



Race Week Outline – BC Bike Race 2010

This document is meant to serve as a brief outline of Race Week at the 2010 BC Bike Race. Note that details are subject to change.

Day Zero – June 26, 2010 – North Vancouver

- The Day Zero **Registration, Prologue Stage, and Racer Briefing** all take place at Inter River Park in North Vancouver. The above are mandatory for all racers.
- To get to [Inter River Park](#), please exit Highway 1 at Lillooet Road, following directions towards Capilano University. If driving, we recommend parking in one of Capilano University's lots if street parking is unavailable. Registration will take place in the Overflow Lot at Inter River Park.
- Registration opens at **10:00am**, the Prologue start times range from **12:00pm to 4:00pm** in a time-trial fashion, and the Briefing begins at **5:00pm**.

Upon arriving at Registration:

- o Drop your bike box and luggage in our **Temporary Gear Check** for us to look after while you go through the registration process.
 - Note: if you need your bike assembled or repaired, please take it to the Obsession: Bikes tent upon arrival.
- o Enter the **Registration Tent**, marked by the Racer Relations flag.
- o Fill out the appropriate paperwork to receive your Racer Identification, Dakine Racer Bag full of gear, Racer Jersey, and your Ryders Eyewear.
- o At this point, you can book your post-race massages with Catalyst Sport Massage.
- o Pack all your clothing and gear for Race Week into your **Dakine Racer Bag**.
 - Note: you will keep your Racer Bag with you tonight.
- o Give us your luggage and/or bike box for transportation to Whistler where you can claim them on Day Seven.
 - Note: you will not see these items until Day Seven, so make sure you have everything that you need for Race Week in your Dakine Racer Bag.
 - The **Day Seven Luggage/Bike Box Check** closes at 2:00pm sharp.

Day Zero Prologue

- o Fifteen minutes before your assigned start time, please follow directions to the start of the Prologue Course.
 - We are starting riders alphabetically based on their last names.
 - If you are in a team and would prefer to race at an earlier time that is closer to your partner's, arrive at the start line with your partner to see if there is space to fit you in at a start time closer to your partner's.
 - All riders are racing on their own for the prologue in a time-trial fashion, with 30sec to 1min gaps between every rider.



- This short course (under 5km) gives you a taste of the North Shore and is used to seed you in the Start Chute the following day.
- At the completion of the Prologue, please return to the Registration Area.
- Here, you are able to clean your bike and give it to our **Bike Transportation** team to take to the Day One Start Line in Nanaimo.
 - **Note:** all bikes **MUST** be loaded into the BCBR trucks for transportation to Nanaimo.

Day Zero Racer Briefing

- At 5:00pm, all racers must attend this mandatory meeting in the tent at Inter River Park.
 - Briefing goes over important Race Rules and safety information.
 - Day One Course Designers go over the next day's stage.
- Return to your home / hotel room with your **Dakine Race Bag**, eat a hearty meal, and rest up for the start of your adventure the next day!

Day One – June 27, 2010 – Nanaimo

- At 6:30am bring your Dakine Racer Bag to Inter River Park (North Van) for transport to the Finish Line in Nanaimo by one of the **Daily Bag Check** trucks.
 - Carry your red **Mini Bag** with you to keep a change of clothes for the ferry.
 - This is an extra carry bag provided to all racers on Day Zero and it is collected at the Start Line in Nanaimo.
 - Note: racers staying at the Holiday Inn may load their gear into a truck here.
- You are travelling by bus and will be picked up at Inter River Park in North Vancouver (location of Day Zero/Registration) at **7:00am** to be taken to Horseshoe Bay ferry terminal.
 - Note: those who are interested in leaving a car in North Vancouver for the duration of the week are encouraged to use Capilano University's long term lots. Parking passes (monthly) are available [here](#).
- All racers are on the **8:30am BC Ferries sailing** from [Horseshoe Bay \(West Vancouver\) to Departure Bay \(Nanaimo\)](#).
- Support Teams are encouraged to take the **8:30am** sailing with the racers.
- Day One begins at the Departure Bay ferry terminal in Nanaimo where racers walk off the ferry to claim their bikes.
 - **Note: it is against Race Rules to cycle while in a ferry terminal. Breaking this rule will result in time penalties and/or disqualification.**
- Challenge and Epic racers start at the same time but diverge midway through the course.
- Day One finishes at Rotary Bowl Track - Nanaimo District Secondary School.
- If your bike needs repairs, please take it to Bike Tech.
- If your bike does not need repairs, please take it to **Bike Transportation** by 6:00pm.
- Spend the night camping at Rotary Bowl in Nanaimo.

