

# IT'S ALMOST TIME TO RIDE!



On behalf of the BC Cancer Foundation, thank you for participating in the 2024 Tour de Cure, presented by Wheaton Precious Metals. Your commitment to cycling to fuel life-saving cancer research and care in B.C. is inspiring and impactful, and we are truly grateful for your support.

Every pedal you push forward, and every dollar you raise, makes a difference — in BC Cancer's labs and clinics, and in the lives of families facing this disease.

The Tour de Cure is a physical and mental challenge but it's also a powerful statement of solidarity.

Every rider has a reason. Some ride to remember, some ride in support of a loved one's or their own cancer journey. But when we ride together, we are stronger. And as a community, we are unstoppable.

I look forward to riding with you on August 24 & 25. See you at the start line!

Sincerely,

**Sarah Roth** 

BC Cancer Foundation President & CEO

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## BRING YOUR REASON...

# Everyone has a reason for participating in the Tour de Cure.

You might be riding for yourself, for someone else, people we lost, people who are still here, or hope for a future where no one is lost again.

This Tour de Cure, we want you to bring your reason. Carry it with you on the full two-day ride. Carry it to inspire you and your team, to bring you joy, to motivate you to push through when your legs say "no."

It doesn't matter what it is, so long as it has meaning. A photo, a hand-written letter, a drawing, a teddy bear, a trinket, a memento from someone you've lost ... or found. Anything at all.

This item might get beat up, smudged, dinged, stained, worn, but it will be with you the whole way — and it will make it to Hope.

At the finish line, we invite you to place that item on our new "Wall of Hope" as a celebration of the challenge you've completed, and as a celebration of the very reason that inspired you to meet that challenge.

We will capture photos and video of you and your teams with your reason to ride ... and next year, we invite you to bring it back again.



## PICK UP YOUR TOUR PACKET

Your Tour packet will be available after you complete online check-in, if you have reached the fundraising minimum. Tour packets can be picked up in person from the following locations:

#### **BEFORE EVENT DAY**

#### **VANCOUVER TOUR OFFICE**

2560 Heather Street, Vancouver, B.C.

Monday, August 19 - Thursday, August 22 - 8 a.m. to 7 p.m.

#### **SHANNON HALL, CLOVERDALE**

6050 176 Street, Surrey, B.C.

Friday, August 23 - Noon to 8 p.m.

**Fast track your morning check-in!** You can drop off your bike and bag at Shannon Hall on Friday from noon to 8 p.m. and it will be securely stored overnight so you're ready to go Saturday morning.



#### SHANNON HALL, CLOVERDALE

6050 176 Street, Surrey, B.C.

Saturday, August 24 - 6 a.m. to 7 a.m.

Team captains can collect all of their team members' packets on their behalf from one of the locations above.

For collection at Shannon Hall on Friday or Saturday morning, riders must show a valid piece of photo ID and present their online fundraising page (digitally or printed) showing their fundraising total. Tour packets will not be given to any rider or captain unless the \$2500 fundraising minimum has been reached. Please do not bring cash donations to the start line.

#### **One-Day Riders**

You can pick up your tour packet before the weekend at the times above or on event weekend at Chilliwack Heritage Park 44140 Luckakuck Way, Chilliwack B.C. between the following times:

- Saturday, August 24 3 p.m. to 5 p.m.
- Sunday, August 25 6 a.m. to 7 a.m.





#### FOR OUR SURVIVORS

#### Arm sleeve collection

Please visit the packet pick up area on event day between 6 – 7 a.m. to collect your gold arm sleeves.





# THE VENUES



#### **Shannon Hall, Cloverdale**

Shannon Hall is part of the Cloverdale fairgrounds. Travelling from Vancouver, take Exit 53 off the Trans-Canada Highway for BC-15 S toward USA Border and follow 176 St/BC-15 S to 62 Ave. This is the start line for the 2024 Tour de Cure.



6050 176 Street, Surrey, B.C.

