



MIDWEEK CRITERIUM SERIES
2017 TECH GUIDE v1.0
March 28, 2017

GENERAL INFORMATION

Running over 20 years, the Midweek Criterium Series (MWCrit) provides a fun, safe opportunity to practice your road racing skills in a casual yet competitive environment. Located west of Toronto in Mississauga at Tahoe Blvd and Buckhorn Cres, the Midweek Criterium Series runs every Tuesday from mid-April until the end of August. Featuring 2 corners, it's a fast, non-technical 1 km circuit. It is an Ontario Cycling Association (OCA) sanctioned Citizen's Race. Every race is scored electronically and results are posted online at www.midweekclub.ca. Always check www.midweekclub.ca or Twitter [@midweekcycling](https://twitter.com/midweekcycling) for race-day status. In the case of potential inclement weather, the final call will be made at 4pm.

Midweek Criterium Series is presented in the spirit of Cycling Canada's RaceClean: Own Your Victory. (Seriously, don't dope.)

Midweek Cycling Club is supported by MEC, Hamer-Allen Group, WattsUp, Stages, and Bateman's Bicycle Company. Race Series Leader's Jersey provided by Louis Garneau. Please direct any questions to info@midweekclub.ca.

Thank you to all the course marshals who keep the riders safe.

REGISTRATION INFORMATION

Registration and sign in is located at the start/finish area on Tahoe Cres by the TD parking lot. Sign-in opens approximately 45 mins before the start of the first race (will start earlier on the first race of the year). Please preregister in advance to secure your timing chip and bib www.midweekclub.ca/reg/.

All participants must have a valid UCI Road License or OCA Citizen Permit.

Non-member Fees: Adult \$25; U23 \$15. Cash only.

Season Passes are available at www.midweekclub.ca and are good for complimentary Learn-to-Race, Crits, and Weekly CX.

CATEGORIES

LATE RACE—Starts April 11, 2017

For Elite 1/2 Men & Women, Master 1 Men. All others must upgrade their way into the category through the Early Race.

This race will run between 45 mins to 80 mins depending on the amount of light available during the year. For the first three weeks, the race begins at 7PM, and then gets progressively later as other categories are added to the mix. Check the website for updated schedule.



Once the Early Races start, experienced Early Racers and Women Racers may sit in the Late Race after their race is over provided they do not interfere and stay at the back of the peloton. Early Racers **MUST** pull out when there are 10 laps to go in the race or at discretion of race officials. Early Racers who routinely stay with the peloton may be upgraded.

EARLY RACE—Starts April 25, 2017

For Elite 3/4, Master 2/3, and U19 (Junior), plus U17 (Cadet) who have previously raced an OCA Youth Cup or certified at Midweek Learn-to-Race. Younger riders who have been certified at Midweek Learn-to-Race may be approved at the discretion of Midweek.

For those who want a slightly slower pace, need more race wisdom, or are new to the sport. This race runs between 30 mins to 45 mins depending on the amount of light available during the year. The race begins at 6:10PM. Check the website for updated schedule.

All new racers are **STRONGLY** encouraged to complete Midweek's Learn-to-Race before lining up for the Early Race. Experienced marshals wearing pinnies will be in peloton to keep the race safe. Unsafe riders may be pulled. Heeding marshal feedback is mandatory and disregarding will result in a DQ. Unauthorised riders may not sit in and "coach" in the Early Race. Please talk to a race official in advance if you wish to assist.

WOMEN'S RACE—Starts May 16, 2017

Recommended for Elite 3, Masters, and U19 (Junior) women, plus U17 (Cadet) women who have previously raced an OCA Youth Cup or certified at Midweek Learn-to-Race. Younger riders who have been certified at Midweek Learn-to-Race may be approved at the discretion of Midweek.

The Women's Race is back and bigger in 2017! Held as the 2nd race of the evening between Beginner's Race and the Late Race starting mid-May and going for 12 weeks.

This race will run between 30 mins to 45 mins depending on the amount of light available during the year.

Women are welcome to race the Early or Late Race instead of the Women's Race.

