



BikeRace Ottawa

presents the
38th year of the Preston Street Bicycle Races
Sunday, June 20, 2010
Ottawa, ON

Sanctioned by the
Ontario Cycling Association



Technical Guide

Organization:

Bikerace Ottawa

Doug Corner
Art Morewood
Carlo Dal-Cin

Contact Info:

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Kids Races Ages 7 and under organized by Osmond Bakker
Osmond.bakker@gmail.com

Kids Races Ages 7 and over organized by Rob McClure
Rob.McClure@sympatico.ca

Schedule

June 20, 2010

Start Location: Preston/Norman Street
Course: Preston/Adeline/Rochester/Aberdeen (counterclockwise)
Distance per lap: 1.0 km (includes 4 corners)

Event #1

Start time: 11:00 a.m.
Categories: Senior 3,4 men, Juniors, Cadets
Distance: 45 min. + 5 laps

Event #2

Start time: 12:00 pm
Categories: Master 2, 3 men, Master D
Distance: 45 min. + 5 laps

Event #3

Start time: 1:00 p.m.

Kids Races

Race 1: 1:00 to 1:15

Wave 1: 5 and under 50m sprint Wave 2: 6-7 yr olds 50 m sprint

Race 2: Bibite (7-9 yrs old, born in 2001-2003) 2 Laps Start 1:15 finish by 1:25

Race 3: Peewee (10-12 yrs old, born in 1998-2000) 4 lap Start 1:25 finish by 1:45

Race 4: Minimee (13-14 yrs old, born in 1996-1997) 6 laps Start 1:45 finish by 1:59

Event #4

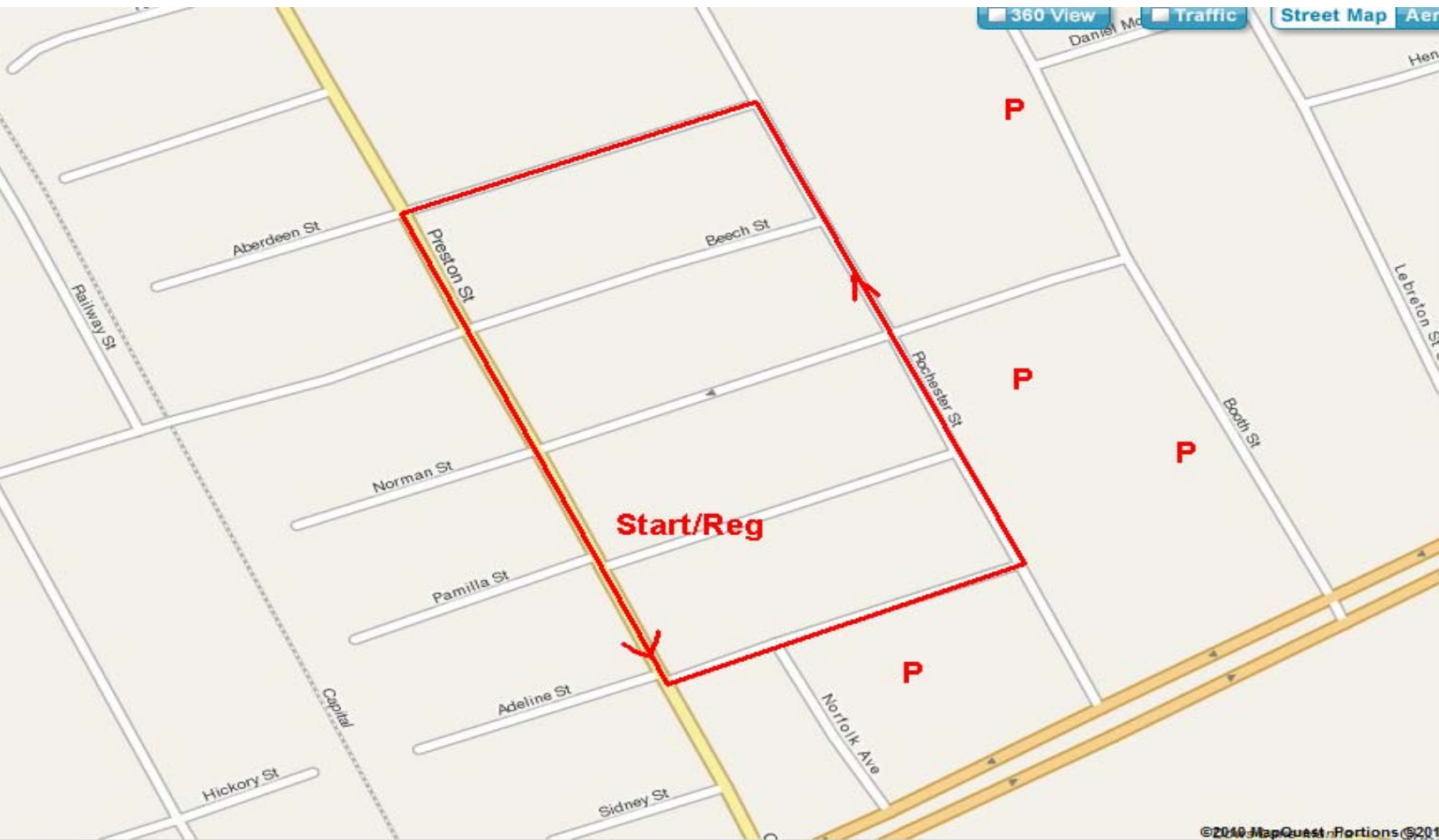
Start time: 2:00 pm
Categories: Women
Distance: 45 min. + 5 laps