Map

**Please note:** The start line has changed from previous years to a different location in the Cloverdale fairgrounds due to construction on the Agriplex building.

#### **Chilliwack Heritage Park**

Chilliwack Heritage Park is located just off the Trans-Canada Highway at Exit 116. The 65-acre park and 150,000 sq ft building will be the setting for camp. This location will also be the start line on August 25. One-day riders should make their way directly to this location on Sunday.



44140 Luckakuck Way, Chilliwack, B.C.

#### **Memorial Park, Hope**

Take Exit 170 off the Trans-Canada Highway, turn on to Wallace St. and right in the centre of town, where you will find Memorial Park and the 2024 Tour de Cure finish line.



3 Avenue, Hope, B.C.

Мар



Free, secure parking for participants is available all weekend at Cloverdale. The parking lot is located on the track at Elements Casino, please enter through the Casino parking lots off 60 Avenue. Riders and their gear will be transported back from the finish line in Hope on Sunday. Vehicles left elsewhere on the premises are subject to towing at the owner's expense.

#### Parking for spectators is available at all venues:

At the start line, parking is located on the rodeo grounds, 176 Street at 60 Avenue.

At camp, please enter from Luckakuck Way. There are two parking lots located on the north side of the venue for participants and spectators. Overflow parking is available in the field south of the main venue.

At the finish line in Hope, parking is located on the street, at the nearby recreation complex, 1005 6 Avenue, Hope, B.C. or at local schools





## BEFORE YOU RIDE

#### Bike health

A well-tuned bike is crucial for safe and enjoyable riding and it is especially important for event weekend. Plan to have your bike serviced by a seasoned technician in the weeks leading up to the event. Below is a list of preferred bike shops with friendly service and skilled mechanics. Be sure to mention that you are participating in the Tour de Cure!

→ Obsession: Bikes

→ Bici

→ Cranky's



The safety of participants, vendors and volunteers is our top priority. As you know, wildfire season is upon us and the smoke can cause health and visibility issues.

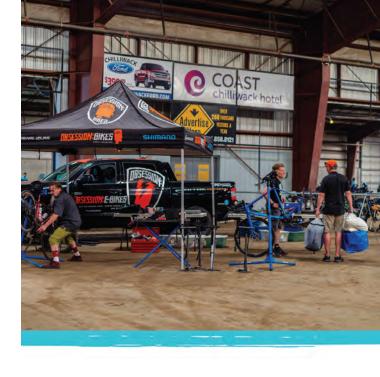
The Tour de Cure and BC Cancer Foundation Senior Leadership Team will monitor air quality daily during the lead up to event weekend to assess the safety and conditions for Tour de Cure weekend. Final decisions relating to Tour de Cure could be made as late as Saturday morning as the air quality is changing daily, sometimes hourly.

The following guideline will help us determine how the event moves forward based on the Air Quality Health Index:

• 1-3: Event goes on, no modification.

 4-6: Route may be modified; Participants are encouraged to recognize their own limitations, especially those who have respiratory issues.
 WARNING: to all participants who have preexisting conditions that require rescue medication (cardiovascular or respiratory) to have medication on-hand!

• **7+:** BC Cancer Foundation will support a DIY event.





## **GET SOCIAL!**

Connect with the Tour de Cure community by sharing online with:

#TOURDECUREBC @TOURDECUREBC



SCAN HERE





# DAY 1 Saturday, August 24 CLOVERDALE TO CHILLIWACK Chilliwack Barrowtówn Barrowtówn

# THIS IS WHAT'S GOING ON AT THE START LINE:

#### **Shannon Hall, Cloverdale**

SATURDAY, AUGUST 24, 2024

#### 5:30 a.m.

Event opens Light breakfast

#### 6 a.m.

Packet pick up commences

#### 6:50 a.m.

Riders assemble

#### 7:00 a.m.

Tour de Cure Opening Ceremony

#### 7:25 a.m.

Tour de Cure begins All riders start together

#### **BAG DROP**

Gear trucks will be parked around the site. Drop your bag, with your bag tags on, at any labelled gear truck. Bags will be transported and unloaded for pick up at camp, inside on Floor 4. On Day 2 return your bags to the drop off area on Floor 4, where the trucks will be located to have your bags transported to Hope. Once picked up in Hope your bags are your responsibility. Please take them on the bus or in your personal vehicle.

