

# 2025 Racer Handbook

VOLUME 2: Race Week



# WELCOME

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Welcome to the 2025 BC Bike Race! Since the first BC Bike Race in 2007, we've visited dozens of communities and ridden thousands of kilometres of singletrack. 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 2025, we are thrilled to be riding on Vancouver Island and are honored and grateful to be riding on the traditional and unceded territory of the Coast Salish people.

The four communities and five trail networks we will be visiting on the island each offer a different style of riding. From the rocky, rooty trails of Maple Mountain to the lush and loamy forest in Campbell River, we've curated seven incredible courses. Expect to be challenged and rewarded in equal parts. You'll need your lungs for the climbs and for the hootin' and hollerin' descents. Bring your full skillset to this race—you will need it. We cannot wait to show you the diverse terrain on Vancouver Island at this year's Ultimate Singletrack Experience.

- The BC Bike Race Team

If you have any questions before you arrive, Moniera, in Racer Relations, will be happy to help. Email her at [info@bcbikerace.com](mailto:info@bcbikerace.com).



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## Stay up-to-date during race week

During race week, we'll be using WhatsApp as part of our communication tool kit. This will be a one-way announcement platform so important information doesn't get lost in race chatter. We encourage you to join the group asap.

Scan the QR code to the right or click [this link](#) to join the group.



## Access your FREE Trailforks Pro Subscription

For 2025 Trailforks is offering all BCBR Racers a free year of Pro access! This is a great tool for exploring trail networks anywhere in the world. If you don't yet have a Trailforks account, click [this link](#) and take advantage of this sweet 2025 racer perk.

# RACE PRINCIPLES

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## 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 single-track. 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!

## KNOW YOUR LIMITS

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 basecamp safely. Always check in with Racer Relations immediately upon return to basecamp.



# REGISTRATION

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Prepare for an amazing week by following these steps when you arrive at basecamp:



## STEP 1 - Waiver Station

Your first stop is the Waiver Station where your forms can be verified and your signature witnessed by one of our team members. In particular, have your travel insurance information and your Doctor's name and contact info with you. Access the medical form and all 3 waivers on our [website](#).



## STEP 2 - Registration Check-in

At the Registration tent, hand over your forms and pick up your racer package with your race plate and timing chip. If you purchased your meal plan, your punchcard will also be in this package.



## STEP 3 - Swag Station

Time for the goodies from our sponsors and your coveted red BCBR bag. If you are on our transportation program, transfer all of your clothing and gear into the BCBR bag. If you have organized your own accommodation, skip to step 5.



## STEP 4 - Tent/Vanlife Station

If you are tenting with us or staying in our vanlife section, visit the Accommodation tent. You will be assigned a tent or vanlife spot and you can stow your gear before rolling out for the Prologue.



## STEP 5 - Snap a Selfie to Win

Step onto the podium, hold up your race plate and snap a selfie with the BC Bike Race backdrop. Post on Instagram or Facebook and tag us for a chance to win a set of Maxxis Tires.



## STEP 6 - MANDATORY RACER MEETING 12PM

**Everyone must attend** the briefing in **Mellor Hall** for important information about how the week will unfold, plus course and safety protocols.

## STEP 7 - Prologue

The Prologue stage will determine where you are seeded in the Day 2 racer lineup so consider that when setting your pace. The pro category will lead the roll out from the start gate at 1:45pm. The rest of the field will self-seed and roll out in 3 groups:  
Pinner, 1:50pm | Midpack Mavericks, 2:15pm | Party Pace Posse, 2:30pm

## STEP 8 - Wellness, Obsession Tech and Retail

Once you roll through the finish arch at basecamp, explore our retail shop, Wellness Services and Obsession Bikes tent.

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# BASECAMP LOCATIONS



## Basecamp 1 Cowichan Exhibition Grounds June 30-July 3

Cowichan Exhibition Park,  
7380 Trans-Canada Hwy,  
Duncan, BC

We kick things off in  
North Cowichan with the  
Prologue, Day 2 and Day 3.  
On Day 4, we pack up and  
head to Nanaimo for the  
day then continue onto  
our second basecamp in  
Cumberland.

## Basecamp 2 Cumberland July 4-7

Cumberland Village Park,  
Dunsmuir Ave & Sixth St

Following the Nanaimo  
stage, we move directly  
to our final basecamp  
in Cumberland. Those in  
tents/vanlife spots can stay  
until the morning of July 7.

*Note that our Cumberland  
basecamp is situated in a ru-  
ral residential neighbourhood  
so please be respectful when  
parking. All parking bylaws  
and regulations will be strictly  
enforced.*

*Click on the 📍 to get Google  
map directions to basecamps  
and Transportation Pick up.  
Click on the 🚲 for the start  
locations in Nanaimo and  
Campbell River.*

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## Bear's Den

The Bear's Den is your place to hang out, charge your phone, check race results and taunt your friends who didn't come with messages of how much fun you're having.

If you are staying with us, we recommend bringing a power bank. You can charge it at the charging station while you're out on course so you can charge your phone from it when you get back to basecamp.

We have **limited wifi** at basecamp. It's good for checking results and posting on social media, but not for streaming a movie.

If you are joining us from out of country, we suggest you look into a phone plan to avoid high roaming charges. Your phone company may have a reasonable travel package. As an alternative, past racers have recommended e-sim company [Airalo](#), but there are many e-sim options to choose from.



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# ON COURSE

## Course Signage

### FOLLOW THE PINK RIBBON

From the beginning of the race, you will follow the PINK RIBBON with the BC Bike Race Logo on it.

**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.



**Watch** this [course marking and trail etiquette video](#) for more information.



#### 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.

## Aid Stations

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

**Drinks:** Water, pickle juice, electrolytes

**Food:** A selection of sweet and salty grab and go real food snacks. Fruit, pickles, chips, pretzels, trail mix, dried fruit and candy. We encourage you to bring any specific preferred race nutrition items in case we don't have them.

### Finish Line Food

Finish Line food will help you restore sugar levels.



**Aid Stations will also function as check points for Course Control purposes and the enforcement of Race Rules.**

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## On-trail Tech Support

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 your bike can get you to the 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. A tech support station will be set up at the aid station each day.



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# COURSE CONTROL

## 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 are also tasked with keeping the racers moving forward. They can prevent on-course mechanicals from ending a racer's day and provide support to overcome difficulties, both physical and mental. They provide guidance and positive reinforcement for our riders and have communication with medical, moto & basecamp crew 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. **Don't follow the moto, follow the pink ribbon!** Motos are fast responders to incidents and if it seems like they are in a hurry, they are; please yield.

