

## Ontario Cup #1 – Woodnewton

Presented by:



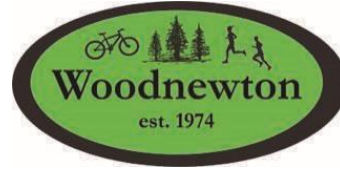
Mar 6<sup>th</sup>, 2025  
Technical Guide V1



THIS EVENT IS SANCTIONED BY

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## Event Description

**Date:** May 10<sup>th</sup>-11<sup>th</sup>

**Location:** Woodnewton 4589 Concession 6, Uxbridge, ON L9P 1R4, Canada

**Parking:** Onsite, please follow signage for entrance and exit. No parking on Concession 6.

Woodnewton, located in Uxbridge just 15 minutes north of Whitby, is home to the Durham Shredders Mountain Bike Club. Woodnewton offers exceptional early season riding conditions with its sandy soils, southern exposure, and remarkable trails that are exclusively accessible during events. In keeping with the surrounding trails in Durham Forest, Woodnewton offers a great selection of fast, flowy and technical single and double track trails.

Saturday May 10<sup>th</sup> will feature a short track (XCC) race along with the following community events:

- Open category Kids Fun Race on the XCC course @11:30 am (sign up link below)
- Girls & Women Programming starting @1:30 pm. Sign up [here](#)
  - Bike Mechanical Workshops - what you should know and what tools you need to develop your bike maintenance and repair skills (one workshop will be for the general rider and the second for racers)
  - Girls & Women guided ride in Woodnewton

Sunday May 11<sup>th</sup> will be the OC OCup XCO races.

[Annina's Temptations](#) Food Truck will be available on site both days as well as access to [Slabtown Cider Co.](#) on the property adjacent to Woodnewton. Please note, alcohol is prohibited on the Woodnewton property and must not be brought on site.

For updates stay tuned to our social channels [@durhamshredders](#). Questions or concerns can be directed to [events@durhamshredders.com](mailto:events@durhamshredders.com).

## Event Contacts

Position	Name
Event Organizer	Durham Shredders MTB Club
Ontario Cycling Event Lead	Darren De Ruiter
Ontario Cycling Membership	Chris Baskys
Timing	RaceTiming.ca
Medical	Odyssey Medical

## Commissaires

Position	Name
President of the Commissaire Panel	Edward Sitarski
Finish Judge	Maria Paisley
Member	Joseph Hall

## Media

- Any individual wanting to create media content with professional equipment or for the purpose of selling content is required to obtain accreditation from Ontario Cycling.
- Please contact [teagan.hughes@ontariocycling.org](mailto:teagan.hughes@ontariocycling.org) by Wednesday April 30<sup>th</sup> (Wed – 8 days before reg closes), 2025 to receive accreditation for the event.

## Registration

- Registration for all MTB OCups is open to Ontario Cycling members and license holders 8 years of age and older.
- Challenge Membership, Compete Membership, and UCI Race License holders are permitted to participate at all OCup events. Out-of-Province riders must have a UCI License. Licenses will not be sold on event day and must be purchased in advance.
- Riders without a membership can participate in the majority of categories by purchasing a non-member permit at the time of registration.
- Registration for MTB OCup 1 closes on **Thursday May 8<sup>th</sup> (Thu of race week) at 11:59pm.**
- If the Thursday at 11:59pm registration deadline passes and a rider would still like to register, they have until Friday at 4:00pm to contact the OC office for registration to be re-opened and may be subject to a \$50 late entry fee.

MTB OCup #1 – Woodnewton Registration		
Event	Registration Timeline	Link
OCup #1	Closes Thu, May 8 <sup>th</sup> (Thu of race week) @ 11:59pm	<a href="#">Here</a>
Saturday XCC Kids Fun Race	Open until day of event	<a href="#">Here</a>
Cost per event	XCC price of Free-\$30 depending on category XCO price of \$40-80 depending on category	

## Pre-Riding

Pre-riding will be available at the following times:

Date/Time	Details	Registration
Wed May 7 <sup>th</sup> @ 5 pm	Woody Weekly Race Series (OC Unsanctioned Event)	<a href="#">Here</a>
Thurs May 8 <sup>th</sup> 5:30 pm – 8 pm	XCO course pre-ride	<a href="#">Here</a>
Fri May 9 <sup>th</sup> 5:30 pm – 8 pm	XCO course pre-ride	
Sat May 10 <sup>th</sup> 9 am – 4 pm	XCC race & official XCO course pre-ride	

Riders assume their own risk and responsibility when riding the course outside of official pre-ride and competition on Saturday and Sunday of event weekend.

