



HOSTED BY

**MOSAIC**  
FOREST MANAGEMENT

**TREK**

# GRAVEL SERIES

VANCOUVER ISLAND



**RIVER CITY**  
GRAVEL FONDO

CAMPBELL RIVER BC

**APRIL 21, 2024**



# Race Bible

Updated April 12, 2024



## EVENT DESCRIPTION



**RIVER CITY**  
GRAVEL FONDO  
CAMPBELL RIVER BC

The RIVER CITY GRAVEL FONDO is the ultimate gravel adventure event, held on the gravel roads of MOSAIC FOREST MANAGEMENT, BC PARKS, AND WE WAI KAI FIRST NATION

The event will occur on Sunday, April 21 and will start at the We Wai Kai First Nation located in Campbell River. Participants will have option to ride 3 distances: a beginner IMPULSO 35km route, an intermediate INTERMEDIO 70km route, and a challenging 120km ESPERTO route along some of the most pristine private gravel roads in the area. Riders are to make the best determination as to which distance suites their respective ability level.

Each rider will be responsible for printing out the map and uploading map files on their GPS. While the course will be marked, the map and GPS will guide the rider to the feed zone/ checkpoints along the route.

Upon arriving at the checkpoint, each rider is responsible for checking in. No one else can check in for a rider. The event will also consist of ride ambassadors and feed zone which will be indicated on the course map. Ride Ambassadors will be joining participants to provide ride service, mechanical support, and also assist in emergency response.

**NOTE: This is an extremely remote area. Always be aware of the distance to the feed zone and checkpoint, and be prepared to travel that distance with the supplies you carry.**

Please be aware... if you break down or become injured, let the nearest rider to you know so that they can relay for help. **A list of phone numbers is provided to contact. Cell coverage is very spotty**, There will be several bicycle medics spread out on the ride in addition to many ride ambassadors who will be available to respond, help, and relay communication.

**FOR THE ESPERTO 120KM** you do not feel you are prepared to meet such a challenge, please consider shorter route options by bypassing at Aid Station 2 (at km55) or at Lower Campbell Lake Road/Boot E Forest Service Road (at km91) . Your finish time will not be counted in this case.



# EVENT SCHEDULE



**RIVER CITY**  
GRAVEL FONDO  
CAMPBELL RIVER BC

(Please note that this may still be subject to change)

## **Saturday April 20, 2024**

9:30 am to 5:00 pm - Check in and race package pick-up

STRATHCONA GARDENS RECREATION COMPLEX

225 S Dogwood St, Campbell River, BC V9W 8C8

Map Link: <https://maps.app.goo.gl/orXf3CUgUiByEAIy8>

North Island Outdoor Adventure Show

Booth - Pedal Your World Bike Shop

12:00 pm to 7:00 pm - Onsite Camping, RV / Campervan, Check in.

WE WAI KAI SPORTS FIELD

Campbell River, BC V9H 1P4

Map Link: <https://maps.app.goo.gl/ZFAv1D42L3YjxCbJ9>

## **Sunday April 21, 2024**

7:30am to 9:00 am - Check in and package pick-up

9:15 am Rider's Briefing

9:30 am - Esperto Ride Start

9:35 am - Intermedio / Masters Ride Start

9:45 am - Impulso / E-Bike / Youth Start

11:00 am to 3:00 pm - Food Truck & Drinks

3:00 pm - Awards Presentations



**RIVER CITY**  
GRAVEL FONDO  
CAMPBELL RIVER BC

## EVENT INFORMATION

### COVID - 19 / FLU / COLDS

As recommended by **BC Health Authority/Viasport** guidelines, the Burnt Bridge Classic is advising participants to [perform a health check prior](#) to the event and not attend if they are feeling unwell and experiencing the associated symptoms of Covid-19 / FLU / COLDS.

### PARKING

The event start/finish will be located at the [WE WAI KAI FIRST NATION EAST PARKING LOT](#), which is east of HWY 19 at Willis Road. Riders will park their vehicle only at assigned parking areas, but will be permitted to drop off tents at the team staging area. Special permission will be needed to park a vehicle in the tent area.

### FIRE RISK

All participants are prohibited from smoking at the venue and on course before/during/after the event. It is anticipated that the riding area may still be under severe fire hazard warning.

### MANDATORY FORM TO REVIEW AND SIGN

For 2024, we have an online waiver that all participants are required to review and sign. There is no extra charge for this.

**[<LINK TO FILL AND SIGN ONLINE WAIVER>](#)**

### CUT OFF TIME

The following cutoff times will be enforced for the riders safety and well being. This also takes into consideration that volunteers and contracted safety staff are also limited in their available time to ensure maximum safety.

**Overall Event Time Cut - Riders must be able to maintain a pace that allows them to reach the Finish Line before 3:30 PM**

**Esperto - Start Time is 9:30am**

Aid Station 2 - km55.5 - Cutoff at 1:00pm Riders will be subsequently directed to turn right (east) from Greenstone Road to Lower Campbell Lake Road.



