



Technical Guide

Sunday, September 21, 2025

Version 5.0



EXODUS



The Prologue: What you really need to know

While Prologue is a sanctioned Ontario Cycling regional cyclocross event with a proper CX Technical Race Guide, don't let that intimidate you. If you're new to cross and just want to show up and have fun, here's what really matters:

1. **Find a bike** — almost anything works except a fancy road bike. MTB, gravel, CX, single speed, even a strider!
2. **Just want to try it out?** Join the **untimed Try-a-CX ride** at 12:00. Cost is \$30 cash for adults (kids are free). No pre-registration required.
3. **Want to race for real?** Register by midnight on **Thursday, Sept 18**. Categories follow the OC CX structure (we agree - it's a little complicated...). Quick guide if you're new:

- Ages 45+ (all genders): **Masters Men/Open**
- Women 35+: **Masters Women**
- Men: Category A = most challenging, Category D = least
- Women: Category A = most challenging, Category B = least
- Youth: register by age group (use age as of Dec 31, 2026 and U13 means 12 or under).

Note - Use your age at Dec. 31, 2026. Geez... *math required*

4. **Show up on race day, Sept 21** — arrive at least 1 hour before your start time to sign in, get yourself sorted, and maybe pre-ride or warm up. See page 4 of this guide for the location and map – use the map – it's a large property.
5. **Stick around after** — enjoy fries, cider or beer, sport drink for riders, a free physio treatment, music, and all the good vibes.

Table of Contents

Event Description	4
Date & Location	4
Event Contacts	4
Registration	5
Bib Numbers	5
Pre-Riding	5
Categories, Pricing, Schedule, Tire Width	6
Staging & Start Protocol	7
Results & Timing	7
Awards & Prizes	7
Course Venue	8
Course Map	8
Venue Map	9
Team Area	9
Event Rules	10
General Rules & Regulations	10
Equipment Regulations	11
Technical Assistance Regulations	11
Bad Weather and Course Changes	12
Safety & First Aid	12
Medical / Hospital	12
Event Sponsors	13