Event #5

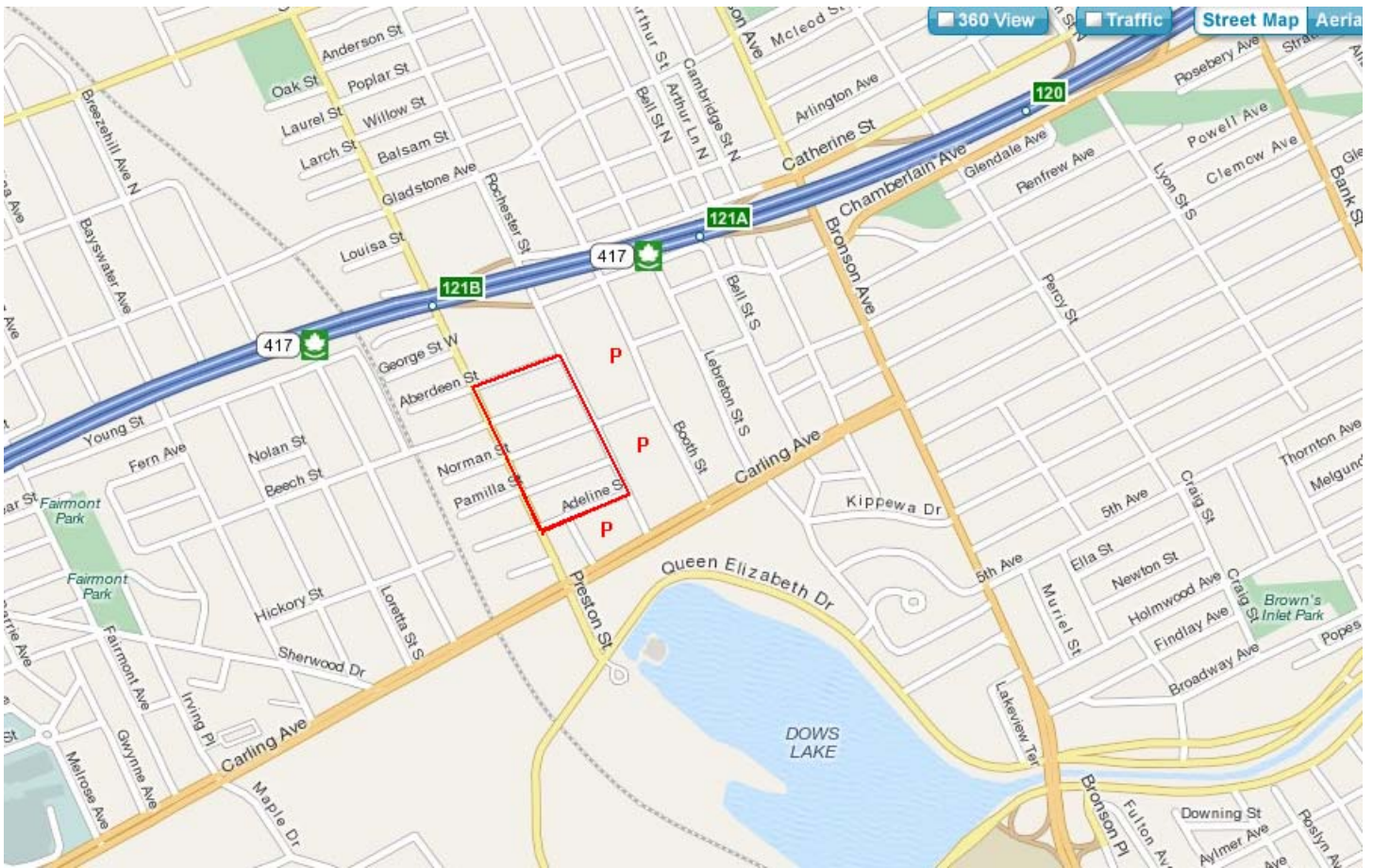
Start time 3:00 pm

Categories: Senior 1,2 , Master 1 Men

Distance 1 hr 15 min + 5 laps



Directions to Preston Street Races, Ottawa, ON June 20, 2010



From the West, take Highway 417 to the Rochester Street exit. At the traffic lights at Rochester, continue straight onto Orangeville. At Booth St. turn right and park in the area of Booth/Norman. The Government of Canada parking lots will be available. **DO NOT PARK INSIDE THE RACE COURSE.**

From the East, take Highway 417 to the Bronson St. exit. Continue straight on Catherine St. which turns into Raymond St. At Booth St., turn left and park in the area of Booth/Norman. The Government of Canada parking lots will be available. **DO NOT PARK INSIDE THE RACE COURSE.**

Event rules

- **Pre-registration closes on Thursday June 17th, 2010 at 11:59 pm. Register at <http://www.ontariocycling.org/>**
- Pre-registration fee \$35 for Junior and U17, \$40 all other categories
- Race Day Entry Fee \$40 for Junior and U17, \$45 all other categories
- Same day registration available on site starting at 9:00 AM.
- Registration (sign-in) closes 30 minutes before each event.
- Prize list will be posted at the race site
- Quebec Master A (30-39) will ride with Master 1, Quebec Master B.C.D (40-60+) will ride with Master 2,3
- U.S riders with domestic licences must purchase a One-Event Racing Permit and are eligible to register in the category listed on their domestic licence or their appropriate category
- **NO WARMING UP ON THE COURSE. BRING YOUR BIKE TRAINER**
- Number placement: left shoulder/left hip
- All riders must sign on at registration on race day at least 30 minutes before their start.
