

EAGLE RIDGE HOSPITAL FOUNDATION



## **Official Participant Information**

**May 2, 2015**

### **Welcome Wheel 2 Heal Riders!**

Thank you for making Wheel 2 Heal a continuing community success story and for contributing to the Eagle Ridge Hospital Foundation. The following document has important information regarding your upcoming ride. Please read through it carefully and let us know if you have any further questions.

**Wheel 2 Heal – Ride Relations**  
**wheel2heal@erhf.ca**

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# Ride Number Pick-Up

**Pre Ride Number Pick-Up is recommended and available on:**

**Wednesday, April 29 from 4 pm to 8 pm**

**Thursday, April 30 from 4 pm to 8 pm**

**At: Cap's Westwood Cycle at 3066 St Johns Street, Port Moody**

Please drop off any collected pledges and pick up your Wheel 2 Heal ride number and any inventive prize you may have won.

Onsite registration is available for \$300. **Online registration will close at 11:50 pm on Tuesday, April 28, 2015.**

Participants who raise a minimum of \$250 will receive:

- A tax receipt for the amount you paid in registration thus waiving your registration (tax receipt sent after the event)
- Swag bag full of great goodies and samples
- W2H shirt
- Spirit prize draw which includes bikes, equipment and gift cards
- Complimentary access to the food tent at Celebration Plaza

All participants **MUST** submit an **emergency medical form** and **waiver** in order to receive their race number. W2H Participant Medical Form and W2H waiver are at the back of this package, so you can print them off, pre-fill them and bring them with you to Ride Number Pick-Up. Others may pick up your ride number and drop off pledges for you, provided they have your filled medical form and waiver.

# Event Day Schedule

7:00 AM – Registration Opens  
8:00 AM – Road courses depart (65km or 100km)  
10:30 AM – PoCo Trail courses depart (30km or 40km)  
11:30 AM – PoCo Trail course depart (15 km)  
11:30 AM – Kids Race (3 years)  
11:45 AM – Kids Race (4 years)  
12:00 PM – Kids Race (5 years)  
12:15 PM – Kids Race (6 years)  
12:30 PM – Kids Race (7 years)  
12:45 PM – Kids Race (8 years)  
1:00 PM – Awards 2:30 PM – Course Closed

Awards and Ride course closure time may change due to unforeseen circumstances.

## BlueSky Properties Celebration Plaza

The Celebration Plaza is the heart of Wheel 2 Heal. Riders start and finish here. Gather at the exciting Blue Sky Properties Celebration Plaza to get pumped up with your fellow riders pre-race and relax afterwards with live entertainment to enjoy and a variety of vendors, such as:

- Freedom 95
- Jazz in the Woods
- Port Moody School of Dance
- MaxFit
- BlueSky Properties
- Cannondale
- Coquitlam Mommy
- Mr. Mike's Steakhouse Casual
- McDonald's
- Norco
- Pedalheads
- Sugoi
- Trek
- Port Moody Health Integrative Medicine and Cancer Centre
- Happy Water
- Westwood Cycle
- Western Turf
- Westwood Cycle

# Event Site Access

## Parking

Parking can be found along Pinetree Way and within Town Centre Park. You will not be permitted to park in Lot E where the Start/Finish is located. Please keep in mind that you must be extra cautious, as there will be riders entering and exiting the parking lot area. Please adhere to instructions given by volunteers.

## How to get to the Start/Finish line at Town Centre Park

### FROM VANCOUVER, BURNABY (NORTH)

1. Head **east** on **W Broadway** toward **Hemlock St**
2. Turn **left** at **Nanaimo St**
3. Turn **right** at **E 1st Ave**
4. Take the ramp onto **HWY-1 E**
5. Take exit **44** for **Hwy 7B/UNITED Blvd/Hwy 7**
6. Keep **left** at the fork, follow signs for **BC-7** and merge onto **Hwy 7 E/BC-7 E/Lougheed Hwy E** Continue to follow BC-7 E/Lougheed Hwy E
7. Continue on **Pinetree Way**, you will see the start/finish area on your right about half way up the hill at Lot E. Parking can be found Lot E. Be **cautious** as riders will be entering and exiting the parking lot. Please adhere to all instructions given by volunteers.

### FROM PORT COQUITLAM, POINTS EAST

1. Head **west** on **Prairie Ave** toward **Cornwall St**
2. Turn **left** at **Coast Meridian Rd**
3. Turn **right** at **Lougheed Hwy**
4. Turn **right** at **Pinetree Way**, you will see the start/finish area on your right about half way up the hill at Lot E. Parking can be found Lot E. Be **cautious** as riders will be entering and exiting the parking lot. Please adhere to all instructions given by volunteers.