Day Two – June 28, 2010 – Cumberland

- Waking up in Nanaimo, drop your tent and take your Dakine Racer Bag to the **Daily Bag Check** trucks before grabbing breakfast.



- Depart Nanaimo at 7:15am by bus or on Support Team Vehicles, heading for Cumberland Village Park (6th and Dunsmuir).
- Race begins at 9:30am from Cumberland Village Park.
- Challenge and Epic racers start at the same time, again diverging midway through the course.
- If your bike needs repairs, please take it to Bike Tech upon completing the course.
- If your bike does not need repairs, please take it to **Bike Transportation** by 4:30pm.
 - o **Note:** all racers **MUST** load their bikes into the BCBR trucks for transportation to Powell River as Support Teams will not be able to travel with racers on Day Three.
- Spend the night in Cumberland camping at the Village Park.

Day Three – June 29, 2010 – Powell River

- Waking up in Cumberland, drop your tent, and take your Dakine Racer Bag to the **Daily Bag Check** trucks.
 - o Carry your red **Mini Bag** with you to keep a change of clothes for the ferry.
- Depart Cumberland at 8:00am by bus, headed to the Little River ferry terminal.
- All racers are on the 10:10am BC Ferries sailing from Little River (Comox) to Westview (Powell River).
 - o **Note:** Support Vehicles are **NOT** allowed on this ferry crossing. Our race fills this vessel to capacity, so Support Teams must travel at a different time. We recommend the **3:15pm** sailing to Powell River and apologize for the inconvenience.
- Walk off the ferry in Powell River and follow directions to the **Bike Corral**.
- After collecting your bike, ride to the Start Chute at Willingdon Beach where you will drop your Mini Bag.
- Epic and Challenge racers will be released in waves to reduce congestion on the trails, beginning at 12:00pm.
- Challenge and Epic racers again diverging midway through the course, both finishing at Willingdon Beach.
- If your bike needs repairs, please take it to Bike Tech upon completing the course.
- If your bike does not need repairs, please take it to **Bike Transportation** by 7:00pm.
 - o **Note:** all racers **MUST** load their bikes into the BCBR trucks for transportation to Earls Cove as Support Teams will not be able to travel with racers on Day Four.
- Tonight's dinner and Evening Presentation are at the Powell River Arena, a ten minute stroll along a path through the trees. Alternately, you are welcome to wait for our bus to transport you to the arena, but make sure you leave time to get to your dinner in either case.
- Return to Base Camp at Willingdon Beach for the night.

Day Four – June 30, 2010 – Earls Cove to Sechelt

- Waking up in Powell River, drop your tent, and take your Dakine Racer Bag to the **Daily Bag Check** trucks.
- Walk/bus up to the Powell River Arena for breakfast.
 - o Carry your red **Mini Bag** with you to keep a change of clothes for the ferry.



