

# 2025 Racer Handbook

## VOLUME 1 (updated)



# WELCOME

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We can't wait to welcome you to the 2025 BC Bike Race.

Going into our 19th year of providing exceptional mountain bike experiences, our team of red shirts is busy preparing to give you the best possible week both on and off the bike.

This short guide will tell you how to get to the start line, what the flow of the week will be as we travel to each basecamp and details about each race stage.

We will be sending you more information over the coming months to help you further plan your week with us. In the meantime, if you have any questions, Moniera in Racer Relations, will be happy to help. Email her at [info@bcbikerace.com](mailto:info@bcbikerace.com).

Thanks to our amazing team of staff, volunteers, mountain bike clubs, trail builders, local governments, sponsors, partners and YOU for making the BC Bike Race what it is each year.

*We are honored and grateful to be riding on the traditional and unceded territory of the Coast Salish people. If you would like to learn more about the first nations groups in the communities we will be visiting, check out [this interactive map](#).*



The 2024 BCBR team. Photo by Deniz Merdano.

# GETTING HERE

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We will welcome you to Racer Check-in at our first basecamp at the Cowichan Exhibition Grounds. If you are flying from elsewhere in the world, you will likely arrive in Vancouver. From there, you can take a connecting flight or a ferry to Victoria or Nanaimo. If you are flying in, we recommend you arrive a minimum of one day before the race in case there are any issues with your luggage or bike.

## FLYING TO AND FROM VANCOUVER ISLAND

Wherever you're flying in from, you can take a connecting flight to Vancouver Island. The race starts and finishes in 2 different locations so book your flights accordingly.

**Day 1 is in the Cowichan Valley.** The two closest airports are in Victoria (YYJ) and Nanaimo (YCD). If you are on our Transportation Program, you will need to fly into Victoria as this is where we will pick you up on the morning of Day 1. You are responsible for getting yourself from the airport to your accommodations and then to the Day 1 pick up location. Victoria International Airport lists several ground transportation options including shuttles, car rentals, taxis and ride shares [here](#).

**Day 7 finishes in Cumberland** and the closest airport there is Comox Valley Airport (YQQ).

If you are on our Transportation Program, we will have shuttles to Comox Valley Airport on July 7, the day after the race ends. If you book a flight that leaves before the shuttles start running, you can book your own transportation to the airport, which is a 25 minute drive from our final basecamp. The Comox Valley airport lists several transportation options on their [website](#).

We do not currently have shuttles running back to Victoria and recommend you plan to fly out from Comox Valley Airport if you are on our transportation plan.

## GETTING TO VANCOUVER ISLAND BY CAR

If you are driving, you can get to Vancouver Island using BC Ferries. There are two options:

- Tsawwassen Ferry Terminal – This is the best option if you are travelling from the Vancouver Airport or coming from the south. If you sail to Duke Point (south Nanaimo), you will have a 30 minute drive to our first basecamp. Swartz Bay (Victoria) is an hour and 15 minute drive, but has more frequent sailing times.
- Horseshoe Bay Ferry Terminal - If you are coming from downtown Vancouver or along Highway 1 (north of Vancouver), it may be easier to take the ferry from Horseshoe Bay to Departure Bay (Nanaimo). From here, it's a 45-minute drive to the Cowichan Valley.

**Note that the race starts on a very busy long weekend. We strongly recommend that you make ferry reservations well ahead of time if you are driving onto the ferry: [bcferries.com](http://bcferries.com).**



### Before and After the race

If you are planning to be here a few days before the race so you can explore Cowichan's arts, culture and other attractions, visit [Tourism Cowichan](#) for information. If you are planning to stick around for a few days after the race to explore mid-Island attractions, visit the [Experience Comox Valley](#) website.

# BASECAMPS

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We will have 2 basecamps during race week: Cowichan Valley and Cumberland. There are no point-to-point stages, and all stages start and finish in the same place. The race is designed so you can drive your own vehicle all week if you want. Each basecamp hosts services to help make your race as smooth and enjoyable as possible. These amenities are available to all racers, even if you are not staying at basecamp.

