

WNON



BC  **RACER**
BIKE RACE **HANDBOOK**

WELCOME

Welcome to the BC Bike Race! Since the first BC Bike Race in 2007, we have visited dozens of communities, explored hundreds of trails and thousands of kilometers of hand-built singletrack. Most importantly we have shared in countless smiles, hugs and celebrations that have led us here. The amount of work, passion and long hours that have been devoted to making this event a success year-after-year is immeasurable. Thank you to our team, the trail builders, the clubs, the communities, our sponsors, partners, and most of all, to you, our racers. For 2023, we are thrilled to return to the coast and are honored and grateful to be riding on the traditional and unceded territory of the First Nations people.

The four communities we will be visiting on the island each offer a different style of riding. From the rocky, rooty trails in Cowichan to the loamy forest in Cumberland, we've curated an incredible course. Expect to be challenged and bring a good set of lungs. You'll need them for the climbs and for the hooting and hollerin' descents. Bring your full skillset to this race – you will need it. We cannot wait to show you diverse terrain found on Vancouver Island at this year's Ultimate Singletrack Experience. You will have a wonderful time while our crew makes sure you leave saying "that was the best week of my life!"

- The BC Bike Race Team

A photograph of a mountain biker riding a green bike on a dirt trail in a forest. The rider is wearing a black helmet, a black jersey, black shorts, and blue shoes. The trail is surrounded by tall trees and green foliage. The text "WORLD CLASS RIDING DESTINATION ON VANCOUVER ISLAND" is overlaid on the bottom left of the image.

**“WORLD CLASS
RIDING DESTINATION
ON VANCOUVER
ISLAND”**

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THE ULTIMATE SINGLETRACK EXPERIENCE

The BC Bike Race has captured the imagination of the mountain biking world. We can't thank the past and present communities we have been working with over the years enough. We will introduce you to new communities this year as we return to Vancouver Island where we have a long history. We have deep roots on the coast and have been humbled by their warm welcome for our organization and the more than 600 racers we bring to their towns. The Canadian hospitality is unrivaled here.

It is the lovingly crafted singletrack that has created such high demand for the BC Bike Race and has led British Columbia and its singletrack to become known around the world as a Mecca for mountain bikers. BC Bike Race has hosted over 57 countries in our 17-year history.

For 2023 we welcome racers from 35 different countries. We take great pride and pleasure in sharing our backyard with other mountain biking enthusiasts and our commitment to delivering the "Ultimate Singletrack Experience" is unwavering.

Off the bike we think you will fall in love with these oceanside communities, and we hope you take the time to explore a little and engage with the locals.



**“THE BEST
WEEK OF
YOUR LIFE”**

RACE PRINCIPLES

FOUNDATIONS OF THE BC BIKE RACE EXPERIENCE

The BC Bike Race was founded on high fives and epic tales from the big ring. From the front, middle or back of the pack you are free to choose your own adventure. We have developed a keen organizational awareness of some basic guidelines that, when understood by our participants, contribute to the most satisfying consumption of our handcrafted singletrack. In this section, we are sharing with you these fundamental guidelines. Adopt them, and you'll be part of an amazing and unique adventure of a lifetime!

PLAN FOR SUCCESS

Stage racing is a patience game; you will not win it on the first, second or even the fourth day. So manage your bike, manage yourself and recognize your own limitations. You will soon learn when to push them and when to live within them. Crossing the line having completed the "Ultimate Singletrack Experience" is your reward!

GIVE A BIKE LENGTH

BC singletrack is narrow and allows only one rider at a time. The faster rider has the right of way but must be courteous in requesting a pass. Communication comes from behind. By stage two you will all be riding with people of a similar speed. Giving each other space on the singletrack makes for the most enjoyable riding. Get to know the people around you and have fun sharing the BCBR experience.

LIVE LIKE LOCALS

Everyone is here because they love to ride their mountain bikes and are looking for adventure. That's why many people have come to live in this province. The camaraderie that is built between riders in our forests grows organically from sharing the experience with like-minded people.