RACE SERIES LEADER

"Late Race" points will be tallied after every race and posted online. If there is a tie in points, the rider with most 1st place finishes will be placed higher. If still tied, the most 2nd place finishes, and so on. If still tied, the rider with the highest recent result will be placed higher. Points will be allocated based on the following schedule:

Final Result:

1st – 20 Points 6th – 9 Points

2nd – 16 Points 7th – 8 Points



3rd – 13 Points 8th – 7 Points

4th – 11 Points 9th – 6 Points

5th – 10 Points 10th – 5 Points

Lapping the Field:

If any riders lap the field, they will be awarded an additional 10 points. For example, lapping the field then winning the race would be $10+20 = 30$ points. Coming 2nd but not lapping the field would be 16.

Riders must be on the same lap to work together. However, once a rider has gained a lap, they are considered to be on the same lap for the purposes of riding together. Riders who are off the back can only be pulled, not lead out.

Louis Garneau Leader's Jersey:

The point leader in the Late Race will be awarded a leader's jersey. The jersey must be worn at all subsequent races until unseated as points leader. Failure to do so will result in a 30 point penalty. If that results in a change in the leader table, the new leader is only requested to wear the jersey if there is a reasonable amount of time to make the change. The previous year's series winner will wear their jersey for the first 4 races of the year.

If two or more riders are tied on points, the following rules will be applied in sequence until the tie is broken:

- use number of 1st place finishes
- if still a tie, number of events completed
- if still a tie, use finish position in most recent event

In the case where the tie is for 1st place, the current jersey wearer will continue wearing the jersey until the tie is broken.

Early Race Group

There is no series winner for the Early Race. Points are kept for upgrade purposes only.

UPGRADES/DOWNGRADES/LAPPED RIDERS

In order to ensure fairness and quality of racing, the Midweek Crit will maintain its own upgrade/downgrade list. If riders move up to a higher category, they will maintain 50% of their points when entering the new category. The following criteria may be applied to achieve balanced race groupings:

20 points – Optional Upgrade

30 Points – Mandatory Upgrade



Downgrades

Downgrades will occur:

- after the third race of being lapped by the peloton
- after the third race of not being able to complete more than 75% of the race without a good reason (mechanical, illness)
- at the discretion of the race officials (general safety, lapped more than once per race)

Lapped riders should stay to the LEFT and join back on the peloton at the top of the course. Lapped riders not riding with peloton may be pulled at the discretion of the race officials.

All decisions are final.

LOCATION AND PARKING

[Tahoe Blvd and Buckhorn Cres, Mississauga](#)

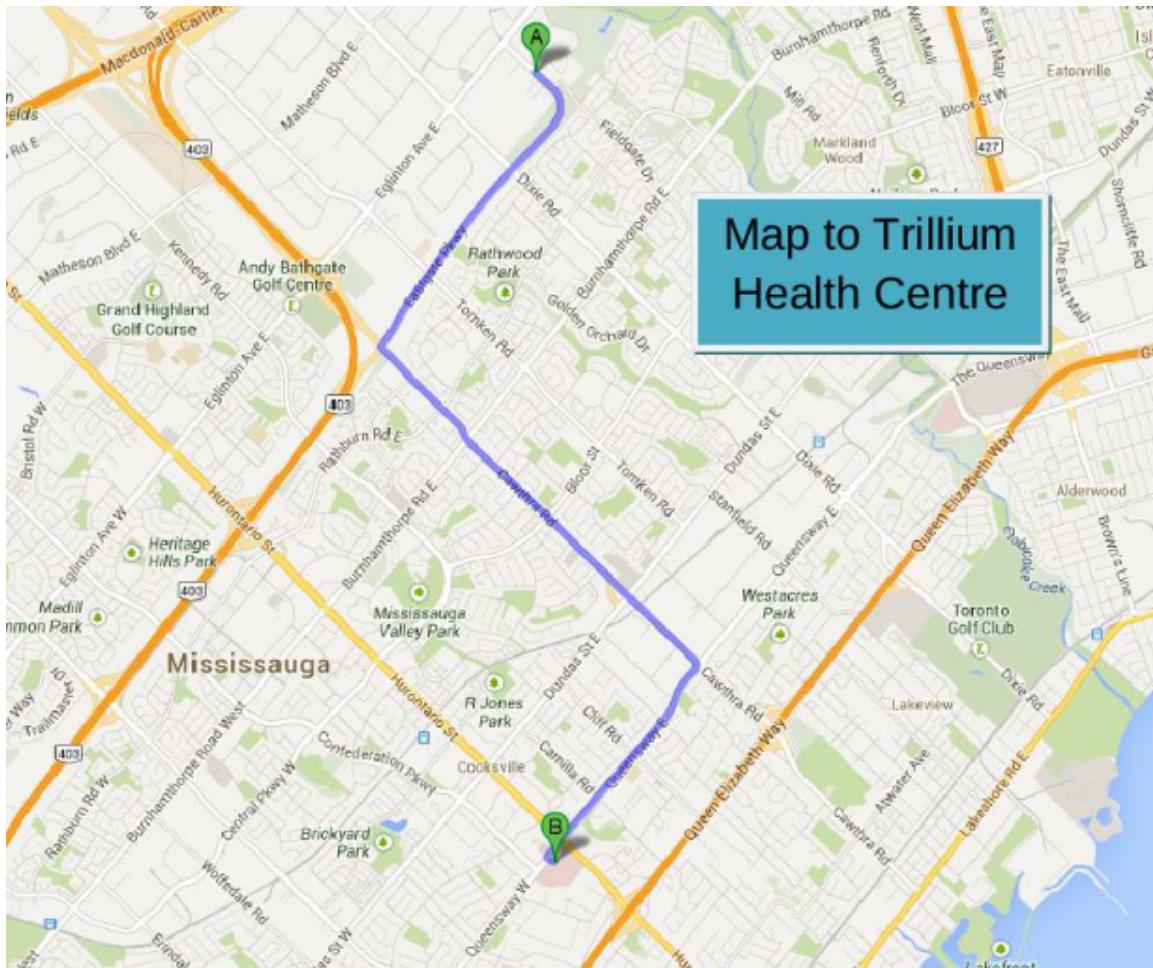
There is no parking in the TD lots inside or outside the course circuit. All parking is away from the course circuit opposite Tahoe Blvd off Eastgate Pkwy.

