

trek at a glance

friday september 10th, 2010

5:00 - 8:00pm

Pre-event BBQ and pre-registration @ Hazelmere RV Park & Campground
(see address pg 5)

(optional) overnighers

Beat the Saturday morning line-ups! Bring your donations (minimum \$425). Enjoy food, entertainment, and the company of your fellow Trekkers.

Parking for the weekend & camping Friday night is included. If you prefer not to camp, the Ocean Promenade Hotel has special rates for Trekkers (see address pg 5).

saturday september 11th, 2010

7:00 - 8:30am

Registration and pancake breakfast @ Hazelmere RV Park & Campground.
Don't forget! You must turn in your minimum of \$425 in donations if you haven't already.

7:00 - 7:30am

Free yoga led by Brenna from The Yoga Bee

8:30am start!

First 100 km. Ready, set, go!

Watch for **white** Day 1 directional road signs along the route.
Most importantly, bring your route map ... And refer to it often!

rest stop / lunch

@ Birchwood Dairy, Abbotsford

Relax in the outdoor eating area of Birchwood Dairy, serving lunch and old fashioned gourmet ice cream to all Trekkers.

day 1 - finish line

@ Stillwood Camp & Conference Centre

12:00pm - 5:00pm

- Check in at arrival desk ·
- Get your Trekker photo taken ·
- Fill out the bike repair form (if necessary) ·
- Get your bunking assignment ·
- Pick up your ID wristband ·

5:00pm

What everyone has been waiting for - delicious dinner! @ Main Dining Hall.

8:00pm

An evening of entertainment @ Maple Lodge

continued ...

sunday september 12th, 2010

7:00 - 8:15am

Breakfast in the Main Dining Hall
@ Stillwood Camp & Conference Centre

7:00 - 7:30am

Free yoga led by Brenna from The Yoga Bee

8:30am

Group photo in front of Maple Lodge

9:00am start

Kms 101 - 200 ... Go!

Keep an eye out for **yellow** Day 2 directional road signs along the route and don't forget your road map!

NEW rest stop

@ Lotusland Vineyards

day 2 - finish line & bbq

@ Hazelmere RV Park & Campground

12:00pm - 4:00pm

Check in at finish line

1:00 m - 5:00pm

Post-event BBQ - free for Trekkers!
Bring friends or family for \$10 each.

rest stop roundup



In between resting and refueling at each rest stop there will be some fun activities for Trekkers to complete. There might even be some prizes involved! Ask the rest stop volunteers for instructions and activity materials.

route changes



Returning Trekkers: make sure to keep in mind that there have been some changes to the route this year! Remember to take your route map with you on both days and refer to it often!

important details

continued ..

your weekend checklist (required)

Helmet
 Sleeping Bag
 Pillow
 Towel
 Minimum \$425 in donations
 Route Map
 Tire Tube
 BC Care Card

your weekend checklist (suggested)

Tent (only if camping)
 Toiletries
 Camera
 Sunglasses
 Casual Clothing
 Swimsuit

your trekker number, t-shirt and goodie bag

All Trekkers receive their Trekker number, t-shirt and goodie bag at registration. You must attach your Trekker number to the front of your shirt and bike. Pins and zap straps will be provided.

registration & fundraising money



Minimize line-ups by registering early! All Trekkers must check in at registration prior to setting off on Saturday.

friday september 10th, 5pm - 8pm



You can register at the Hazelmere registration tent at the optional Friday evening pre-event BBQ or on Saturday morning.

saturday september 11th, 7am - 8:30am



Here are some tips to help ensure registration runs as smoothly as possible: complete an accurate count of your donations prior to arrival at Hazelmere. You must turn in a minimum of \$425 at this time. Separate cash and cheques prior to arrival at Hazelmere.

road safety & etiquette

REMEMBER THAT CYCLISTS MUST OBEY ALL RULES OF THE ROAD!

- Obey all signage ·
- Signal your turns ·
- Ride with (not against) traffic ·
- Always ride single file ·
- Don't wear earbuds for an i-Pod or radio ·
- Always wear a helmet ·

gear transport

Your weekend ride is fully supported once you arrive at Hazelmere. This includes gear transportation and both medical and mechanical assistance along the entire journey. Make sure to put your gear in the 5-ton truck as soon as you arrive at Hazelmere. Bikes are kept safely in the storage facility at Stillwood overnight.

important reminder



Please make sure you have all items you need for the day - you cannot access your bag once it is on the truck until you arrive at the finish line.

shout out loud



Remember as you approach each rest stop, shout out your number to our 'Trekker Checker' volunteers.