**SCHEDULE C  
RELEASE AGREEMENT**

PANACHE CYCLING SPORTS

<p><b>RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT (hereinafter referred to as the "Release Agreement")</b></p> <p><b>BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT</b></p>	
<p><i>PLEASE READ CAREFULLY</i></p>	
<p>SIGNATURE OF PARTICIPANT</p>	

<b>Name</b>	Last	First	I Middle Initial
<b>Address</b>	Street		
	City	Prov./State	Postal/ZipCode

**TO: PANACHE CYCLING SPORTS, TIMBERWEST FOREST COMPANY, ISLAND TIMBERLANDS LIMITED PARTNERSHIP, [other legal Companies could be listed along with us and the event holder] and all owners or occupiers of venues or premises where Cycling Activities (as defined herein) take place, and their respective directors, officers, members, employees, instructors, guides, volunteers, officials, course workers, first aid attendants, agents, representatives, independent contractors, subcontractors, suppliers, sponsors, successors and assigns (all of whom are hereinafter collectively referred as "the Releasees")**

I am of the full age of 19 years or am the parent/legal guardian having full legal responsibility for decisions regarding my minor child/ward under the age of 19 and I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT PRIOR TO SIGNING IT, and I am aware that by signing this Release Agreement, I am irrevocably and forever waiving certain legal rights which I or my invitees, heirs, next-of-kin, executors, administrators and assigns may have against the Releasees.

**DEFINITION**

In this Release Agreement the term "**Cycling Activities**" shall include all activities, events, competitions, training rides, tours, programs, workshops, lessons, clinics or other related services, including cross-country, downhill or road cycling, which are organized, provided, arranged, conducted, sponsored, promoted or authorized by or connected with the Releasees.

**SAFETY**

I have been advised to wear an approved helmet while participating in Cycling Activities, and to comply with all applicable municipal and provincial highway laws and regulations. I recognise that serious head injury or death can result even when a helmet is worn.

**ASSUMPTION OF RISKS**

I am aware that participation in Cycling Activities involves many risks, dangers and hazards including, but not limited to: changing weather conditions; mechanical failure of bicycles; falls; loss of balance; high speed descents; difficulty or inability to control one's speed and direction; rapid or uncontrolled acceleration on hills and inclines; extreme variation in cycling terrain including steep or slippery sections, trees, roots, tree stumps, logs, cliffs, rocks, rock drops, loose gravel, holes, depressions, streams and creeks; constructed features such as bridges, ramps, ladders, bumps, berms, jumps, and drops; collisions with natural and constructed objects, other participants, vehicles, pedestrians, spectators and officials; encounters with domestic and wild animals, negligence of other persons; and NEGLIGENCE ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF CYCLING ACTIVITIES.

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH CYCLING ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.



**MINOR PARTICIPANT**

In consideration for allowing my minor child/ward to participate in Cycling Activities, I hereby warrant and agree:

1. I am familiar with and accept, on behalf of myself and my minor child/ward that there is the risk of serious injury and death in participation in Cycling Activities;
2. I have satisfied myself and believe that my minor child/ward is physically, emotionally and mentally able to participate in Cycling Activities, and that his/her equipment, is mechanically fit for his/her use;
3. I understand, and will instruct my minor child/ward, that all applicable rules for participation must be followed and that at all times the sole responsibility for personal safety remains with my minor child/ward;
4. I will advise my minor child/ward to immediately remove her/himself from participation, and notify the nearest person, if at any time they sense or observe any unusual hazard or unsafe condition or if they feel any deterioration in his/her physical, emotional or mental fitness for continued participation;
5. I authorize to consent to emergency medical treatment in accordance with the best interests of my minor child/ward, should I not be present at the relevant time to grant consent myself; and
6. I agree to hold harmless and indemnify the Releasees from any claims or demands that might be made against the Releasees by my child/ward if this Release Agreement is declared void or unenforceable against my child/ward in whole or in part due to my child/ward's age.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**

In consideration of the RELEASEES agreeing to my participation and/or my child/ward's participation in Cycling Activities either as a member of the United Riders of Cumberland Association or as a competitor, course worker, official, volunteer, event organizer, guest or member of the media, I hereby agree, on behalf of myself and/or my child/ward, as follows:

1. TO WAIVE ANY AND ALL CLAIMS that I have or may in the future have against the RELEASEES AND TO RELEASE THE RELEASEES from any and all liability for any injury, loss, damage or expense, including death, that I may *suffer* or that my next of kin may suffer, as a result of my participation in Cycling Activities, DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, R.S.B.C. 1996, c. 337 ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN CYCLING ACTIVITIES REFERRED TO ABOVE;
2. TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES for any and all liability for any property damage, loss or personal injury to any third party resulting from my participation in Cycling Activities;
3. This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
4. This Release Agreement and any rights, duties and obligations involving the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia and no other jurisdiction; and
5. Any litigation involving the parties to this Release Agreement shall be brought solely within the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

In entering into this Release Agreement I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of Cycling Activities, other than what is set forth in this Release Agreement.

I CONFIRM THAT I HAVE READ AND UNDERSTOOD THIS RELEASE AGREEMENT ON BEHALF OF MYSELF AND/OR MY CHILD/WARD, PRIOR TO SIGNING IT, AND I AM AWARE THAT BY SIGNING THIS RELEASE AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS, ASSIGNS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.

Signed this \_\_\_\_ day of \_\_\_\_\_, 20\_\_ .

