

Hardwood MTB Ontario Cup #2

Presented by:

TREK



PR PULSE RACING

May 12, 2025
Technical Guide V4



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Ontario 

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Event Description

Join us for the 28th Annual Event!! Cross Country and Short Track mountain bike races for all levels of riders from Youth and Sport to Canada's top racers. Come race, come watch, or come and do both.

Date: Saturday, May 17th (XCC) & Sunday, May 18th (XCO)

Location: Hardwood Ski and Bike - [402 Old Barrie Rd W, Oro Station, ON L0L 2E0](#)

Parking: Entry & exit to Hardwood Ski and Bike are located off Old Barrie Rd W, follow the parking signs to the Main Parking Area. The Chalet parking is for volunteers and race crew only.

Walk or ride to the main chalet for registration and start/finish area. All riders must wear a helmet at all times when riding their bike. Specifically when riding to and from the parking areas.

Vehicles found outside of the designated parking lot will be required to relocate their vehicle and could potentially be towed if blocking the roadway and/or a resident of the property.

Event Contacts

Position	Name
Event Organizer	Glenn Meeuwisse
Ontario Cycling Event Lead	Darren De Ruiter
Ontario Cycling Membership	Chris Baskys
Timing	Zone4
Medical	Hardwood Ski Patrol

Commissaires

Position	Name
President of the Commissaire Panel	Edward Sitarski
Finish Judge	Marie-Eve Potvin
Member	Brad Day

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 by Wednesday May 8 (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.
- Registration for MTB OCup 2 closes on **Thursday May 15 (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 #2 – Hardwood Registration		
Event	Registration Timeline	Link
OCup #2	Closes Thu, May 15 (Thu of race week) @ 11:59pm	HERE
Cost per event	Price of \$30-85 depending on category	

Pre-Riding

Course pre-ride will be open at the following times. All riders must purchase a valid trail pass for pre-riding. Pre-ride fee is a discounted trail pass if purchased online in advance. Any rider found without a trail pass will be disqualified from races.

Purchase the pre-ride trail pass [HERE](#)

Pre-ride Times:

Friday May 16 – 1:00 pm to 8:00 pm

Saturday May 17 – 9:00 am to 8:00 pm (be aware that some course sections may be closed due to short track races from 10:15 am to 1:15 pm)

XCC Category Chart (Laps & Fees)

Start Wave	Start Time Saturday	Categories	Laps 1-2km/lap	Duration	Fees Closes Thu May 15
1	10:30am	U15 Boys	Determined by timing after opening laps – based on the time to complete a lap, determines how many laps need to be completed to reach desired total race duration.	Winner's total time approx. 20min – all riders finish on the same lap after the winner finishes.	\$30
	10:30am	U15 Girls			\$30
	10:30am	U13 Boys			\$30
	10:30am	U13 Girls			\$30
2	11:10am	Elite Women 19+			\$45
	11:10am	U19 Women			\$40
	11:10am	U17 Girls			\$40
	11:10am	Master Women 35-49			\$35
	11:10am	Master Women 50+			\$35
3	11:50am	U17 Boys			\$40
	11:50am	Master Men/Open 35-49			\$35
	11:50am	Master Men/Open 50+			\$35
4	12:20pm	Elite Men 19+			\$45
	12:20pm	U19 Men			\$40

XCO Category Chart (Laps & Fees)