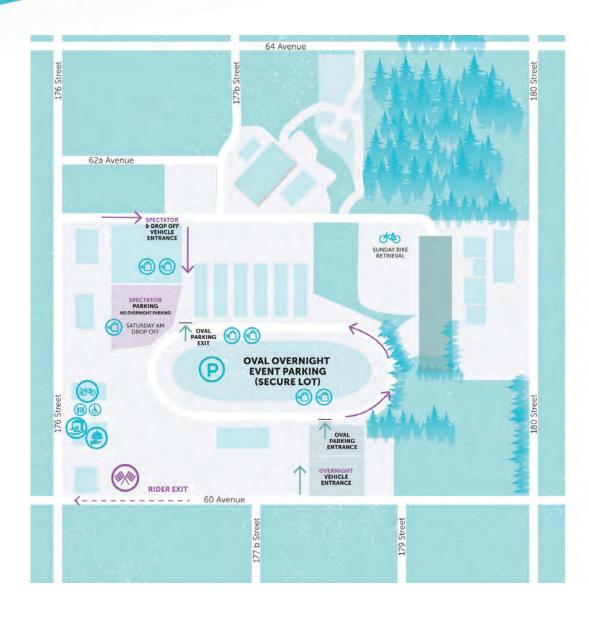
### USEFUL VENUE INFORMATION

Check-in, packet pick up and breakfast are located inside Shannon Hall. A secure bike parking area will be provided onsite to safeguard your bike overnight on Friday, Aug. 23 and prior to the Tour start on Saturday, Aug. 24. Traffic can be slow entering the site so make sure you give yourself plenty of time.





## Saturday, August 24 CLOVERDALE TO CHILLIWACK



Day 1 - Saturday Start Line Map

#### Legend



















#### **THE COURSE**

Scenic country roads will take you along the Canada/U.S. border, and through the farmlands of the valley. You will be surrounded by the Coast and Cascade mountain ranges.

The lunch stop is located at the University of the Fraser Valley.

Download .gpx file

Google Maps

## 100 KM Classic Route





#### **THE COURSE**

## 160 KM Challenge Route

Distance, rolling hills and steady climbs will

challenge you as you make your way around the beautiful terrain of the Fraser Valley. Lunch will be available at Bradner Elementary School.

Download .gpx file

> Google Maps





#### **ON COURSE**

#### Course signage

The route will be marked with the following signs to keep you on course: Please follow the signs, ride safely, obey all rules of the road and take direction from traffic management personnel along the route.

#### Be safe, not sorry

- **1. Make sure your bike is in good operating condition**, including tires, brakes and gearing.
- **2. Wear a helmet** and carry a patch kit, tire levers, a spare tube and a pump at all times.
- **3. Know and obey** all traffic signals, signs, markings, laws and regulations.
- **4. Obey all directions** from police, traffic control personnel or course workers. Riders MUST give way to emergency vehicles.
- **5. Do not cross** the centre line (whether it is marked or not) at any time.
- **6. Always ride predictably and in control.** Ride in a straight line and consciously try to avoid excessive weaving back and forth.
- 7. Always use hand signals to indicate that you are going to make a right or left turn or are about to stop; motorists and cyclists need to know what you intend to do. If your hands aren't free as you slow or stop, call out "SLOWING" or "STOPPING."
- **8. Keep to the right of the road** except to pass other cyclists. The exception to this rule occurs when preparing for a left turn or avoiding unsafe road conditions (potholes, construction, etc.).
- **9. Always stop at stop signs** and look both ways before entering the road. Always make left turns from the appropriate left turn lane.
- **10. Drafting behind other cyclists can be dangerous** and leaves very little room for error. These techniques should never be used in high traffic areas or on roads with frequent intersections.







