



8th Annual British Columbia Boomer's Legacy Rider Instruction Sheet

Welcome to the Boomers Legacy 2015 Ride. This instruction is intended to provide you with the information you need to prepare for and participate in all 200 plus kilometres of this event. The purpose of this event is to support Boomer's Legacy by raising funds, raising the profile of the charity and provide you, the riders with an incredible two day experience cycling Vancouver Island from Courtenay to Victoria.

Event Overview

The ride will take place on Saturday and Sunday, 13 -14 June 2015. The ride will start at 07:45 hrs at the main gate of Canadian Forces Base Comox. After two days and approx. 240 kilometres, the ride will end at Mile Zero of the Trans-Canada Hwy in Victoria (corner of Douglas and Dallas Roads).

Ride Preparation

Fundraising

As a ride participant you are expected to raise a minimum of \$300 to support Boomers Legacy projects wherever our troops are deployed and make a difference.

Resources to assist you in your fundraising efforts are available on the Friends of Boomers Legacy WEB site at -

www.boomerslegacybc.ca

Should you have any questions pertaining to fundraising and the receipt of donated funds please contact ride organizers by email at boomerslegacy@gmail.com.

Training

For most of the ride you will ride together as a group escorted by RCMP and members of the 3rd Canadian Army Veterans Motorcycle Group. You should train to be able to maintain a pace of approximately 18 kph. Remember, the amount of enjoyment you receive from your participation in this event will be directly proportional to your training and preparation for the ride. Note to "prairie people". Vancouver Island is not flat! Ensure you include some hills in your training regime.

One of the highlights of the ride will be the climb over the Malahat. From Mill Bay, near sea level you will ascend 1100 feet to the Malahat summit. The climb will be unforgettable. The added protection of an RCMP escort on this very busy highway, priceless!

Equipment

Most importantly, you will need a good bike! A lightweight road bike is preferred. A hybrid will suffice. If your only option is a mountain bike it is strongly recommended that you invest in high pressure, "slick" road tires.

Your bike should be well maintained and in good repair. Ensure your bike has "bottle cages" and bottles for energy drinks. You may also wish to invest in a hydration pack ("Camelbak").

It is recommended that you bring an old blanket or sleeping bag to protect your bike from scratches or other damage while it is being transported.

Packing List

Start with your bike, cycling clothing and equipment. It is recommended that you come prepared with basic tools, a tire pump and at least one spare inner tube.

To overstate the obvious, the wearing of helmets is mandatory both under BC law and for your participation in this event. It is also important that your helmet fit properly. Lastly, because the styrofoam which you need to absorb the impact of a crash

deteriorates over time your helmet should be no more than three years old. Most importantly, do not forget your helmet!

Off the bike: comfortable, casual clothes and comfortable shoes are preferred. Your accommodation in Nanaimo will not be at the Hilton! You will be sleeping in the drill hall of the Nanaimo Armoury on a military issue "cot". Think of it as camping with 100 of your newest, best friends! Make sure you bring:

- toiletries, including a towel; - sleeping bag, pillow if you choose;
- ear plugs? Good thinking! In addition to a suitcase or duffle bag to carry your sleeping gear and overnight requirements, be sure to bring a smaller bag no larger than a "gym bag" in size.

This daypack will enable you to access small items that you might require during the ride at one of the many rest stops or immediately following the ride. Items which you may wish to have available in your day pack include:

- additional clothing or rain gear; - medication, sunscreen, personal food items;
- sandals or running shoes, particularly if you are wearing "road" cycling shoes and cleats.

Keep the day pack as small and light as possible as they will be loaded and unloaded numerous times during the ride by our volunteers.

Meals

The ride organizers with the support of various event sponsors will provide the "fuel" you need to complete this strenuous event. If you have food allergies it is recommended that you advise ride organizers of your dietary requirements as soon as possible. Please contact ride organizers by email at boomerslegacy@gmail.com.