Motos are also used to report on the race to our media team. Moto riders are hard to talk to on course because they wear full face helmets. Use body language to communicate with them. Waving hello should look different than waving them down for help.

While we apologise for the disruption to your race when they are near you; it's a necessary intrusion.

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## BCBR Medical

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

Medical conditions

Heat stroke/illness

Wounds - cuts, saddle sores, bruises, blisters etc.

Dehydration - exercise induced or from severe diarrhea

Emergency prescriptions (antibiotics, anti-inflammatories etc.)



### 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

*Including Emergency Medical Doctor, paramedics, nurses & nurse practitioners.*

**\*\*Please stop and help in an emergency.  
Any time lost to help a fellow rider will be credited to keep you in your current position.\*\***

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# SERVICES

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## BCBR Wellness

Our Wellness team provides 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 Registered Massage Therapists. All are highly trained and experienced in supporting athletes at stage races.

### How do I book an appointment?

We encourage everyone to create their account ahead of time by emailing [wellness@bcbikerace.com](mailto:wellness@bcbikerace.com). After you create your account, simply walk in after each stage to book your appointment.

### What do I use Wellness for?

People who've used our services say it made the difference between truly enjoying the week 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. The more we see you, the more we get to know you and can tailor treatments for optimal recovery.

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

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

### Why does BCBR have so many Wellness practitioners?

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



## WELLNESS SERVICES

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### Massage Therapy – 30 mins

Focused on your recovery! Manage new or chronic injuries, 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.

Take advantage of the opportunity to have highly trained wellness experts working to make this the best week of your life.

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## Obsession Tech: Basecamp Service For Your Bike

Obsession Bikes has been servicing the bikes of BCBR since the event's inception in 2007. Each of their mechanics have multiple years of experience working in multi-day stage races. They are considered to be some of the best in the business.

Obsession's purpose is to aid in ensuring that your bike makes it to the finish line each day.

They will have a limited supply of parts and we strongly recommend that you source parts at your local bike shop (LBS) before arriving at BCBR. Please read the list to the right, which outlines suggested parts to bring.

They offer à la carte services along as well as a premium service package.

### Platinum Tune Package

Rest easy knowing your bike is fully taken care of during race week. They 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 seatpost inspection). They finish each service with a hard test ride ensuring that your bike is race ready for each day's adventure. They also offer to store Platinum Package riders' spare parts throughout race week. Any additional parts that are required and not provided by the rider will be charged at retail pricing. To book this service [click here](#).



### RECOMMENDED SPARE PARTS FOR BCBR 2025:

Please source the following items from your local bike shop 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)*



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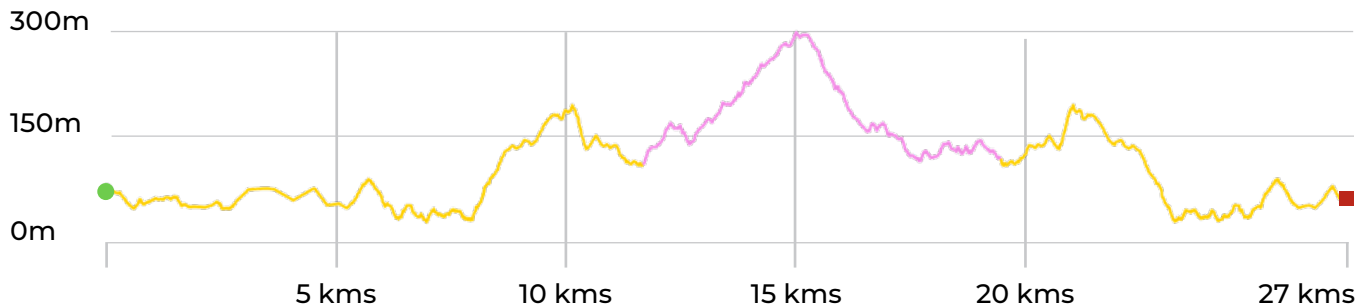
# RACE STAGES

## Day 1 - Prologue | North Cowichan, Maple Mountain

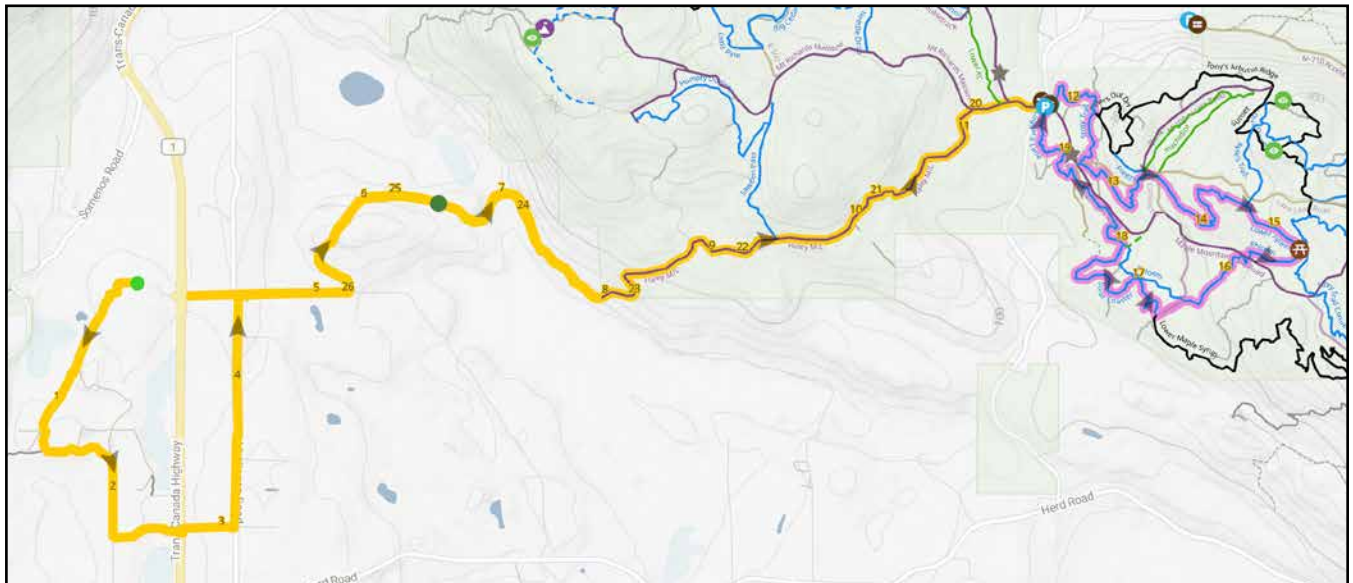
<https://www.trailforks.com/goto/route/62054/>



27 kms    ↑ 824 m    ↓ 832 m



Today is about warming up your legs and body and making sure your equipment is ready for the week. This will be a telling loop in the lower Maple Mountain trails. If you have been hiding anything, these trails will find you out. Day 1 is also a way to settle the nerves, seed the athletes appropriately and give you a preview of what you can expect on Day 2. Note that while only the middle 8 kms of the total route is timed, you must leave from and return to the Start/Finish arch at Basecamp to have your stage time count.



