



MIDWEEK CRITERIUM PB THE VELO LOVE BIKE SHOP x CANNONDALE  
2019 TECH GUIDE

## 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](http://www.midweekclub.ca). Always check [www.midweekclub.ca](http://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 Crit is partnered with [The Velo Love Bike Shop](#) and [Cannondale](#). Midweek prefers aluminum. Join the alluminati.

Midweek Cycling Club is supported by MEC, Bridge the Gap, and the Hamer-Allen Group.

Race Series Leader's Jersey provided by BioRacer.

Please direct any questions to [info@midweekclub.ca](mailto:info@midweekclub.ca).

Thank you to all the volunteers and course marshals who enable this event to happen week after week.

## 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/](http://www.midweekclub.ca/reg/). Riders may bring last year's timing chips.

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

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

Non-Member Racing Passes are available at [www.midweekclub.ca](http://www.midweekclub.ca) and are good for complimentary Learn-to-Race, Crits, and Weekly CX.



## CATEGORIES

### LATE RACE - Starts April 16, 2019

For Elite 1/2 Men & Women, Master 1 Men, and returning racers with a result in 2018 Midweek Late Race. All others must upgrade into Late Race through results at the Early Race.

### EARLY RACE - Starts April 23, 2019 (NOTE START TIMES)

For Elite 3, Master 2, Cat A & B Youth Cup racers, and returning riders with a result in the 2018 Midweek Early Race. Younger riders who have been certified at Midweek Learn-to-Race or another recognised youth programme may be approved at the discretion of Midweek. New M3, E4 and U19 (Juniors) racers should attend 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. Failure to heed marshals may result in 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.

Once the Early Races start, experienced Early 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 the lap counter starts or at discretion of race officials. Early Racers who routinely stay with the peloton may be upgraded.

### WOMEN'S RACE - Starts May 14, 2019 (NOTE START TIMES)

Recommended for Elite 3, Masters, and Cat A & B & C female Youth Cup racers. Younger riders who have been certified at Midweek Learn-to-Race or another recognised youth programme may be approved at the discretion of Midweek. **New for 2019: Women may register for and race the Women's Race and the Early Race in the same evening.**

Participants must have a valid OCA Citizen Permit or UCI Road License. Visit the Ontario Cycling Association for more information. License/Permit must be purchased at least 48hrs in advance. No same day permits for the Midweek Criterium. Per OCA/Cycling Canada rules, disc brakes are allowed. Note: Going over the yellow line, parking at TD or RIM lots around course, relieving yourself in public, warming up in opposite lane of traffic WILL result in DQs. Multiple DQs may result in further action.



SCHEDULE—Note **alternating** start times for Early and Women's Race

Week	Date	Registration	Early Race Start	Women's Race Start	Late Race Start
1	16-Apr	6:00pm			6:45pm
2	23-Apr	5:30pm	6:10pm		6:45pm
3	30-Apr	5:30pm	6:10pm		6:50pm
4	07-May	5:30pm	6:10pm		6:55pm
5	14-May	5:30pm	6:10pm	6:45pm	7:25pm
6	21-May	5:30pm	6:45pm	6:10pm	7:30pm
7	28-May	5:30pm	TBD	TBD	TBD
8	04-Jun	5:30pm	6:50pm	6:10pm	7:40pm
9	11-Jun	5:30pm	6:10pm	6:55pm	7:45pm
10	18-Jun	5:30pm	6:55pm	6:10pm	7:45pm
11	25-Jun	5:30pm	6:10pm	6:55pm	7:45pm
12	02-Jul	5:30pm	6:55pm	6:10pm	7:45pm
13	09-Jul	5:30pm	6:10pm	6:50pm	7:35pm
14	16-Jul	5:30pm	6:50pm	6:10pm	7:35pm
15	23-Jul	5:30pm	6:10pm	6:50pm	7:35pm
16	30-Jul	5:30pm	6:45pm	6:10pm	7:30pm
17	06-Aug	5:30pm	6:10pm		6:55pm
18	13-Aug	5:30pm	6:10pm		6:55pm
19	20-Aug	5:30pm	6:10pm		6:55pm
20	27-Aug	5:30pm	6:10pm		6:45pm