wristbands - your weekend id badge

We will be supplying wristbands to all Trekkers and volunteers at the Stillwood arrival desk at the finish line on day one. Please keep this band on your wrist and clearly visible for the remainder of the event weekend. The wristbands help us identify you as a Trekker and eliminates any confusion for the Stillwood staff when serving food throughout the weekend.

address book

bc lung association office



2675 Oak Street
Vancouver, BC
V6H 2K2

604.731.LUNG (5864)
1.800.665.LUNG (5864)
604.731.5810
trek@bc.lung.ca

Trek Emergency Phone Number
604.603.LUNG (5864)

hazelmere rv park & campground



18843 - 8th Ave
South Surrey, BC
5 km East of White Rock
604.538.1167

From Interior:
From Hwy. 1 exit onto 176 st. South. Take 8th Ave.
and head East for 2.25 km.

From Vancouver (North):
Head South on Hwy. 99. Take exit #2 - 8th Ave. East
and follow for 4 km.

ocean promenade hotel



15611 Marine Drive W
White Rock, BC
V4B 1E1
604.542.0102
1.888.976.2326

Discounted rates to Trekkers - offering \$119 room
rates. Feel well-rested and have a fresh start on
Saturday morning. Make sure to mention "bike trek"
when making the reservation.

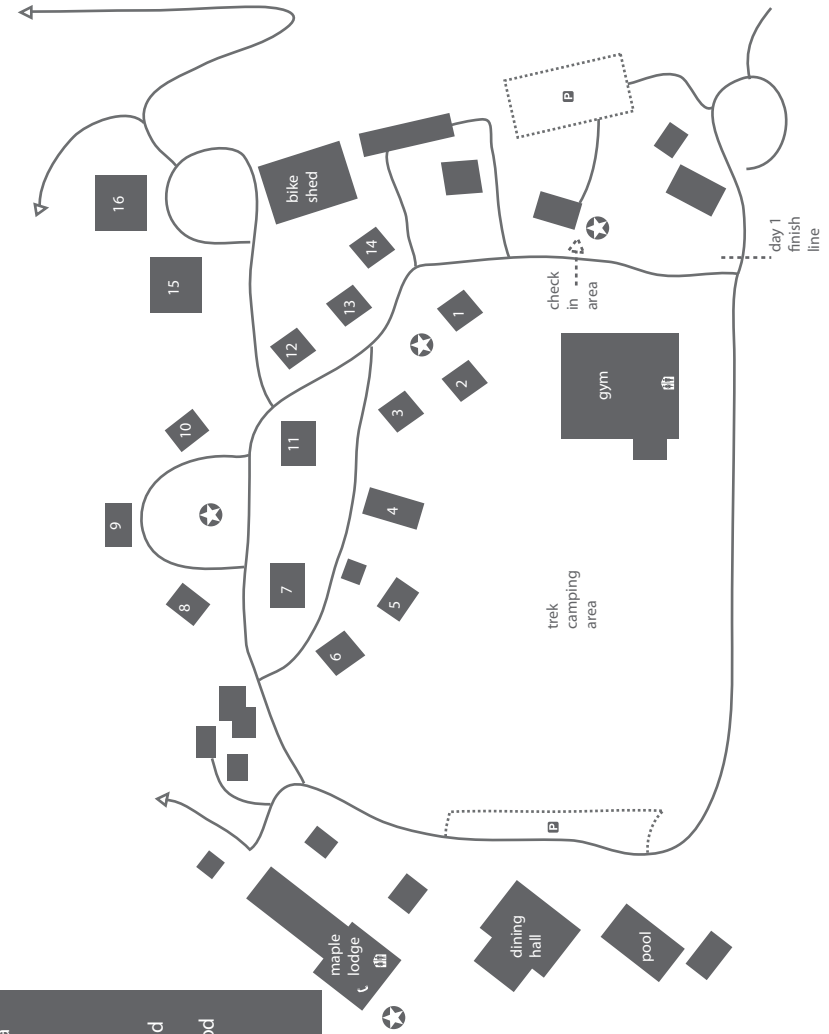
stillwood camp & conference centre



44005 Watt Road
Lindell Beach, BC
(Cultus Lake)

604.858.6845

stillwood camp & conference centre



| | |
|----|-------------------|
| 1 | Birch & Cypress |
| 2 | Alder & Oak |
| 3 | Acacia & Arbutus |
| 4 | Dogwood |
| 5 | Aspen & Magnolia |
| 6 | Beech & Fir |
| 7 | Hemlock & Teak |
| 8 | Hickory |
| 9 | Balsam |
| 10 | Cedar |
| 11 | Juniper & Redwood |
| 12 | Elm & Willow |
| 13 | Linden & Rosewood |
| 14 | Pine & Tamarack |
| 15 | Chestnut |
| 16 | Almond |