**NOTE: THIS COURSE WILL BE CLOSED THE MORNING OF DAY 1.  
YOU MUST ATTEND THE PRE-RIDE BRIEFING IN MELLOR HALL AT NOON.**

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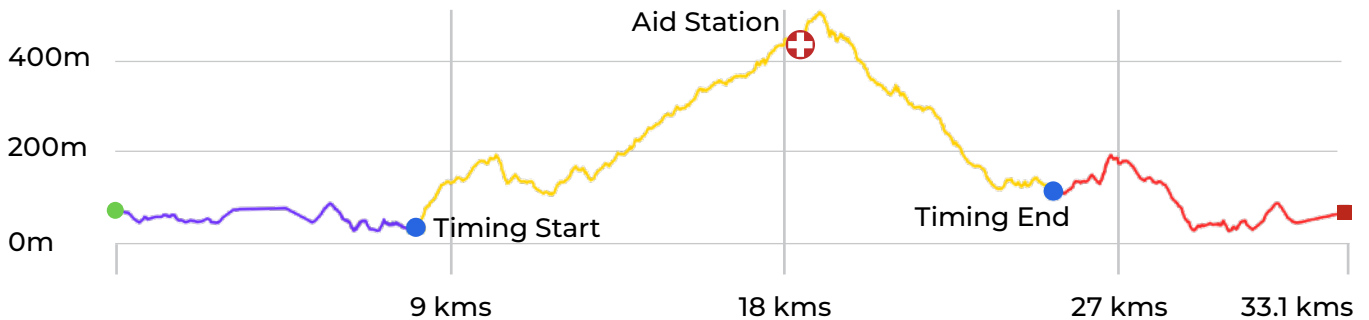


## Day 2 - North Cowichan, Maple Mountain

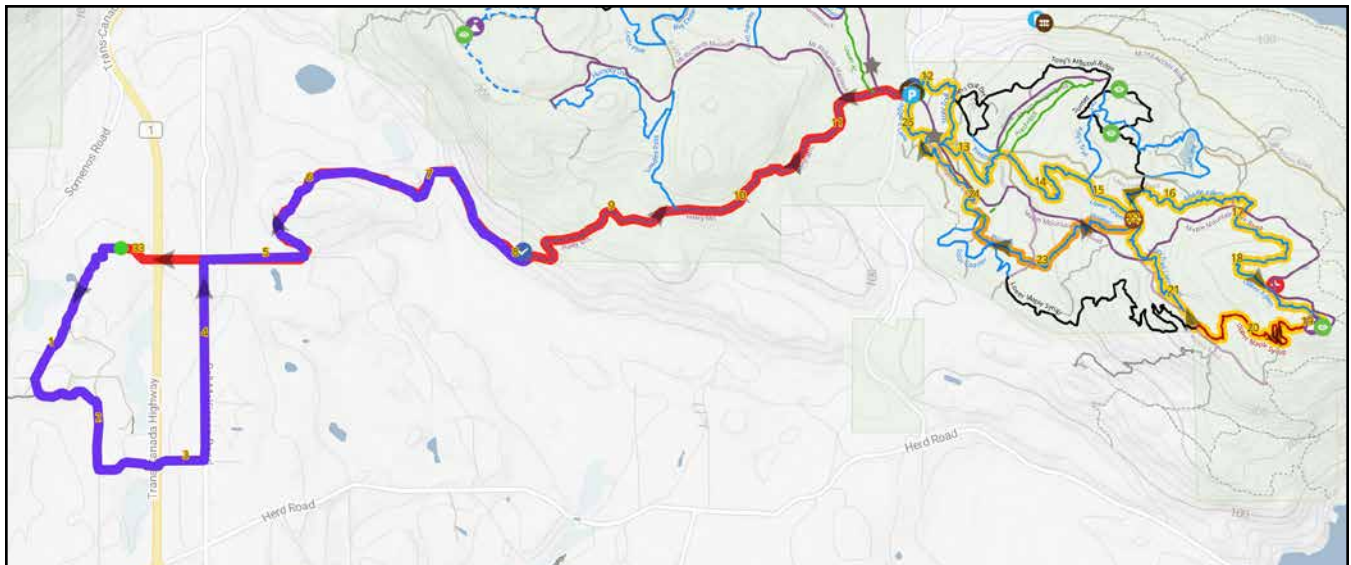
<https://www.trailforks.com/goto/route/62055/>



33.1 kms    ↑ 990 m    ↓ 993 m



Day 2 will send racers on a sweet journey up and over both Richards and Maple Mountains. Rolling out from basecamp along country roads, racers will traverse over the smaller Richards to get to Maple's climbing trails, parts of which will test your technical skills. The reward is a 380 m descent on the mountain's signature trail Maple Syrup and the flowy Phloem before finishing on the more undulating Solar Coaster and Logger's Lane. From there, it's an easy untimed 7 km spin back to basecamp. Note that you must return to the Start/Finish arch at Basecamp to have your stage time count.



Note that all race stages are subject to change based on trail conditions on race day.