Getting to the Ride Travelling to Vancouver Island

There are two ways to get to Vancouver Island: air or water. Plan

your trip by air to arrive at either: - Comox Valley Airport (YYQ) - Nanaimo Airport (YCD)

<http://www.comoxairport.com/ar.asp>

<http://www.nanaimoairport.com/flinfo/airlines.php>

- Victoria International Airport (YYJ) (90 min drive to Comox)

<http://www.victoriaairport.com/airlines> (3 hours drive to Comox)

(See "Transport from Victoria" for Comox travel information)

The principal ferry routes to Vancouver Island are:

- Vancouver - Victoria (Tsawwassen-Swartz Bay)
- Vancouver - Nanaimo (Tsawwassen-Duke Point)
- West Van - Nanaimo (Horseshoe Bay-Departure Bay)
- Comox - Powell River (Little River-Westview)
- For more information see www.bcferries.com

Transport from Victoria

Transportation to CFB Comox will depart Lt. General Ashton Armoury (724 Vanalman Ave, Victoria) at 1200 hrs Friday 12 June (Time to be confirmed) for those riders who have previously indicated their requirement for transportation. **Anyone requiring transportation must arrive at the armoury no later than 1130 hrs.**

Transportation will be by bus for riders and support staff with a truck provided for the bikes. To request transportation to Comox please contact ride organizers by email at boomerslegacy@gmail.com.

All those requesting accommodations at CFB Comox for the evening of Friday 12 June to email Andrew Vandor asap at andrew.vandor@forces.gc.ca

Information About the Ride

A well-equipped support crew will support you during the ride. The ride will be conducted in roughly 25-35 km segments. At the end of each segment ride support volunteers wearing red Boomers Legacy T-shirts will rout you to a rest area. At each rest stop, there will be an ample supply of food and cold drinks to ensure you remain

hydrated and retain enough energy to complete the ride.

Ride Safety and Discipline

To ensure your safety through the more difficult segments of the route we will have the benefit of police escort vehicles provided by the RCMP and municipal police forces.

Once again this year, members of the 3rd Canadian Army Veterans Motorcycle Unit (3rd C.A.V.) will be escorting us the entire way!

For the safety of the other riders as well as yourself, it is imperative that you follow instructions provided by the ride support team (who will be wearing red T-shirts) and members of the police escort.

Mechanical Mishap

Should a mechanical failure occur on the ride do not worry. You and your bike will be in good hands! Victoria's Oak Bay Cycles will provide professional cycle mechanics and follow on vehicle to handle your on- road mechanical issues.

Medical Mishap

Should medical assistance be required "Med Techs" from 11 Field Ambulance will be accompanying the ride. Their vehicle will be positioned at the rear of the ride behind the last rider. Should you require medical assistance wait at the side of the road. Observe traffic and ensure you are safely positioned away from the roadway. The "medics" will be on the lookout for anyone requiring their assistance.

Ride Registration

An event will be held at the Royal Canadian Legion, Comox Branch, 1825 Comox Ave from 1800 hrs to 2100 hrs on Friday 12 June 2014. The Comox Legion hosts a BBQ for \$10 each. Our Ride Marshall will conduct a rider safety briefing at 1900 hrs. You will be given your registration package after you turn in your pledge sheet and donations at the Registration Table upstairs at the Legion. All riders are requested to pick up their registration packages at this

time.

Your registration package will include:

- Your Boomer's Legacy ride jersey if you have chosen to purchase one;
- your ride jacket if you have chosen to purchase one;
- Lip Balm, courtesy of Gifty Serbeh-Dunn of Shea Butter Market;
- A Boomer's Team T-shirt – which you are encouraged to wear during the evening social events;
- a placard with a photo and biography of a fallen Canadian soldier to be affixed to your bike. "ZIP ties" will be provided for this purpose;

Medical Information - IMPORTANT

Should you have a medical condition that the "Med-Techs" need to be aware of in the event of an accident rendering you unconscious, a sheet will be available at the registration table for you to record this information.

Prior to departing Comox, this information will be provided to the Med-Techs who will accompany you along the entire route. For your privacy this information will only be collected the day before the ride and will be destroyed immediately following the ride.

The Boomers Legacy Ride - DAY 1

Riders will meet at the CFB Comox Community and Fitness Centre located at 1575 Military Row. When approaching the main gate of CFB Comox on Ryan Road turn right immediately before the main gate, proceed approximately 200 metres and watch for the Fitness Centre on your right. The parking lot is located immediately north of the building. Please do not park in the CANEX Parking lot as this lot is required for CANEX customers during the weekend.