Cost:

- Thurs-Saturday pre-ride is \$10 per day or \$15 for multi-day. Registration for the XCC races includes Saturday pre-ride.

## Categories & Pricing

XCC Start Wave	Time	Categories	Registration Fees Closes Thu May 8 <sup>th</sup>
1	Saturday 10:30am	U13 Girls U13 Boys U15 Girls U15 Boys	\$25
2	Saturday 11:00am	Elite Women U19 Women U17 Girls 35-49 Master Women 50+ Master Women	\$30
3	Saturday 11:30am	Kids Fun Race!	Free
4	Saturday 12:00pm	U17 Boys 35-49 Master Men 50+ Master Men	\$30
5	Saturday 12:30pm	Elite Men U19 Men	\$30

XCO Start Wave	Time	Categories	Registration Fees Closes Thu May 8 <sup>th</sup>
1	Sunday 9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	\$40
2	Sunday 10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women U19 Sport Men Novice Men 19+ Novice Women 19+	\$50 (U15, Novice) \$60 (U17/19)
3	Sunday 11:30am	Senior Men/Open 19-34 Master Men/Open 55-64 Master Men/Open 65+ Senior Women 19-34 Master Women 35-44 Master Women 45-54 Master Women 55-64 Master Women 65+	\$75
4	Sunday 1:30pm	Elite Women 19+ U19 Expert Women U17 Expert Girls Elite Men 19+ U19 Expert Men U17 Expert Boys Master Men/Open 35-44 Master Men/Open 45-54	\$70 (U17/19) \$75 (Master) \$80 (Elite)

## Category Distance, Laps, and Duration

Start Wave	Time	Categories	Distance	# Of Laps	Duration
1	9:00am	U11 Girls U11 Boys U13 Girls U13 Boys	6km (U11) 9km (U13)	2 Laps (U11) 3 Laps (U13)	25-40min
2	10:00am	U15 Girls U15 Boys U17 Sport Girls U17 Sport Boys U19 Sport Women U19 Sport Men Novice Men 19+ Novice Women 19+	15km	3 Laps	55-70min
3	11:30am	Senior Men/Open 19-34 Master Men/Open 55-64 Master Men/Open 65+ Senior Women 19-34 Master Women 35-44 Master Women 45-54 Master Women 55-64 Master Women 65+	18km (W & 65+ M) 24km (M U65)	3 Laps (W & 65+ M) 4 Laps (M U65)	55-70min (W & 65+ M) 70-85min (M U65)
4	1:30pm	Elite Women 19+ U19 Expert Women U17 Expert Girls Elite Men 19+ U19 Expert Men U17 Expert Boys Master Men/Open 35-44 Master Men/Open 45-54	18km (U17 & U19 W) 24km (M & Elite W) 30km (Elite M)	3 Laps (U17 & U19 W) 4 Laps (M & Elite W) 5 Laps (Elite M)	55-70min (U17 & U19 W) 75-90min (M & Elite W) 90min (Elite M)

## Awards & Prizes

- Medals will be awarded to the top three (3) finishers in each category.
- Should categories be combined because of low participation numbers, results will be broken out for awards. Awards will be awarded based on the results of each category separated.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium protocol shall be enforced, and fines may be issued to those who fail to comply. Riders must wear their competition uniform for medal presentations.
- Medal presentations will take place following the conclusion of each race.

