

2026 Racer Handbook

VOLUME 2: Race Week



WELCOME

Welcome to the 2026 BC Bike Race! We can't wait to show you the diverse terrain that awaits you at this year's Ultimate Singletrack Experience. You are in for a special treat as we celebrate our 20th anniversary as well as the launch of the BC Bike Fest, which will feature several 1-day races and plenty of off-bike fun.

This year, we are thrilled to have more than 800 racers from 35 countries joining us on Vancouver Island. 40% of this year's racers are Alumni, including one who has ridden every single stage in our 20 year history!! We can't wait to welcome him at our final Day 7 finish line and applaud his accomplishment at that evening's celebration.

The five communities and six trail networks we will be visiting each offer a different style of riding. From the lush and loamy forest in Campbell River to the rocky, rooty trails of Maple Mountain, we've curated seven incredible courses. Expect to be challenged and rewarded in equal parts. You'll need your lungs for both the climbs and for the hootin' and hollerin' descents. Bring your full skillset to this race. You will need it.

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

- The BC Bike Race Team

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 communitites we will be visiting, check out [this interactive map](#).



2025 Crew. Photo by Dave Silver

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Pro Tip

If you are transporting your own bike, remove your race plate and timing chip before travelling between basecamps and stages so it doesn't fly off. We have limited capacity for replacement race plates and the timing chips are subject to a \$100 replacement fee if lost.

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.



RACE PRINCIPLES

FOUNDATIONS OF THE BC BIKE RACE EXPERIENCE

The BC Bike Race was founded on high fives and epic tales from the trails. 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 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!

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 in 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 on the trails. Lend a hand to someone who needs it. Let's all take care of each other and enjoy a tasty beverage 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 Aid Station staff. 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.

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REGISTRATION

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.



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 4 - Swag Station

Time for the goodies from our sponsors and your coveted BCBR duffle bag.

Note: If you are on our **Transportation Program**, transfer all your clothing and gear into the BCBR bag then take your bike bag and the empty luggage you traveled with to the Day 7 truck. This truck will not be accessible during the week so make sure you keep your passport and all medications with you. If you have organized your own accommodation, skip to step 6.



STEP 5 - Tent Station

If you are tenting with us, visit the Accommodation tent. You will be assigned a tent spot where you can stow your gear.



STEP 6 - BCBR Retail

Next, explore our Retail Shop. If you pre-ordered a BCBR jersey, it will be waiting here. You can also check out this year's t-shirts and other souvenirs.



STEP 7 - Wellness and Obsession Tech

Before you head out to explore the village of Cumberland, make a quick stop at Wellness Services (page 9) and the Obsession Bikes tent (page 10). Be sure to set up an account right away. It will make accessing their services during the week much easier if you need/want them.

STEP 8 - MANDATORY RACER MEETING 5PM

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

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BASECAMP & STAGE LOCATIONS



Cumberland Village Park, Dunsmuir Ave & Sixth St
We kick things off in Cumberland from Day 1 to Day 3. On Day 4, we pack up and head to Parksville/ Hammerfest for the day then continue onto our second basecamp in North Cowichan.

Cowichan Exhibition Park, 7380 Trans-Canada Hwy, North Cowichan, BC
Following the Parksville/ Hammerfest stage, we move directly to our final basecamp in North Cowichan. Those in tents/vanlife spots can stay until the morning of May 30.

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

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Rider's Lounge

This is your place to hang out, check race results and taunt your friends who didn't come with messages about 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, near the tent check-in, 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 [Airallo](#), but there are many e-sim options to choose from.



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ON COURSE

Daily Race Start

Each day, there will be waves of 50 going out every four minutes for an hour. Take that into consideration when deciding what time to show up at the start line. That said, on Day 1, plan to be at our main street start line just before 10am for a special kick-off to the week.

Day 1 - Self-seed

The pro men and women will leave at 10am. From there, select your wave based on how fast you plan to ride.

Feeling speedy? Place yourself in the start chute between 10:08 and 10:24.

Think you'll be mid-pack? Be in the chute between 10:28 and 10:40.

Prefer a slower pace? You'll be leaving between 10:44 and 11am.

Days 2-7 - Seeding is based on your previous day's results

After each stage is finished, we will post the next day's start waves. Don't be a cheeky monkey and sneak into an earlier wave. We will have people checking at the start line.

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.

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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 after you cross the finish line.



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

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. They 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
- Heat stroke/illness
- Wounds - cuts, saddle sores, bruises, blisters etc.
- Dehydration - exercise induced or from severe diarrhea



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

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. 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

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 at shop rates 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 2026:

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 - Cumberland

<https://www.trailforks.com/route/bcbr-2026-stage-1/>

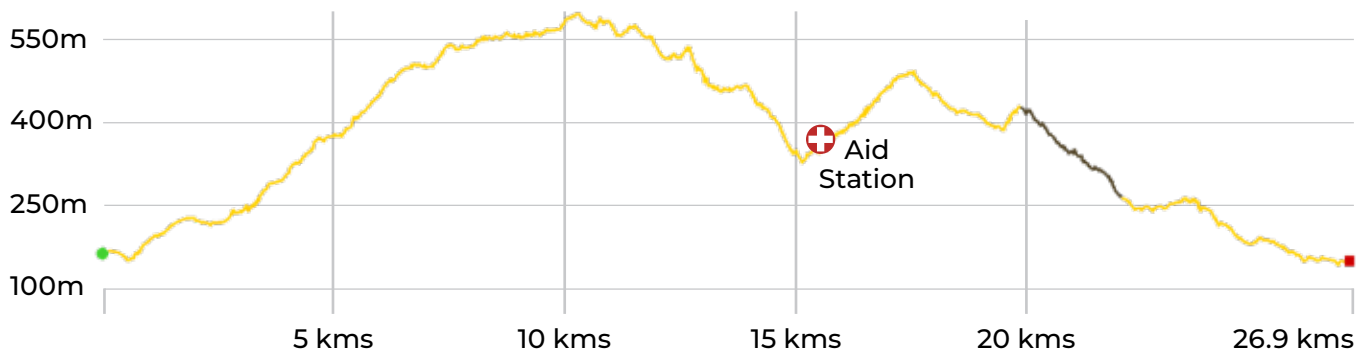
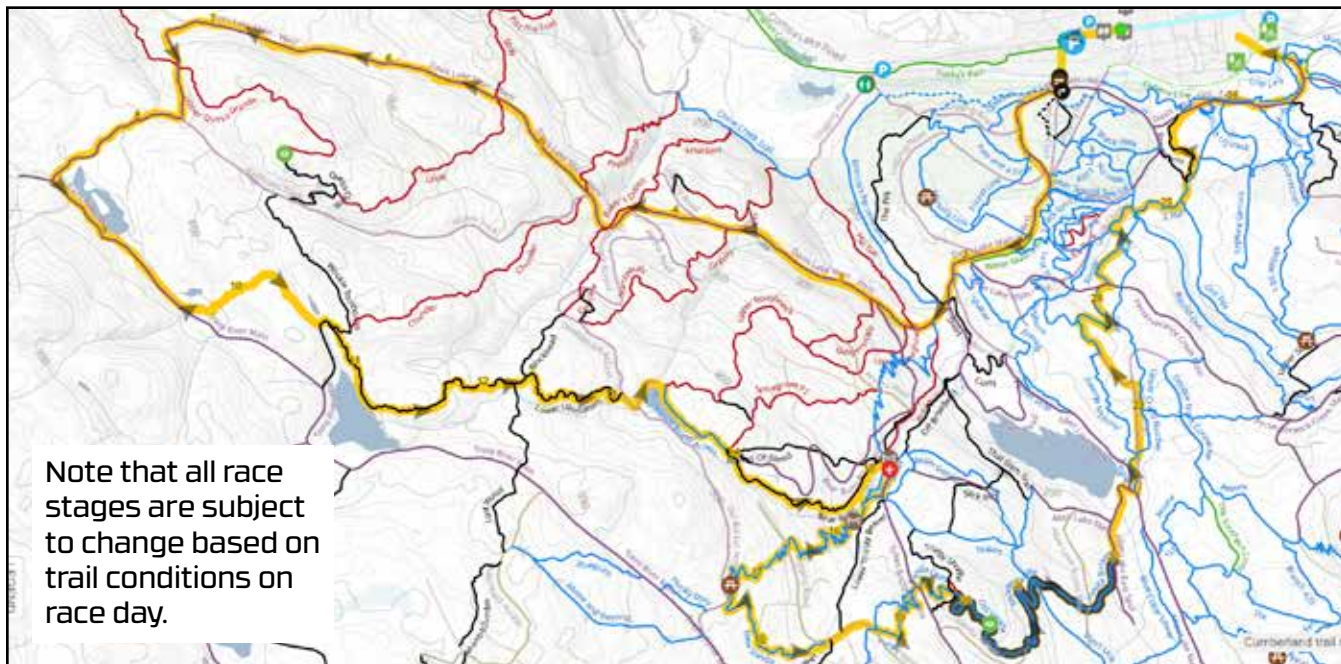


Presented by

NOBL

26.9 kms ↑ 797 m ↓ 813 m

We kick things off with an iconic element from our history—the start chute will be on Dunsmuir Avenue in the heart of Cumberland. Since it's Day 1 and everyone is finding their pace, you will start out on a fire road climb that will give each wave of racers the space needed to spread out before hitting the singletrack. Once you're at the top of the network, it's pretty much all downhill with some of Cumberland's favourite trails including "Bucket of Blood", "Bear Buns" and the 5 flowy "Vanilla" trails. Near the bottom of the network, enjoy the playful technical features of "Scat", "Brat", "2 Flats" and "Bonestorm" before hitting the access road that takes you back to basecamp.