Witness
Please print name of witness clearly

Signature of Participant (Signature of parent if Participant is under 18)
Please print name clearly



**RIVER CITY**  
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CAMPBELL RIVER BC

## RACE INFORMATION

### WHAT TO BRING

While we have aid stations, sweep riders, medical staff, and the support of your fellow participants, be aware that portions of the course do not have cell phone coverage. In the event of an emergency or inclement weather, you'll need to be self-sufficient. Sweeps and marshals can't bring all riders back, it's for those whom have circumstances where they can no longer progress under their own power. Take care of yourself by bringing the following on the ride:

- Rain cape or wind jacket – please bring both to race, and we'll advise at race start on which is recommended.
- Minimum 2 bottles, even a Camelbak type of drinking setup.
- Seat bag, handlebar bag, to store tools food, try not to have all your gear in your back pockets of your jersey.
- 42mm wide Tires are highly recommended in order to avoid pinch flats or punctures.
- Warm layer helmet such as cycling cap to keep your head dry and wind proof.
- Full fingered gloves.
- 2 tubes, 1 patch kit, CO2 and/or pump (a small pump is recommended).
- Bear Spray / Air Horn (We are riding in pristine wilderness and there is always a chance to encounter bears or cougars).
- Multi tool with/and a chain breaker.
- Your preferred race nutrition to supplement between aid stations
- Bicycle GPS with uploaded route, Cell phone / ID
- Arm and leg warmers
- A base underlayer
- A fender or rat-tail.

If you have any other questions about what to bring, reach out to us at [info@panachecyclingsports.com](mailto:info@panachecyclingsports.com)





# THE ROUTES

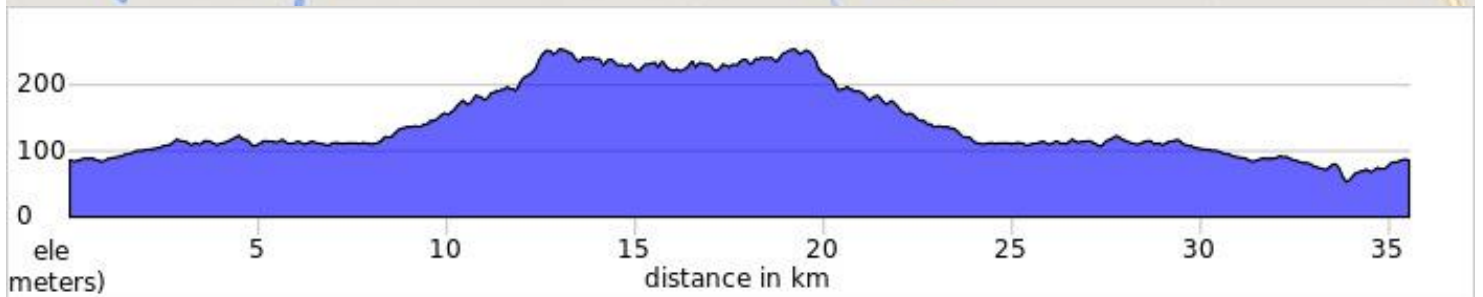
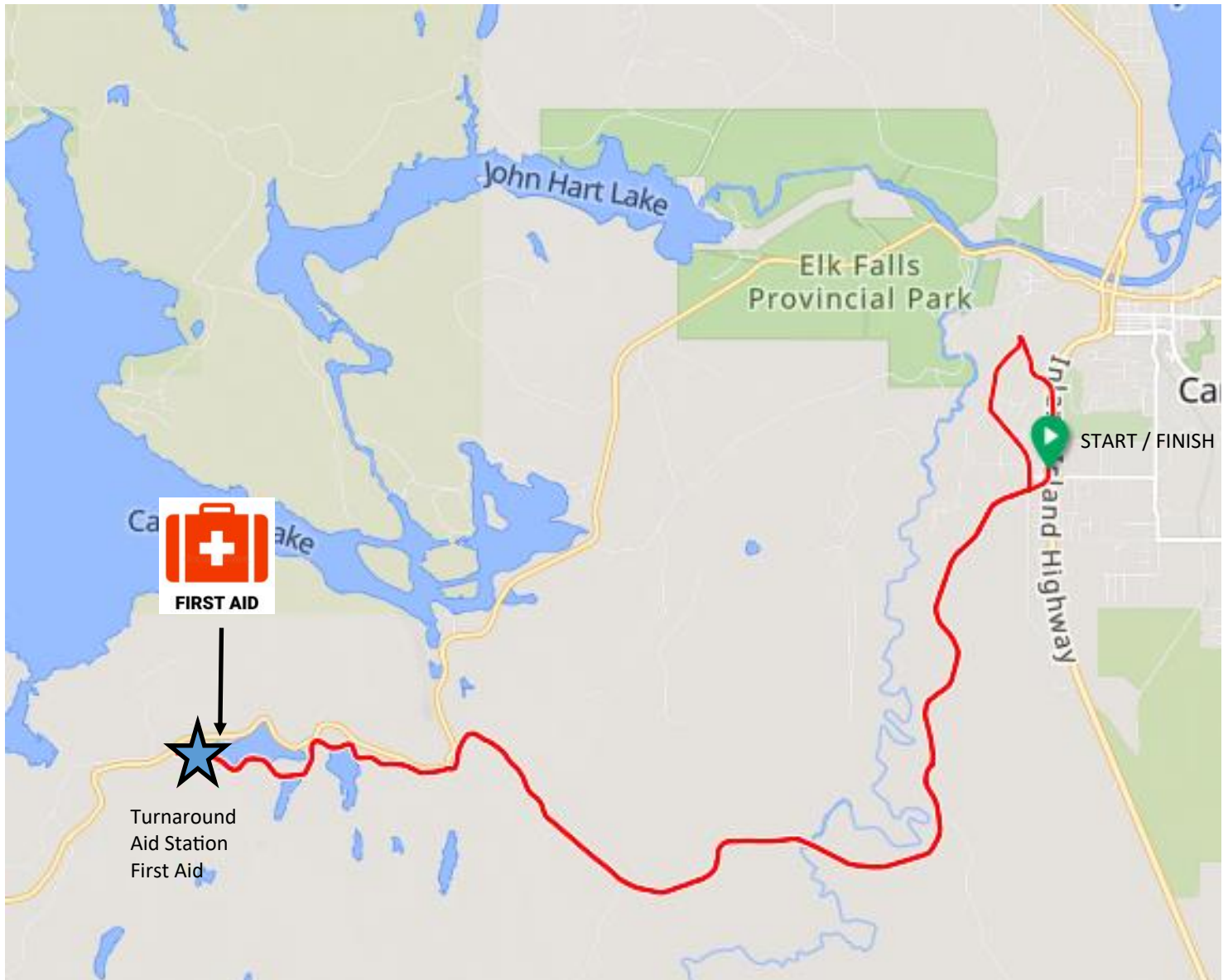
# IMPULSO

