



# BC Bike Race

## 2019 Schedule for Racers

\*Subject to Change\*



<b>Registration Day -1 Jul-4-2019 - Thurs</b>	Registration	12:00pm - 4:00pm	Capilano University
	Mandatory Meeting	5:00pm	Capilano University

<b>Day 8 Jul-13-2019 - Sat</b>	Racers clear of sleeping	8:00am	Squamish
	Breakfast	7:30am - 8:30am	Squamish

	Jul-5-2019 - Fri	Jul-6-2019 - Sat	Jul-7-2019 - Sun	Jul-8-2019 - Mon	Jul-9-2019 - Tues	Jul-10-2019 -Wed	Jul-11-2019 - Thu	Jul-12-2019 - Fri
	Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Race In	North Vancouver	Duncan	Cumberland	Cumberland	Powell River	Earls Cove to Sechelt	Sechelt to Langdale	Squamish
Racers Sleep In	Duncan	Cumberland	Cumberland	Powell River	Powell River	Sechelt	Squamish	Squamish
Racer Wakeup Call	on your own	6:00am	6:00am	6:00am	6:30am	6:00am	6:00am	6:30am
Breakfast A	on your own	6:30am-7:00am	6:30am-7:00am	6:30am-7:00am	7:00am-7:30am	6:30am-7:00am	6:30am-7:00am	7:00am-7:30am
Breakfast B	on your own	7:00am-7:30am	7:00am-7:30am	7:00am-7:30am	7:30am-8:00am	7:00am-7:30am	7:00am-7:30am	7:30am-8:00am
Breakfast C	on your own	7:30am-8:00am	7:30am-8:00am	7:30am-8:00am	8:00am-8:30am	7:30am-8:00am	7:30am-8:00am	8:00am-8:30am
Registration	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Mandatory Meeting	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Racers clear of sleeping tent	N/A	7:00am	N/A	7:00am	N/A	7:00am	7:00am	N/A
Lululemon Stretch Zone	N/A	6:30-8am	6:30-8am	6:30-8am	7-8:30am	N/A	6:30-8am	6:30-8am
<b>Race Start</b>	<b>7:30am - 9:45am</b> *staggered	<b>8:30am</b>	<b>8:30am</b>	<b>8:30am</b>	<b>9:00am</b>	<b>11:00am</b>	<b>8:30am</b>	<b>9:00am</b>
First Racers	7:40am	11:00am	11:00am	10:00am	11:00am	2:00pm	10:30am	11:30am
Last Racers	10:30am	3:30pm	3:30pm	1:00pm	3:30pm	7:00pm	3:30pm	4:30pm
Wellness	4:00pm-9:30pm	2:00pm-9:30pm	2:00pm-9:30pm	11:00am-4:30pm C 5:00pm-10:00pm PR	12:00pm-9:30pm	2:00pm-9:30pm	4:00pm-9:30pm	N/A
Lululemon Yoga Stretch	7:30pm	7:30pm	7:30pm	7:30pm	7:30pm	8:30pm	8:30pm	4:00pm
Dinner A	6:15pm-6:45pm	6:00pm-6:30pm	6:00pm-6:30pm	5:00-5:45pm C 6:00-6:45pm PR **	6:00pm-6:30pm	6:00pm-6:30pm	5:45pm-6:15pm	Final Celebration!
Dinner B	7:00pm-7:30pm	6:45pm-7:15pm	6:45pm-7:15pm		6:45pm-7:15pm	6:45pm-7:15pm	6:30pm-7:00pm	
Dinner C	7:45pm-8:15pm	7:30pm-8:00pm	7:30pm-8:00pm		7:30pm-8:00pm	7:30pm-8:00pm	7:15pm-7:45pm	
Quiet time	10:00pm	10:00pm	10:00pm	10:00pm	10:00pm	10:00pm	10:00pm	TBC
** Dinner location will be split this day. If you travel over on the 3:25pm ferry to Powell River you will be eating dinner in Powell River, seating time is 6:00-6:45pm. If you are traveling on the 7:10pm ferry you will be eating dinner in Cumberland, seating time is 5:00-5:45pm.								
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