

Turkey 'Cross

Sat Oct 11, 2014



Christie Conservation Area-Dundas, Ontario

1000 Hwy 5 W, Dundas ON L9H 5E2

Tech Guide Version 1.0

Title Sponsor: Findlay Attorneys



FINDLAY
A T T O R N E Y S

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 Turkey 'Cross winners jersey for Elite Men, Master 1 Men, and Elite Women races



- 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



The Brassie Pub in Ancaster www.brassiepub.com



Microart Services Inc- Custom electronics manufacturing www.microart.ca



Prime Contact- Polling & Research services, data services, live agent calling www.primecontact.ca



Tour de Giro- Online Multiplayer Cycling Race www.tourdegiro.com



Bayshore Therapy & Rehab-providing a complete range of therapy and rehab solutions www.bayshore.ca/therapy-rehab



Louden Kinetics-Fitness and health development for women and busy moms on the go www.loudenkinetics.ca



Kerr Mechanical-Commercial Plumbing and Mechanical services

Race Day nutrition support

Domestique-Get your race day caffeine fix **Locke Street Bagel Truck**-enjoy a snack during the race



Registration Information

- Registration cut off will be Midnight Oct 9th 2014
- Registration can be done online through CCN at 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
-

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 \$45 plus \$9 Christie Park entry fee per racer

Category	Start Time	Distance	Entry Fee
Master 3 Men	10:00:00	40min	\$35.00
Senior 4 Men	10:00:00	40min	\$35.00
Master 2 Men	11:15:00	50min	\$35.00
Senior 3 Men	11:15:00	50min	\$35.00
U19/Elite Women	11:15:00	40min	\$35.00
Master Women	11:15:00	40min	\$35.00
U19 Men	11:15:00	50min	\$30.00
U15 Men	12:15:00	30min	\$30.00
U15 Women	12:15:00	30min	\$30.00
U17 Men	12:15:00	30min	\$30.00
U17 Women	12:15:00	30min	\$30.00
U23 Men	01:15:00	60min	\$35.00
Elite Men	01:15:00	60min	\$35.00
Master 1 Men	01:15:00	60min	\$35.00

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

Prizes

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

Category	First	Second	Third	Fourth	Fifth
Master 3 Men	\$30.00	\$20.00	\$15.00	Merchandise	Merchandise
Senior 4 Men	\$30.00	\$20.00	\$15.00	Merchandise	Merchandise
Master 2 Men	\$40.00	\$30.00	\$20.00	Merchandise	Merchandise
Senior 3 Men	\$40.00	\$30.00	\$20.00	Merchandise	Merchandise
U19/Elite Women	Jersey + \$100	\$70.00	\$50.00	\$30.00	\$20.00
Master Women	\$40.00	\$30.00	\$20.00	Merchandise	Merchandise
U19 Men	Merchandise	Merchandise	Merchandise	Merchandise	Merchandise
U15 Men	Merchandise	Merchandise	Merchandise	Merchandise	Merchandise
U15 Women	Merchandise	Merchandise	Merchandise	Merchandise	Merchandise
U17 Men	Merchandise	Merchandise	Merchandise	Merchandise	Merchandise
U17 Women	Merchandise	Merchandise	Merchandise	Merchandise	Merchandise
U23/Elite Men	Jersey + \$150	\$120.00	\$100.00	\$80.00	\$60.00
Master 1 Men	Jersey + \$100	\$70.00	\$50.00	\$30.00	\$20.00

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-

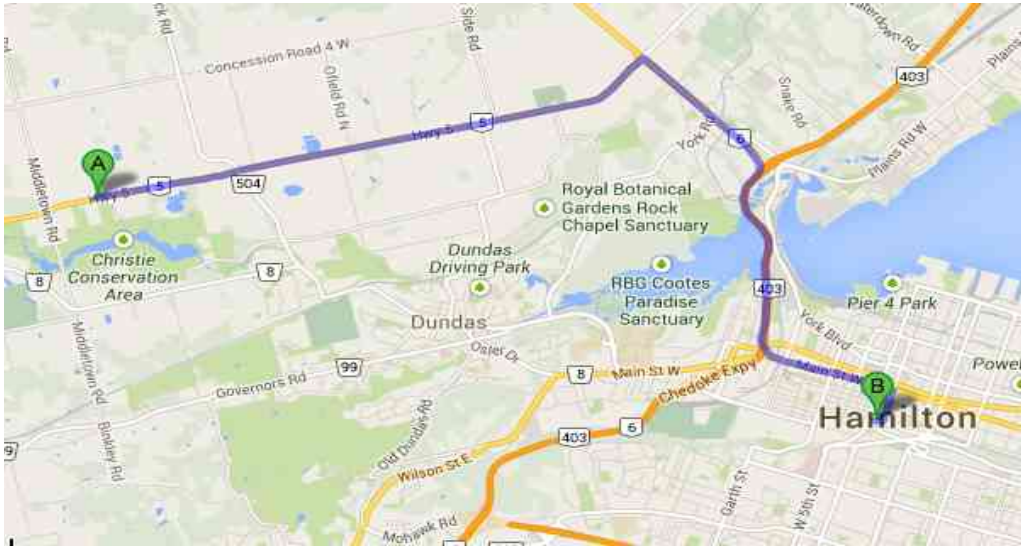
- 🕒 Course subject to change-we will be crossing the bridge and using a section of the hill this year-direction to be opposite arrows in picture
- 🕒 There will be a 2 sided 'Bike Pit' approx half way through the course