<https://ridewithgps.com/routes/46004675>



**RIVER CITY**  
GRAVEL FONDO  
CAMPBELL RIVER BC

- 35 km distance
- 401m total elevation gain
- 9.3% max grade
- 1hr 15 est. finish time





# THE ROUTES

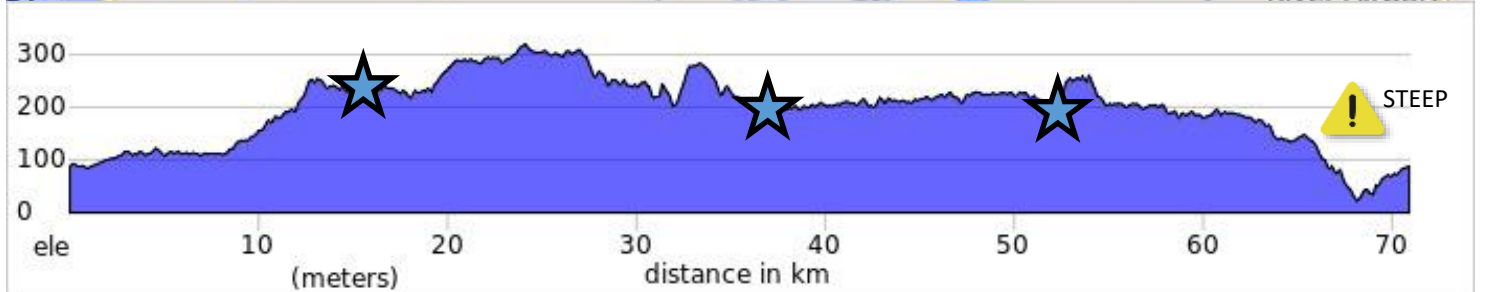
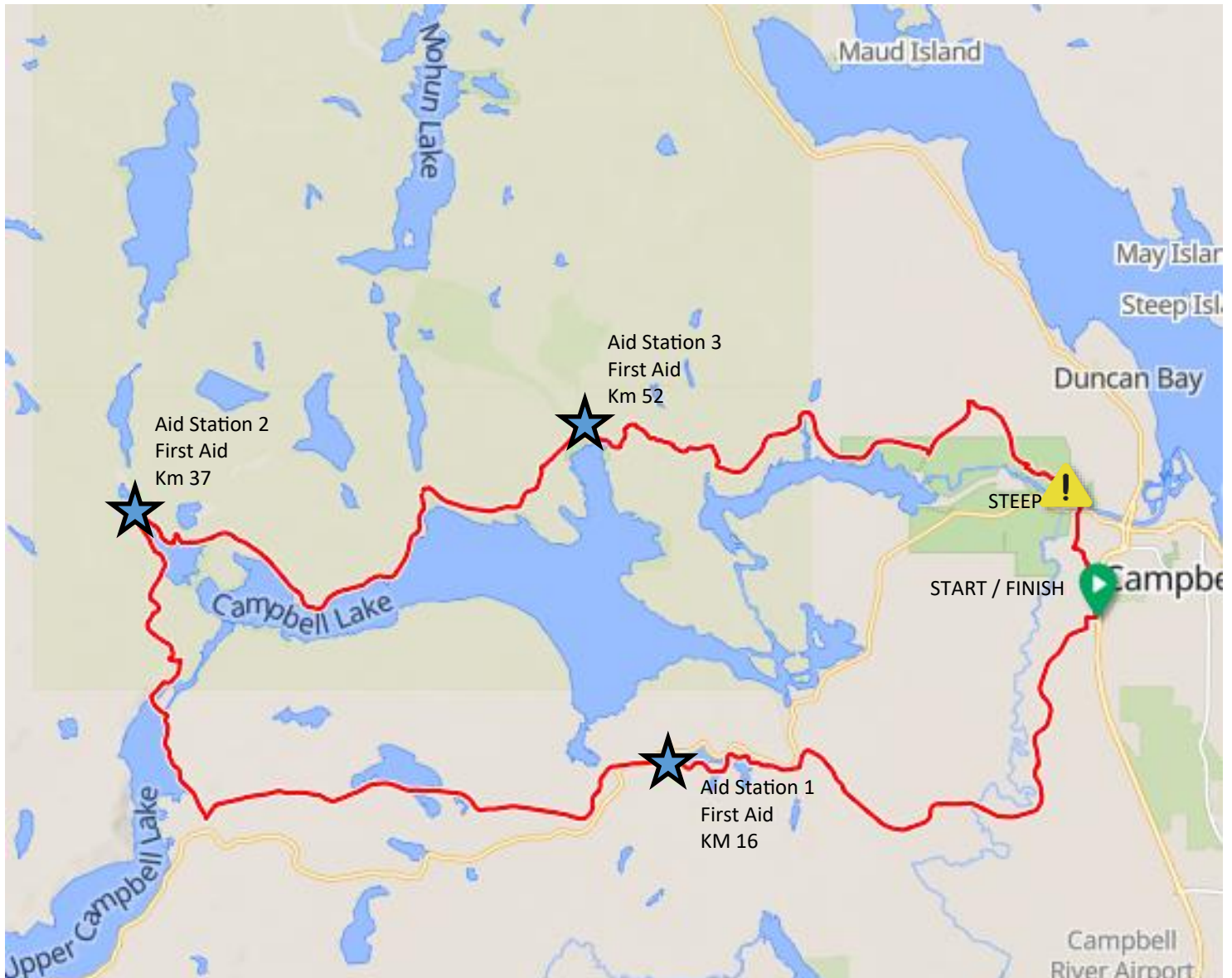
# INTERMEDIO

