



2025 SCHEDULE

This schedule is subject to change.

	Day One	Day Two	Day Three	Day Four	Day Five	Day Six	Day Seven	Day Eight
	June 30th	July 1st	July 2nd	July 3rd	July 4th	July 5th	July 6th	July 7th
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Monday
	Registration & Stage 1 - Prologue	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Travel Home
Registration	10:00am - 3:00pm *Closed for mandatory meeting							
Mandatory Race Meeting	12:00pm							
Race Start Time	Prologue Course Open - 1:30pm - 5:30pm	9:00am	9:00am	9:00am	9:00am	10:00am	9:00am	7:30am - Racers clear of sleeping tents
Ride Zone	Cowichan Valley	Cowichan Valley	Cowichan Valley	Nanaimo	Cumberland	Campbell River	Cumberland	
Start & Finish Location	Cowichan Exhibition Grounds	TBA	Cowichan Exhibition Grounds	TBA	Cumberland Village Park	PRT Growing Services	Cumberland Village Park	
Medical Tent Hours <small>*Emergency Phone - 24hrs/day. Hours may be adjusted on travel days</small>	11:30am - 5:30pm	8:00am - 6:00pm *Closed from race start till first racer back	8:00am - 6:00pm *Closed from race start till first racer back	8:00am - 6:00pm *Closed from race start till first racer back	8:00am - 6:00pm *Closed from race start till first racer back	8:00am - 6:00pm *Closed from race start till first racer back	8:00am - 6:00pm *Closed from race start till first racer back	
Retail Hours	9:00pm - 6:00pm	1:00pm - 6:00pm	12:00pm - 6:00pm	1:00pm - 6:00pm	12:00pm - 6:00pm	1:00pm - 6:00pm	12:00pm - 6:00pm	
Sleep In	Cowichan Valley	Cowichan Valley	Cowichan Valley	Cumberland	Cumberland	Cumberland	Cumberland	

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Optional Upgrade Program Times								
Transportation Program: Bike Loading Times	TBA - Victoria to Cowichan		Load Bikes onto trucks - Loading closes 5:00pm	Load Bikes onto trucks - Loading closes 5:00pm	Load Bikes onto trucks - Loading closes 5:00pm	Load Bikes onto trucks - Loading closes 5:00pm		
Transportation Program: Bus Loading Times AM	TBA - Victoria to Cowichan			7:30am - Depart from Crofton (To Nanaimo Start Line)		7:30am - Depart from Cumberland (To Campbell River Start Line)		7:00am & 8:30am - Bus departure times to Comox Airport
Transportation Program: Bus Loading Times PM	N/A			2:00pm & 4:00pm - Depart from Nanaimo (To Cumberland Basecamp)		2:00pm & 4:00pm - Depart from Campbell River (back to Cumberland)		
Tent				Clear Tents by 7:30				Clear Tents by 7:30
Breakfast A		7:00am-7:30am	7:00am-7:30am	6:15am-6:45am	7:00am-7:30am	6:15am-6:45am	7:00am-7:30am	6:30am-7:00am
Breakfast B		7:30am-8:00am	7:30am-8:00am	6:45am-7:15am	7:30am-8:00am	6:45am-7:15am	7:30am-8:00am	7:00am-7:30am
Breakfast C		8:00am-8:30am	8:00am-8:30am	7:15am-7:45am	8:00am-8:30am	7:15am-7:45am	8:00am-8:30am	7:30am-8:00am
Dinner A	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	6:00pm-6:30pm	
Dinner B	6:45pm-7:15pm	6:45pm-7:15pm	6:45pm-7:15pm	6:45pm-7:15pm	6:45pm-7:15pm	6:45pm-7:15pm	6:45pm-7:15pm	
Dinner C	7:30pm-8:00pm	7:30pm-8:00pm	7:30pm-8:00pm	7:30pm-8:00pm	7:30pm-8:00pm	7:30pm-8:00pm	7:30pm-8:00pm	

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