We are pleased to offer an XCO Elite and U19 Expert prize purse as follows:

<b>Elite M/F</b>	
1 <sup>st</sup> Place	\$200
2 <sup>nd</sup> Place	\$150
3 <sup>rd</sup> Place	\$100
<b>U19 Expert M/F</b>	
1 <sup>st</sup> Place	\$100
2 <sup>nd</sup> Place	\$75
3 <sup>rd</sup> Place	\$50

## Event Schedule

### THURSDAY, May 8<sup>th</sup>:

- 5:30 pm – 8:00 pm XCO Course Pre-Ride
- Registration Closes at midnight

### FRIDAY, May 9<sup>th</sup>:

- 5:30 pm – 8:00 pm XCO Course Pre-Ride

### SATURDAY, May 10<sup>th</sup>:

- 9:00 am – 4:00 pm XCO Course Pre-Ride
- 9:00 am – 4:00 pm Rider Sign-In is Open\*
- **11:30 am** **XCC Start Wave 1** (U13 & U15)
- **11:00 am** **XCC Start Wave 2** (U17+ W)
- **11:30 am** **XCC Start Wave 3** (Kids try-out fun race!)
- **12:00 pm** **XCC Start Wave 4** (U17 & Master M)
- **12:30 pm** **XCC Start Wave 5** (U19 & Elite M)
  - 1:00 pm XCC Podium Ceremonies
- 1:30 pm – 3:30 pm Women & Girls Programming

### SUNDAY, May 11<sup>th</sup>:

- 7:30 am – 1:00 pm Rider Sign-In is Open\*
- **9:00 am** **Start Wave 1 (U11/U13)**
  - 10:30 am Wave 1 Podium Ceremonies
- **10:00 am** **Start Wave 2 (U15, Sport U17/19, Novice 19+)**
  - 12:00 am Wave 2 Podium Ceremonies
- **11:30 am** **Start Wave 3 (Senior W/M, Master W, Master M55+)**
  - 1:45 pm Wave 3 Podium Ceremonies
- **1:30 pm** **Start Wave 4 (Elite & Expert W/M, Master M 35-54)**
  - 3:30 pm Wave 4 Podium Ceremonies
- 3:15 pm Racing Concludes

*\*All riders must sign-in before their race. Sign-in closes 30 minutes prior to the start of each race wave.*

## Results & Timing

Timing and results will be provided by [racetiming.ca](http://racetiming.ca).

Final results will be posted on the Ontario Cycling website after the conclusion of the event.

## Series Plates

Plates for both XCC Short Track & XCO races at each OCup event are to be used for the duration of the 2025 season at each OCup & Provincial Championships. Riders will receive their series plate at the first OCup of the year they attend and are required to use the same plate(s) at any upcoming MTB OCups in the calendar year they attend. Riders may be subject to a fee for replacement plates if forgotten at future events.



## Course Marking

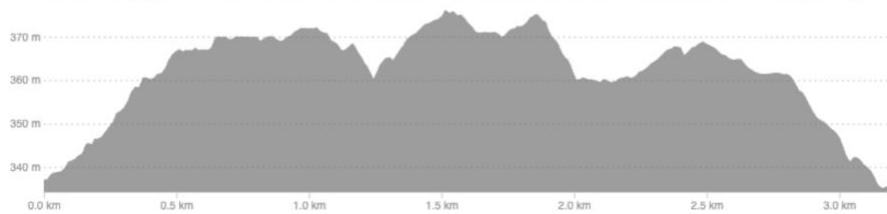
- Barricade or caution tape is used to close off intersections. This tape is affixed to trees, stakes and strung across pathways or along pathways to show riders where to go, or where not to go. Barricade tape can be used to outline the outside (or inside) of a corner, or to keep riders out of certain areas.
- 10"x10" arrows on chloroplast indicate direction on the course.
- At intersections we may indicate where not to go using a do not enter sign indicating the wrong way.
- Three arrows down indicate CAUTION SLOW. We may include a CAUTION sign below as well.
- Any bridges or water crossings will be marked.
- Some sections of course allow for "Easy" (B Line) or "Hard" (A Line) options where riders have a choice on which line they want to take. The "Hard" option is more difficult than the "Easy" option and generally offers a time advantage to participants who are able to ride the option.