<https://ridewithgps.com/routes/45999102>



**RIVER CITY**  
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CAMPBELL RIVER BC

- 71 km distance
- 916 m total elevation gain
- 11.3% max grade
- 2hr 30 est. finish time



# THE ROUTES

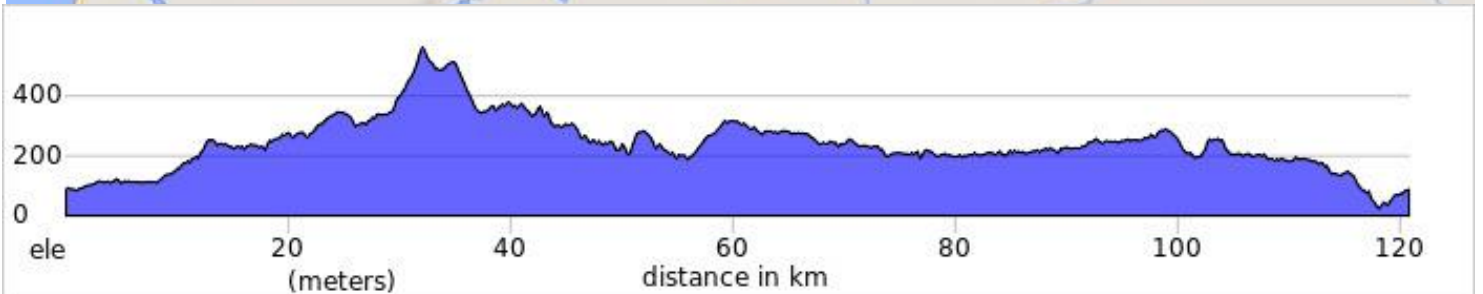
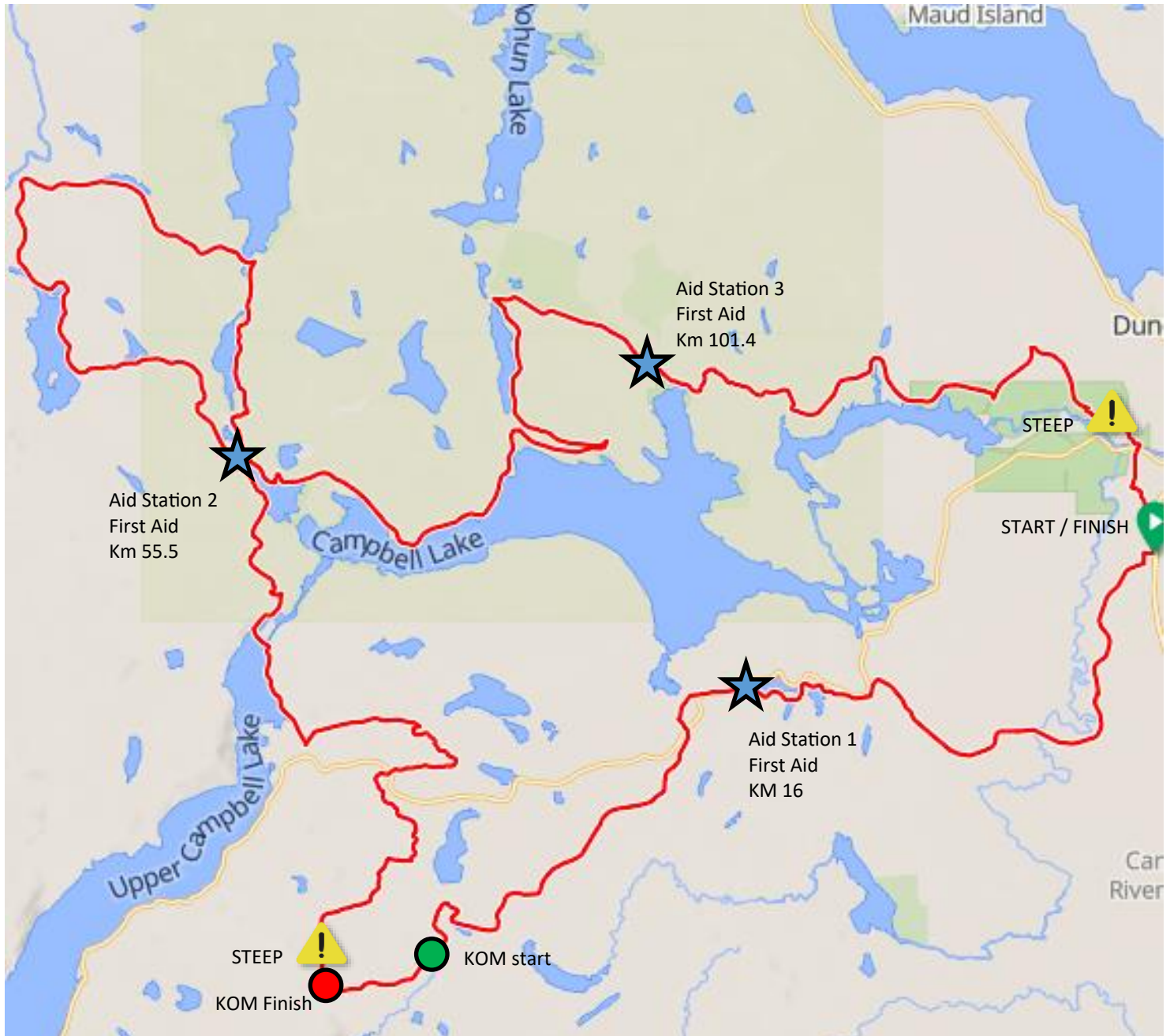
# ESPERTO