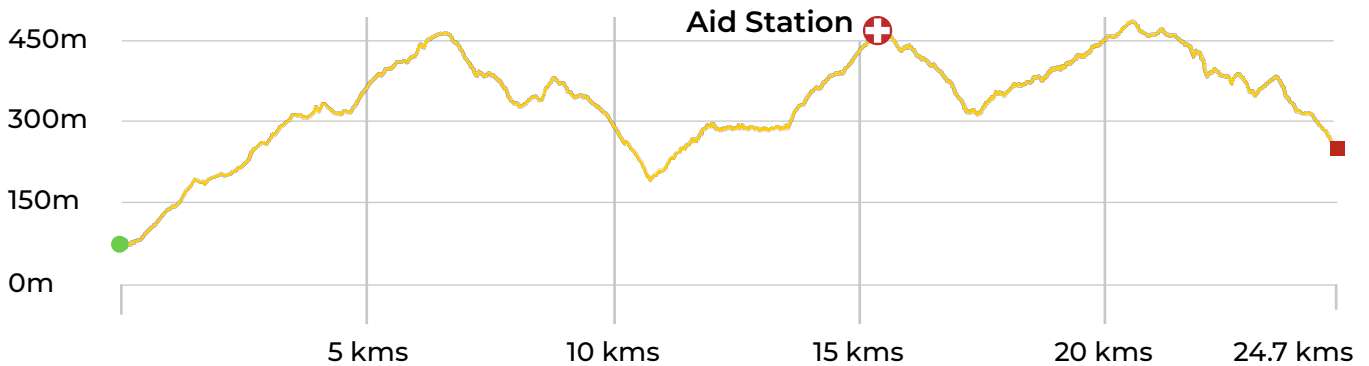
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## Day 3 - North Cowichan, Mount Tzouhalem

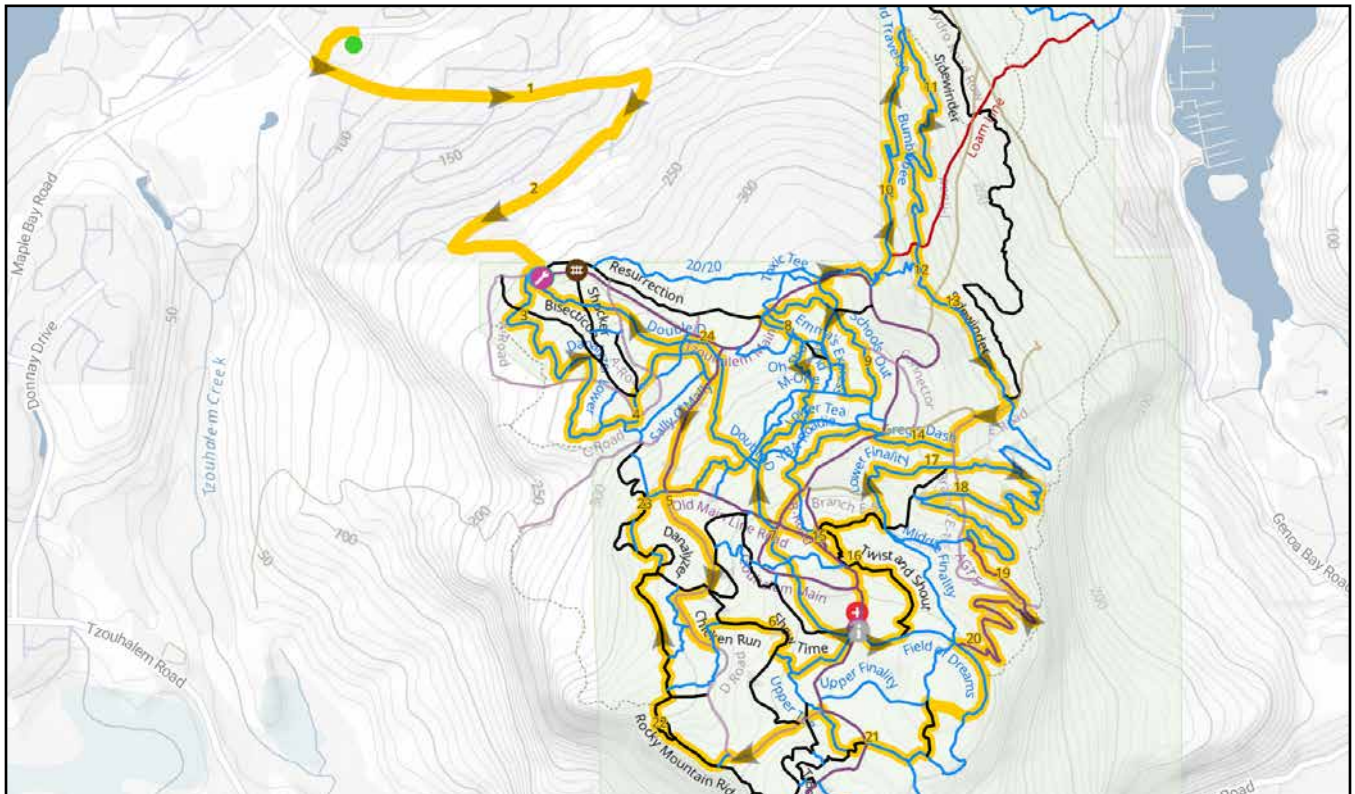
<https://www.trailforks.com/goto/route/61567/>



24.7 kms    ↑ 999 m    ↓ 819 m



Behold the Cinnamon Roll!!! Day 3 will weave a path all around Mount Tzouhalem with 5 climbs and super fun descents. With an undulating profile rather than a big up and a big down, every effort has an amazing reward. We'll finish it all off with a smile-inducing rip down the mountain's favourite flow trail, Double D.



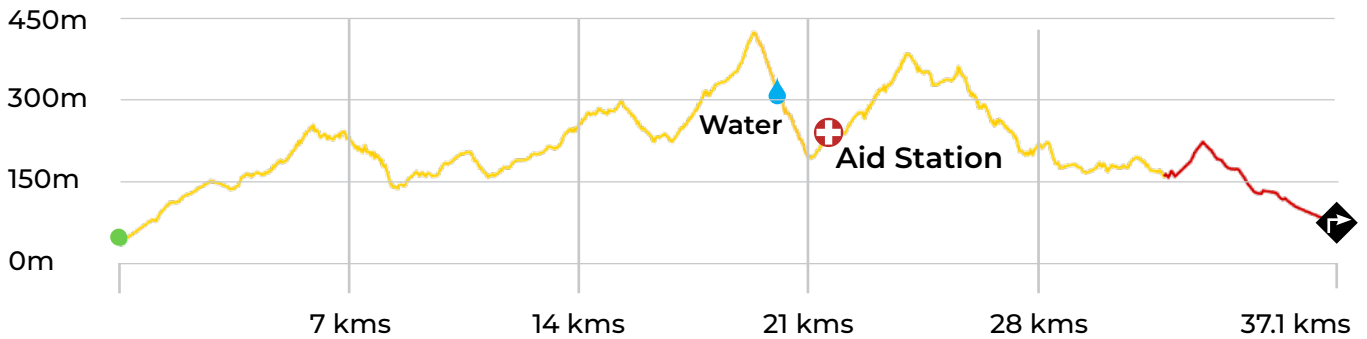
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## Day 4 - Nanaimo