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Day 2 - Campbell River

<https://www.trailforks.com/route/bcbr-2026-stage-2/>



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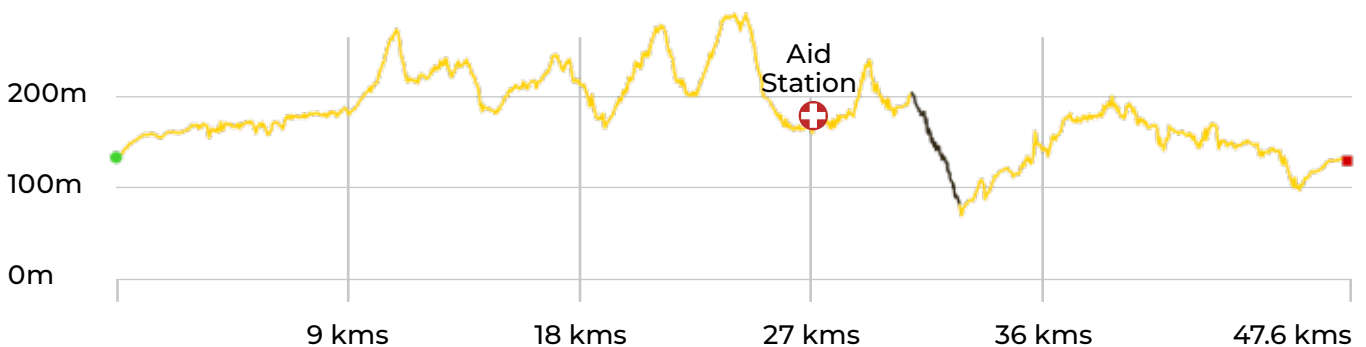
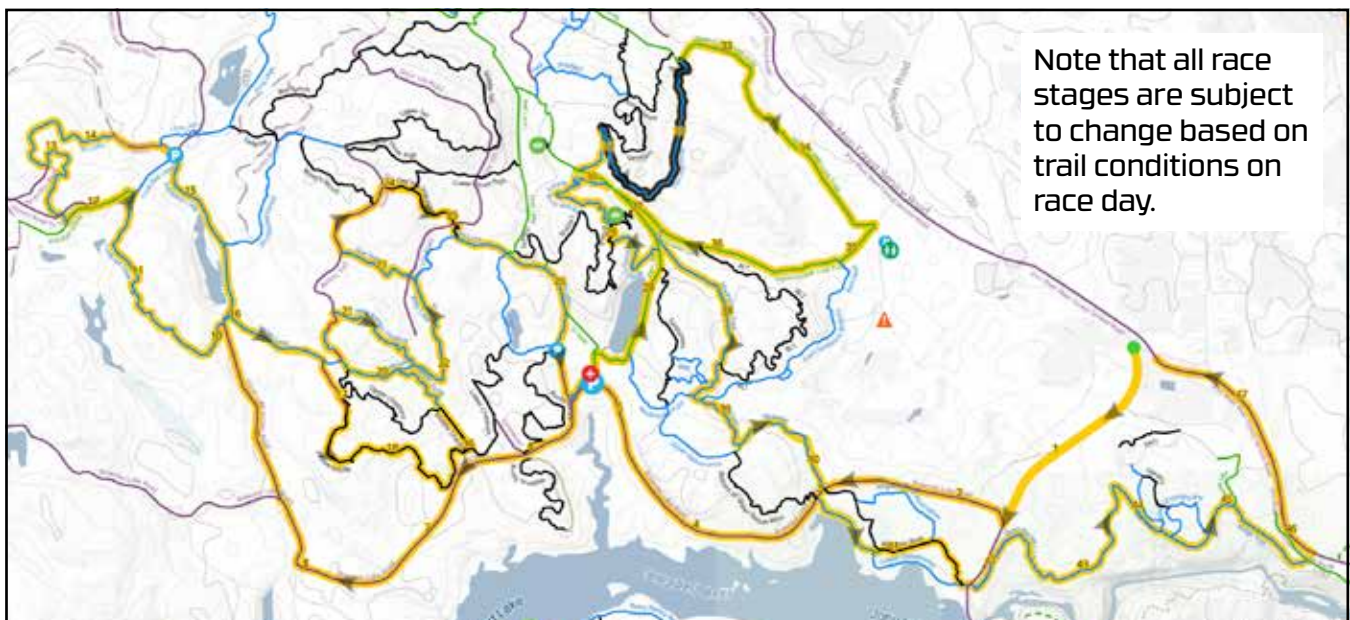
DU/ER

47.6 kms ↑ 843 m ↓ 846 m

REMOTE-START STAGE. If you are not on our transportation program, you will drive yourself to [PRT Growing Services](#) in Campbell River. When you get there, you will be directed to park in a field near the race start.

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 "Tres Hombres", "Jabberwocky", "Rotary Rock and Roll", and "Dean Martin".

When you finish racing, finish line food will be waiting for you. If you want something more substantial, there will also be a food truck on-site.