- Note that changing facilities will not be available on the ferry, so please wear your cycling clothes with a warm outer layer over top. You can leave your outer layer in your Mini Bag at the Start Line.
- Depart Powell River Arena by bus, headed for the Saltery Bay ferry terminal.
- Most racers will be on the 9:25am BC Ferries sailing from [Saltery Bay to Earls Cove](#), although some will have the opportunity to travel via water taxi or a [Harbour Air Seaplane](#)!
 - **Note:** Support Vehicles will **NOT** be allowed on the 9:25am ferry crossing. Our race fills this vessel to capacity, so Support Teams must travel at a different time. We apologize for the inconvenience.
- Epic racers begin at the Earls Cove ferry terminal where racers claim their bikes, starting the race at 11:00am.
 - **Note: it is against Race Rules to cycle while in a ferry terminal. Breaking this rule will result in time penalties and/or disqualification.**
- Challenge racers are bussed to a different Start Line, collecting their bikes there and starting the race at approximately 12:00pm.
- Both races finish at Sechelt Elementary School (Cowrie and Shorecliffe).
- If your bike needs repairs, please take it to Bike Tech upon completing the course.
- If your bike does not need repairs, please take it to **Bike Storage** by 6:30pm.
- Spend the night in Sechelt camping at Sechelt Elementary.

Day Five – July 1, 2010 – Sechelt to Langdale

- Waking up in Sechelt, drop your tent, and take your Dakine Racer Bag to the **Daily Bag Check** trucks to be transported to Base Camp in Squamish.
- Prepare your red **Mini Bag** with a change of clothes and drop this with **Daily Bag Check** to be transported to the Finish Line in Langdale.
 - Note: you will receive your Mini Bag before the BC Ferries sailing and your Dakine Racer Bag after the sailing at our Base Camp in Squamish.
- Collect your bike from **Bike Storage**.
- Epic and Challenge racers start from Sechelt Elementary School at 8:00am, with both groups completing the same course.
- The race finishes at the BC Ferries terminal in Langdale.
- If your bike needs repairs, please take it to Bike Tech upon completing the course.
- If your bike does not need repairs, please take it to **Bike Transport** as soon you finish the course.
- Depending upon finish time, racers will be on either the 1:05pm or the 3:25pm BC Ferries sailings from [Langdale to Horseshoe Bay](#).
- Upon disembarking from the ferry, board a BCBR bus to be transported to our Squamish Base Camp.
- Base Camp will be at Brennan Park Rec Centre in Squamish, where you will camp for the next two nights.



Day Six – July 2, 2010 – Squamish

- Waking up in Squamish, please leave your tent up as you will be returning to it later today. You may leave your Dakine Racer Bag in your tent or take it to Daily Bag Check for safekeeping.
- Collect your bike from the **Bike Corral** in the Arena.
- Epic and Challenge racers start and finish at Brennan Park Rec Centre today. Both races begin at 9:00am and the two races again diverge midway through the course.
- If your bike needs repairs, please take it to Bike Tech upon completing the course.
- If your bike does not need repairs, please take it to **Bike Transport** by 5:00pm.
- Spend the night in Squamish camping at Brennan Park Rec Centre again.

Day Seven – July 3, 2010 – Whistler

- Waking up in Squamish, drop your tent, and take your Dakine Racer Bag to the **Daily Bag Check** trucks for transportation to the Finish Line in Whistler.
- Depart Squamish at 7:30am by bus, headed for Base Two at Whistler.
- Collect your bike from the **Bike Corral** set up at Base Two in Whistler, then ride down to the Start Line in Whistler's Upper Village.
- Epic and Challenge racers ride the same course, beginning at 9:30am.
- The Start and Finish Lines are next to the Fairmont Chateau Whistler in the Upper Village.
 - o **Note:** parking is **NOT** available in this area.
- Upon completion of the course, collect any belongings from the **Day Seven Luggage/Bike Box Check** as well as your Dakine Racer Bag from the Frontenac Ballroom at the Fairmont Chateau.
- Final Awards are presented at 3:00pm next to the Finish Line.
- The Final Banquet, for those who have purchased Meal Plans or Banquet Tickets, begins at 7:00pm in the MacDonald Ballroom of the Fairmont Chateau.
 - o **Note:** there is no camping offered on Day Seven in Whistler.