SAY THANKS

The BCBR crew and the host volunteers of each destination city, town or village have been working hard over the course of the year to make this event a reality. If you see a red shirt, say thank you for their work. We are all part of the journey together.

BE AWESOME

Your bike is your trusty steed, take care of it and it will take care of you. The people around you are your safety network in the backcountry. Lend a hand to someone who needs it. Let's all take care of each other and have a beer at the end of the day to celebrate.

LET US HELP

We take safety very seriously and have an experienced team at basecamp, on course, and all around you. If you are hurt, let someone know. Never leave the race course without checking in with Course Control, Medical, or at an Aid Station. In the event you feel you cannot continue we will help you get back to the finish safely. Always check in with Racer Relations immediately upon return to the Start/Finish area.



**"BC BIKE RACE
WAS FOUNDED
ON HIGH FIVES
& EPIC TALES"**

STAGE 1 - JULY 3RD

MAPLE MOUNTAIN - PROLOGUE

Riding Distance: 13.4 km (7.8 km on clock)
Total Climbing Elevation: 421 m
Details: 3 km neutral start/finish

What's happening today:

Once you've registered, today is about warming up your legs and body and making sure your equipment is ready for the week. After a neutral roll-out, you will start your singletrack journey with some panoramic views of the Cowichan Valley before dipping back into the trees. Once you reach the high point you will be treated to your first flowy descent of the week on Phloem, Solar Coaster, and Loggers Lane. A relaxed neutral pedal will get you back to Basecamp.

STAGE SPONSOR



RACE SCHEDULE - STAGE 1

Registration	9:00am - 2:00pm
Mandatory Race Meeting	4:30pm
Racer Wake-up Call	On your own
Breakfast A	-
Breakfast B	-
Breakfast C	-
Bus Loading Times AM	7:30am & 8:30am Victoria Hotel Pickup
Race Start Time	Course Open - 10:30am - 2:30pm
Ride Zone	Cowichan Valley
Start / Finish Location	Crofton Ball Field
Stage Awards	4:30pm
Beer Garden	1:00 - 8:00pm
Wellness Hours	12:30pm - 3:30pm
Dinner A	6:00pm - 6:30pm
Dinner B	6:45pm - 7:15pm
Dinner C	7:30pm - 8:00pm
Bus Loading Times PM	-
Sleep In	Crofton / Cowichan Valley



COURSE PROFILE - 13.4KM / 421M ELEVATION



STAGE 2 - JULY 4TH

MOUNT TZOUHALEM

Riding Distance 39.9 km (32.6 km on clock)

Total Climbing Elevation: 1,131 m

Details: Start on the clock, 9 km neutral return

What's happening today:

Starting on the clock from Basecamp racers will traverse up through Mount Richards and some local farmland, only opened up for this event. Ascending "A Grand Traverse" on Mount Tzouhalem you will make your way up to the Arbutus-covered ridge line trails Field of Dreams and Rocky Mountain Ridge. After a few technical descents and some punchy climbing, you will be hooting and hollering down Double D, one of the most popular trails in the region. A short neutral ride will get you back to Basecamp.

STAGE SPONSOR



RACE SCHEDULE - STAGE 2

Racer Wake-up Call	6:30 am
Breakfast A	7:00am - 7:30am
Breakfast B	7:30am - 8:00am
Breakfast C	8:00am - 8:30am
Bus Loading Times AM	-
Race Start Time	10:00am
Ride Zone	Cowichan Valley
Start / Finish Location	Crofton Ball Field
Stage Awards	5:00pm
Beer Garden	1:00 -8:00pm
Wellness Hours	12:00pm - 8:00pm
Dinner A	6:00pm - 6:30pm
Dinner B	6:45pm - 7:15pm
Dinner C	7:30pm - 8:00pm
Bus Loading Times PM	-
Sleep In	Crofton / Cowichan Valley



COURSE PROFILE - 39.9KM / 1131M ELEVATION



STAGE 3 - JULY 5TH

MAPLE MOUNTAIN

Total Riding Distance 25.2 km
Total Climbing Elevation: 921 m
Details: Entire course on the clock

What's happening today:

Stage 3 will get you back into the Maple Mountain trail network. Once racers cross through the totem pole arch, they will be treated to 18km of pure BC singletrack. From the top of Maple Mountain riders will make good use of their dropper posts navigating Upper Maple Syrup filled with rocky descends and punchy climbs back into the flow of Phloem. A short gravel road ascent will get you into Lower Maple Syrup, followed by an up-and-down singletrack Bonanza, and a gravel road finish back into Basecamp.