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Day 3 - Cumberland

<https://www.trailforks.com/route/bcbr-2026-stage-3/>



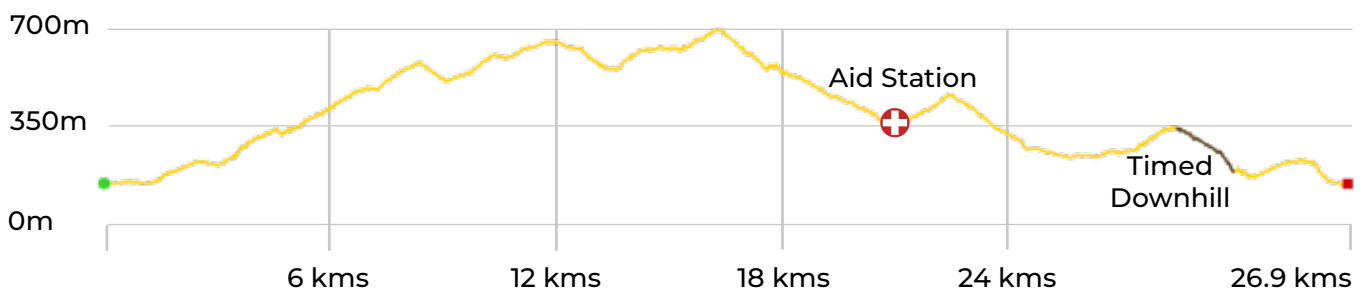
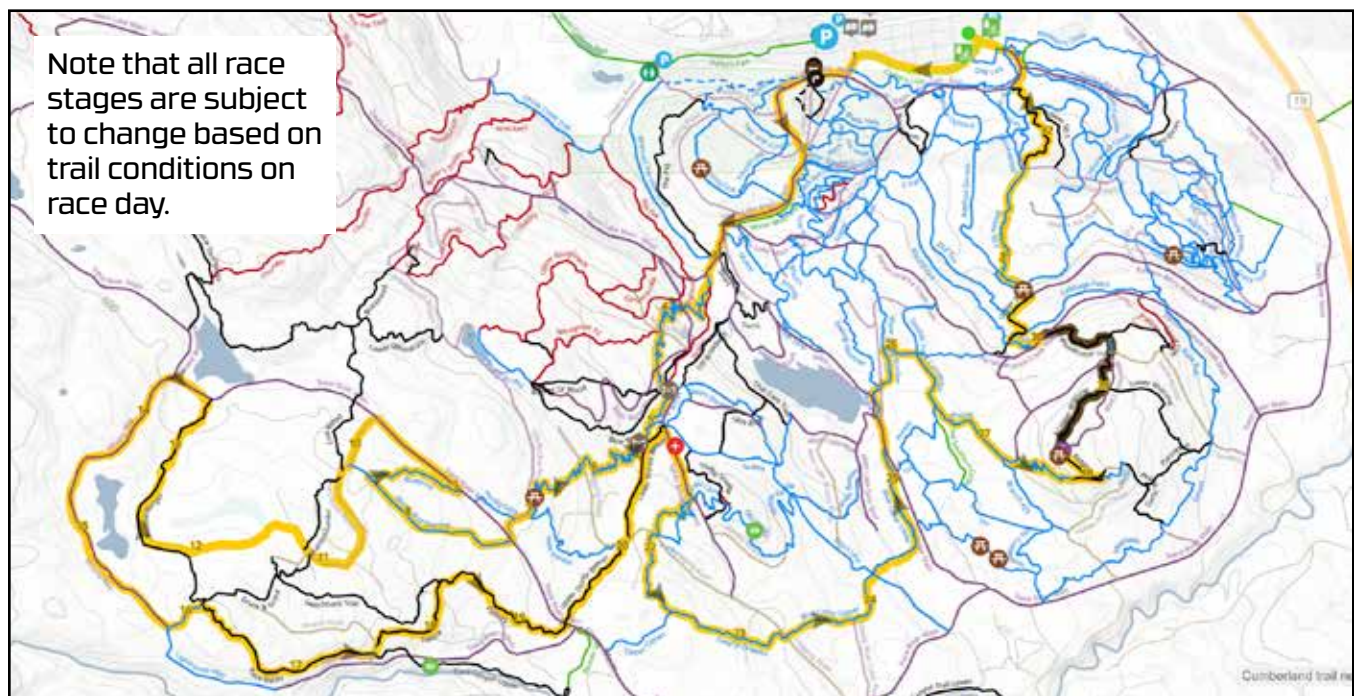
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38.3 kms ↑ 1,261 m ↓ 703 m

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. "Race Rocks", "Felicia", "Thirsty Beaver" "Field of Dreams" and "Woodcutter" are only a few gems of the day. Once you get to the top of Nikkei Mountain you'll be descending all the way back to the village of Cumberland.

There will be finish line food as well as a food truck on-site when you cross the finish line.



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Day 4 - Parksville/Hammerfest

<https://www.trailforks.com/route/bcbr-2026-stage-4/>



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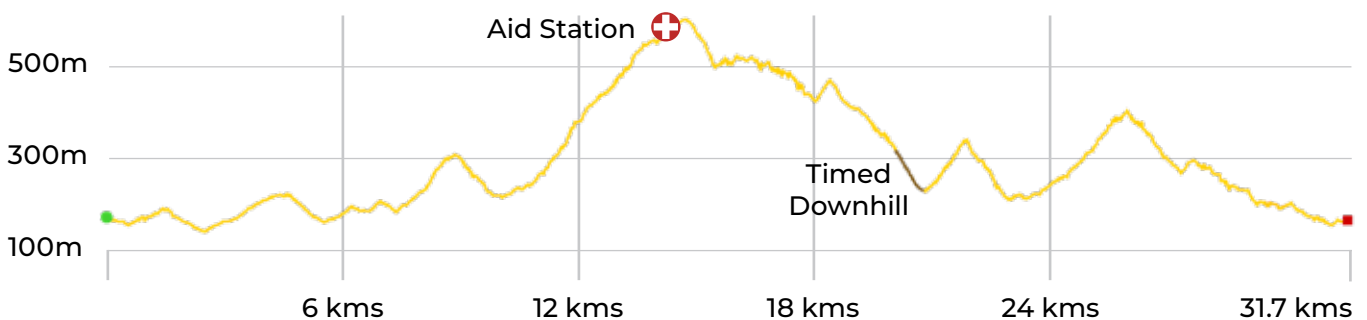
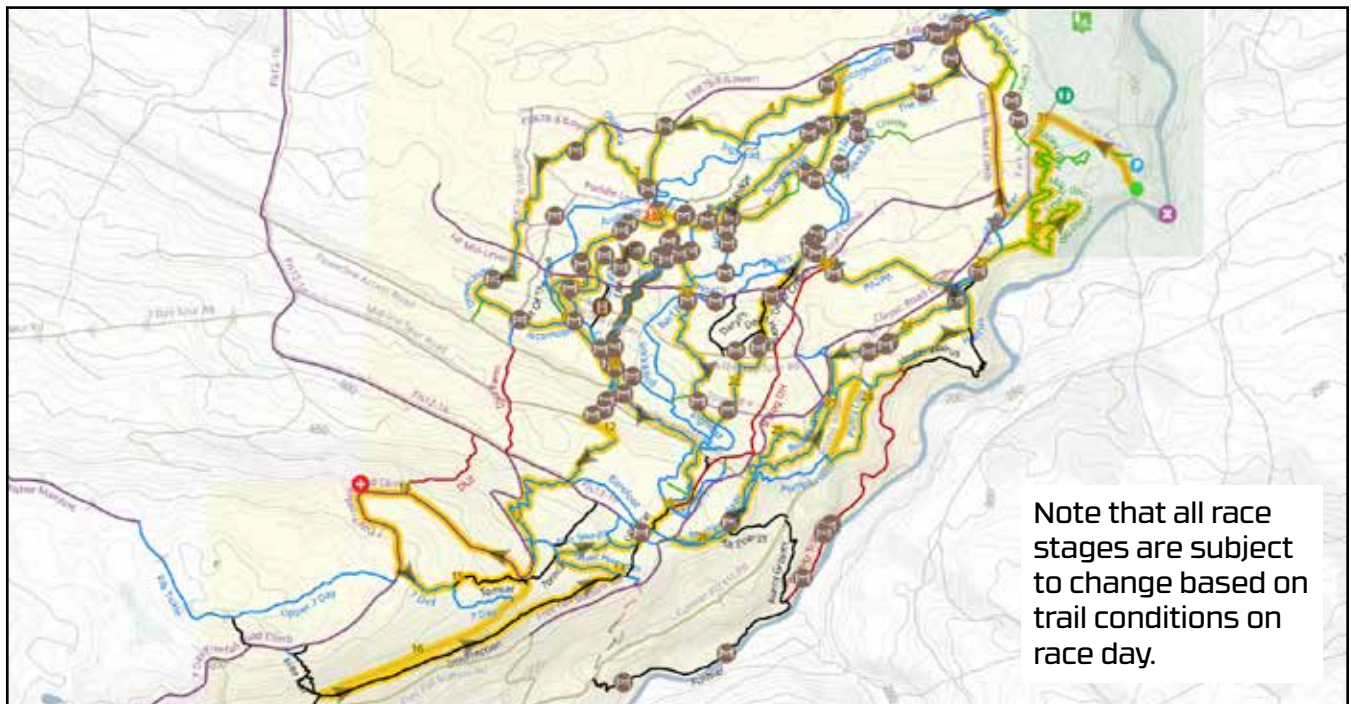