### FROM SURREY, SOUTH SHORE OF FRASER

1. Head **east** on **108 Ave** toward **137 St**
2. Continue on **Ferguson Divers**
3. Turn **left** at **152 St**
4. Merge onto **HWY-1 W** via the ramp to **Vancouver**
5. Take exit **44** to merge onto **BC-7 E/Lougheed Hwy E**
6. Continue on **Pinetree Way**, you will see the start/finish area on your right about half way up the hill at Lot E. Parking can be found Lot E. Be **cautious** as riders will be entering and exiting the parking lot. Please adhere to all instructions given by volunteers.

## Wheel to Heal 2015 Start/Finish Location

Wheel 2 Heal - Celebration Plaza  
Parking Lot E  
Corner of Pinetree Way and David Ave



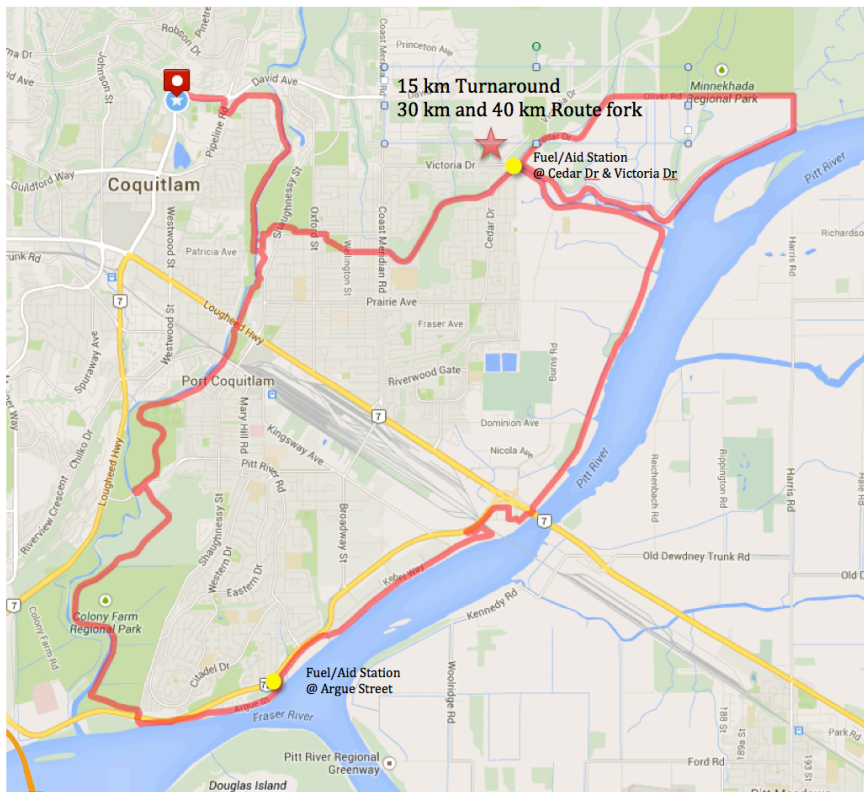
# Course Maps

Course Maps are below and available on the Wheel 2 Heal website. We will also have printed colour copies for you when you register.

Please be reminded that all three courses are still open to the public for their enjoyment. No roads or trails are shut down. Please be courteous and respectful of other trail/road users. Wheel 2 Heal participants do not automatically have right of way because they are riding in the event. Please yield to others when necessary.

