



# The Seymour Challenge

## August 10, 2024

**Thanks to Realtor Brandon Crichton for his ongoing support of our DEVO Youth Cycling Development <https://www.agentbrandon.com/>**

*'It is not the mountain we conquer, but ourselves.'*  
~ Sir Edmund Hillary

## Technical Guide

**Escape Velocity is proud to present The Seymour Challenge-all net proceeds go towards our DEVO Youth Cycling Development.**

Escape Velocity Race Director & Race Organizer Heidi Ujfalusi:  
[event-org@escapevelocity.bc.ca](mailto:event-org@escapevelocity.bc.ca)

### **GENERAL INFORMATION:**

- Pre-registration is recommended for everyone, including youth (12 - 18 years)
- Online Reg will close on August 8 at 23:59
- Youth race for free in the youth category
- Youth racing in Cat 1/2/3/4/5 Men or Cat 1/2/3/4 Women register in the youth category and you will be moved to the appropriate category at the registration table or by emailing: [event-org@escapevelocity.bc.ca](mailto:event-org@escapevelocity.bc.ca) by August 8, 23:59 to ask to be moved
- Pre-registration is \$50 per rider, and day-of registration is \$60 per rider
- Entry fees are non-refundable
- The Unique Ride category is intended to include other categories of bicycles, whether they be mountain bikes, unicycles, electric bikes, tandems, fixies or other
- The Leisure Ride category is intended for those that are coming out to enjoy the climb, and support the Devo worthwhile cause
- Medical assistance will be available during the event
- All racers must have a valid Cycling BC license or a Cycling BC temporary license (only available online)

- If you only have a Cycling BC Cycling for all license or a Temporary license you are restricted to the following categories
  - Cat 4/5 Men or Cat 4 Women
  - Unique Ride
  - Leisure ride
  - U13/U15/U17/U19 Youth Men or U13/U15/U17/U19 Youth Women
- If you have a Provincial Race License or Cycling BC UCI License or Cycling Canada UCI license you can participate in the category on your license, unless participating in the Unique Ride or Leisure Ride
- Riders in CAT 1-5 or age group categories must be on road style drop bar bikes and conform to UCI bike rules
- Approved helmets are mandatory for training, competition, and anytime you are on a bike
- No littering on the course
- Please be courteous towards the other users of the registration area, the road and the parking lot area at the top, we hope to hold this event again in the future
- **SPECIAL PRIZING FOR A RIDER WITH A CHILD ON THEIR BIKE**

### CHECK-IN:

- Check-In is required upon arrival at the site of the Parkgate Community Centre Outside Atrium



- Number pick up occurs on race day and requires the presentation of a valid CBC, CC or UCI license
- Sign-on and number pickup will close 30 minutes prior to the start of all races
- If you already have an EV timing chip please bring it

### SCHEDULE/RACE CATEGORIES:

- 8 AM Registration Opens at Parkgate Atrium
- 10:00 AM First Wave: Unique Ride, Leisure Ride
- 10:03 AM Second Wave: Cat 4 Women, U13/U15 Youth Women, U13/U15 Youth Men, Cat 1/2/3 Women, U17/U19 Youth Women
- 10:06 AM Third Wave: Masters Men, Masters Women
- 10:09 AM Fourth Wave: Cat 4/5 Men
- 10:20 AM Fifth Wave: Cat 1/2 Men, Cat 3 Men, U17/U19 Youth Men



## **THE COURSE:**

The Mount Seymour climb is 12.17 km long. You gain 881 height meters, so the average gradient is 7.2 %. The climb is ranked 2179 in the world. The maximum slope is 16%. We climb up from the road starting at the intersection near the Old Buck Parking Lot. Strava segment compliant.

<https://www.strava.com/segments/2219548?oq=%E2%80%A2>

The finish line timing is roughly 75 m beyond the end of the strava segment.

## **STAGING AND START PROTOCOL:**

- Racers must be at the staging area 15 minutes before their race start time
- Warming up on the course while a race is in progress, or at any other unauthorized time, is strictly prohibited and may result in disqualification
- Helmets must be worn AT ALL TIMES when riding the course & failure to comply may result in disqualification

## **OTHER EQUIPMENT REGULATIONS:**

- Race numbers and timing chips will be distributed at registration
- Chip placement will be on the seat post
- Numbers must not be folded or modified and must clearly show all advertising
- Numbers must be completely visible at all times during the race
- Number placement will be displayed at sign-on

## **IMPORTANT:**

- All athletes who have placed on the podium must attend the awards ceremonies
- Riders must wear cycling apparel to the awards ceremony

## **INCLEMENT WEATHER:**

- The race will be held rain or shine. In the event of unsafe weather (e.g. lightning or cold conditions or flooding) on race day, race officials may delay or cancel racing

## **AMENITIES, SAFETY, ETC.**

### **RACE SERVICES AND AMENITIES:**

- Washrooms are available at registration and at the finish. Along the route there are outhouses at the pullout points
- There will be a bag transport service available at the registration area. Leave a small bag that will be transported to the top for your arrival.

**PARKING:**

- Parkgate Community Centre at registration
- Mt Seymour P4

**FIRST AID AND MEDICAL:**

- Trained, dedicated medical staff will be in place during the event
- The area is served by 911 service
- The nearest hospital with full emergency/trauma capabilities is:

**Lions Gate Hospital**

231 15th St. E  
North Vancouver, BC  
V7L 2L7

**BIG THANKS TO NORTH VAN REC, MT SEYMOUR AND BC PARKS!**