31.7 kms ↑ 1,108 m ↓ 1,095 m

REMOTE-START STAGE. If you are not on our transportation program, drive yourself toward [Englishman River Falls](#). Park along Englishman River Road and warm up your legs with a short spin to the start, which is in the parking lot at the end of Errington Road.

Welcome to Hammerfest! Today starts off in Englishman River Falls Provincial Park and winds through stunning old growth Cedar, Douglas Fir and Hemlock before entering the trail network. Affectionately known by locals as “sufferfest” for its challenging climbs, this 31 km course winds up technical singletrack, and rewards you with panoramic views of Mount Arrowsmith and The Geogia Straight before you drop into the fast and flowing descents of “7 Day/Tom Cat Ridge”, “Insurrection”, “Scooby Doo”, and “Dead Horses”. After the race, check out the falls next to the finish line!

There will be finish line food as well as a food truck on-site when you cross the finish line.



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Day 5 - North Cowichan, Mount Tzouhalem

<https://www.trailforks.com/route/bcbr-2026-stage-5/>



Presented by



21.4 kms



833 m

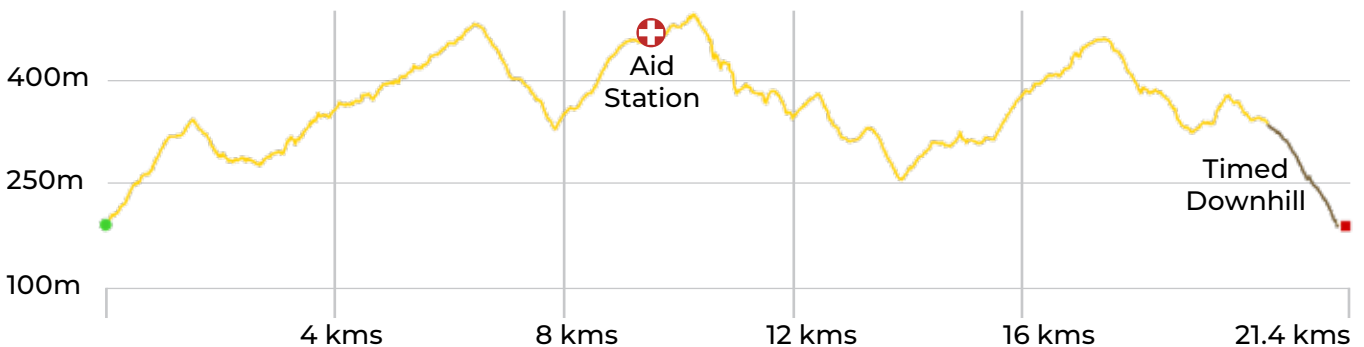
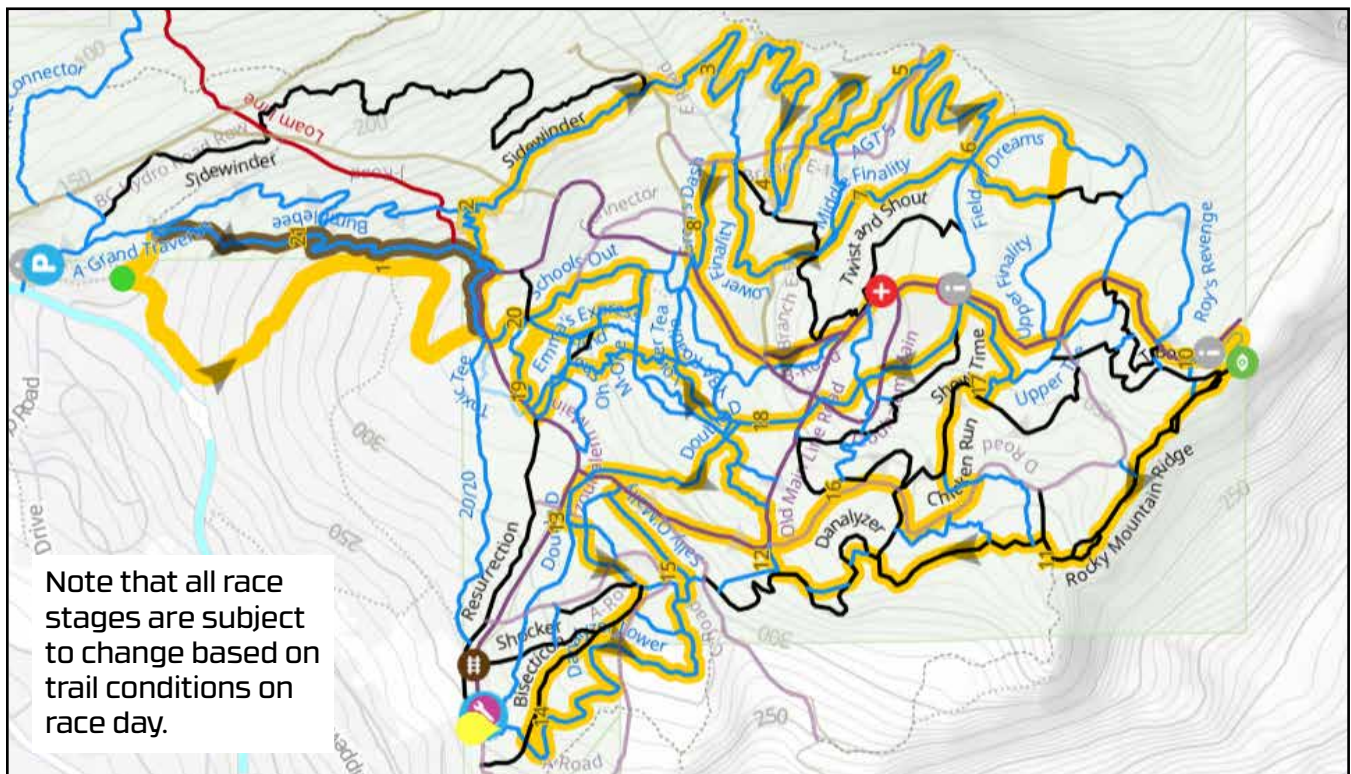