STAGE SPONSOR



RACE SCHEDULE - STAGE 3

Racer Wake-up Call	6:30 am
Breakfast A	7:00am - 7:30am
Breakfast B	7:30am - 8:00am
Breakfast C	8:00am - 8:30am
Bus Loading Times AM	-
Race Start Time	10:00am
Ride Zone	Cowichan Valley
Start / Finish Location	Crofton Ball Field
Stage Awards	5:00pm
Beer Garden	1:00 -8:00pm
Wellness Hours	12:00pm - 8:00pm
Dinner A	6:00pm - 6:30pm
Dinner B	6:45pm - 7:15pm
Dinner C	7:30pm - 8:00pm
Loading Bikes	Loading closes 5pm
Sleep In	Crofton / Cowichan Valley



COURSE PROFILE - 25.2KM / 921M ELEVATION



STAGE 4 - JULY 6TH

NANAIMO

Total Riding Distance 35.5 km

Total Climbing Elevation: 1,034 m

Details: Short neutral start, 3 km neutral return

What's happening today:

Rolling out from Vancouver Island University, today's stage will lead racers into unique forests and endless rock bluffs. With three distinct climbs, you will get to experience a lot of the local favorites like Gatekeeper, Rollercoaster, and Shenanigans. The Finish line will be on the shores of Westwood Lake. Enjoy a quick dip before your neutral spin back to Basecamp.

STAGE SPONSOR

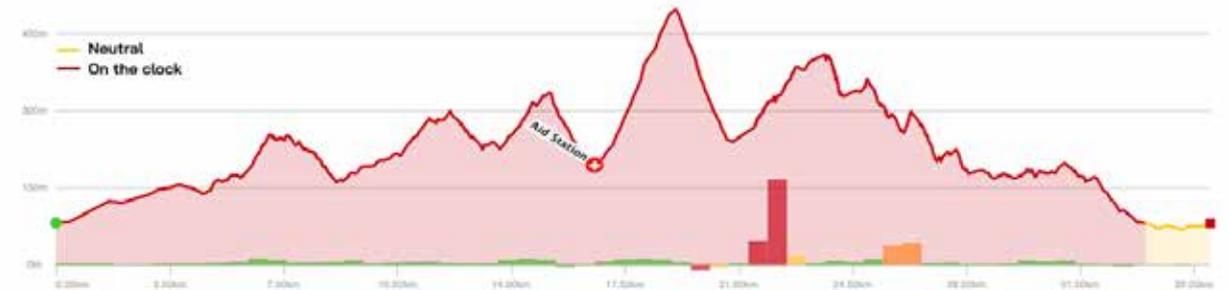


RACE SCHEDULE - STAGE 4

Racer Wake-up Call	5:45am
Breakfast A	6:15am - 6:45am
Breakfast B	6:45am - 7:15am
Breakfast C	7:15am - 7:45am
Bus Loading Times AM	7:30am - Depart from Crofton
Race Start Time	10:00am
Ride Zone	Nanaimo
Start / Finish Location	Vancouver Island University
Stage Awards	5:00pm
Beer Garden	3:00pm - 8:00pm *In Cumberland
Wellness Hours	3:00pm - 10:00pm
Dinner A	6:00pm - 6:30pm
Dinner B	6:45pm - 7:15pm
Dinner C	7:30pm - 8:00pm
Bus Loading Times PM	3pm & 5pm - Depart from Nanaimo
Loading Bikes	Loading closes 5pm
Sleep In	Cumberland