- All UCI-licensed riders are eligible to register. OCA Citizen Permit holders under the age of 17 may also register. For all other unlicensed riders, OCA One-Event Racing Permits (\$10) will be available for Under-17 Men & Women, Junior Men & Women, Senior 3 Women, Master A&B Women, Senior 4 Men and Master 3 Men. Citizen Permits will be available for purchase to riders under 17 in age.
- An OCA representative will be present at the race to assist with rider licensing issues. One-Event Racing Permits and 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.
- All riders (or parents/guardians) are required to sign the OCA and CCA waivers, unless they have an OCA-issued license
- **Any rider dropping out of the race shall immediately notify a commissaire.**

- In cases where more than one group is on the course at the same time, riders must remain separate when overtaking or being overtaken by riders from other groups.
- **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.
- **It is the riders' responsibility to ensure that their race numbers are readable. Riders whose numbers are unreadable at the finish may not get a placing and may forfeit their prizes**
- **Team radios are not permitted**
- All riders within a category will finish on the same lap. Therefore, lapped riders will complete fewer laps than the winner.
- The prize list will be displayed at registration. Additional prizes may be announced on the start line.
- Awards will be presented during the following race according to the published schedule. Top-3 finishers are required to attend award presentations or risk forfeiting their awards. Riders are expected to wear their competition uniforms for the presentation.