<https://ridewithgps.com/routes/46060728>



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CAMPBELL RIVER BC

- 120km distance
- 1643M total elevation gain
- 12.6% max grade
- 4hr est. finish time





# THE VENUE

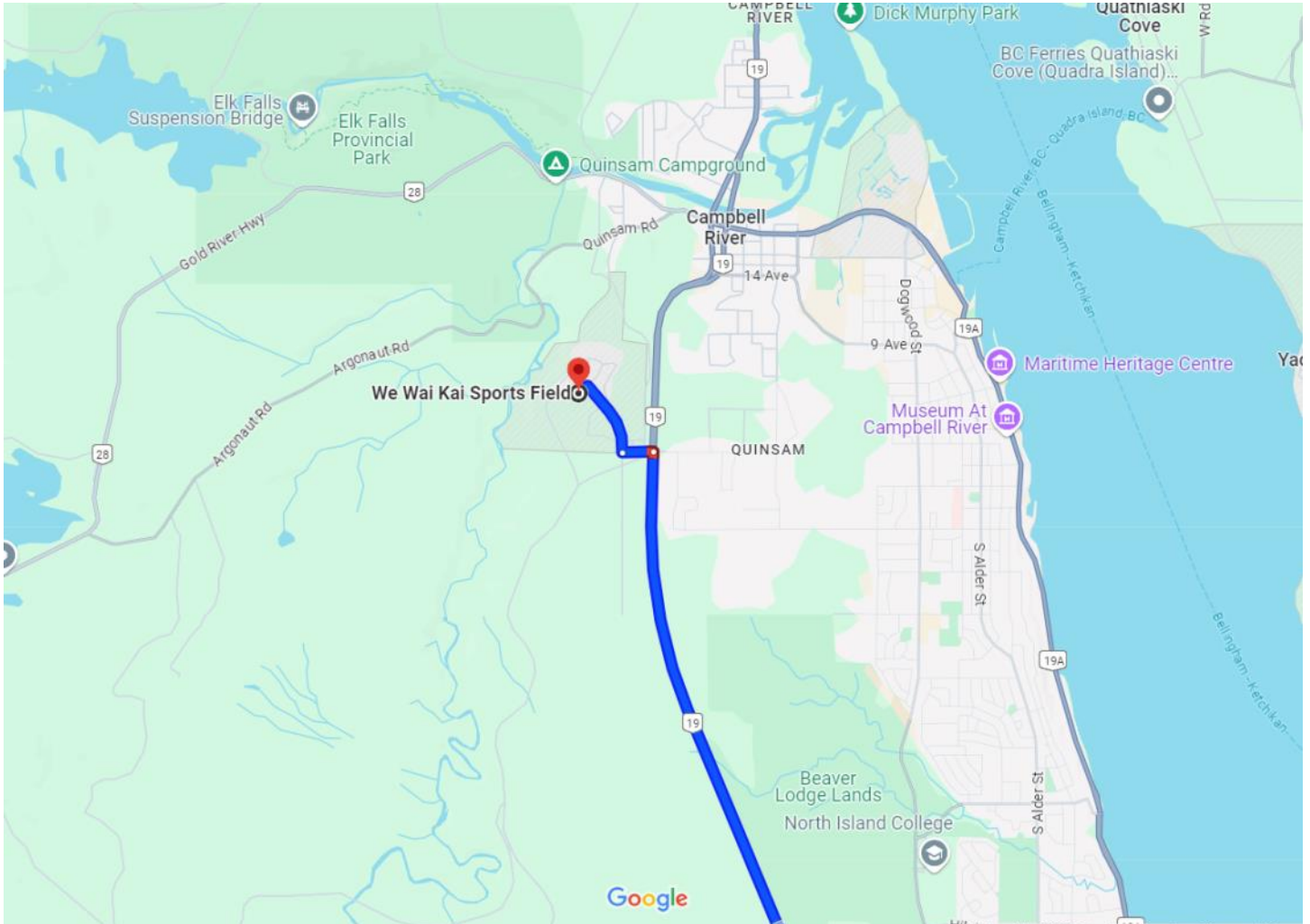


**RIVER CITY**  
GRAVEL FONDO  
CAMPBELL RIVER BC

The 2024 River City Gravel Fondo venue is located at the WE WAI KAI FIRST NATION, east of HWY 19 at Willis Road