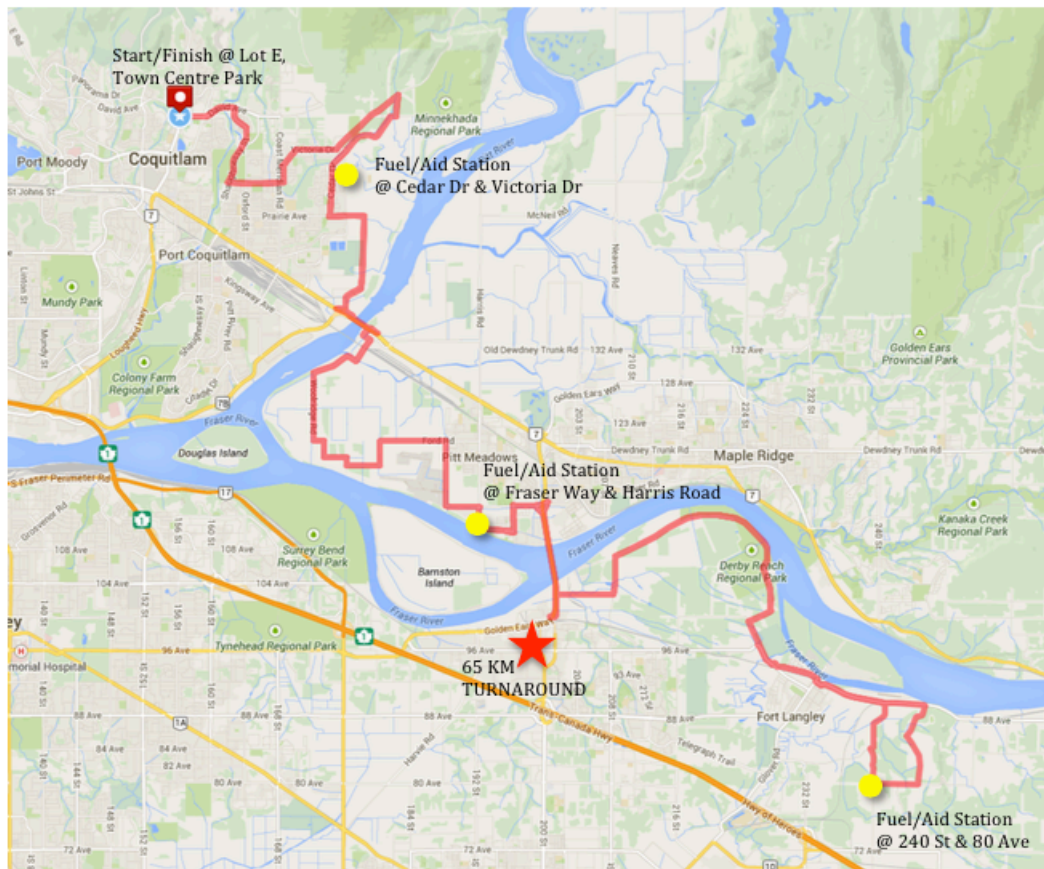
\*If you decide last minute to change courses, you must let the registration desk know as we have measures in place to count the number of participants going through various checks along the course.

There will be volunteers along the courses at important junctions cheering you on as well as directing and advising riders. Please adhere to all instructions given by volunteers. There will also be water and food stations on both courses.



May 2, 2015  
Trail Course

May 2, 2015 - Road Course (65 KM & 100 KM)







# ROAD COURSE TURN-BY-TURN

Watch for the purple arrows

1. Head **north** on **Pinetree Way** toward David Ave
2. Turn **right** onto **David Ave**
3. Turn **right** onto **Shaughnessy St**
4. Turn **left** onto **Lincoln Ave**
5. Go **straight** through **Coast Meridian Rd**
6. Turn **left** on **Ulster St**
7. Turn **right** onto **Apel Dr**
8. Turn **right** onto **Victoria Dr**
9. Turn **left** onto **Victoria Dr**
10. Turn **right** onto **Gilley's Trail**
11. Turn **right** onto **Cedar Dr**
12. WATER STATION + WASHROOMS
13. Turn **left** on **Prairie Ave**
14. Turn **right** on **Burns Rd**
15. Stay **straight** on **Freemont St**
16. Turn **left** to get onto bike path along north side of Pitt River Bridge
17. Cross **Pitt River Bridge** on bike path
18. Turn **hard left** onto bike path heading NW
19. Follow bike path heading SW on Fraser Dyke
20. Turn **left** onto **Ferryslip Rd**
21. Turn **right** onto **Kennedy Rd**
22. Continue onto **Woolridge Rd**
23. Turn **left** onto **Ford Rd**
24. Turn **right** onto **Ford Detour Rd**
25. Turn **left** to stay on **Ford Detour Rd**
26. Turn **left** to stay on **Ford Detour Rd**
27. Continue on **Ford Rd**
28. Turn **right** onto **Baynes Rd**
29. Turn **left** onto **Airport Way**
30. At the roundabout, exit onto **Harris Rd**
31. Harris Rd turns slightly left and becomes **Fraser Way**
32. WATER STATION + WASHROOMS
33. At the roundabout, continue **straight** to stay on **Fraser Way**
34. Turn **left** on **Bonson Rd** – WATCH FOR TRAFFIC