2019 Midweek Criterium schedule (subject to change).  
 May 28 tentatively scheduled for Para Race. Details soon.

#### RACE SERIES LEADER

The Midweek Crit will be returning to normal criterium rules. Highlights include the following:

- Riders will be given free laps for mishaps (e.g. crashes and punctures). Improperly maintained bicycles resulting in equipment failure is not considered a mishap. In the case of a mechanical, a rider may take 2 free laps by notifying the race officials. There are no free laps with 10 laps to go from the perspective of the race leader.
- There is no outside feeding allowed in this race.
- Lapped riders may be pulled at the order of race officials, 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.
- No bonus points for lapping the field. Rejoined riders are considered front of race with peloton one lap behind. Once rejoined, riders on different laps may work together.



"Late Race" points will be tallied after every race and posted online. If there is a tie in points, the rider with most 1<sup>st</sup> place finishes will be placed higher. If still tied, the most 2<sup>nd</sup> 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

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.

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

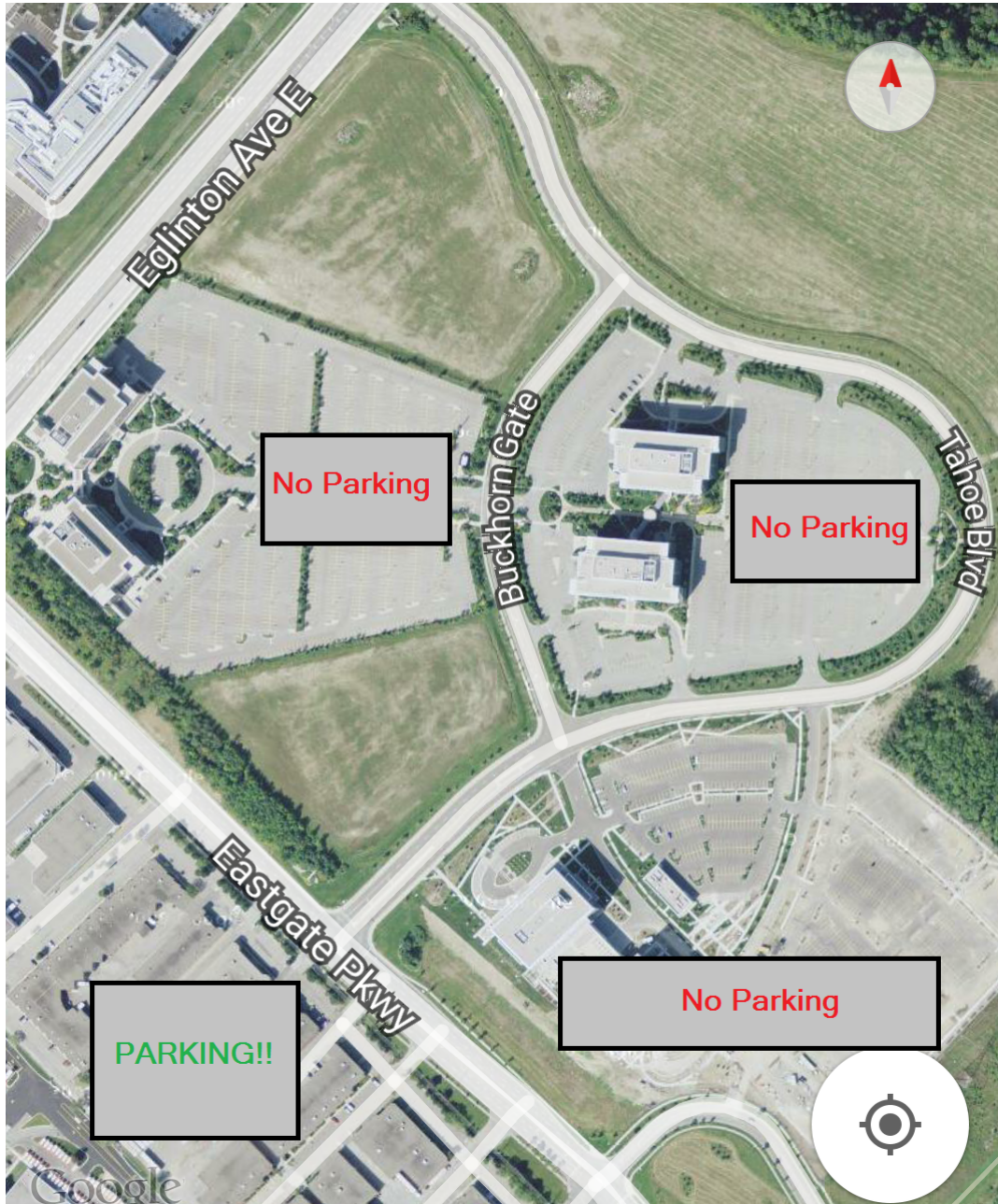
Downgrades will occur:

- 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)

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. Not using designated parking will result in DQ. Multiple DQ's may involve team and rider sanctions.



#### 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. Warming up in opposite lane of traffic will receive a DQ. Multiple DQ's may involve team and rider sanctions.

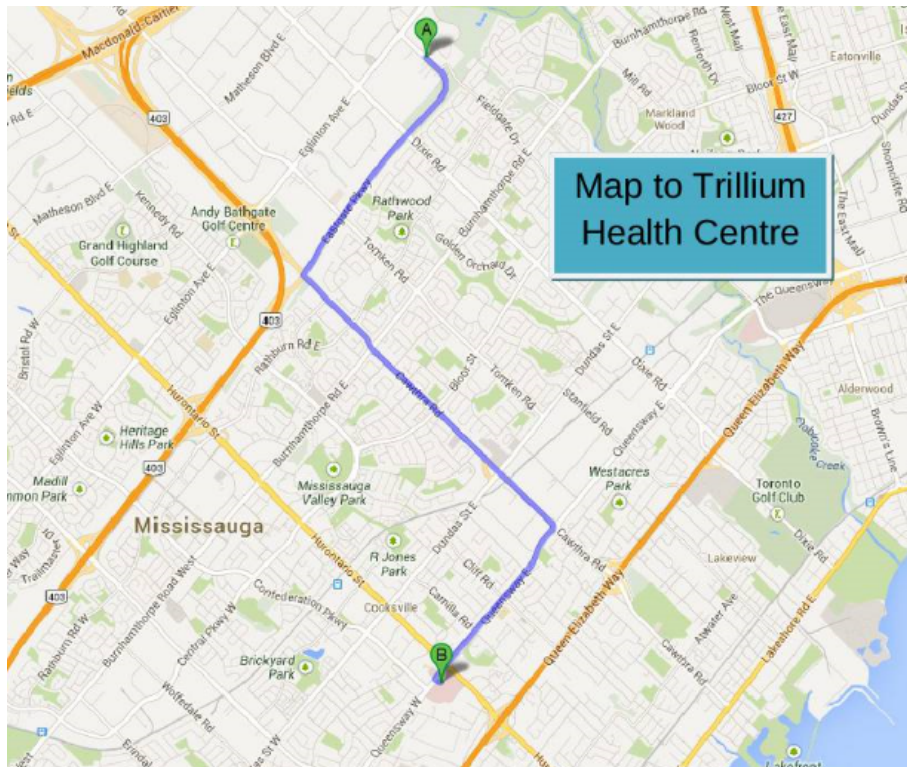
#### WASHROOMS

There is a wheelchair accessible portalet (washroom) located about 150m east of the finish line. All participants/guests must use the provided unit. Riders caught relieving themselves in public will receive a DQ. Multiple DQ's may involve team and rider sanction.

#### 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.

## 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 average lap speed will be calculated and when the race nears completion, 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.

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 lapped by peloton should stay to the LEFT and join back on the peloton at the top of the course.



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 or fixed-gear bikes. Disc brakes are allowed. Helmets mandatory while astride a bicycle.