

Ontario Cup Road Race #1



Presents
April 10th 2009

The Good Friday Road Race

Westover - Strabane, Flamborough

The course is a 18.5km loop with 150 metres of climbing

Categories	Start Time	Distance
Master 3 Men, Senior 4 Men Cadet Men Women's Cats except Elite1/2	8:00am 8:02am 8:06am	56km
Senior 3 Men, Junior Men Master 2 Men Elite Women	10:15am 10:19am 10:21am	74km 74km 74km
Elite Men 1/2 Master 1 Men	1:30pm 1:32pm	111km 93km

Cash Prizes & Medals

Pre-Entry Fee \$50 except Cadets & Juniors - \$30. Add \$15 for day of Event

Check for start times and other details & updates www.hamiltoncycling.com

Directions

From the 401 take Highway 6 south to Conc 5 (Millgrove)
West on Conc 5 to Brock Rd
From QEW west on 403 to Hwy 6 north to Hwy 5
West on 5 then north on Brock Rd To Conc 5

Pre-Registration through OCA. Sign in 30 minutes or more before each race begins

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