#### Pit stops

We pride ourselves on providing the best possible ride day support. Pit stops will be located approximately every 25 KM, as indicated on the course maps. Each one will be stocked with fruit, snack bars, chips, and hydration. Additional water stations have been added to the Challenge Route in 2024.

#### **SUPPORT**

#### **Rider Support**

If you need support on event day for any reason, please call the hotline number on your wristband. If possible, please have an idea of your location (corner of Smith St. and Jones St.) so that we can get assistance to you as quickly as possible.

#### **Bike Mechanical**

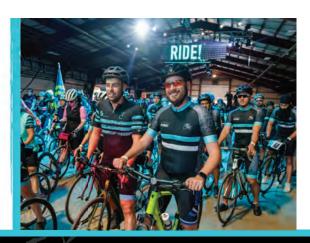
We will have mechanical support at each pit stop and along the courses. The teams will attempt to fix more complicated mechanical problems and will only charge for the parts they use (e.g. chain, derailleur, etc.). We encourage you to come prepared with basic tools and supplies to change a flat tire. Be sure to pump your tires with air prior to event day!

#### Medical

Odyssey Medical will be present at each pit stop in case you need medical support. Roving ambulances will be dispatched on course as needed. If you need medical support on event day, please call the helpline number on your wristband. If you have a severe medical emergency, please dial 911.



RICHMOND 0875 TOUR HELPLINE: 1-888-520-5120





Your friends, family and colleagues can join in the fun of the weekend at one of the RBC cheering stations. RBC has set up cheering and sign making stations along the route, at camp and at the finish line. On Saturday, they are located at:

#### **Cheer Station #1 Classic and Challenge Routes** (All Riders)

7:30 – 9 a.m.

**Location:** Pit Stop #1 21152 16 Avenue, Langley Twp, B.C.

#### Cheer station #2 100 KM Course - Lunch Stop

9 a.m. - 1:30 p.m.

**Location:** University of the Fraser Valley - Abbotsford (King Road) campus parking lot 4 and 5. 1395 McKenzie Road, Abbotsford, B.C.

#### **Cheer Station #3** 160 KM Course

9:30 a.m. - noon

**Location:** Bradner Elementary School, 5291 Bradner Road, Abbotsford, B.C.

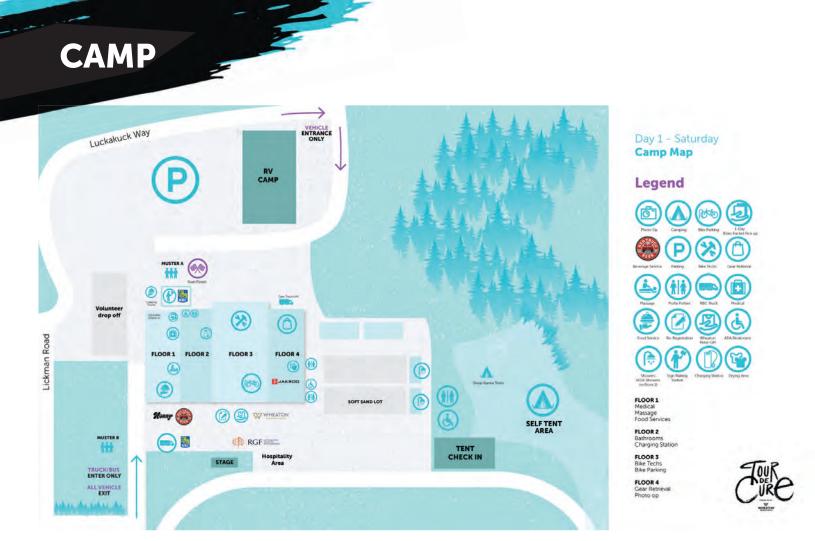
#### Camp - Sign Making

11 a.m. – 4 p.m.

Location: Chilliwack Heritage Park. 44140 Luckakuck Way, Chilliwack, B.C.