## Course Map & Elevation Profile

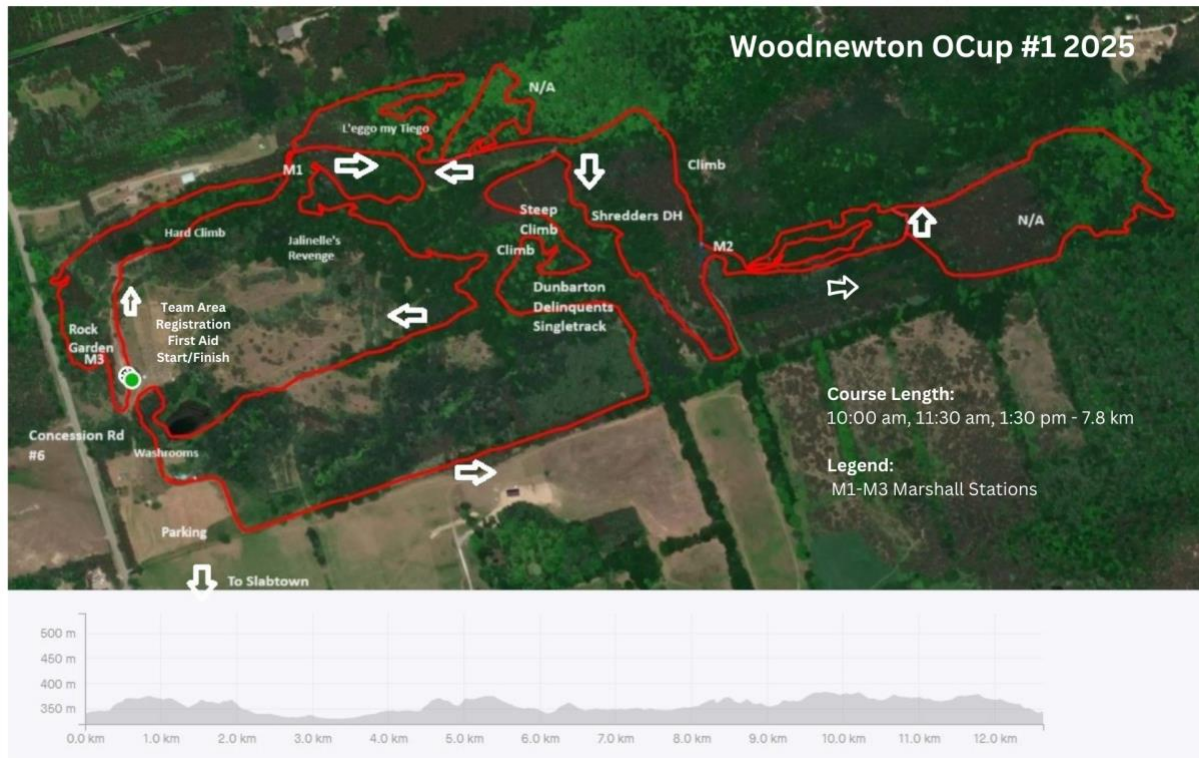
### Start/Finish Diagram



### XCO 9am start



XCO 10am, 11:30am, & 1:30pm starts



## Team Area

Team tent area available by pre-registration only. Priority will be given to OC affiliated teams. Set-up permitted Friday 5:30 – 7:30 pm, Saturday 8:00 - 11:00 am or 1:30 - 4 pm, Sunday 7:00 to 8:30 am. Departure times during the event will be limited and must be pre-approved to limit disruptions to races. Woodnewton is private property and access outside of predetermined hours is prohibited. Please register for your team area [here](#).

## Event Rules

### General Rules & Regulations

- The event will be run under UCI rules with Ontario Cycling/Cycling Canada modifications.
- The penalty scale of the OC rulebook will be applicable.
- Races will start promptly at the indicated start times.
- Any rider dropping out of the race shall immediately notify a Commissaire.
- Protests are considered from the point of the incident up to 15-minutes after the posting of results for the related event. All protests are to be made to the President of the Commissaire Panel and all determinations made by the Commissaire are final.
- Ontario Cup Series Points will be awarded for all categories, as per Ontario Cycling guidelines.

## Equipment Regulations

- Approved helmets are mandatory at all times while riding a bicycle at Ontario Cycling Events.
- 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 a recognized cycling standard for the specific discipline. Riders shall provide documented proof of this, such as a manufacturer's label, upon request by event officials.
- The use of cameras (helmet mounted, mounted on the bicycle, or worn on the body) is not permitted by athletes during competition.

## Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 15 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- Race Officials will start each wave of the race.

## Ontario Cup Points

The top 15 riders at each OCup event in their respective category will earn\*:

Place	Points
1st	25
2nd	20
3rd	16
4th	13
5th	11

Place	Points
6th	10
7th	9
8th	8
9th	7
10th	6

Place	Points
11th	5
12th	4
13th	3
14th	2
15th	1

*\*Any riders competing with a non-member permit are not eligible to earn OCup points.*

Riders will earn a x1.2 multiplier to their total 2025 OCup Points tally for having competed in the 2025 Provincial Championships of the respective discipline. To earn the multiplier a rider must both register for Provincial Championships and start their race, riders who do not start their race (DNS) are not eligible. For example, the final top three of an OCup category could look like:

Name	OCup #1	OCup #2	OCup #3	OCup Total	Provincials	Final Points
Rider 1	20 (2 <sup>nd</sup> )	25 (1 <sup>st</sup> )	16 (3 <sup>rd</sup> )	61	x1.2 (Yes)	73.2
Rider 2	16 (3 <sup>rd</sup> )	16 (3 <sup>rd</sup> )	25 (1 <sup>st</sup> )	57	x1.2 (Yes)	68.4
Rider 3	25 (1 <sup>st</sup> )	20 (2 <sup>nd</sup> )	20 (2 <sup>nd</sup> )	65	x1 (No)	65

## Category Upgrades/Downgrades

There is no criteria for ability upgrades in MTB categories, riders competing in Regional or Ontario Cup events are eligible to self-seed into the category they feel best matches their racing ability. If a rider decides that a race category is too difficult (or subsequently not difficult enough), they will be able to downgrade or upgrade at their discretion.

If a rider would like to upgrade age categories, for example U15 to U17 Expert they are required to submit a formal upgrade request via the OC upgrade form [HERE](#). Age category upgrades require the submission of race results, race experience, and other supporting information – to be eligible to submit an upgrade request riders must first meet the required criteria as listed in the form. All upgrade requests are subject to approval from the Ontario Cycling Upgrade Committee.

At Provincial Championships riders must race in their age group.

As a [True Sport](#) organization, Ontario Cycling continues to believe in the True Sport Principles. To this effect, OC reserves the right to move riders into a more suitable category that matches their abilities to ensure the principles of PLAY FAIR, RESPECT OTHERS and KEEP IT FUN are preserved.

*\*If an age category upgrade is requested for a nationally sanctioned category (Canada Cup [U17 Expert, U19 Expert, Elite]) the request will need to be submitted to and approved by Cycling Canada.*

*\*\*You must race the category on your license (if you have a UCI license, please notify the OC office in advance of your event if you are planning to upgrade or downgrade categories).*

## Ontario Cup Call-Up Protocol

**\*New in 2025\*** All U11 and U13 riders will have randomized call-ups for the first 2 rows (16) in XCC and XCO races. Using a random number generator to select the order, each rider in their respective age group will be numbered corresponding to the order in which they registered in (i.e. earliest-1 to latest-16) and the order determined by the generator. With the hope of 1) helping the development of riders so the same participants aren't always called first and don't get the experience of riding through the pack, and 2) not having riders line up significantly in advance of race time if there were no call-ups.

Call-ups for OCup categories U15+ are designed to encourage participation in the OCup series. Where an OCup has an XCC Short Track race as part of the event prior to the XCO race, the results from the XCC race will determine the call-up order for XCO (top 16). OCup points will determine the call-up for XCC. If less than 16 riders in an XCO category participate in XCC, the remaining positions to complete the front 2 rows will be determined by OCup points. The following is the protocol when using OCup points to determine the call-up order:

- 1) Riders tied with the same number of OCup points will be randomized.
- 2) After the first 2 rows are filled, any remaining riders will fill the additional places on the starting grid on a first-come, first-served basis.
- 3) If the first 2 rows are not filled, other riders can take open positions.
- 4) When two or more categories are combined in the same start wave (that is, start at the same time offset), those riders will be considered "in the same race". Call-ups will cycle between each category to fill the first 2 rows (1st, 1st, 2nd, 2nd, 2nd, 3rd, 3rd, 3rd, 3rd, etc.).