COURSE SAFETY

First aid is available at the start/finish.

Nearest hospital is Trillium Health Centre – Mississauga Hospital

100 Queensway W, Mississauga



Take Eastgate Pkwy South/West

Turn left on Cawthra.

Turn right on Queensway W.

YELLOW LINE

During the race, all riders must remain to the right of the marked yellow lines. Any rider observed abusing the yellow line will receive a DQ for the race. Multiple DQ's may involve team and rider sanctions.

When not racing, always keep the opposite lane of traffic clear. Do not wait and stand on the opposite side of the road. It's not marshalled and there is live traffic. Also - do NOT ride in the traffic lane in the opposite direction.

WARMING UP

There is no warming up on the course during the races in either direction of traffic.



Please do not warm up in the TD lots around the course. Midweek's traffic control includes the opposite lane of traffic. Riders are encouraged to ride to the race or bring their trainers for warm up.

OTHER PROCEDURES AND RULES

Each participant will be given a bib number and a timing chip. Both must be worn in order to participate. Bibs and timing chips are complimentary. Replacement bibs and chips can be purchased for \$5. Bibs must be worn parallel to the ground on the right side of your back. Chips must be mounted parallel to the ground from your seat post (or similar) in such a manner so that it is free of obstruction and in line with your bicycle.

Each race shall begin promptly on time with a few remarks beforehand. As each race is a timed event, the avg lap speed will be calculated and a number of laps left will be shown

Best efforts will be made to inform the groups on the road about time gaps and race progress.

No feeding allowed.

In the case of a recognized mishap, a rider may receive free laps by notifying the race officials. There are no free laps once there are 5 laps to go.

There is a porta-potty located about 150m east of the finish line. All participants/guests must use the provided unit. Riders caught littering, not using public facilities, acting in contrary to a "sporting spirit", or generally disrespectful or unsafe will be disqualified and not allowed to return.

Riders who do not wish to contest the finish sprint are asked to leave the race shortly before the bell lap or stay at the back and not interfere with the sprint. **DO NOT SIT UP IN THE MIDDLE OF THE SPRINT.**

Above all, be courteous to your fellow rider. While there is the element of competition, this is still supposed to be a fun, middle of the week race. Please ride safely and with care. Aggressive riding and foul language will not be tolerated.

Riders consistently dropped by the pack may be asked not to participate for the safety of the peloton.

Upgrades/downgrades are at the sole discretion of Midweek and race officials.

Equipment rules follow UCI/CCA rules and do not allow tri-bars or extensions, fixed-gear bikes, or disc brakes. Helmets mandatory while astride a bicycle.