Start Wave	Start Pen	Start Time Sunday	Categories	Laps	Total Distance	Approx. Duration	Fees Closes Thu May 15
1	A	9:00am	U13 Boys	3	8.8km	30-45min	\$45
		9:00am	U13 Girls	3	8.8km	30-45min	\$45
	B	9:02am	U11 Boys	2	5.6km	25-40min	\$45
		9:02am	U11 Girls	2	5.6km	25-40min	\$45
2	A	10:00am	U15 Boys	3	17.8km	55-70min	\$55
		10:00am	U15 Girls	3	17.8km	55-70min	\$55
	B	10:02am	U19 Sport Men	3	17.8km	55-70min	\$65
		10:02am	U17 Sport Boys	3	17.8km	55-70min	\$65
		10:02am	Novice Men 19+	3	17.8km	55-70min	\$65
	C	10:04am	U19 Sport Women	3	17.8km	55-70min	\$65
		10:04am	U17 Sport Girls	3	17.8km	55-70min	\$65
		10:04am	Novice Women 19+	3	17.8km	55-70min	\$65
3	A	11:30am	Senior Men/Open 19-34	4	24km	70-85min	\$80
		11:30am	Master Men/Open 55-64	4	24km	70-85min	\$80
		11:30am	Master Men/Open 65+	3	17.8km	55-70min	\$80
	B	11:33am	Senior Women 19-34	3	17.8km	55-70min	\$80
		11:33am	Master Women 35-44	3	17.8km	55-70min	\$80
		11:33am	Master Women 45-54	3	17.8km	55-70min	\$80
		11:33am	Master Women 55-64	3	17.8km	55-70min	\$80
		11:33am	Master Women 65+	3	17.8km	55-70min	\$80
4	A	1:30pm	Elite Men 19+	5	32.7km	90min	\$85
		1:30pm	U19 Expert Men	4	26km	75-90min	\$85
		1:30pm	U17 Expert Men	4	26km	75-90min	\$80
	B	1:32pm	Elite Women 19+	4	26km	75-90min	\$85
		1:32pm	U19 Expert Women	3	19.3km	55-70min	\$85
		1:32pm	U17 Expert Women	3	19.3km	55-70min	\$80
	C	1:36pm	Master Men/Open 35-44	4	26km	75-90min	\$80
		1:36pm	Master Men/Open 45-54	4	26km	75-90min	\$80

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.

Event Schedule

FRIDAY, May 16:

- 1:00 Pm – 8:00 pm Courses open for Pre-ride. *Purchase pre-ride tickets online in advance [here](#)*

SATURDAY, May 17:

- 9:00 am – 4:00 pm Rider Sign-In is Open*
- 9:00 am – 10:30 am XCO Course Pre-Ride
- 10:30 am – 1:00 pm XCO Pre-Ride Closed for XCC
- **10:30 am** **XCC Start Wave 1 (U13 & U15)**
- **11:10 am** **XCC Start Wave 2 (U17+ W)**
- **11:50 am** **XCC Start Wave 4 (U17 & Master M)**
- **12:20 pm** **XCC Start Wave 5 (U19 & Elite M)**
 - 1:00 pm XCC Podium Ceremonies
- 1:00 pm – 8:00 pm XCO Course Pre-Ride

SUNDAY, May 18:

- 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, M 55+)**
 - 1:45 pm Wave 3 Podium Ceremonies
- **1:30 pm** **Start Wave 4 (Elite & Expert W/M, 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

Zone4 will be providing timing services for the 2025 MTB OCup at Hardwood Ski & Bike. Start lists and results can be found at the link <https://zone4.ca/> after registration for the event is closed. Final results will be posted on the Ontario Cycling website after the conclusion of the event.



All participants will receive a timing chip corresponding to their race plate. Timing chips must be picked up by all racers at the sign-in desk on event day and returned via the chip drop-off bin after finishing the race. Event organizers have made a significant investment to provide professional timing equipment and services, as such all riders who do not return their timing chip on event day will be charged \$75. The cost to replace the chip unless other arrangements can be made to return the chip to the organizer.

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.
- Black arrows on white chloroplast indicate direction on the course.
- Two Down arrows down indicate CAUTION for a steep downhill section. We may include a CAUTION sign below as well.
- 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. We highly recommend only taking the "Hard" (A Line) if you have pre-ridden the course and are familiar with this section.
- There will be specific sections of course that may be taken out or added in for different categories. Be sure to pre-ride and race the proper course.

Course Maps & Elevation Profiles

Course maps will be available on the website 1 week prior to event.

XCC Short Track Course – 1 km per lap

9:00 am XCO Course – 2.9 km per lap

10:00 am XCO Course – km per lap

11:30 am XCO Course – 6 km per lap

1:30 pm XCO Course – 6 km per lap with added technical sections

Team Area

Registered Teams and Clubs may request Tent space in the Stadium by Start/Finish. Email glenn@pulseracing.ca to request a team tent space. Include exact space request in the email. (i.e. 10×20). There is no additional cost for OC registered teams and clubs, but space is limited and assigned by time of email. Other teams/clubs/expo may request space for a small fee.