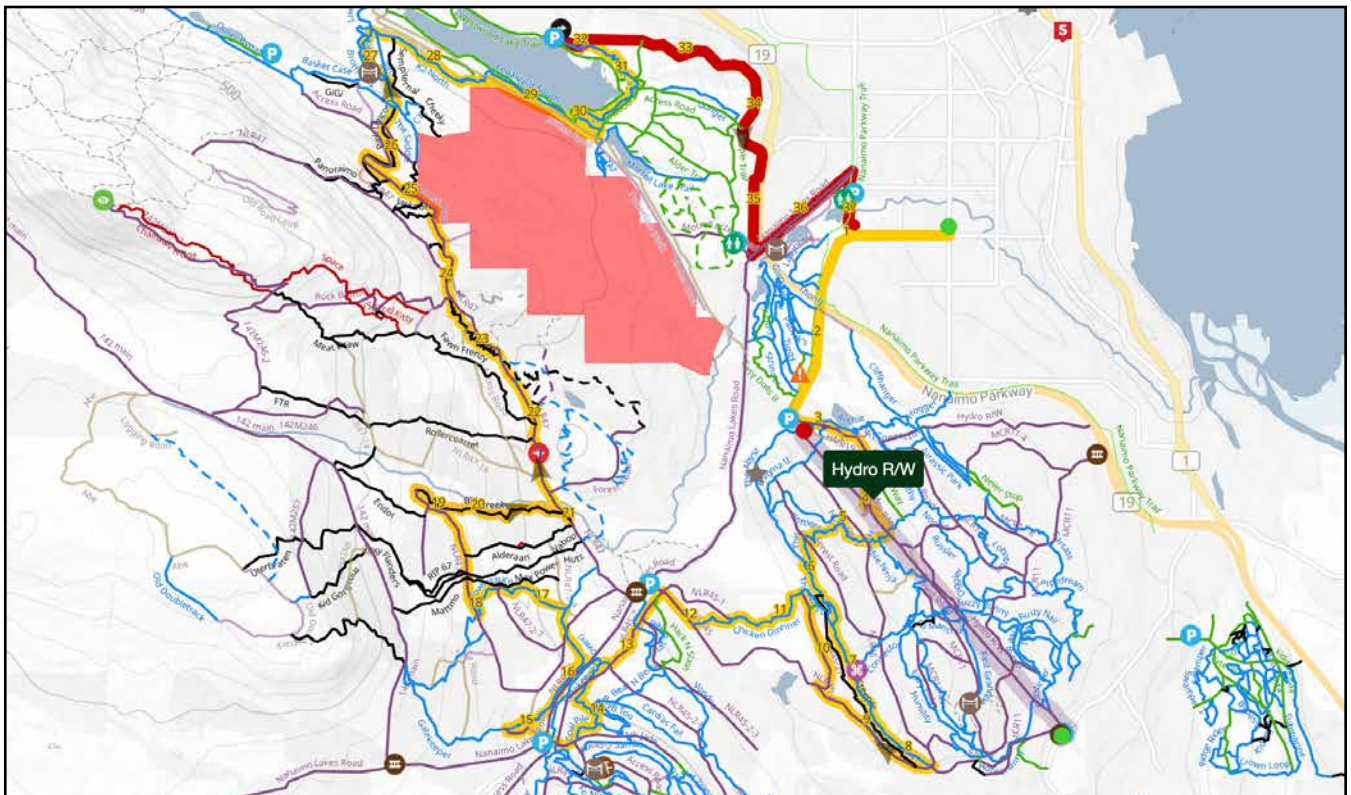
<https://www.trailforks.com/goto/route/54199/>



39.6 kms    ↑ 929 m    ↓ 924 m



With an abundance of trails, Nanaimo has been a staple mountain bike location on the mid-island for decades. You will get to sample 3 distinct riding zones today. Heading into the Abyss first, you will notice the giant slab of granite. Circling around this landmark, you will enjoy trails like “Nookie”, “Diggler” and “Hootenanny”. Making your way to south Mount Benson via “Chicken Dinner”, your first sustained descent, “Gatekeeper”, is mind numbingly fun. After more goodness here it’s up and over towards Westwood Lake, highlighted by “The Other Cheek”, “Pink Unicorn” and a ton of other sweet trails to finish your day.