COURSE PROFILE - 35.5KM / 1034M ELEVATION



STAGE 5 - JULY 7TH

CUMBERLAND

Total Riding Distance 41.3 km
Total Climbing Elevation: 1,348 m
Details: Entire course on the clock

What's happening today:

Starting in Cumberland you will make your way up a short section of gravel double track to spread out the field. Then it's onto Sobono Michi, a masterpiece of a purpose-built climbing trail, which will get riders to the upper trail network. From here it's mostly down with the occasional punchy climb to connect some of the best trails the network has to offer. Field of Dreams, Blue Collar, and the Trent Canyon Trail are only a few gems of the day. Once you get to the top of Nikkie Mountain you'll be descending all the way back to the village of Cumberland.

STAGE SPONSOR

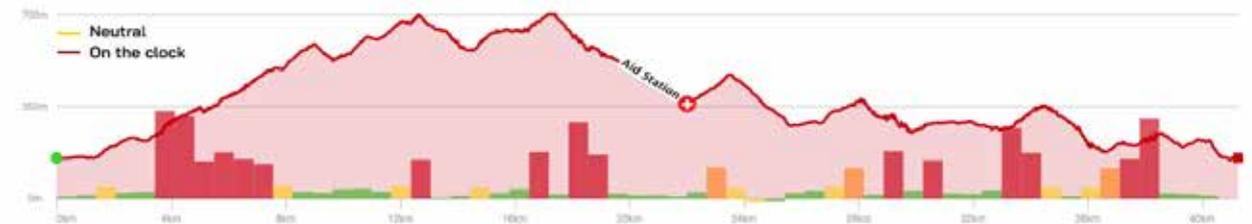


RACE SCHEDULE - STAGE 5

Racer Wake-up Call	6:30am
Breakfast A	7:00am - 7:30am
Breakfast B	7:30am - 8:00am
Breakfast C	8:00am - 8:30am
Bus Loading Times AM	-
Race Start Time	10:00am
Ride Zone	Cumberland
Start / Finish Location	Cumberland Village Park
Stage Awards	5:00pm
Beer Garden	1:00pm - 8:00pm
Wellness Hours	12:00pm - 8:00pm
Dinner A	6:00pm - 6:30pm
Dinner B	6:45pm - 7:15pm
Dinner C	7:30pm - 8:00pm
Loading Bikes	Loading closes 5pm
Sleep In	Cumberland



COURSE PROFILE - 41.3KM / 1348M ELEVATION



STAGE 6 - JULY 8TH

CAMPBELL RIVER

Total Riding Distance 44.9 km
Total Climbing Elevation: 735 m
Details: Entire course on the clock

What's happening today:

Today's stage is a classic epic XC ride. Around 45km of up and down through the phenomenal second-growth forest of the Snowden Demonstration Forest and Elk Falls Provincial Park. The course immerses you in the green room all day on a sliver of brown trail as you skirt alongside remote lakes and out onto open rocky bluffs. Some highlights of the day will be Jabberwocky, Rotary Rock and Roll, and Mudhoney.