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	Place	Points	Place	Points
1st	25	6th	10	11th	5
2nd	20	7th	9	12th	4
3rd	16	8th	8	13th	3
4th	13	9th	7	14th	2
5th	11	10th	6	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 nd)	25 (1 st)	16 (3 rd)	61	x1.2 (Yes)	73.2
Rider 2	16 (3 rd)	16 (3 rd)	25 (1 st)	57	x1.2 (Yes)	68.4
Rider 3	25 (1 st)	20 (2 nd)	20 (2 nd)	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, 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.

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

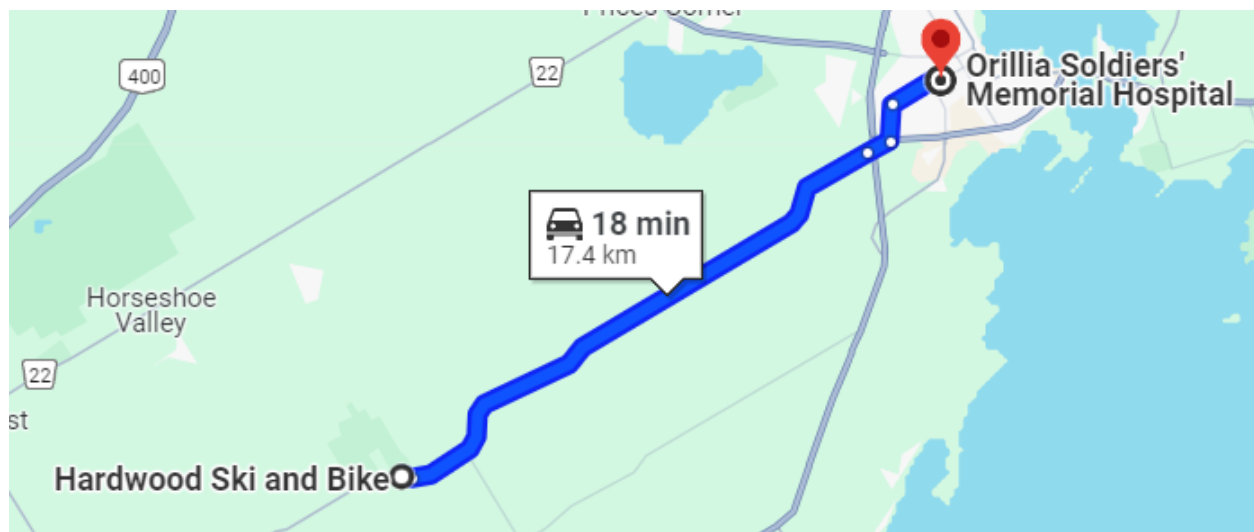
- Changes to the course may be required in case of severe weather or changing atmospheric conditions. Changes will be announced at the start of all races. In all conditions riders should ensure they are riding within their limits and dismount if the terrain exceeds their technical comfort level.
- In 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 courses 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

Soldiers Memorial Hospital: [170 Colborne St W, Orillia, ON L3V 2Z3](#)