ARRIVING TO CAMPBELL RIVER FROM THE SOUTH

<https://maps.app.goo.gl/ajKzNiuJyccv6jLq8>



# THE RULES



**RIVER CITY**  
GRAVEL FONDO  
CAMPBELL RIVER BC

**1** The River City Gravel Fondo is a self-supported, bicycle event along the gravel and dirt roads of the Cowichan Valley Regional District. For the purpose of this event, “bicycle” is defined as “a vehicle consisting of a frame mounted on two wheels one behind the other, and having a seat, handlebars for steering, two hand-operated brakes, and propelled solely by the operator via two pedals connected to the rear wheel by a chain or belt. **“E-Bikes” will be allowed** but will not factor in the top 3 results in each category, but will factor in an exclusive e-Bike Category. Pacing and drafting behind an e-Bike is not permitted.

**2** The roads are open to logging trucks and other authorized vehicles. The area is open to non-participant cyclists, pedestrians, and horseback riders. For your safety, it is imperative that you be constantly aware of your surroundings. Therefore, **headphones/earbuds are strictly forbidden**. Please show respect and courtesy to other people and give them a warning that you are approaching. Any reports of rude or inappropriate behavior will result in the disqualification of the individual participant.

**3** ALL participants MUST attend Rider Package Pick Up and Sign-In on either Saturday April 20 at Strathcona Gardens or Sunday April 21 at the We Wai Kai East Parking Log. A valid photo I.D. or Cycling BC license will be required to sign in. Event packets will be given out to registered participants only. No one else can receive your pack for you. For more information on Rider Sign-In, refer to the Schedule of Events on our website at [www.panachecyclingsports.com](http://www.panachecyclingsports.com)

**4** While limited copies of the course map may be available, participants will be responsible for printing their own course map prior to the event. This document will be the rider's primary means of navigation. In addition, the course may have a limited number of course markings to reassure participants they are on route. Participants may load the GPX route into their GPS prior to the event, to assist in navigation.

**5** There will be three feedzones. **These will be communicated and circulated 2 weeks before the event.**

**6** Participants may help other participants with mechanical support, navigational assistance, or by any other means reasonable and in the spirit of fair play. Participants using normal pedal bikes are not to be paced or drafting behind e-Bikes.

**7** Participants may stock up on food, water, and other supplies at the km31 checkpoint. Participants may also receive “neutral” assistance from ride ambassadors and bike Medics along the route. “Neutral” is defined as support that is freely offered equally to ALL event participants,



## THE RULES



**RIVER CITY**  
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CAMPBELL RIVER B C

- 8** Participants may not advance along the route by any means other than bicycle, or by foot. There will be no hitching rides unless you are being picked up by the Broom Wagon or require first response emergency first aid and need medical transport.
- 9** The primary route must be followed at all times. No short cuts or alternate routes are permitted. The course may be altered by the event organizer in the event of inclement weather, or other unforeseeable circumstance. Should this occur, participants will be sufficiently advised.
- 10** Riders must remain within the primary boundaries of the gravel road and trail at all times. If the roadway is bordered by fences, stay between them. If the roadway is in open range (no fences), stay out of the ditch and keep on the road. Leaving the roadway is cutting the course.
- 11** You may be required to hop over or maneuver around closed gates on the course.
- 12** If you intentionally exit the course for food, supplies, or any other reason, you must re-enter the course at the same spot at which you left. If you get lost, you shall make every reasonable attempt to backtrack to the point where you left the course; or to re-enter the course as soon as possible and without gaining an advantage.
- 13** Participants must start and complete the entire course on the same bicycle frame. All other components and equipment may be repaired or replaced during the event. Bicycles must be equipped with two (front and rear) fully-functional hand-operated brakes.
- 14** Participants must wear a properly approved helmet while operating their bicycle.
- 15** Participants must obey all local, provincial, and federal laws and rules of the road. If an emergency vehicle is approaching, move to the far right side of the road and stop until the vehicle has safely past by.
- 16** Participants are recommended to have a front headlamp and a red tail light for the duration of the event.
- 17** You are completely on your own. Use your head. Watch for and yield to traffic. All roads are open to public vehicle and/or pedestrian or horseback traffic.



## Our stance on Doping, WADA, and “Fair Play”

Panache Cycling Sports is dedicated to providing high-quality, grassroots, provincial, and national events to the endurance cycling communities in BC. Our event is affiliated with the provincial cycling organization, Cycling BC, and we fully support the Fundamentals of the World Anti-Doping Code, which states...