Event Description

Date & Location

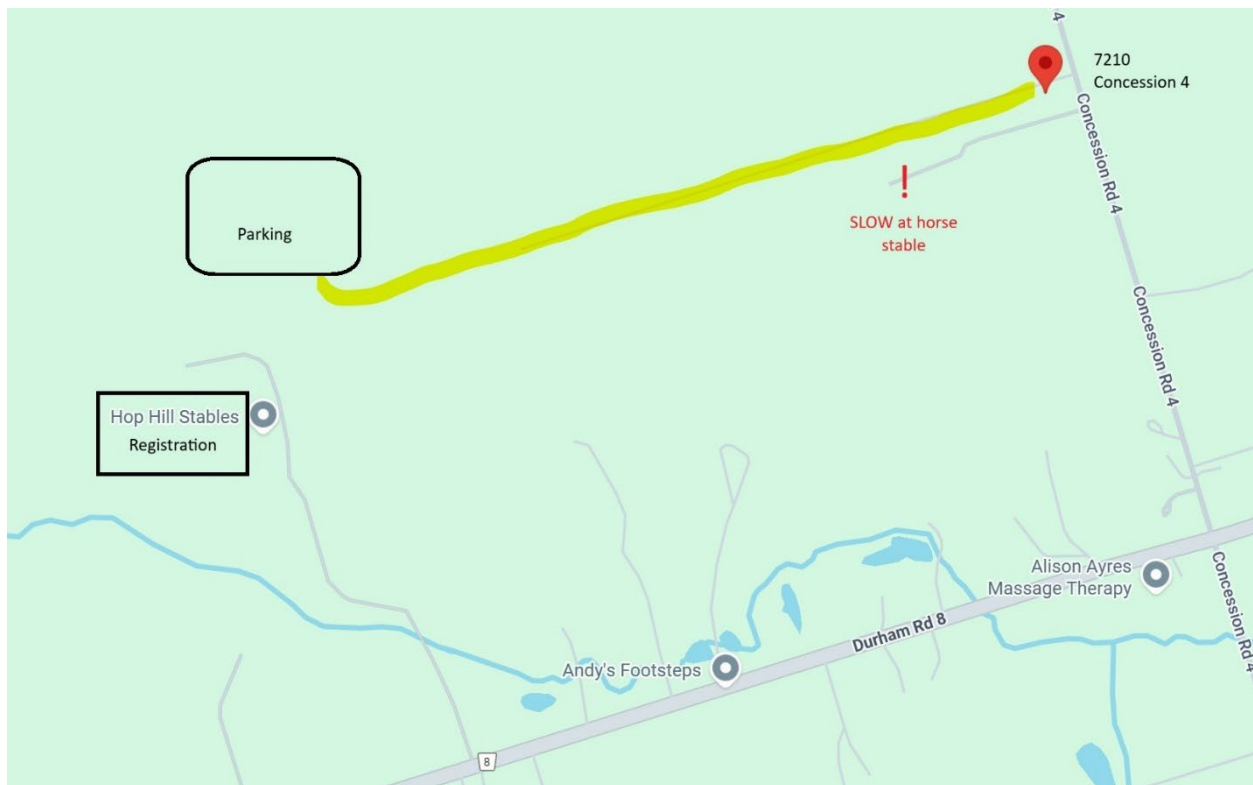
Date: Sunday, September 21, 2025

Time: 9:00 am – 3:30 pm

Location: 7210 Concession 4, Uxbridge, ON, L9P 1R1

Notes:

- Durham Road 8 is closed for construction between Concession 2 and Concession 3.
- Drive SLOW when passing the first set of stable buildings and horse paddocks. Follow the long gravel driveway about 1 km to the parking area.



Event Contacts

www.PrologueCross.ca

Event Organizer: Franny Jewett, franny@jewett.ca

Registration

- Registration is open to all participants regardless of age.
- Early bird discount of \$10 for registration by Aug. 31, 2025 at 11:59 pm.
- Registration for timed events closes on Thursday, September 18 at 11:59 pm.
- Registration is open on race day for try-a-race categories.
- Ontario Cycling membership is required (Challenge, Compete or UCI level).

Bib Numbers

Bibs are to be placed on the LEFT back side of the jersey. Please refer to below diagram.



Pre-Riding

- Course pre-riding is available on Saturday, September 20 3:00-5:00 pm at no charge for registered participants, or for a fee of \$10 without a registration.
- Course pre-riding is also available on race day Sunday, September 21. 20-to-30-minute time breaks between start waves have been worked into the schedule to allow all riders to have an equal opportunity to ride 1 or more laps of the course prior to their race start.
- Riders are only permitted to pre-ride the course when either no race is currently on the course or behind the last rider in the current race on course on their final lap.
- Pre-riders must not interfere with the current race unfolding, any riders who are found to have interfered with or passed the last rider of the current race on course may be subject to receiving a fine or disqualified from competing in their race later in the day.
- Any person who rides the course outside of the pre-riding or race day designated times assumes their own risk and responsibility when riding.

Categories, Pricing, Schedule, Tire Width

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

Start Time	Category	Fee	Duration	Tire Width
7:30 AM – 2:00 PM	Rider Sign In is Open			
Wave 1				
9:00 AM	Master Men/Open (45+)	\$60	40 min.	N/A
9:01	Cat D (17+)			
9:40	Break		20 min.	
Wave 2				
10:00	U17 Girls & Boys	\$30	40 min.	N/A
10:01	U15 Girls & Boys		30-40 min.	N/A
10:02	U13 Girls & Boys		30-40 min.	
10:40	Break Wave 1 Podium Ceremonies		20 min.	
Wave 3				
11:00	Cat B (17+)	\$60	45 min.	N/A
11:01	Cat C (17+)			
11:45	Break Wave 2 Podium Ceremonies		15 min.	
12:00 PM	Kids Try-A-Race	Free	15 min.	N/A
12:05	Adult Try-A-Race	\$30	30 min.	
12:30	Break Wave 3 Podium Ceremonies		25 min.	
Wave 4				
1:00	Cat A Women (17+)	\$60	45 min.	33 mm
1:01	Cat B Women (17+)		40 min.	N/A
	Masters Women (35+)		40 min.	
1:40	Break		20 min.	
Wave 5				
2:00	Cat A (17+)	\$60	60 min.	33 mm
2:01	Single Speed		45 min.	N/A
3:15	Wave 4 & 5 Podium Ceremonies		15 min.	

- To calculate age for categorization, use age at Dec. 31, 2026.
- Riders are eligible to self-seed into the category they feel best matches their racing ability. If a rider would like to upgrade age categories, for example U15 to U17 they may do so at their discretion.