#### **USEFUL VENUE INFORMATION**

#### **Gear retrieval**

Unloaded for pick up at camp, inside Floor 4. On Day 2 return your bags to the drop off area, on Floor 4, where the trucks will be located to have your bags transported to Hope.

#### **Camp amenities**

#### Hot showers – portable units.

Large, hot shower trucks will be located on the left side of the parking lot prior to entering the sleeping tent area. Hours of operation are 11 a.m. – 8:30 p.m.

#### **Port-a-potties**

Port-a-potties are located outside Floor 4 and in the sleeping tent area. They will be accessible throughout the entire day and night.

#### Men's and Women's changing areas

Changing areas are located on Floor 4.

#### **Drying areas**

Drying areas are located on Floor 4.

#### Massage

Massage therapists will be on-site on Floor 1 from 11 a.m. – 5 p.m.

#### **Bike techs**

Bike techs are located on Floor 3 from 11 a.m. – 6 p.m.







## **USEFUL VENUE INFORMATION (Cont'd)**

#### **Tent allocation**

Each rider will be allocated a two-person tent at camp. Check-in is open from noon at the registration table next to the campsite. If you would like to share a tent with someone else, please let the team know on-site. Riders must bring all of their other camping needs. E.g. sleeping bag, pillow etc. You are welcome to bring and set up you own tent.

#### **Bike parking**

Bike parking is available on Floor 3. You can drop off your bike post-ride for secure, overnight storage and collect it Sunday morning.

#### **Washrooms**

There are washrooms located at the entry of Floors 1 and 2 and portable toilets are located outside Floors 2 and 3 and near the sleeping tents.





## SUGGESTED PACKING LIST

- Clothes
- Toiletries
- Bike gear
- Pump and repair kit
- All your camping needs
- Costumes/creativity fun
- Sunscreen
- Extra water bottle
- Pillow
- Sleeping bag
- Soap and Shampoo





# **EVENT DETAILS**

#### **SATURDAY, AUGUST 24**



- Food and beverage service begins
- Massage
- RGF Games and Candy Zone

#### Noon

- RBC stretching sessions
- Wicked Fun will get the party started on the outdoor stage

#### 5 p.m.

- Camp Show: Join us for the Tour de Cure camp show from 5 5:30 p.m. on Floor 2 to celebrate the community's achievements of the weekend with your fellow riders and meet new friends
- Celebrate the community's achievements of the weekend with your fellow riders and meet new friends.

#### 5:30 p.m.

• DJ



#### Receive a gift

Every rider and volunteer will receive a gift from our presenting sponsor, Wheaton Precious Metals. At camp, be sure to pick up your limited-edition Tour de Cure towel



#### **Games and Candy Zone**

Release your inner child with the team at RGF Integrated Wealth Management! Visit the team to collect sweet treats from the candy station and play the giant games that will be on-site.



## **RBC** stretching sessions

RBC will be hosting guided recovery stretching sessions at camp from noon - 4 p.m. every 30 minutes outside Floor 2, next to the RBC truck.



#### **Charging your devices**

Need to charge your devices at camp? See the team at the RBC truck for all your power needs.



**Welcome to our one-day riders.** We are so glad you could join us for the ride to Hope. If you have not already collected your Tour packet, please do so between 5:30 a.m. – 7 a.m. on Floor 1.

#### BEFORE WE RIDE

#### **Team photos**

Gather your group together and celebrate your accomplishment! Our photographers will be available Sunday morning to take team photos from 5:15 – 7:55 a.m. Team captains must reserve a time slot for their team. If you miss your time slot or your full team isn't present, we will do our best to fit you in where possible. Team photos will be taken outside between Floors 3 and 4.

#### Start line

This year, we will be riding out in waves. Unlike regular cycling start waves, these will not be timed. Arrange a time for your team and new friends to start and ride together. You do not have to book a time, just be at the start line ready to go. Waves will commence from the camp start line inside Floor 2 at

7:00 a.m.

7:15 a.m.

7:30 a.m.

7:45 a.m.