842 m

REMOTE-START STAGE. If you are not on our transportation program, you will drive yourself to Mount Tzouhalem's [Nevilane Parking lot](#). If this area is full, you will be redirected to park nearby on the road. This is a residential neighbourhood. DO NOT BLOCK driveways when parking on the road.

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".

There will be finish line food as well as a food truck on-site when you cross the finish line.



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Day 6 - Nanaimo

<https://www.trailforks.com/route/bcbr-2026-stage-6-66710/>



Presented by

MOSAIC
FOREST MANAGEMENT

33.9 kms



1,021 m

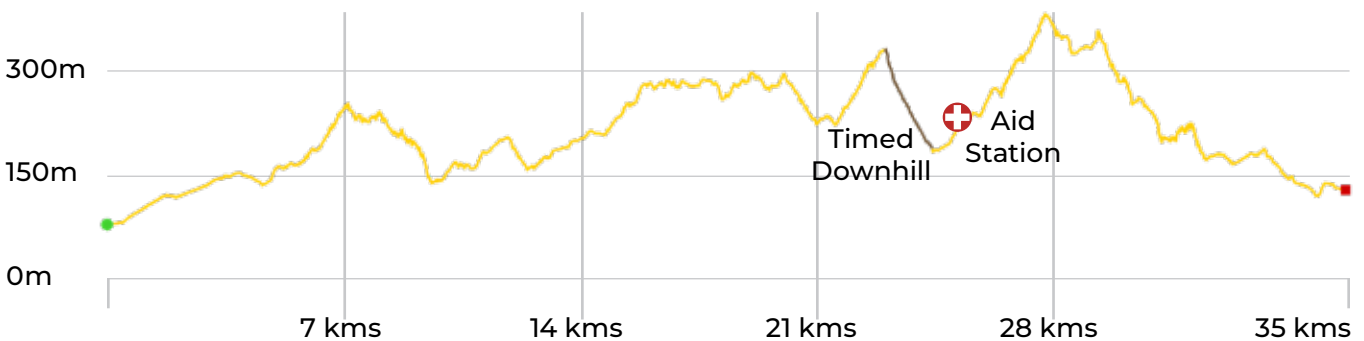
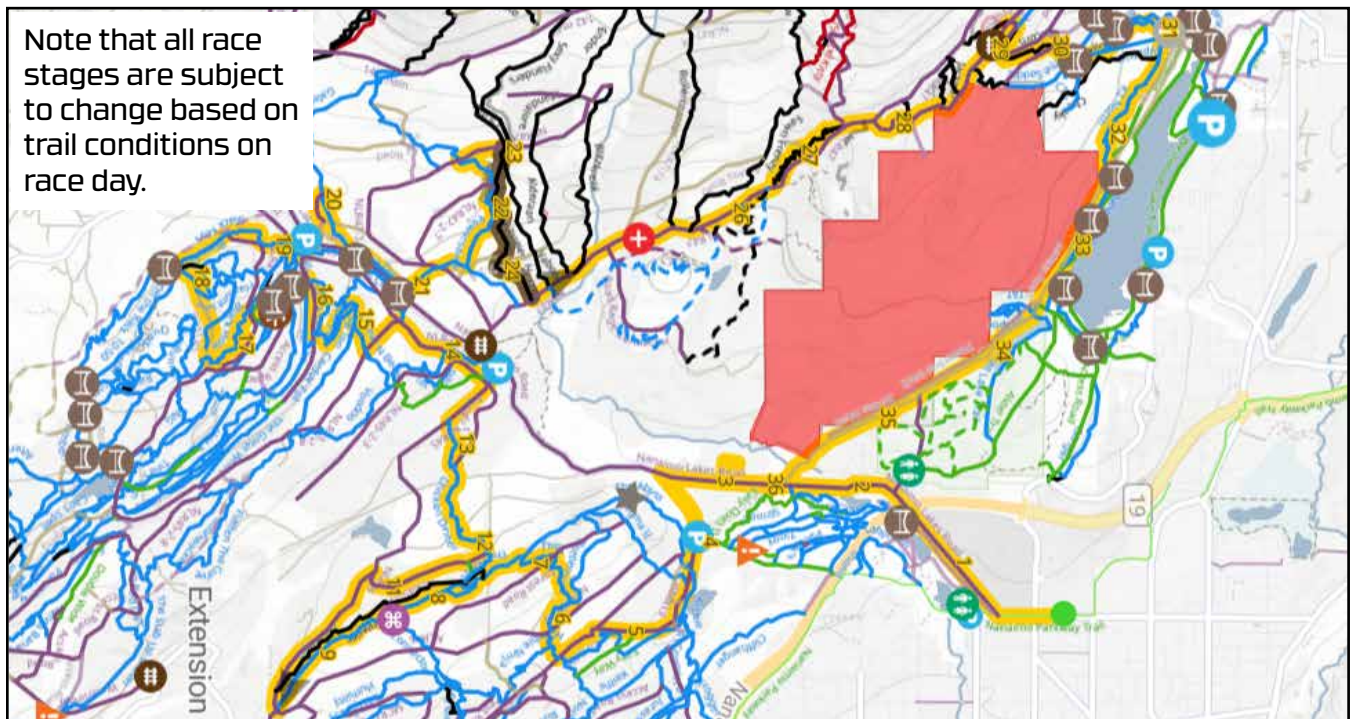