Organizers may acknowledge National or World Champions in their race. These acknowledgments will be done before the call-ups. Participants will then be called up following the procedure above only. There is no penalty if a rider saves their place on the grid for another rider (riders may choose any position after their call-up).

## **Feed Zones and Technical Assistance**

### **Feed Zone Regulations**

- 1) Feeding is permitted only in the zone(s) designated for that purpose.
- 2) Only those persons responsible for feeding riders may be in the feed zone. Spectators / Children & pets are not permitted in the feed zone. Spectators may watch from the opposite side of the course.
- 3) Tents, Chairs, Coolers etc. must be a minimum of 10 feet away from the race course and must not obstruct others from feeding their rider.
- 4) Water bottles and food must be handed up to the rider without the feeder running alongside the rider.
- 5) During feeding no physical contact between feeders and riders is allowed. This will be considered technical assistance.
- 6) Water may be poured onto riders only if specific permission has been given by the PCP before the event at which time water may only be poured on at the rider's request.
- 7) No rider may turn back on the course to reach a feed zone.

### **Technical Assistance Regulations**

- 1) Riders should be prepared to work on their bicycle outside of the technical assistance zone. They can receive assistance in the technical zone only, or neutral support if it is provided by the organizer.
- 2) Small tools and tubes can be handed to people in the technical zone only.
- 3) Anyone in the technical assistance zone may help riders to get their bicycle running.
- 4) Riders must finish with the bicycle frame and number plate that they started the race with.
- 5) Spare wheels are allowed in the technical assistance zone only. No spare wheels are allowed in the feed zone or along course.
- 6) Riders are required to supply their own parts and equipment in the technical assistance zone. Riders may not take other participants equipment without their permission.
- 7) Technical assistance applies to 1:30 pm starts at Ontario Cups only.
- 8) Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or the other competitor.

### **Pulling Riders**

Riders may be pulled from the event if they don't meet the 80% rule in the 1:30 PM start wave, at the discretion of the President of the Commissaire Panel. Riders may be pulled from additional starts if continuing could impede participants in the following start time, at the discretion of the Panel of Commissaires.

## **Bad Weather and Course Changes**

- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In the case of severe weather requiring a change of schedule, an email will be sent out to all participants, and information will be posted on Ontario Cycling's social media accounts.
- [View OC's Weather Policy & Guideline Here](#)