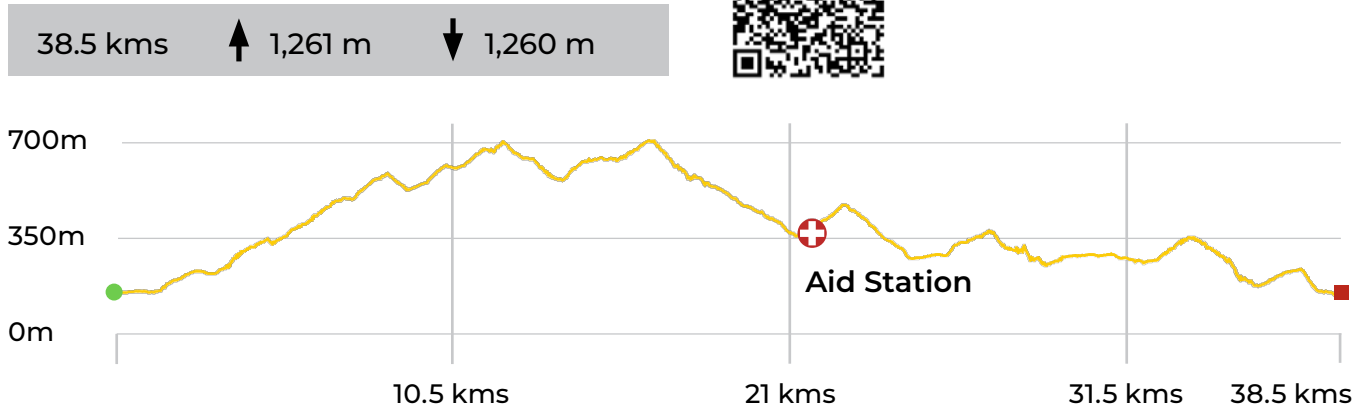


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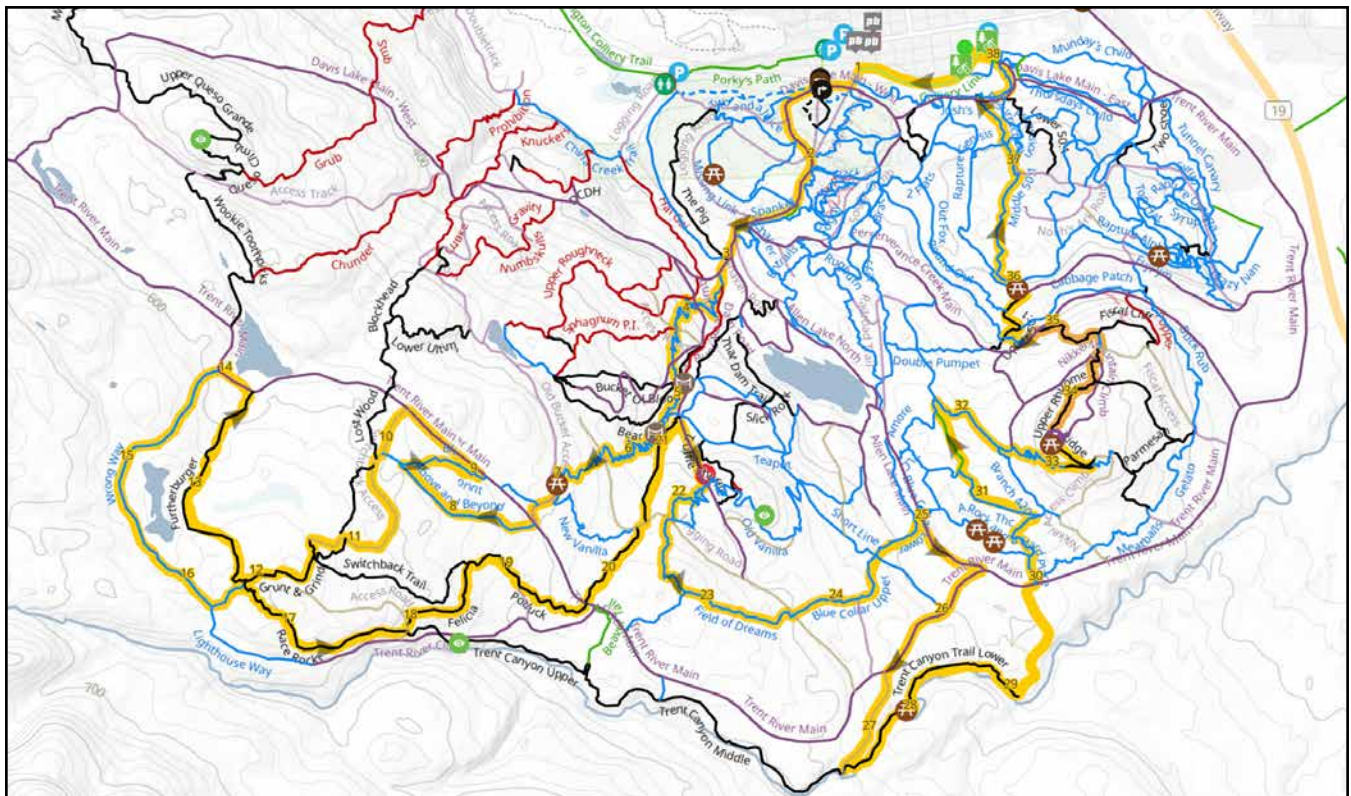


## Day 5 - Cumberland

<https://www.trailforks.com/goto/route/61594/>



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 Sobo no Michi, a masterpiece of a purpose-built climbing trail, which will get you 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. "Furtherburger", "Race Rocks", "Felicia", "Field of Dreams" and "Woodcutter" 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.



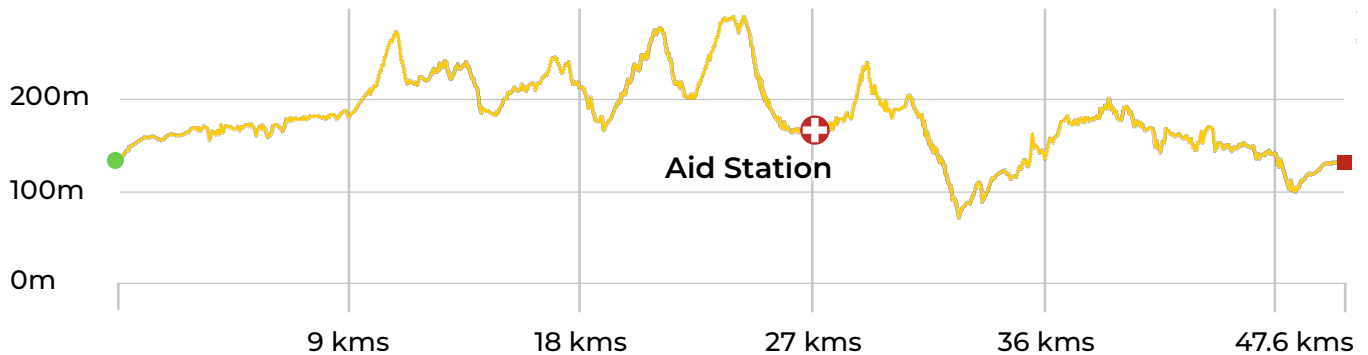
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## Day 6 - Campbell River