971 m

REMOTE-START STAGE. If you are not on our transportation program, drive to [Vancouver Island University](#). Take the Fifth Street exit off the highway and park in lot A, B or C. There will be signs on Fifth Street to direct you.

You get to sample three distinct riding zones today. Heading into The Abyss first, you will wind your way through the network on trails like “This Bud’s 4 U”, “The Abyss” and “Chicken Dinner” before transiting over to Extension and circling the height of land before beginning your descent on “Black Keys” and the mind numbingly fun “Gatekeeper”. Then you make your way to Mount Benson. Riding toward Westwood Lake, you’ll enjoy “The Other Cheek”, “Pink Unicorn” and K2 North. Finish with a cool lake-side pedal to the finish at Big Bang Cider.

When cross the finish line at Big Bang Cider, there will be finish line food and a food truck on-site. From there, you have a short, easy spin back to your car or the transportation program bus at VIU.



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Day 7 - North Cowichan, Maple Mountain

<https://www.trailforks.com/route/bcbr-2026-stage-7/>



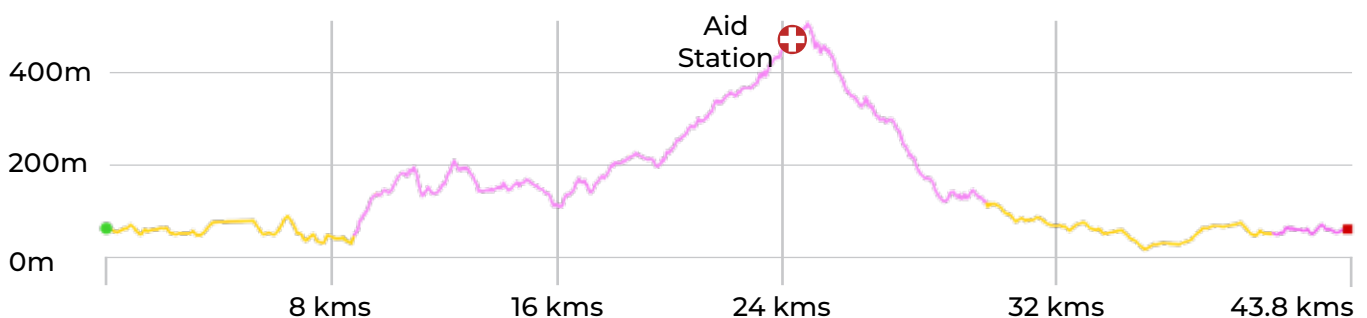
Presented by

SHIMANO

44.8 kms ↑ 1,079 m ↓ 1,085 m

Leaving directly from Cowichan Exhibition Park, Day 7 will send you on a sweet journey up and over both Richards and Maple Mountains. Rolling out from basecamp along country roads, you 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 berymy Phloem before finishing on the more undulating Solar Coaster and Logger's Lane. From there, it's an easy untimed spin back to basecamp where you'll finish with a timed sprint finish. On this map, yellow marks untimed sections and purple marks timed sections.

There will be finish line food as well as a food truck on-site when you cross the finish line.



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Timed Downhill

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

There will be one individually timed downhill segment each day.