8:00 a.m.



Click here to reserve your team time slot!



#### **THE COURSE**

## 100 KM Route

#### **Everyone will ride the same**

Course through East Chilliwack's famed corn fields and then over the Fraser River and on towards a celebratory finish in Hope! The lunch stop is located at Seabird Island Band.

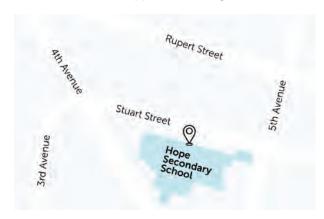
Download .gpx file

> Google Maps



#### Meet up spot

We have set up a meeting spot for teams to gather before the finish. Located at **Hope Secondary School**, you will be able to meet your teammates there and ride the final few kilometres to the finish together. There is not enough room for vehicles. Please do not have support cars congest the area.



## Team up sponsored kilometres

If your team participated in our Team Up campaign and was awarded a dedicated kilometre on the course, **click here to find its location.** 





Your friends, family and colleagues can join in the fun on day 2 at one of the RBC cheering stations. They are located at:

#### **Cheer Station #1**

7:30 – 9:30 a.m.

**Location:** TYCROP

Manufacturing, 9880 McGrath Road,

Rosedale, B.C.

#### Cheer station #2

8 – 11 a.m.

**Location:** 1st Fairfield Scouts Hall, 47130 Hope River Road, Chilliwack, B.C.

#### Finish line

10:30 a.m. – 4 p.m.

**Location:** Memorial Park, 3 Avenue,

Hope, B.C.

0









**Upon crossing the finishing line,** take your time and enjoy the celebration

**Visit the Wall of Hope** and add your token that you rode with. Take a moment to reflect on your reason for riding and your accomplishment throughout the weekend.

**If your muscles are tired and sore,** make sure you see the flexologists from StretchLab who can assist in your recovery.

**Load your bike** onto the AMJ transport trucks when you are ready to return home. Transport trucks will return to Chilliwack and Cloverdale once full. Buses are first come first served and will also depart once full. There will be a seat for everyone.

**Don't forget** to pick up your gear if you are departing from Hope.



## WHEN YOU'RE HUNGRY ... THROUGHOUT THE WEEKEND

#### Rider meals

**Meal tickets** have been provided in your Tour packet for your breakfasts, camp, and finish line meals. Please remember to pack them for the weekend and hand the tickets to staff to redeem your meal. All riders will show their wristbands at the lunch stops.

The Tour de Cure caters to many different dietary requirements. Please see the menu below and indicate your preferences during online check-in. If you have further restrictions, please contact us at tourguides@bccancer.bc.ca



#### **Saturday**

#### Grab 'n' go breakfast

Shannon Hall

5:30 - 7 a.m.

Bananas, fruit skewers and bagels (gluten-free available)

· peanut butter, honey, jam, cream cheese

Coffee, tea, assorted juices

#### Lunch

**Classic Route** 

University of the Fraser Valley Abbotsford, parking lot 4 and 5. 9:30 a.m. – 1 p.m.

Challenge Route

Bradner Elementary School 10 a.m. – 1 p.m.

Roasted Pesto Chicken | df/nf

• arugula, shaved onions, pickled pepper spread, ciabatta bun or

Vegan Balsamic Roasted Mushroom | df/vegan

• arugula, shaved onions, pickled pepper spread, ciabatta bun

GF options available

Quinoa Tabbouleh | gf/nf/vegan

 organic tricolour quinoa, tomato, peppers, corn, cucumber, parsley, mint, fresh lemon, extra virgin olive oil

Pedal Power Bars | gf/vegan

• dates, oats, dried mango, coconut, pecan, hemp hearts

#### Camp meal

Chilliwack Heritage Park

11 a.m. - 6 p.m.