You should arrive well in advance of the 07:30 AM departure on Friday, 13 June 2014. Give yourself enough time to unload and organize your bike and gear. You need to be on your bike ready to

ride by 07:20 hrs.

Day Pack Vehicle

Be sure to deposit your day pack in the designated vehicle or trailer.

Luggage Transport

All other personal items packed in suitcase or duffel bag should be taken to the luggage vehicle for transport to Nanaimo. Items in the luggage vehicle will not be accessible until you arrive at the Brigadier D.R. Sargent Armoury in Nanaimo at the conclusion of your first day of riding

Departure

At 07:45 AM all riders will assemble at the CFB Comox Front Gate, approximately 200 metres north of the Fitness and Recreation Centre for a group photo. Once photos are taken we will ride to the Courtenay Civic Cemetery where a short graveside ceremony will be held. Once complete we commence our first "leg" of the ride to Nanaimo.

Lunch

Parksville Thrifty Food's will provide a lunch of sandwiches, fruit, water and energy drinks at our rest stop in Parksville.

Arrival in Nanaimo

We will be greeted on arrival at the Brigadier D.R. Sargent Armoury by **Howe Sound Brewery** and their finest "brew"!

Luggage and daypacks can be collected from their respective vehicles. You will be "issued" a military cot. Look to the military riders to assist you with assembly. Hot showers will be available.

A dinner that will replenish and prepare you for the next day's ride will be provided thanks to financial support provided by Thrifty Foods and prepared and served by the Nanaimo Legion Branch.

***Please note that we have been requested not to place our cots or**

beds in the classrooms or the hallways of the armoury.

The Boomers Legacy Ride - DAY 2 Pre-Ride

Logistics Tasks to complete before the ride:

- pack up your "kit", disassemble your cot and carry it to the storage container;
- make sure you have breakfast to fuel your ride and be sure to fill your water bottles or "camelbak";
- luggage to the luggage truck, day-packs to the assigned vehicle/trailer.

Departure

Riders will "group up" with the RCMP escort and proceed South out of Nanaimo. An early lunch is planned at the Duncan Thrifty Foods rest stop. This will ensure that everyone has some time to "digest" before reaching the Malahat climb. The last rest stop before the climb will be at the Mill Bay Thrifty Foods.

Malahat Climb

Riders will depart Mill Bay together. Use caution when proceeding through the lights and onto Highway 1 heading South. Ensure you proceed at a comfortable pace. The Malahat is a long, steep climb! Once you reach the "official summit", continue approximately 3 kilometres until you reach the rest stop at the Malahat Bungalow resort. You have just reached the toughest objective on the ride!

Malahat Descent

The descent of the Malahat from the Malahat Bungalow Resort rest stop will be completed as a group with RCMP escort front and rear. Because of the added risk presented by the rumble strips in the curb lane, the ride will remain "tightened up" and proceed in the vehicle lane with an RCMP vehicle "blocking" at the rear.

Arrival in Victoria

Once we depart our final rest stop (Shell Service station, Westshore Parkway, Langford) we will once again "group up" with our RCMP

and Victoria City Police department escort and proceed through downtown Langford, View Royal and Victoria.

The ride will end at the Mile Zero park area at the corner of Douglas and Dallas Roads. Daypacks will be available for pickup on arrival. A small ceremony will take place immediately upon arrival at the Mile Zero grounds.

Following this brief ceremony riders and bikes will be transported to the Lt. General Ashton Armoury for an end of ride celebration dinner once again provided with financial support from Thrifty's. A ceremony will take place after dinner where each rider will place their soldier biography cards on a memorial wall.

Once again "Cot" accommodation will be provided at the Ashton Armoury.

Getting Home

Transport from Victoria

Monday morning, 15 June, transportation from the Ashton Armoury to the Courtenay/Comox area will be available for riders and bikes, departing at 0900 AM.

Take with you the incredible memories of your participation in the 8th Annual BC Boomers Legacy Ride!

Information in this document is current as of 13 April 2015

Ride information will be revised by the ride organizing committee as the details of the 8th Annual BC Boomers Legacy Ride are finalized. Please check the BC ride information page at <http://www.boomerslegacybc.ca> on an ongoing basis for updates to this document.