## **Basecamp Amenities:**

- Medical: emergency response including hydration
- Wellness: physiotherapy, massage therapy, chiropractic
- Bear's Den: a space to hang out and socialize, charge your devices
- Obsession Mechanical Services: Fee-for-service to help you with mechanicals off the course
- Shower trucks for riders on our tenting and Vanlife programs
- Washrooms
- Retail
- Beer Garden

## **ADD-ONS**

If you purchase Basecamp Accommodation, Transportation and/or Meal Plan, pay special attention to the following information about those programs.

### **Transportation Program**

You will need to pack everything you require for race week into the BCBR duffle bag provided at racer check-in. This is the only bag that we will transfer from basecamp to basecamp.

Bike bags and spare luggage that you don't need during the week will be stored on a Day 7 truck that will NOT be accessible during the week. This truck will be unloaded at our Cumberland basecamp in the afternoon on our final day of racing.

### **Meal Plan**

Arrive at the meal hall at your designated meal time and with your meal plan card. If you arrive earlier than your scheduled meal time, you will be asked to come back later.

### **Basecamp Tents**

Basecamp tents are single occupancy, but you can share your tent if you want. If you choose to share your tent with another racer, let us know who so we can direct you both to the correct tent.

### **Basecamp Vanlife**

Vanlife spots are sold out. To join the waiting list, email Moniera at [info@bcbikerace.com](mailto:info@bcbikerace.com). As an alternative, there are both private and government camping areas in our basecamp communities. These are listed on the [Travel & Transportation](#) page of our website.

## **Cowichan Valley Basecamp**

Our first basecamp will be at the Cowichan Exhibition Grounds, 7380 Trans-Canada Hwy, just north of Duncan. This is where we will welcome you to the BC Bike Race on June 30. We will stay at this basecamp for three nights.

If you are on our Transportation program, we will pick you up at a central location in Victoria on the morning of June 30. Exact time and location TBA.

If you are driving yourself, there is plenty of parking here and our parking guides will point you in the right direction as soon as you turn into the grounds off the highway.

Upon arriving at basecamp, if you're staying in our tents, visit the tent host after you have registered with Racer Relations. For other accommodation options, visit the [Travel and Transportation page](#) on our website.

There will be a mandatory racer meeting before the prologue course opens.

For those on our food program, the on-site meal hall will be clearly identified with signs. The exhibition grounds have ample washrooms and there will be mobile showers on site for those on our tenting and Vanlife programs.

On July 3 (Day 4), we head north in the morning for a remote start in Nanaimo, BC, which is a 40-minute drive north. If you are tenting in basecamp, please have your tent cleared out by 7am and get your BCBR bag over to the bus loading area.

After this stage, we will continue driving up island to Cumberland, our second basecamp.

## **Cumberland Basecamp**

Our basecamp in Cumberland is located at the Cumberland Village Park. This will be our base for the rest of the week. If you are staying with us in basecamp, visit the tent host station to check in again. You will have your tent until the morning of July 7th.

If you are on our transportation program, your bike will be unloaded and held in a secure storage area until the Stage 5 race start on the morning of July 4th. The storage area will be the tennis courts along Dunsmuir Road.

We race from Cumberland basecamp on July 4th and again on July 6th.

Meals will be served at the Cumberland Recreation Centre, 5 blocks west of basecamp along the main street, Dunsmuir Avenue.

On the afternoon of July 4th please return your bike to the storage area as we will be loading bikes that afternoon for transport to Campbell River on July 5th.

The start and finish in Campbell River will be at PRT Tree Services located at 3820 Snowden Camp Road in Campbell River.

If you are on our transportation program, we will provide storage for your small black racer day bag in Campbell River so you can bring a change of clothes. Please make sure your bag is clearly labeled with your name and racer number.

There will be washrooms at the Stage 6 start/finish, but no shower facilities.

<b>Date</b>	<b>Race Location</b>	<b>Travel</b>	<b>Sleep</b>
June 30	Cowichan	None	Cowichan
July 1	Cowichan	None	Cowichan
July 2	Cowichan	None	Cowichan
July 3	Nanaimo	Cowichan—Nanaimo— Cumberland	Cumberland
July 4	Cumberland	None	Cumberland
July 5	Campbell River	Cumberland—Campbell River— Cumberland	Cumberland
July 6	Cumberland	None	Cumberland

If you have any questions, email Moniera at Racer Relations, [info@bcbikerace.com](mailto:info@bcbikerace.com).

We will have more specific race week details for you over the coming months and we are looking forward to seeing you at the start line!