STAGE SPONSOR

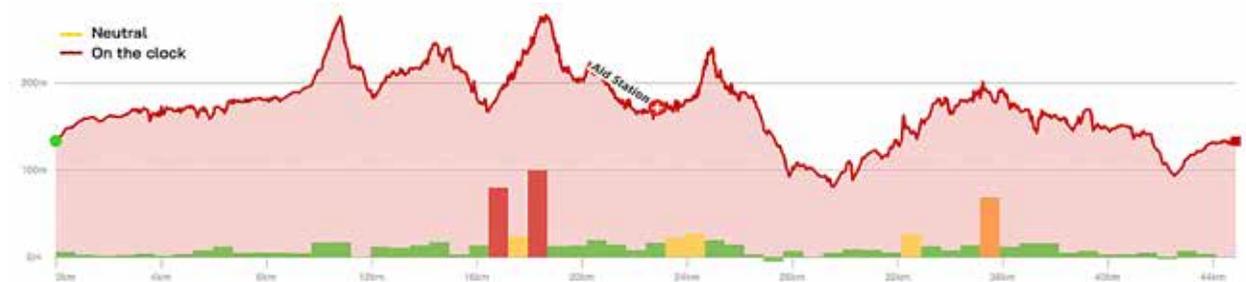


RACE SCHEDULE - STAGE 6

Racer Wake-up Call	5:45am
Breakfast A	6:15am - 6:45am
Breakfast B	6:45am - 7:15am
Breakfast C	7:15am - 7:45am
Bus Loading Times AM	7:30am - Depart from Cumberland
Race Start Time	10:00am
Ride Zone	Campbell River
Start / Finish Location	Campbell River
Stage Awards	5:00pm
Beer Garden	3:00pm - 8:00pm *In Cumberland
Wellness Hours	3:00pm - 10:00pm
Dinner A	6:00pm - 6:30pm
Dinner B	6:45pm - 7:15pm
Dinner C	7:30pm - 8:00pm
Bus Loading Times PM	3pm & 5pm - Depart from Campbell River
Loading Bikes	Loading closes 5pm
Sleep In	Cumberland



COURSE PROFILE - 44.9KM / 735M ELEVATION



STAGE 7 - JULY 9TH

CUMBERLAND

Total Riding Distance 31.3 km
Total Climbing Elevation: 957 m
Details: Entire course on the clock

What's happening today:

Your final stage of the BC Bike Race! This is a shorter course that takes in some of the best descending Cumberland has to offer. After climbing Sobo no Michi you will be hitting over 2km of Vanilla, the trail that's on everybody's ride plan. From here, a gravel road climb will get you to almost 5km of mostly descending. Starting on the slightly spicier Blockhead and Bear Buns, onto some high-speed riding down the local favorites, Scat, Brat, and Bonestorm before crossing the finish line to celebrate your week and accomplishments.

STAGE SPONSOR



RACE SCHEDULE - STAGE 6

Racer Wake-up Call	6:30am
Breakfast A	7:00am - 7:30am
Breakfast B	7:30am - 8:00am
Breakfast C	8:00am - 8:30am
Bus Loading Times AM	-
Race Start Time	10:00am
Ride Zone	Cumberland
Start / Finish Location	Downtown Cumberland/Village Park
Stage Awards	3:00pm
Beer Garden	1:00pm - 10:00pm
Dinner A	6:00pm - 6:30pm
Dinner B	6:45pm - 7:15pm
Dinner C	7:30pm - 8:00pm
Bus Loading Times PM	5:30pm - Back to Victoria
Loading Bikes	5:30pm - Back to Victoria
Sleep In	Cumberland



COURSE PROFILE - 31.3KM / 957M ELEVATION



COURSE TEAM

Fully managed courses with a variety of Course personnel which include Bike Patrol & Moto among other resources to manage the day.

BIKE PATROL

Bike patrol is our customer service wing on course. They pre-ride the course adjusting marking and managing any issues racers may encounter. They can prevent tricky on-course mechanicals from ending a racer's day; or provide support to overcome difficulties, both physical and mental. They provide guidance and positive reinforcement for our riders and have communication with team if help is required.

MOTO PATROL

Moto patrol is used to lead out start waves. A motorized vehicle up front of the wave absorbs risk to cyclists in our interface zones (between start and trails). Our Moto team bounces from place to place on the course sometimes using off-course trails and roads. Motos also are used to report on the race to our media team.



COURSE SIGNAGE

PINK RIBBONS

From the beginning of the race, you will follow the PINK RIBBONS augmented with arrows with the BC Bike Race Logo on them.

- **Three (3) ribbons on the right** side indicate a right turn with a confirming pink ribbon (1) soon after the corner.
- **Three (3) ribbons on the left** side indicate a left turn with a confirming (1) pink ribbon soon after the corner.

TRAFFIC APPROACHING

When returning to the Finish you'll see the "Traffic Approaching" sign.

Rules of the Road apply at all times on all gravel and paved roads. Be courteous to each other and have an amazing singletrack experience!