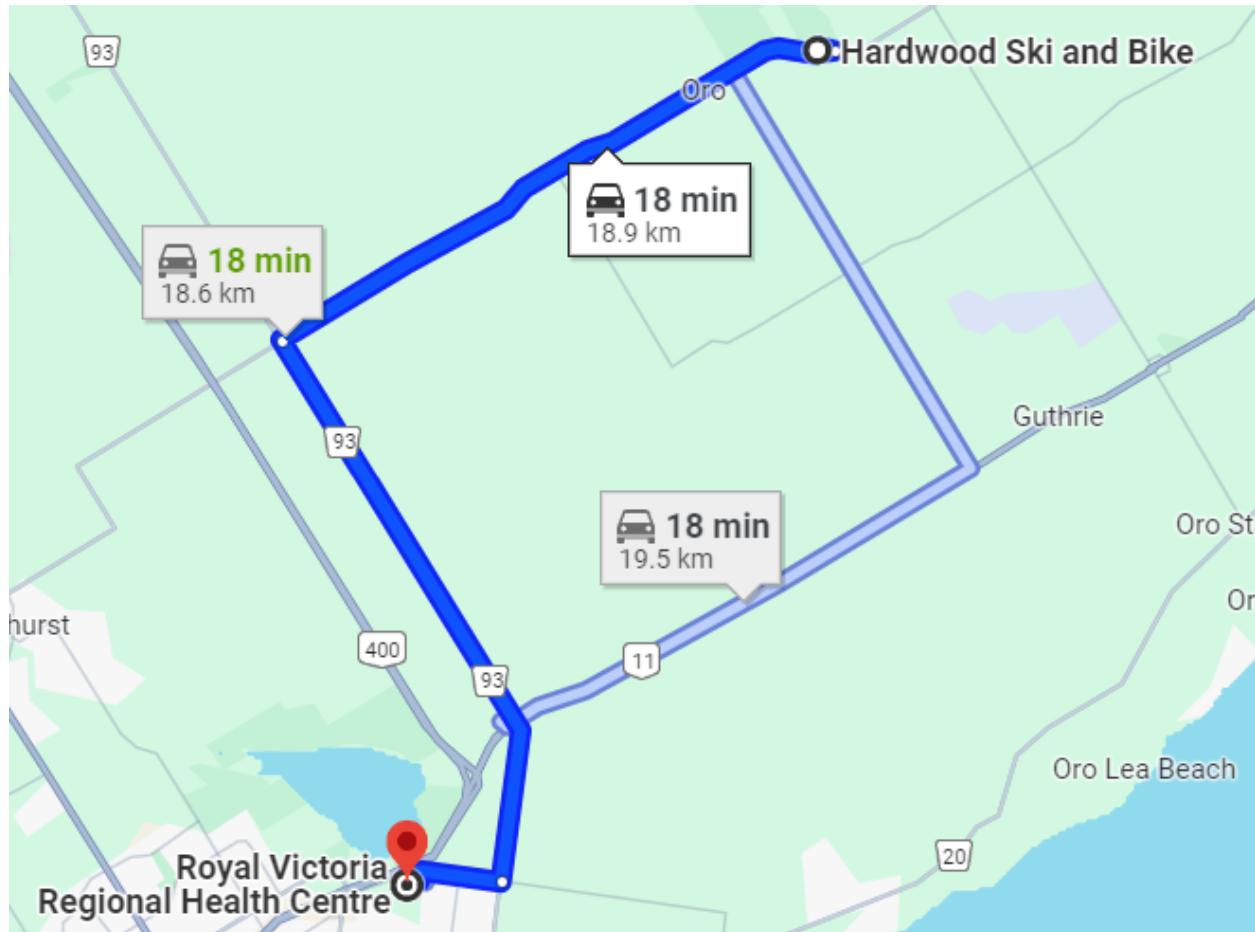


Directions to Orillia Soldiers' Memorial Hospital

1. Head Northeast toward Old Barrie Rd W/Simcoe 11
2. Turn right
3. Turn Left onto Old Barrie d w/Simcoe 11

4. Continue onto Trans-Canada Hwy/On-12 S
5. Turn Left onto Mississauga St W
6. Turn right to stay on Mississauga St W
7. Arrive at Orillia Soldiers' Memorial Hospital

Royal Victoria Regional Health Centre: [201 Georgian Dr, Barrie, ON L4M 6M2](#)



Directions to Royal Victoria Regional Health Centre

1. Head northeast toward Old Barrie Rd W/Simcoe 11
2. Turn right
3. Turn right onto Old Barrie Rd W/Simcoe 11
4. Turn left onto Penetanguishene Rd/Simcoe County Rd 93
5. Turn right onto Georgian Dr
6. Turn Left
7. Royal Victoria Regional Health Centre will be on the right

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

Safety and First Aid

First Aid will be provided by Hardwood Ski Patrol. 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.

Accommodations

HOTEL		
Name	Address	Reserve
Carriage Ridge Resort	3303 Line 3 N, Oro-Medonte, ON, L0L 2L0, CA	Rooms and Condos available at special pricing. Click Here for link with discount applied.
CAMPING		
Hardwood Ski & Bike	402 Old Barrie Rd W, Oro Station, ON L0L 2E0	Limited Camping – Must be Reserved Here
KOA Camping	3138 Penetanguishene Rd, Springwater, ON L9X 1Z7	https://koa.com/campgrounds/barrie/

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 website.

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