- 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”.
- In preparation for the Ontario Cup events through the fall, the above tire width restrictions will be enforced for each corresponding category. The categories that are required to follow the UCI tire width restriction are in alignment with those enforced at National and Provincial Championships. The tire width restriction will only be enforced for National championship categories – U17, Master Women, Master 1 Men, Elite 1/2 Women & Men.
- For the Try-A-Race, there are no equipment restrictions – ride a mountain bike or gravel bike if you want!

Staging & Start Protocol

- Riders will start in a Mass Start Format according to the above schedule.
- Start Corrals to open 10 minutes prior to start. Riders are reminded to follow instructions for maintaining proper distancing.
- There will be no call ups.
- Race Officials will start each wave of the race.

Results & Timing

- Prologue Cross will be timed by racetiming.ca. Race results will be available on Race Timing results page on event day at the link here: <https://racetiming.ca/>.
- All participants will receive a timing chip integrated with their race plate number. Numbers must be picked up by all riders at the sign-in tent on event day and are not required to be returned.

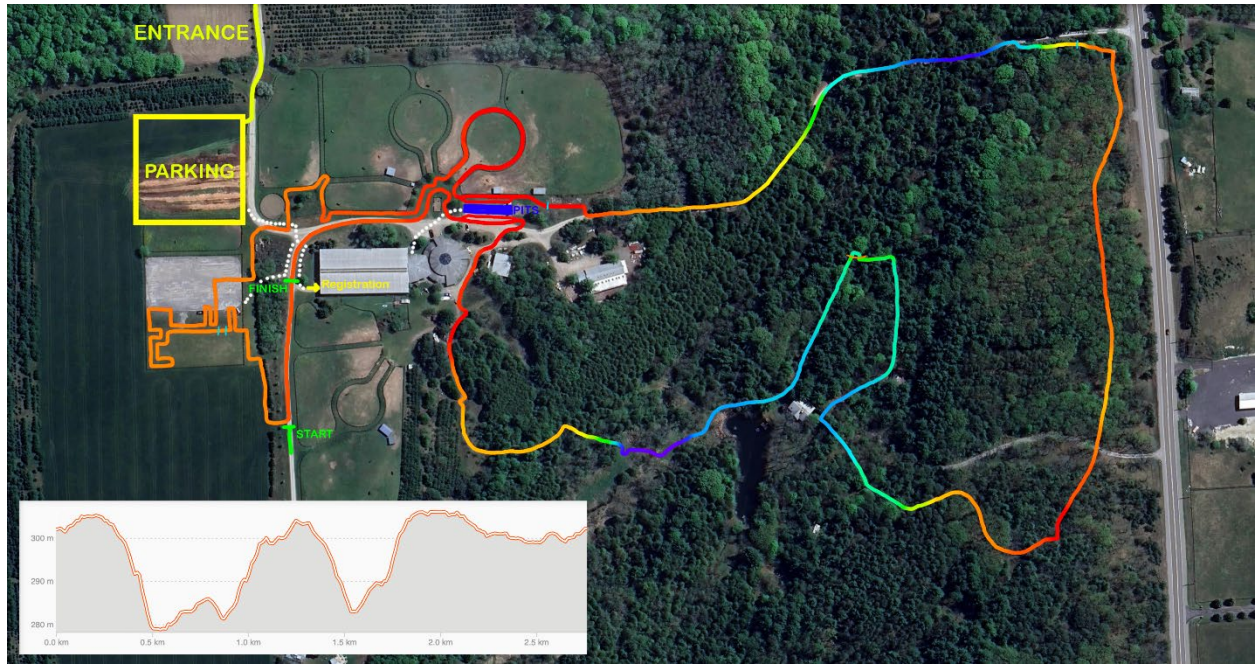
Awards & Prizes

- Awards will be presented 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.
- Riders must attend the awards ceremonies or risk forfeiting their awards.
- Podium presentations will take place following the conclusion of each race as described in the race schedule.

Course Venue

Course Map

Strava course link: [Prologue Cross 2025](#)



Venue Map



Team Area

- Team space is available to all teams who wish to put up a team tent in the designated Team area.