How you ride the timed downhill 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

	May 22	May 23	May 24	May 25
	Friday	Saturday	Sunday	Monday
	Registration	Stage 1	Stage 2	Stage 3
Sponsor of the Day		NOBL	DU/ER	Fox
Registration	9:00am - 4:00pm			
Mandatory Race Meeting	5:00pm			
Racer Wakeup Call	On your own	6:30am	5:45am	6:30am
Race Start Time		10:00am	10:00am	10:00am
Ride Zone		Cumberland	Campbell River	Cumberland
Distance		27.6km	47.6km	38.3km
Start & Finish Location	Cumberland Village Park	Cumberland Village Park	PRT Growing Services	Cumberland Village Park
Stage Awards		5:00pm	5:00pm *In Cumberland	5:00pm
Beer Garden	1:00pm - 8:00pm	1:00pm - 8:00pm	3:00pm - 8:00pm *In Cumberland	1:00pm - 8:00pm
Wellness Hours	12:00pm-4:00pm	1:00pm-7:00pm	1:00pm-9:00pm *In Cumberland	11:30am-8:30pm
Medical Tent Hours *Emergency Phone - 24hrs/day. Hours may be adjusted on travel days	11:30am - 5:30pm	8:00am - 6:00pm *Closed from race start until first racer back	8:00am - 6:00pm *Closed from race start until first racer back	8:00am - 6:00pm *Closed from race start until first racer back
Retail Hours	9:00am - 4:00pm	12:00pm - 7:00pm	1:00pm - 7:00pm	12:00pm - 7:00pm
Sleep In	Cumberland	Cumberland	Cumberland	Cumberland
Optional Add-ons Schedule: Transportation, Meal Plan, Tents, Vanlife				
Transportation Program: Bike Loading Times		Load Bikes onto trucks - closes 5:00pm	Load Bikes onto trucks - closes 4:00pm	Load Bikes onto trucks - closes 5:00pm
Transportation Program: Bus Loading Times AM			7:45am - Depart from Cumberland (To Campbell River Start Line)	
Transportation Program: Bus Loading Times PM	Transfer from Courtenay to Cumberland - Times: 9am, 11am		2:00pm, 3:00pm & 4:00pm - Depart from Campbell River (back to Cumberland)	
Tent				
Breakfast A		7:00am-7:45am	6:15am-7:00am	7:00am-7:45am
Breakfast B		7:45am-8:30am	7:00am-7:45am	7:45am-8:30am
Dinner A	6:00pm-6:50pm	6:00pm-6:50pm	6:00pm-6:50pm	6:00pm-6:50pm
Dinner B	7:10pm-8:00pm	7:10pm-8:00pm	7:10pm-8:00pm	7:10pm-8:00pm

Continued on next page

Note: Schedule is subject to change

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SCHEDULE

	May 26	May 27	May 28	May 29
	Tuesday	Wednesday	Thursday	Friday
	Stage 4	Stage 5	Stage 6	Stage 7
Sponsor of the Day	Pearl Izumi	Rocky Mountain	Mosaic Forest Management	Shimano
Registration				
Mandatory Race Meeting				
Racer Wakeup Call	5:45am	6:30am	5:45am	6:30am
Race Start Time	10:00am	10:00am	10:00am	10:00am
Ride Zone	Hammerfest, Parksville	Tzouhalem	Nanaimo	Cowichan Valley
Distance	31.8km	21.5km	33.9km	44.8km
Start & Finish Location	Englishman River Falls Parking Lot	Cowichan Valley - Nevilane Drive Parking Lot	Start - Vancouver Island University, Finish - Big Bang Cider	Cowichan Exhibition Grounds
Stage Awards	5:00pm *In Cowichan	5:00pm *At Basecamp	5:00pm *In Cowichan	4:00pm
Beer Garden	3:00pm - 8:00pm *In Cowichan	1:00pm - 8:00pm	3:00pm - 8:00pm *In Cowichan	1:00pm 10:00pm
Wellness Hours	2:00pm-9:00pm *In Cowichan	12:00pm-9:00pm	1:00pm-7:00pm *In Cowichan	
Medical Tent Hours *Emergency Phone - 24hrs/day. Hours may be adjusted on travel days	8:00am - 6:00pm *Closed from race start until first racer back	8:00am - 6:00pm *Closed from race start until first racer back	8:00am - 6:00pm *Closed from race start until first racer back	8:00am - 6:00pm *Closed from race start till first racer back
Retail Hours	1:00pm - 7:00pm	1:00pm - 7:00pm	1:00pm - 7:00pm	12:00pm - 6:00pm
Sleep In	Cowichan Valley	Cowichan Valley	Cowichan Valley	Cowichan Valley
Optional Add-ons Schedule: Transportation, Meal Plan, Tents, Vanlife				
Transportation Program: Bike Loading Times	Load Bikes onto trucks - closes 4:00pm	Load Bikes onto trucks - closes 4:00pm	Load Bikes onto trucks - closes 4:00pm	
Transportation Program: Bus Loading Times AM	7:45am - Depart from Cumberland (To Parksville)	8:00am - Depart from Basecamp (To Remote Start Line)	7:30am - Depart from Basecamp (To Nanaimo)	
Transportation Program: Bus Loading Times PM	2:00pm, 3:00pm & 4:00pm - Depart from Parksville (To Cowichan Basecamp)	2:00pm, 3:00pm & 4:00pm - Depart from Remote Start (back to Basecamp)	2:00pm, 3:00pm & 4:00pm - Depart from Remote Start (back to Basecamp)	
Tent	Clear Tents by 7:30			
Breakfast A	6:15am-7:00am	7:00am-7:45am	6:15am-7:00am	7:00am-7:45am
Breakfast B	7:00am-7:45am	7:45am-8:30am	7:00am-7:45am	7:45am-8:30am
Dinner A	6:00pm-6:50pm	6:00pm-6:50pm	6:00pm-6:50pm	
Dinner B	7:10pm-8:00pm	7:10pm-8:00pm	7:10pm-8:00pm	Celebration Dinner! 6:00pm

Note: Schedule is subject to change

Saturday, May 30 - Transport Program Bus departs to Victoria Airport at 8:30am

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THANK YOU

We hope you have the most amazing week at BC Bike Race.

On May 29, you will be an official BC Bike Race Alumni.

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

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