Peake House Greens | gf/vegan

 organic garden greens, cucumbers, dried apricots, grape tomatoes, shredded carrots, toasted pumpkin seeds with a white balsamic vinaigrette

**Lunache Pasta Salad** | df/nf/vegetarian

 pickled peppers, green olives, arugula, basil, cucumber, herbs, sundried tomato, vinaigrette

Grilled Street Corn | df/qf/nf

• warm corn salad, lime, jalapeno, tajin, chilli, Queso (on the side)

Mexican Brown Rice | gf/nf/vegan

• tomato, peas, cilantro

Your choice of protein:

Grilled Chicken Breast | df/gf/nf

• spice rub, salsa verde

Barbacoa Beef

adobo, onions, cilantro, lime
 adobo, onions, cilantro, lime

Braised Jackfruit | gf/nf/vegan

• tomato, chipotle, cilantro

Assorted freshly baked cookies

 may include chocolate chip, oatmeal raisin, peanut butter, white chocolate macadamia nut, or double chocolate chip

Assorted soft drinks and juices

#### Late-night snack

Chilliwack Heritage Park

7:30 – 9 p.m.

Seasonal whole fruit | gf/nf/vegan
Toast with peanut butter, jams, honey | gf available
Assorted flavoured popcorn | gf/nf/vegetarian

• Butter & sea salt, truffle parmesan, spicy dill pickle



#### Rider meals (Cont'd)

#### Sunday

#### **Hot Breakfast**

Chilliwack Heritage Park

5 - 7:30 a.m.

Chia Pudding | gf/nf/vegan

English Muffins | gf available on request

Free Run Scrambled Eggs | gf/nf/vegetarian/vegan available on request

**Roasted Heirloom Potatoes** 

Applewood Smoked Bacon | df/gf/nf Chicken & Apple Sausage | df/gf/nf

#### Lunch

Seabird Island Community School

9:30 a.m. - noon

Southwest Chicken Wrap | df/nf

• tomato & corn salsa, quinoa, green chickpeas, cilantro lime

**Southwest Mushroom Wrap** | df/nf/vegan

• tomato & corn salsa, quinoa, green chickpeas, cilantro lime emulsion

Classic Coleslaw | gf/nf

· shaved vegetables, cabbage, cilantro, pumpkin seeds, sundried tomato dressing

Peake Power Bars | gf/vegan

• dates, raisins, chia seeds, oats, almonds, coconut, hemp seeds

#### Finish line BBQ

10 a.m. - 4 p.m.

Peake Burger | df/gf/nf

Grilled naturally raised beef burgers | df/gf/nf

Grilled beyond meat burger

• Brioche buns (gf buns provided)

Served with: shredded lettuce, sliced tomatoes, red onions, cheddar cheese, Ketchup, Yellow Mustard, Mayo, Chipotle Aioli



#### **Spectator food** vendors

At Camp, The Heritage Hut will be open from noon – 8 p.m. for spectators to purchase everything from burgers to salads and poutine to pizza; beverages will also be available. At the finish line in Hope, spectators can support local businesses by visiting the many cafes and restaurants surrounding Memorial Park.

#### **Drink tickets**

Each rider will be provided with one nonalcoholic and one alcoholic drink ticket for post-ride refreshments on each day. Red Truck Beer Company will be serving a selection of craft beer and an assortment of ready to drink cans.

We are excited to announce that Nonny is joining us in 2024 and will be providing a selection of non-alcoholic craft beers. Nonny is brewed with traditional ingredients, without the traditional downside. All natural, and no preservatives.



Drink tickets for additional beverages are available for purchase for \$5. Spectators and supporters can also purchase drink tickets. Please ensure to bring ID as it will be required before tickets can be redeemed or purchased. Must be 19+.







## THANK YOU TO ALL OUR SPONSORS:



PRESENTING SPONSOR



**BREAKTHROUGH PARTNERS** 







**OFFICIAL SUPPORTERS** 





APPAREL PARTNER



MEDIA SUPPORTER





## JOIN US IN 2025!

Commit early to take advantage of the discounted registration fee and receive one of these *limited-edition*Tour de Cure tees.

Visit the re-registration desk at camp or the finish line to register for next year!

