



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 proceeds go towards our DEVO Youth Cycling Development.**

Race Director: Ryan Cousineau ([rcousine@gmail.com](mailto:rcousine@gmail.com))  
Escape Velocity Executive Director/Race Organizer: Jeneen Sutherland  
([ev-ed@escapevelocity.bc.ca](mailto:ev-ed@escapevelocity.bc.ca))

## **GENERAL INFORMATION**

- Pre-registration is recommended. Online Reg will close on August 10 at 23:59.
- The price per rider is \$50; however it is free for all youth. Day of race registration is \$60.
- Entry fees are non-refundable
- Medical assistance will be available during the event
- All racers must have a valid Cycling BC Provincial Race License, Cycling BC UCI License or Cycling Canada/UCI license. Cycling BC Cycling for all membership is acceptable for CAT 4/5 only.
- 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.

## **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 BC, CC or UCI race 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**

- 10 AM First Wave: U15 Youth, U13 Youth, Age 65+ Riders, Fixies, Fat Tires, Rider & Chariot/Trail a Bike, E-Bikes
- 10:10 AM Second Wave: CAT 1-5 Women, U19/U17 Youth Women, 35+ Women, 45+ Women, 55+ Women
- 10:20 AM Third Wave: CAT 1-5 Men, U19/U17 Youth Men, 35+ Men, 45+ Men, 55+ Men
- @12:30 PM: Podium Ceremonies. There will be prizeing for all categories.

## **The Course**

The Mount Seymour climb is 13.1 km long. You gain 904 height meters, so the average gradient is 6.9 %. 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.

And the race finishes roughly 13 km up the road at Mt Seymour right in front of the Rock Chute Bar.

### **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. However if you have a timing tag please bring this with you.
- 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.
- There will be NO REFUNDS issued except in the case of COVID.

### **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**

- We are awaiting confirmation of use of the Parkgate Community Centre Lot. However, there is ample parking on the street and surrounding areas.

#### **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 MT SEYMOUR AND BC PARKS!**