SINGLETRACK TRAILS

When getting close to singletrack you will see the "Single Track Ahead" sign. Sort yourself out into single file.



**FOLLOW THE
PINK RIBBON**





OBSESSION: TECH

SERVICE FOR YOUR BIKE

Obsession: Bikes has been servicing the bikes of BCBR since 2007, managing to keep riders' bikes rolling through this grueling single-track odyssey. It's not hard to see why bikes in this event need service - after all, when would you ever enter a bike race without a service beforehand and you will be racing for 7 days!

We bring a seasoned crew of some of the best techs in the industry today as well as a full shop worth of parts to keep your pride and joy running well.

Our services include (and are not limited to) daily a la carte servicing as well as our recommended:

Platinum Service Package - Consider this package as not only great service for your bike but also a great way to deal with your bike in light of the travel requirements in this year's event. Start each day with your bike on site and ready to go through another serious bashing on some of BC's best single track. Finish each day and our Techs will take your bike and prepare it for the next day's fun.

As this is our Pro level package: Rest easy knowing your bike is mechanically sound throughout race week. We will build your bike during registration, wash, lube, and tune it daily (includes a full inspection, bolt & tire check, wheel & rotor true, gear & brake adjustments, suspension & dropper seat post inspection). We finish each service with a solid stress test ensuring that your bike is race ready for each morning's adventure. We also offer to store Optima Pro Package rider's parts throughout race week. When the event wraps up we can also re-box your bike.

Optima pro package is limited to 40 riders.

Parts are extra and priced at standard MSRP.

SPARE PARTS CONSIDERATIONS TO SURVIVE BCBR 2023:

Please source the following items from your LBS to best secure preferred repair items, specific to your bike and rider preferences:

- Derailleur Hangers - (x2 min) - (one for the trail, one for holding)
- Brake pads - (x3 set)
- Brake Rotor - (x1) (matching mounting type, size and brake caliper adapters)
- Chain (x1) and quick links (x2)
- Cassette (x1) (matching mount type, consider gearing)
- Chainring (x1) (matching mount type, consider preferred tooth count)
- Tires - (x2) (consider volume / tread type/ casing type)
- Tubes (x4) (consider valve length reaches through the rim)
- Patch Kit / Tire Repair Kit
- Spokes & Nipples (x4) (consider spoke length and gauge)



"KEEP YOUR DREAMS ON TRACK"

TECH SUPPORT

Your holiday, your race dreams are kept on track by the dedicated technicians at Shimano. We know you've trained hard and have taken time out of your busy schedule to come to the BC Bike Race. The Shimano team is dedicated to making sure you finish. Whether you need a tweak or have a full mechanical breakdown on course, they are ready to fix any issue and keep you trucking all the way to the finish. Tech support stations will be set up the aid station(s) each day.

SHIMANO





The medical team's goal is to keep you in the race as long as it is safe for you and others.

We will do evaluations and deal with most of your ailments and triage riders who have issues that need the more advanced treatment to the nearest hospital.

The following services are free of charge and performed by the medical team:

- Traumatic injury care
- Concussion - assessment
- Wounds - cuts, saddle sores, bruises, blisters etc.
- Dehydration - exercise induced or from severe diarrhea
- Heat stroke/illness
- Medical conditions
- Extraction from wilderness and coordination with local EMS and hospital services.

MEDICAL TENT HOURS:

- Stage 1: 10:00am - 4:30pm
- All other Stages: 7:00am - 8:00pm *Closed from race start till first racer back



EMERGENCY PHONE NUMBER
Call or text - 1.778.888.6935
If no answer call 911



NO CELL SERVICE?

Send word with another racer. Give them your:

- Bib number
- Location (km marker or mark on map)
- Your cell number

MEDICAL PRACTITIONERS:

Emergency Medical Doctor, paramedics, nurses & nurse practitioners.

****In the case of an emergency, any stop and time lost to help a fellow rider will be credited to keep you in your current position. Do not worry about your time we will take care of you, but please do worry about your fellow racers.****

AID STATIONS

We will have Aid Stations set up each day. Aid Stations will provide nutrition and hydration for our racers. If distance or hot weather conditions dictate, we may add more stations during a stage.