A free lap may be granted for each mishap. In the case of a recognized mishap (see rule 3.2.021) the rider shall be entitled to a neutralization of one or two laps to be determined by the commissaires according to the length of the circuit. Only the commissaires may determine if the mishap is legitimate. The following shall be considered recognized mishaps: a fall; a puncture; the breakage of an essential part of the bicycle; being held up behind a crash. All other incidents are considered unrecognized incidents. **ALL RIDERS MUST REPORT TO THE WHEEL PIT TO OBTAIN THE FREE LAP.**

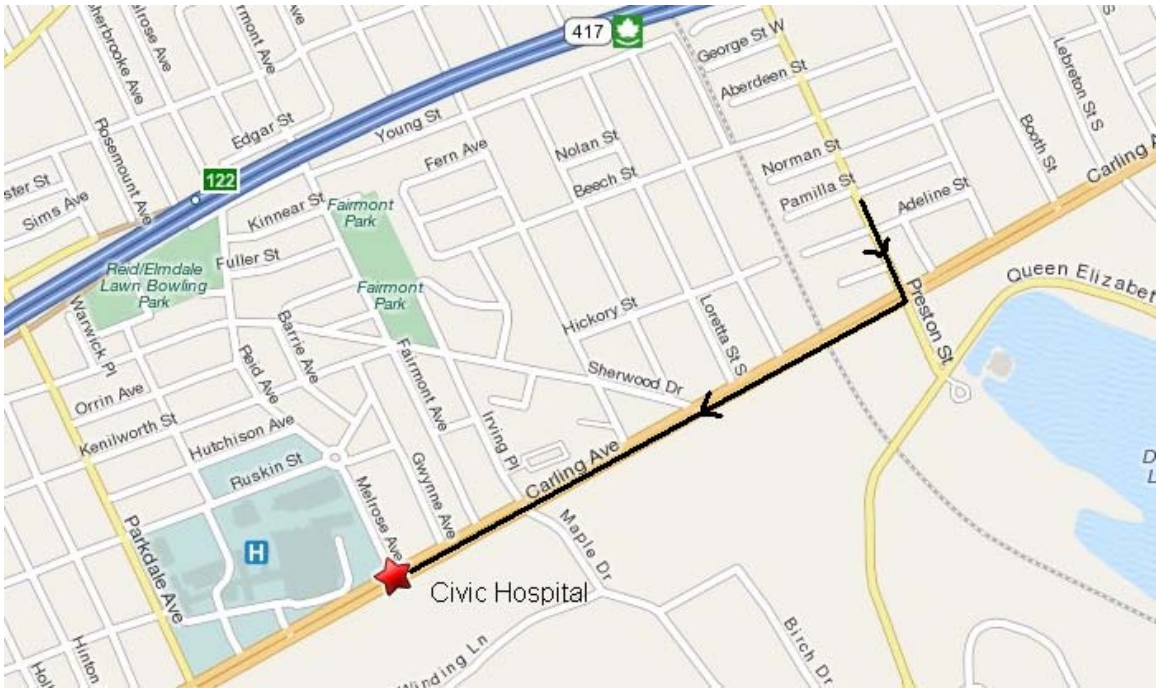
No free laps will be given in the final 5 laps of the event. This 5 lap distance shall be determined by the position of the leaders.

Bicycle repairs may be made in the official pit only. Riders are encouraged to bring their own spare wheels to be placed in the pit the start of their race.

- Feeding is not permitted.

Nearest Hospital

Civic Hospital
1053 Carling Ave. Ottawa, ON
(613) 722-7000



St. John First Aid will be at the Start/Finish line. Emergency ambulance call is 911.

Equipment Rules

- Per UCI/CCA rules, only traditional wheels or approved non-traditional wheels are permitted. Consult the list of approved non-traditional wheels at www.uci.ch/english/about/wheels.htm
- Only standard handlebars are permitted. Handlebar extensions including time-trial bar extensions are not permitted
- Only bicycles that fit the UCI definition are permitted. See section 2 of Chapter 3 in the 2009 CCA regulations
- Riders are required to wear jerseys corresponding to the club or team printed on their license.
- Sleeveless jerseys are not permitted
- Numbers will be provided by the organizer
- Riders are required to wear helmets while racing and while warming up.
- Gear restrictions will be in effect for Junior and Under-17 categories, plus Under-19 Senior 1&2 riders
- The use of glass containers is strictly prohibited during the race

Number Placement

Numbers must be placed on the left shoulder and left hip. Your number must be visible to the camera to get a placing.