Event Rules

General Rules & Regulations

- The races will be governed under the current UCI Cyclo-Cross rules as amended by CC and OC. CC and OC rules are available online at www.ontariocycling.org/officials
- The UCI penalty scale with CC and OC modifications will be used for any infractions.
- Races will start promptly at the indicated start times.
- Warming up on the course while a race is taking place is prohibited. As the lead rider crosses the finish line riders will be advised that they may enter with racers completing their last lap. Please be courteous to other racers above all else.
- Any rider dropping out of the race shall immediately notify a commissaire. If you drop out of a race and do not report to a commissaire, you will be considered and unreported DNF and assessed a penalty.
- A pit is located on course for servicing equipment and changing bikes or wheels. The pit must be accessed by the designated entrance and riders may not travel backwards or cut the course to reach the entrance, with the exception of a mishap occurring after the pit entrance but before the pit exit (travel back to pit entrance in this case).
- There is no neutral service provided. Riders must supply their own spare wheels or bicycles.
- Lapped riders may be pulled at the order of the commissaire, either after being overtaken or just before being overtaken.
- All riders finish on the same lap as the winner. The ringing of a bell will indicate the last lap.
- Results will be posted online at www.racetiming.ca shortly after each race.
- Upon posting there will be a 15-minute protest period after which time, the results will become official and award presentations will follow promptly.
- In case of lightning, the race may be delayed or cancelled. If you are informed that the race has been stopped due to lightning, you are advised to seek shelter until the race can resume. No refunds will be issued if the race is cancelled. If there are any changes or delays in the schedule.
- Consumption of alcohol by riders or spectators on site is strictly prohibited. Any rider seen consuming alcohol may be subject to a fine or disqualified from the event.

Equipment Regulations

- Cyclocross bicycles conforming with UCI regulations are required in the competitive Category A. In particular:
 - A bicycle shall not measure more than 185cm in length and 50cm in overall width.
 - Mountain bikes or bikes with flat-bar handlebars are not permitted.
 - Width of the tire shall not exceed 33mm and it may not incorporate any form of spike or stud.
- All other categories allow the use of any bicycle; including mountain bikes provided that bar ends are removed.
- Riders may wear any jersey with no restriction on club or team names, logos, or advertising displayed on them.
- At all times when warming up or participating in the event, riders who are mounted on a bicycle shall wear a helmet at all times.
- Two-way radios are reserved for race organization only.
- The use of radio links or other remote means of communication with the riders is forbidden.
- Riders may not use any form of radio communication while competing.
- Helmet mounted cameras are not permitted.
- The use of personal music players are not permitted while racing or warming up on the course.
- The use of glass containers is strictly prohibited during the race.

Technical Assistance Regulations

- Riders should be prepared to work on their bicycle outside of the pit area. They can receive assistance in the pit area only.
- Spare bicycles and wheels are allowed in the pit area only.
- 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.
- Riders may carry tools and spare parts, provided that these do not involve any danger to the rider themselves or other competitors.
- No rider may turn back on the course to reach the pit area.
- Only those persons responsible for assisting riders may be in the pit area. Spectators, children, and pets are not permitted in the pit area. Spectators may watch from outside of the course.

Bad Weather and Course Changes

- Heavy rainfall will result in the event being cancelled or rescheduled.
- 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 www.PrologueCross.ca.

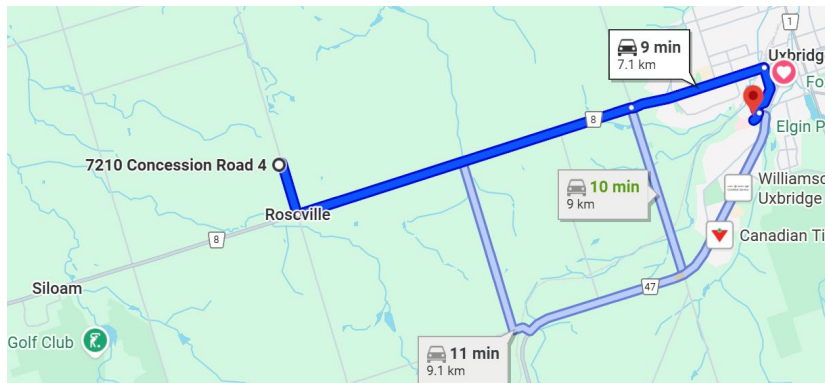
Safety & First Aid

First Aid will be provided on site by St. John's Ambulance. They will be stationed near the start/finish area and at strategic location(s) on course at the discretion of the First Aid provider. Course maintenance volunteers will be on course at all times to make sure the competition area maintains consistent for all races.

Medical / Hospital

Uxbridge Cottage Hospital, (905) 852-9771

4 Campbell Dr, Uxbridge, ON L9P 1S4



Event Sponsors



EXODUS