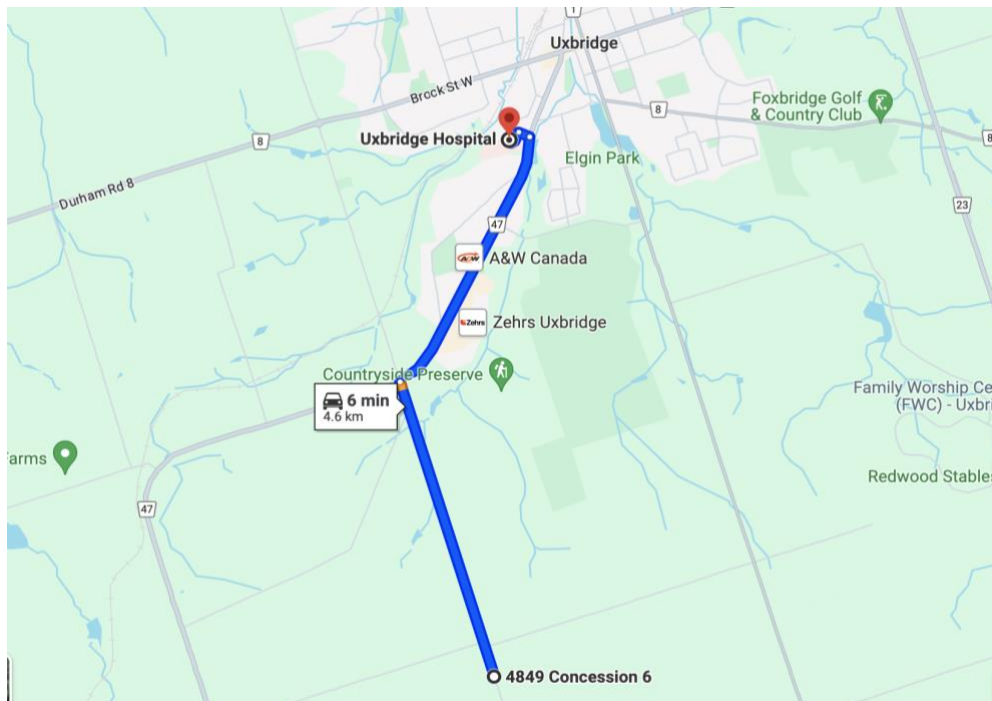
## **Spectator Safety**

Spectating is allowed along the course behind safety tape. Spectators should stand a minimum of 3 feet behind tape and use caution when taking photos/videos due to depth perception. Tape, although providing a visual boundary for course limits does not provide significant physical protection from riders breaking through and contacting features, objects, or people outside of course limits.

## Medical/Hospitals

### Directions to Uxbridge Hospital - 4 Campbell Dr, Uxbridge, ON L9P 1S4

- 1) Head north on Concession 6 toward Wagg Rd (2.3 km)
- 2) Turn right onto Toronto St S/Durham Regional Hwy 47 (2.1 km)
- 3) Turn left onto Victoria Dr (88 m)
- 4) Turn left, hospital will be on the right (100 m)



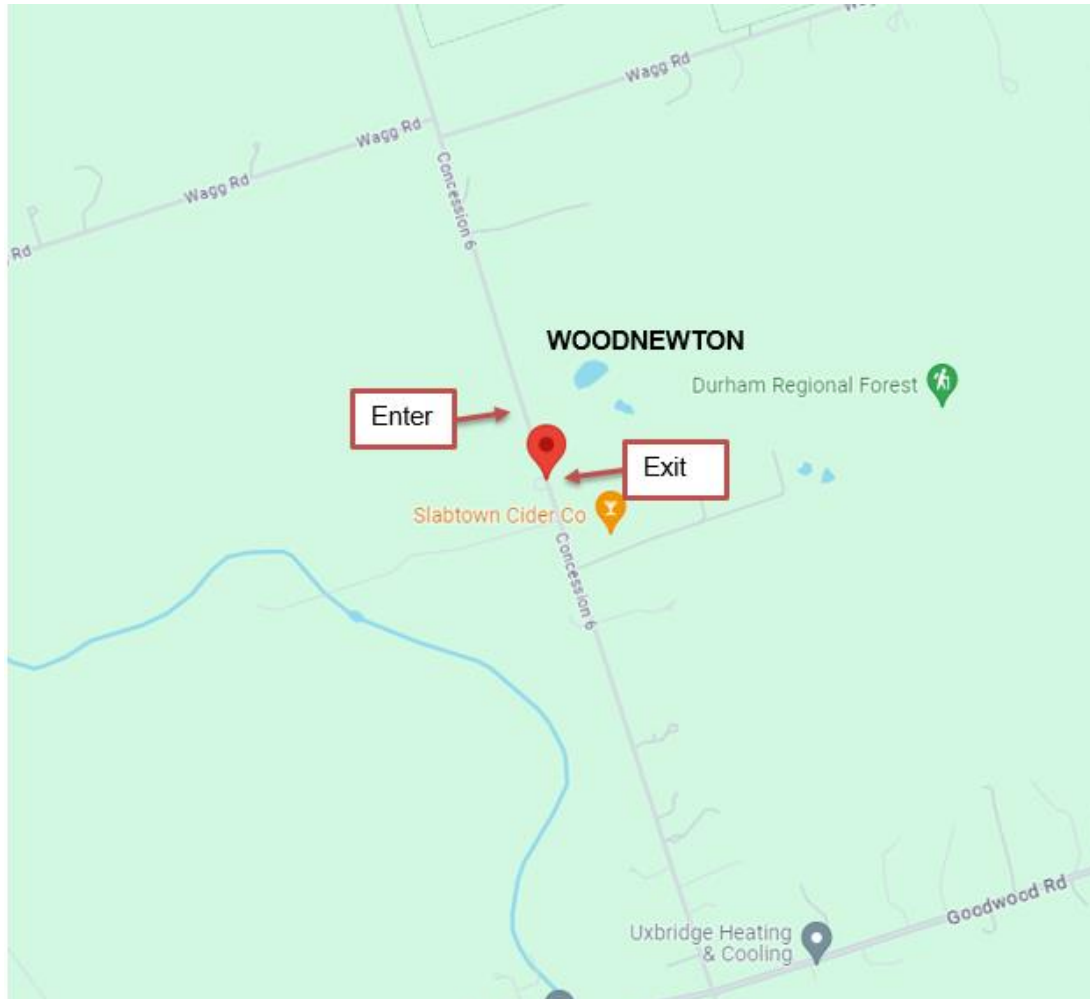
Course marshals are stationed throughout the course and at the start/finish area.

