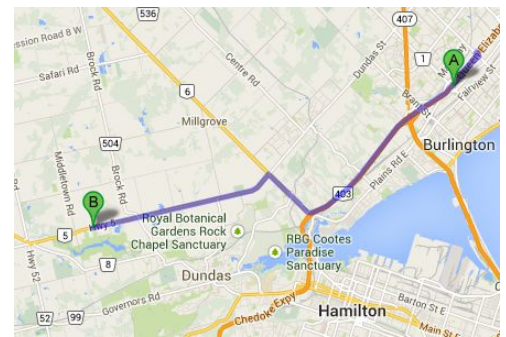
go 7.6 km
total 14.2 km
7. Take **exit 74** to merge onto **ON-6 N** toward **Guelph**
About 2 mins

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



Christie Lake Conservation Area
1000 Hwy 5 W, Dundas, ON L9H 5E2



From the South:



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



Christie Lake Conservation Area
1000 Hwy 5 W, Dundas, ON L9H 5E2