35. Turn **right** at the roundabout onto **Airport Way**
36. Turn **right** towards Golden Ears Bridge
37. Follow signs to bike path across Golden Ears Bridge
38. Cross over **Golden Ears Bridge** on bike path
39. Descend spiral bike route towards 100a Ave – SLOW DOWN at the bottom of the spiral
40. **65 KM. TURNAROUND** – Ascend spiral bike route on east side of Golden Ears Bridge and head back along the same path to Town Centre Park
41. **100 KM. CONTINUE** – Follow bike path that runs parallel to 100a Ave
42. At roundabout, turn **left** on **201 St** and travel underneath the Golden Ears Bridge towards the water (North)
43. Turn **right** onto **102b Ave / White Rd**
44. Turn **left** onto **208 St**
45. Turn **right** onto **Allard Crescent**
46. WASHROOMS located at Fort to Fort Trailhead
47. Turn **left** onto **McKinnon Crescent**
48. Slight **right** onto **96 Ave**
49. Turn **left** to stay on **96 Ave**
50. Turn **left** onto **Billy Brown Rd** into Bedford Landing residential area
51. Turn **right** onto **Glover Rd**
52. Turn **left** onto **Mavis Ave**
53. Turn **left** onto **River Rd**
54. Turn **right** onto **Armstrong Rd**
55. Turn **right** onto **80 Ave**
56. Turn **right** onto **240 St**
57. WATER STATION
58. Turn **right** onto **Rawlison Cres** which turns into 240 St
59. Turn **left** onto **River Rd**
60. Continue backwards along the course over the Golden Ears Bridge and Pitt River Bridge back to Town Centre Park

NOTE: The course may change due to unforeseen circumstances at the Event Director's discretion.

Updates: Feb 3, 201

# Rider Reminders

This event is rain or shine. Please be prepared for all weather conditions (hot & cold temperatures, rain, etc.). Layers are a great way to stay warm and can be taken off should you be too hot! Most of all have fun!

## What to Bring/Suggested Supplies

- Waterproof jacket or poncho
- Helmet
- Extra change of clothes
- Backpack
- Gloves
- Sunglasses / Riding glasses
- Sunscreen
- Bug Spray
- Water bottle
- Bear bell, whistler or noise maker
- Snacks and energy bars
- Cell Phone

## Plan Ahead

Strive to be self-sufficient: keep your equipment in good repair and carry necessary supplies for changes in weather or other conditions. Always wear a helmet, gloves, appropriate footwear and safety gear. Wheel to Heal will provide water and food stations on course to make sure you stay well hydrated. If you require additional supplies or medication, please make sure to have a supply with you.

Avoid wearing jeans and cotton if possible as when these materials become wet, they stay wet and make you colder. Synthetic materials are preferable as they wick moisture away from your skin and dry quickly. If you must wear cotton, please pack extra layers to change into if you get wet.

# Rider Etiquette

## Key Points:

- Ride single file.
- Pass only on the left & warn others of your actions.
- Respect traffic and rules of the road.

### 1. Riding through Road Closures and Crossing Busy Streets

Respect road closures and volunteers who are helping to direct the traffic. Do not ride across a busy road until the volunteer gives authorization. Please look both ways and obey the rules of the road.

### 2. Control Your Bicycle

Not paying attention for even a moment could put yourself and others at risk. Obey all bicycle speed regulations and recommendations, and ride within your limits.

### 3. Share The Trail

On the 15km, 30km and the 40km courses, you will be riding mainly on Town Centre Park Perimeter Trail, PoCo Trail and Trans-Canada Trail, which are very popular trails for walkers, riders, dogs and even the occasional horse back rider. Please be aware of all the other trail users and take into consideration that as a participant of Wheel 2 Heal, you are sharing the trail with everyone, and do not have greater priority than other trail users. Ensure fellow trail users know you're coming - a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Bicyclists traveling downhill should yield to ones headed uphill. Pass with caution and courteously.

### 4. Never Scare Animals

Animals are easily startled by an unannounced approach, sudden movement and loud noises. Give animals enough room and time to adjust to you. When passing horses, use special care and follow directions from the horseback riders.

### 5. Stay On Trails and Follow Course Signage

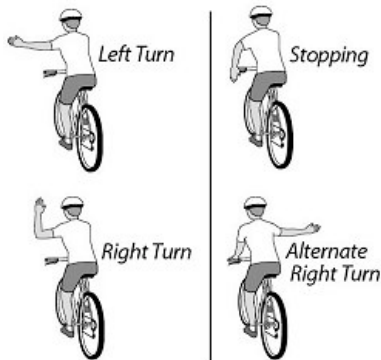
Please stay on designated trails to ensure that you remain on the course and prevent damage to the ecosystem. The **PoCo Trail course** will be marked with red arrows, orange flags and orange flagging tape. The **Road course** will be marked with purple arrows and pink flagging tape.