## Safety and First Aid

First Aid will be provided by Odyssey Medical. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Marshalls will be on course during all races.

## Location of the Event

Woodnewton 4589 Concession 6, Uxbridge, ON L9P 1R4



**Parking:** Onsite, please follow signage for entrance and exit. No parking on Concession 6.

## **Accommodations**

### Great Blue Heron Casino and Hotel

21777 Island Road, Port Perry

905-985-4888

<https://greatcanadian.com/destinations/ontario/great-blue-heron/>

- Offering a discount (choose the social link price)  
<https://reservations.gbhcasino.com/book/dates-of-stay?RatePlanId=7365722>

### Hilton Garden Inn Ajax

500 Beck Crescent, Ajax

905-686-9400

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=YYZAJGI&groupCode=MBOCUP&arrivaldate=2025-05-09&departuredate=2025-05-11&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

- Offering a 15% discount (discount is only available until April 16th with link above)

### Homewood Suites by Hilton (Ajax)

600 Beck Crescent, Ajax

905-686-5969

<https://www.hilton.com/en/hotels/ytoajhw-homewood-suites-ajax-ontario-canada/>

## MONTU OCup Segment Challenge

Ontario Cycling is partnering with MONTU Bikes to elevate your OCup race day experience by setting up the MONTU Segment Challenge on Strava. The challenge will be a virtual series within the Ontario Cycling OCup series in each discipline.

### What to expect on race day?

Set up your Strava account and join the [Ontario Cycling Club](#). Bring your GPS device on race day to record your ride. During the race watch out for the MONTU OCup Segment Challenge flags or signs marking the Start and Finish of the segment on each course. Segment distances will vary (500m – 2km) and focus on different skills. Upload your ride to Strava by the Monday after the event to be automatically entered into the MONTU OCup Segment Challenge. Only completed and recorded segments on race day will be counted!



### How to upload your activity to Strava

Use the Strava app to “Record” and “Save” your ride, which automatically uploads your activity. Check out the [Getting Started Guide](#). If you already have a dedicated GPS device or use a different fitness platform, you can sync your activities to your Strava account.

### The virtual series

Take part in the full OCup series and compete for a chance to win all segments. The fastest ten male and female riders in this designated MONTU OCup Segment Challenge section of each race will collect points that will accumulate throughout the series. Each discipline’s highest-ranked male and female will receive a MONTU OCup Segment Challenge winner jersey and bragging rights for the year.

*NOTE:* Unlike race results, the MONTU OCup Segment Challenge is based on overall Male & Female results and not separated by age categories.

### Rules:

- 1) Only riders competing in the event will count toward the MONTU OCup Segment Challenge leaderboard.
- 2) Riders must upload their ride by the Monday following the race.
- 3) The ride must be set to public.

Use the code **ontariocycling** for 15% off on any apparel order of \$100+ from the [montu.cc](http://montu.cc) website.

Segment Place	Female	Male
1 <sup>st</sup>	10 pts	10 pts
2 <sup>nd</sup>	9 pts	9 pts
3 <sup>rd</sup>	8 pts	8 pts
4 <sup>th</sup>	7 pts	7 pts
5 <sup>th</sup>	6 pts	6 pts
6 <sup>th</sup>	5 pts	5 pts
7 <sup>th</sup>	4 pts	4 pts
8 <sup>th</sup>	3 pts	3 pts
9 <sup>th</sup>	2 pts	2 pts
10 <sup>th</sup>	1 pt	1 pt