Course Safety

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

Directions to St Joseph's Healthcare 50 Charlton Hamilton



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 |



50 Charlton Ave E, Hamilton, ON L8N 4A6

Directions to Cambridge Memorial Hospital



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



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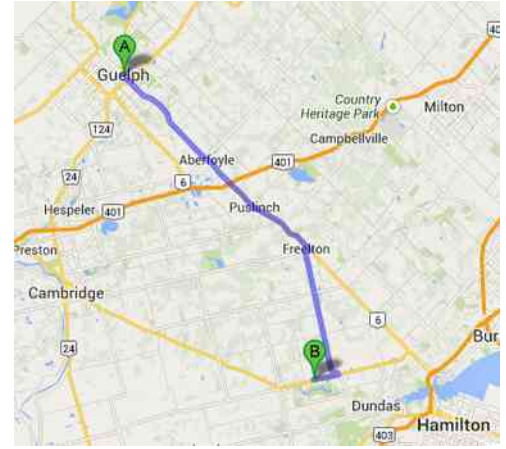
**Directions to Event-Christie Lake Conservation Area
-1000 Hwy 5 W, Dundas ON L9H 5E2**

From the North:

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

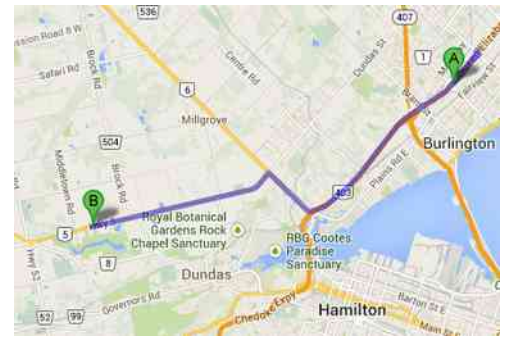


From the East:

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



From the South:

A Queen Elizabeth Way, Burlington, ON

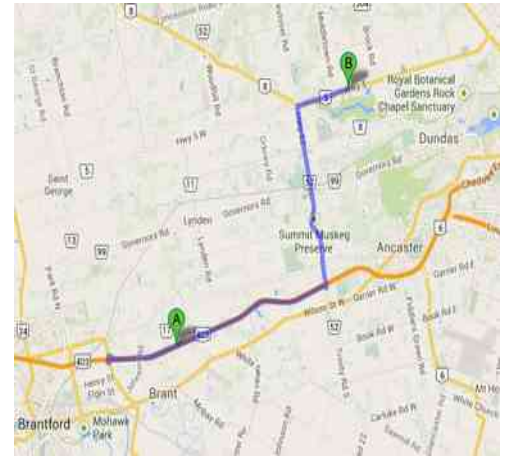
1. Head **northeast** on **ON-403 E** toward **Exit 105**
About 50 secs
go 1.5 km
total 1.5 km
2. Take **exit 105** for **Walkers Line**
About 1 min
go 550 m
total 2.1 km
3. Turn **left** onto **Walkers Line**
go 120 m
total 2.2 km
4. Take the **Queen Elizabeth Way/Ontario 403** ramp to **Hamilton**
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 **Christie Lake Conservation Area**
1000 Hwy 5 W, Dundas, ON L9H 5E2



From the West:

A	Ontario 403, ON	
1.	Head west on ON-403 W About 2 mins	go 3.8 km total 3.8 km
2.	Take exit 41 for Garden Avenue toward Cainsville About 56 secs	go 550 m total 4.4 km
3.	Turn left onto Garden Ave (signs for Garden Avenue S/Cainsville)	go 240 m total 4.6 km
4.	Merge onto ON-403 E via the ramp to Hamilton About 8 mins	go 14.3 km total 18.9 km
5.	Take exit 55 for County Road 52 toward Copetown	go 500 m total 19.4 km
6.	Turn left onto Hwy 52 About 2 mins	go 1.1 km total 20.6 km
7.	At the roundabout, continue straight to stay on Hwy 52 About 8 mins	go 8.1 km total 28.7 km
8.	Turn right onto Hwy 8/ON-5 E Continue to follow ON-5 E About 3 mins	go 3.4 km total 32.1 km
B	Christie Lake Conservation Area 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!!!!