“Anti-doping programs seek to preserve what is intrinsically valuable about sport. This intrinsic value is often referred to as “the spirit of sport.” It is the essence of Olympism, the pursuit of human excellence through the dedicated perfection of each person’s natural talents. It is how we play true. The spirit of sport is the celebration of the human spirit, body, and mind, and is reflected in values we find in and through sport, including:”

- Ethics, fair play, and honesty
- Health
- Excellence in performance
- Character and education
- Fun and joy
- Collective Teamwork
- Dedication and commitment
- Respect for rules and laws
- Respect for self and other Participants
- Courage
- Community and solidarity

Doping is fundamentally contrary to the spirit of sport. To fight doping by promoting the spirit of sport, the Code requires each Anti-Doping Organization to develop and implement education and prevention programs for Athletes, including youth and Athlete Support Personnel.

Therefore:

Athletes who are currently serving a ban from sport or competition by WADA or any inter-governmental organizations, governments, public authorities, and other public and private bodies fighting doping in sport will not be allowed entry or participation in any Trek Gravel Series Event.

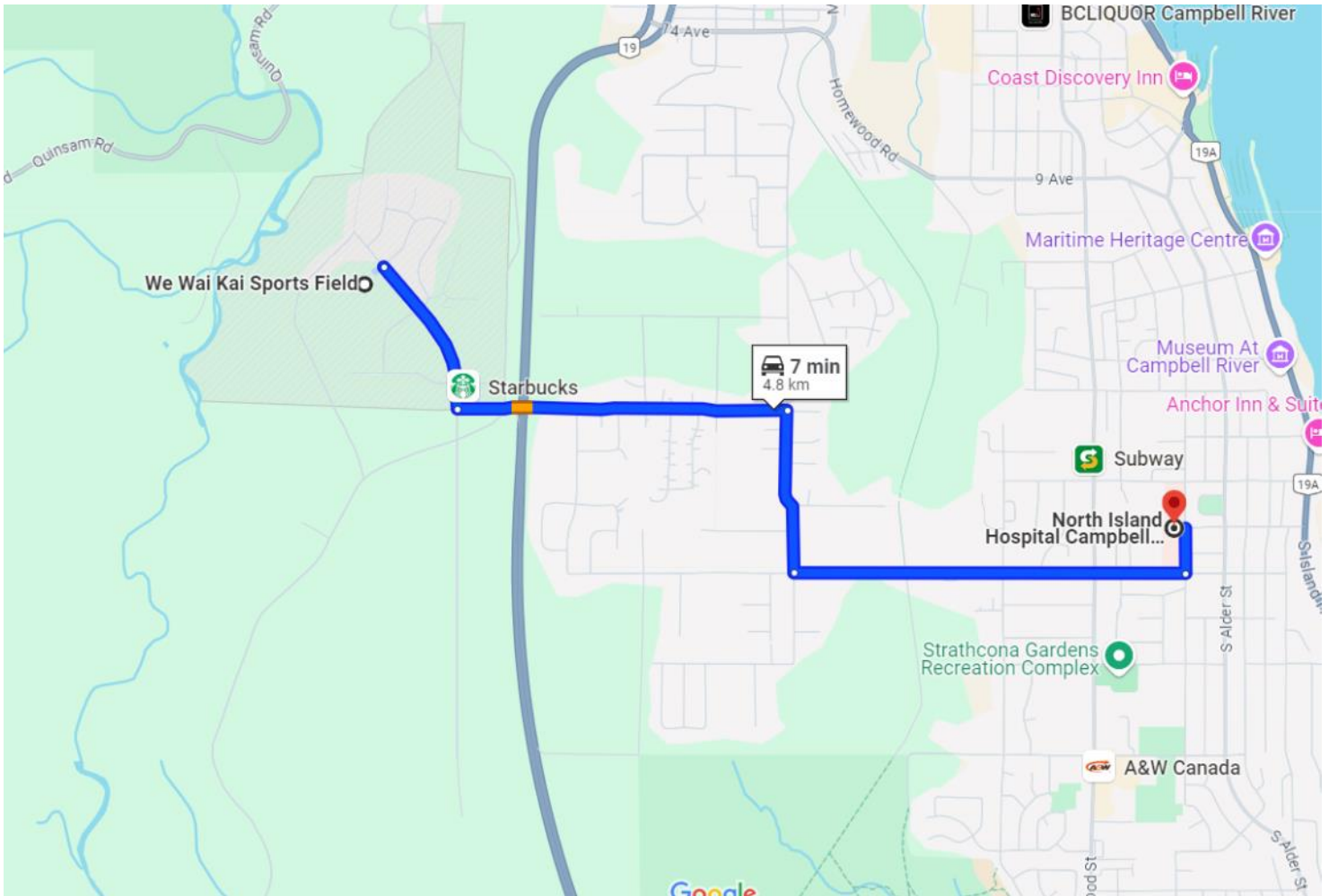




**RIVER CITY**  
GRAVEL FONDO  
CAMPBELL RIVER BC

# MEDICAL EMERGENCY

## AREA HOSPITAL



It is, of course, our hope that no one will need this information.

In the unfortunate chance that you do, print this off and keep it with you and share with family/friends.

North Island Hospital

375 2 Ave, Campbell River, BC V9W 3V1

<https://www.islandhealth.ca/our-locations/hospitals-health-centre-locations/north-island-hospital-campbell-river-district>

250-286-7100

**FOR EMERGENCIES DIAL 911**





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**TREK**

# GRAVEL SERIES

VANCOUVER ISLAND

Brought to you by



14-759 Sanctuary Court  
Victoria, BC  
V8X 5L6

Contact: Jon Watkin  
Email: [info@panachecyclingsports.com](mailto:info@panachecyclingsports.com)