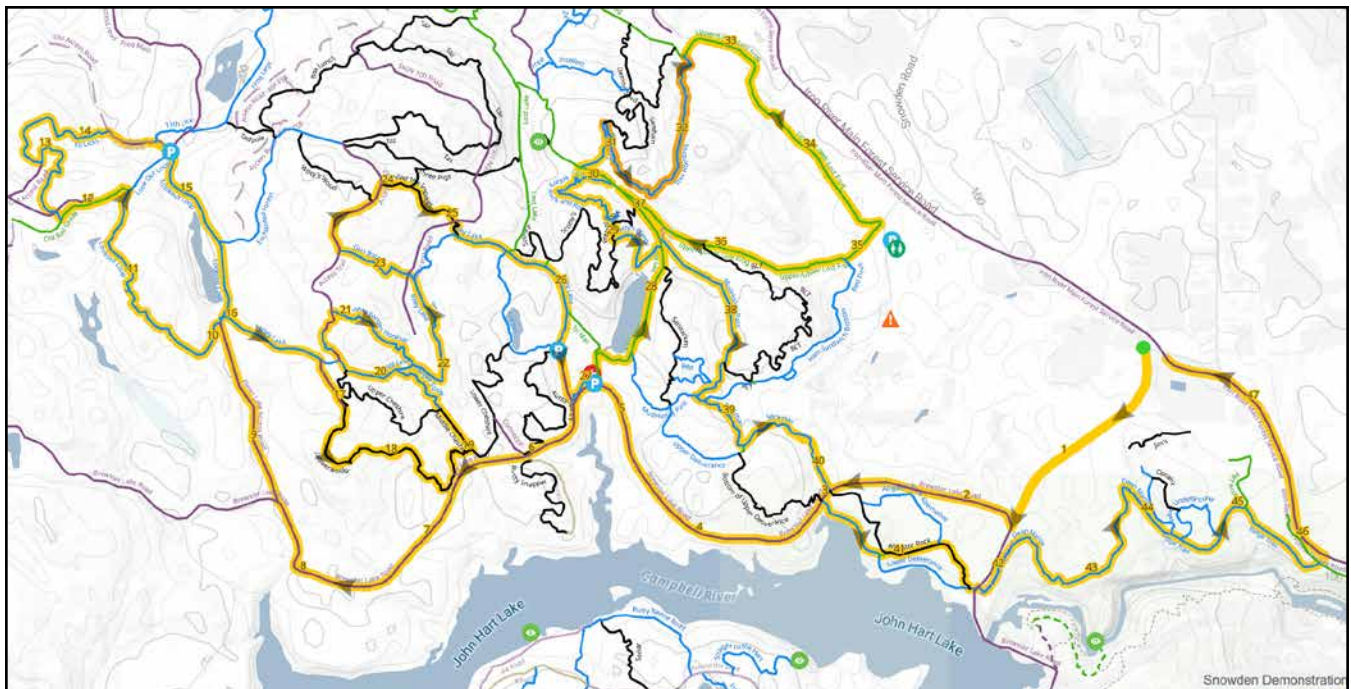
<https://www.trailforks.com/goto/route/60523/>



47.6 kms    ↑ 843 m    ↓ 846 m



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 "Dean Martin".



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## Day 7 - Cumberland

<https://www.trailforks.com/goto/route/61595/>



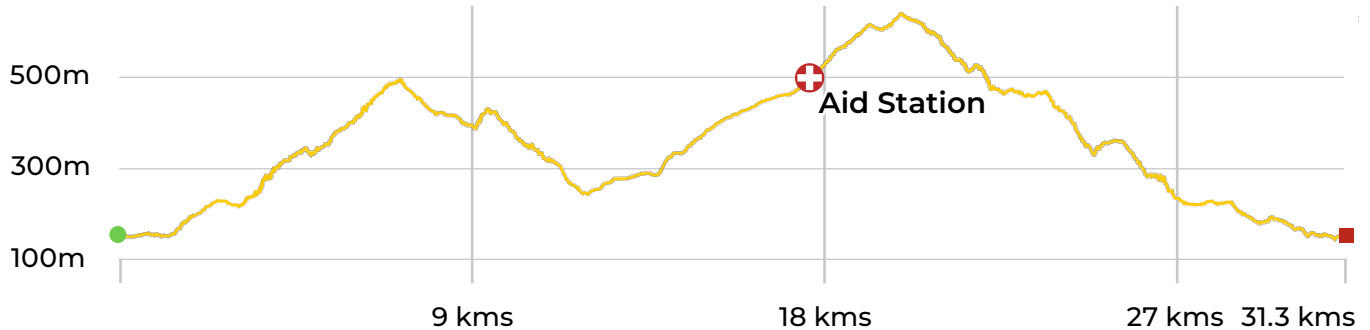
31.3 kms



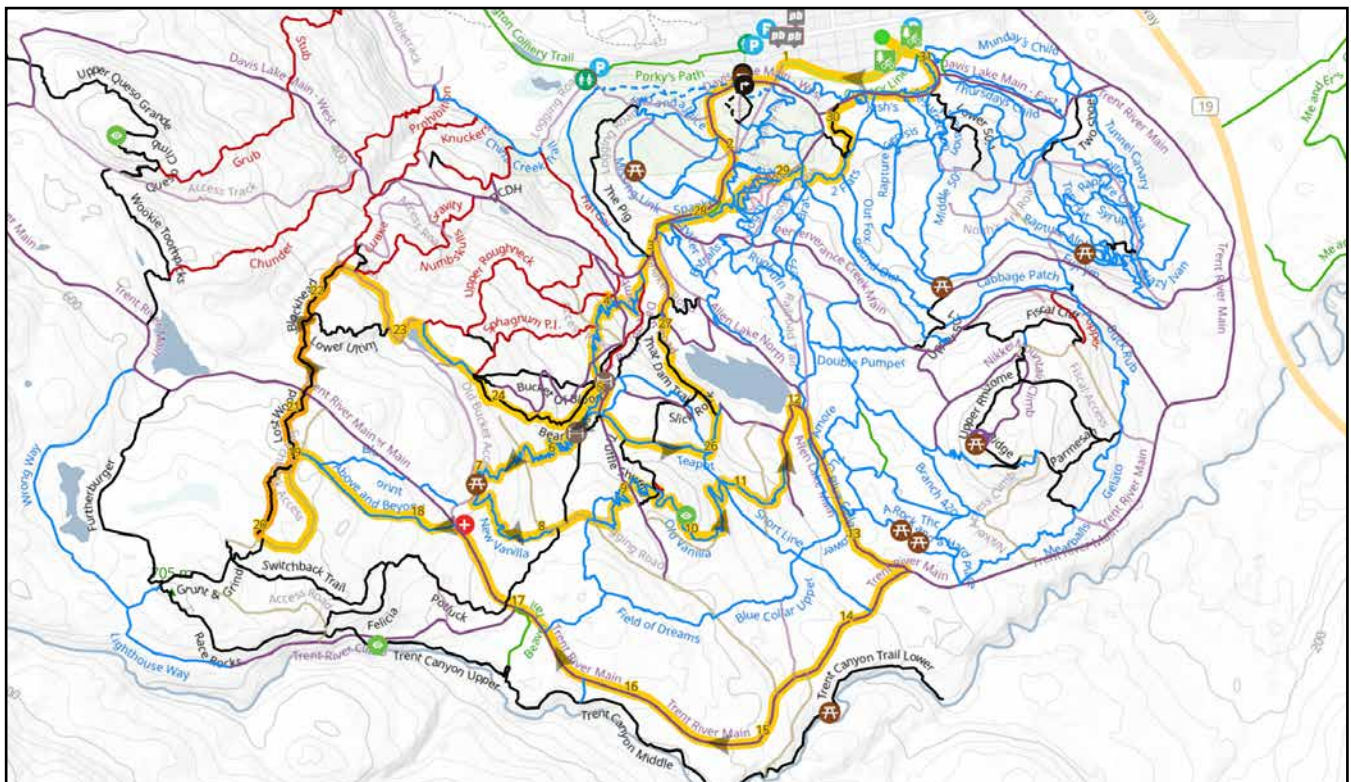
892 m



892 m



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.