FINISH LINE FOOD

Finish Line Food will have a variety of food, snacks, water and hydration products available to replenish you after a long day in the saddle.



Aid station(s) function as a key course control zone with Medical and Bike Tech.

BCBR Wellness

You'll be putting in long days in the saddle and demanding a lot from your body. We have top-notch sports therapists on hand to help you perform at your best.

We are the Gold-standard for Wellness in the MTB world. We offer:

- Massage Therapy
- Physiotherapy
- Chiropractic Doctors

Take advantage of this unique opportunity to have a group of highly trained therapists working to make this the best week of your life.

WELLNESS TAPING HOURS

- Stage 2-7: 8:30am - 4:30pm
- All other Stages: 7:00am - 9:30am



The BC Bike Race Wellness team will be back year providing therapeutic treatments to help alleviate post race discomfort and support recovery so you can perform at your best, while minimizing injury risk. The team is comprised of 10 RMT's, 2 Chiropractors, and 1 Physiotherapist. All of our therapists are highly trained and experienced in supporting athletes at stage races. Most of us are athletes ourselves so we understand how much goes into being able to perform at the high level you do.

Accessing these services is easy. Just stop by our table at Race Registration day to enter your details and then come see us each day post race to secure your treatment time.

WELLNESS SERVICES

MASSAGE THERAPY 30 mins

CUSTOM TREATMENT PACKAGE:

Focused on your recovery! Manage new or chronic injuries, flush lactic acid, receive assisted stretching for those hard to reach places, and correct structural imbalances so you are well aligned on your bike. Be at your best on the start line each day.

PHYSIOTHERAPY 30 mins

INJURY MANAGEMENT: Assessment and treatment of non-emergency, new, or chronic injuries so you can minimize the effects of injuries and be at your best.

CHIROPRACTIC Chiropractic Adjustments: 20 mins

Our chiropractors are mountain bikers too, so they understand the strain that this kind of event can put on your body. By using a blend of chiropractic adjustments, myofascial release and IASTM for full-spine, shoulders, hips, arms and legs to put you back together!

MORNING TAPING SESSIONS \$6 Session

- Tape up back, ankles, knees, shoulders & wrists before race start so you are well supported for your race day.

FAQS

How do I book an appointment?

Simply create an account with us at registration, or when you get your first treatment and then walk-in on the day you want the treatment. We will get you in! It's that easy!

What do I use Wellness for?

Two things are needed to get you through the week: Your bike and your body. We take care of your body so you can have the best week of your life!

People who have used our services say it made the difference between truly enjoying the week, head up and appreciating our stunning surroundings versus suffering needlessly every day.

How often should I use Wellness?

The more you use us, the faster you recover and the stronger you will feel for race start the next day.

Start on Day 1 then every day you want after that. The more we see you, the more we get to know you and what your body needs, so we can tailor our treatments for your optimal recovery.

What do I do if I get sick, heat stroke or extreme dehydration?

Visit our medical practitioners in the medical tent to get you back on your feet.

Why does BCBR have so many Wellness practitioners?

We get the Gold-standard for Wellness of any MTB race in the world. We take pride in superior service for our athletes and we want you to have the best week of your life!

Come in today to experience our unique team of dedicated and experienced Wellness therapists!



Coaches Corner

Powered by Karsten Madsen



**A FULLY CHARGED
E-BIKE EXPERIENCE**
May 31 – June 2, 2024

The**MEGA**VOLT.com



THANK YOU

We hope you enjoy your time with us at the BC Bike Race as you become one or our alumni. We will be forever linked through the story of our time together: our travels through the communities that welcome us and our time on the trails.

We hope your time here stokes your passion for riding and that the story of your experience at the BC Bike Race will be an inspiration for others.

We thank you and, until the next time our singletrack paths cross, we wish you safe travels onward

~ The BC Bike Race Team

THANK YOU TO ALL OUR SPONSORS!

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BC Ferries

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