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## Timed Downhill

Timed downhill are back!! This is where you get a chance to shine if downhill is your strong suit.

There will be one individually timed downhill segment each day on Days 2 to 7.

How you ride the timed downhills are entirely up to you. Feel free to push yourself, or if your energy is running low just maintain your pace.

At the end of each day, back at Basecamp, we will provide the times so you can compare yours to your buddies or against some of the top racers.

Awards we be presented on Day 7 for the top overall downhill riders in each category.



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# SCHEDULE

	Day One Monday, June 30th	Day Two Tuesday, July 1st	Day Three Wednesday, July 2nd	Day Four Thursday, July 3
	Registration & Stage 1 - Prologue	Stage 2	Stage 3	Stage 4
Sponsor of the Day	Pearl Izumi	Shimano	Crankbrothers	MOSAIC Forest Management
Registration	9:00am - 11:45pm			
Mandatory Race Meeting	12:00pm			
Racer Wakeup Call	On your own	6:30am	6:30am	5:45am
Race Start Time	Prologue Start: Group 1 - PROs - 1:45pm Group 2 - 1:50pm Group 3 - 2:15pm Group 4 - 2:30pm	9:00am	9:00am	9:00am
Ride Zone	Maple Mountain	Maple Mountain	Mount Tzouhalem	Nanaimo
Distance	27 km	33.1 km	24.7 km	39.6 km
Start & Finish Location	Cowichan Exhibition Grounds	Cowichan Exhibition Grounds	Maple Bay Elementary	John Barsby Secondary School
Stage Awards	5:00pm	5:00pm	5:00pm	5:00pm
Beer Garden	1:00pm - 8:00pm	3:00pm - 8:00pm	1:00pm - 8:00pm	3:00pm - 8:00pm *In Cumberland
Wellness Hours	2:00pm - 6:00pm	12:00pm - 9:00pm	12:00am-8:30pm	3:00pm-9:30pm (Cumberland)
Medical Tent Hours	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
*Medical Tent Hours may be adjusted on travel days. Emergency Phone - 24hrs/day (778-888-6935)				
Retail Hours	9:00am - 6:00pm	1:00pm - 6:00pm	12:00pm - 6:00pm	1:00pm - 6:00pm
Sleep	Cowichan Valley	Cowichan Valley	Cowichan Valley	Cumberland

Optional Upgrade Program Times				
Transportation Program: Bike Loading Times	8:00am - Pick up in Victoria, 556 Boleskine Road	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	9:00am - Depart Victoria			7:30am - Depart from Cowichan (To Nanaimo Start Line)
Transportation Program: Bus Loading Times PM				2:00pm & 4:00pm - Depart from Nanaimo (To Cumberland Basecamp)
Tents				Clear Tents by 7:30
Breakfast A		7:00am-7:30am	7:00am-7:30am	6:15am-6:45am
Breakfast B		7:30am-8:00am	7:30am-8:00am	6:45am-7:15am
Breakfast C		8:00am-8:30am	8:00am-8:30am	7:15am-7:45am
Dinner A	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
Dinner C	7:30pm-8:00pm	7:30pm-8:00pm	7:30pm-8:00pm	7:30pm-8:00pm

**Note: Schedule is subject to change**

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# SCHEDULE

	Day Five Friday, July 4th	Day Six Saturday, July 5th	Day Seven Sunday, July 6th	Day Eight Monday, July 7th
	Stage 5	Stage 6	Stage 7	Travel Home
Sponsor of the Day	FOX	Waste Connections of Canada	NOBL	
Registration				
Mandatory Race Meeting				
Racer Wakeup Call	6:30am	5:45am	6:30am	N/A
Race Start Time	9:30am	9:30am	10:30am	7:30am - Racers clear of sleeping tents
Ride Zone	Cumberland	Campbell River	Cumberland	
Distance	38.2km	44.9km	31km	
Start & Finish Location	Cumberland Village Park	PRT Growing Services	Cumberland Village Park	
Stage Awards	5:00pm	5:00pm	3:00pm	
Beer Garden	1:00pm - 8:00pm	3:00pm - 8:00pm *In Cumberland	1:00pm 10:00pm	
Wellness Hours	12:00pm-9:00pm	2:00pm-7:00pm *In Cumberland		
Medical Tent Hours	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	
*Medical Tent Hours may be adjusted on travel days. Emergency Phone - 24hrs/day (778-888-6935)				
Retail Hours	12:00pm - 6:00pm	1:00pm - 6:00pm	12:00pm - 6:00pm	
Sleep	Cumberland	Cumberland	Cumberland	
Optional Upgrade Program Times				
Transportation Program: Bike Loading Times	Load Bikes onto trucks - Loading closes 5:00pm	Load Bikes onto trucks - Loading closes 5:00pm		
Transportation Program: Bus Loading Times AM		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		2:00pm & 4:00pm - Depart from Campbell River (back to Cumberland)		
Tents				Clear Tents by 7:30
Breakfast A	7:00am-7:30am	6:15am-6:45am	7:00am-7:30am	6:30am-7:00am
Breakfast B	7:30am-8:00am	6:45am-7:15am	7:30am-8:00am	7:00am-7:30am
Breakfast C	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	
Dinner B	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	

**Note: Schedule is subject to change**

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# THANK YOU

We truly hope you enjoy your time with BC Bike Race.

On July 6, you will be an official BC Bike Race Alumni.

With great power comes great responsibility.

You are now charged with a purpose, to spread the trail karma and cycling passion that fuels us and now you.

Have a great summer, until next time our singletrack paths cross!

*~ The BC Bike Race Team*



## PHOTOGRAPHY

Dave Silver  
Margus Riga  
Chris Stenberg

Deniz Merdano  
Jens Klett

## SHARE YOUR ULTIMATE EXPERIENCE

@BCBIKERACE #ULTIMATESINGLETRACK  
#BCBR2025 #BESTWEEKONABIKE

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