## Tips For The Road

### 1. Obey Traffic Signs and Signals

Bicyclists have the same rights and responsibilities of motor vehicles. Please make sure to ride with traffic to avoid accidents. By law, you must not ride on the sidewalk.

### 2. Use Hand Signals



Always make hand signals well in advance of any turn, not just when you think they are needed. Since making a hand signal requires cycling with just one hand on the handlebars, practice doing that while maintaining a straight line. The proper turning sequence is: first shoulder check, then a hand signal, and then, with both hands on the handlebars, shoulder check again before making the turn or the stop.

### 3. Be Aware, Ride with Care

Whenever possible, ride in a straight line to the right of traffic about a car door's width away from parked cars. Ride no closer than one metre from parked cars to avoid being hit by an opening door. The doors of some vehicle types can swing far into your lane. If you can see that the car is occupied, be particularly careful. Where cars are parked intermittently, ride in a straight line instead of swerving in and out between the parked cars. This increases your visibility and predictability for car drivers on the road. Treat every driveway like an intersection and watch for traffic emerging from the driveway. Do not assume that a driver backing out of a driveway has seen you.

If there is no shoulder or bike lane and the curb lane is narrow, cyclists may choose to take the whole lane by riding in the centre of it. This can be safer than riding near the curb, which may encourage motorists to squeeze by where there is not sufficient room. You should also consider taking the lane when you are travelling at the same speed as other traffic. This will keep you out of motorists' blind spots and reduce conflicts with right-turning traffic. Be prepared for the occasional frustrated driver who is not familiar with the safe and legal operation of a bicycle.

Keep an eye on the road well ahead of you to see if there are potholes, gravel, glass, drainage grates or other hazards coming up.

### 4. Ride On The Right

Ride on the right, in the same direction as other traffic. Riding facing traffic is not only illegal, but has also been shown to dramatically increase the risk of a collision. For participants on the Trail Course, be aware that sometimes you are riding on the trail, sometimes on the road as a motor vehicle and sometimes as a pedestrian where you dismount and walk your bike across the road. Please be conscious of all three roles.

## 5. Intersections and Turning Lanes

Approximately 60% of motorist-cyclist collisions occur at intersections. The majority of these happen when the cyclist is moving straight ahead. To minimize the dangers you must observe the following rules on intersections and turn lanes.

When you approach an intersection with several lanes, choose the lane with the arrow pointing in the direction you want to go. If you cannot make it across traffic to position yourself in the correct lane, you have the choice to dismount and walk your bike across using the pedestrian crosswalk instead.

## Pack Riding Tips

A few **Basic Skills** are needed in order to successfully ride with any group. You must be capable of riding a straight line, controlling your speed, anticipating possible problems and watching the road ahead of you. At the same time, be alert for activity in your peripheral vision.

1. **Hold your line**-- This means that cyclists need to be capable of riding a line parallel with the edge of the road. Practice this skill by riding 12 to 24 inches to the right of the white shoulder line while trying to keep parallel with that line.
2. **Control your speed** --With multiple riders maintaining a steady pace is best. Fast accelerations or jerky braking motions disrupt the line and can cause a crash.
3. **Keep eyes and ears open** -- The first person in the group can see clear road. Thus, they need to point out road hazards—as do the rest of the people in the line. Being aware of hazards and advising others of them is important. **Do not use headphones** when riding. If you are following someone, avoid getting a visual fixation on his or her rear wheel. Look several feet ahead, keeping the distance between your front wheel and the rider ahead of you in your peripheral vision.
4. **Watch for road hazards** --Be aware of what is going on around you. Listen for cars approaching from the rear. A rear view mirror mounted on your helmet or glasses can be very helpful when watching for cars. Maintain the pedaling motion of the other riders in your peripheral vision. Watch for sudden changes in cadence—this usually signals some sort of problem.
5. **Anticipate problems** -- If you are riding in windy conditions or it is a hilly course, anticipate changes in the cycling group. When weaker riders are no longer sheltered from the wind, they can fall off the pace. The same is true for a hilly course. Riders that can usually stay with the group on flat roads can fall off the pace on a hill.
6. **Watch Other Riders**--Watch for signs that a rider is struggling. This includes having difficulty finding the right gear, breathing heavily or constantly looking over their shoulder. Pay attention to the signals so you can maneuver yourself into a good position.

# Awards & Sponsors

## Fundraising – Where Does My Contribution Go?

As many may be aware, Eagle Ridge is a vibrant community-based hospital that serves the more than 226,000 residents of Coquitlam, Port Coquitlam, Port Moody, Anmore and Belcarra. Though small in size, it is tremendous in heart and struggling to keep pace with our growing population. Donations garnered through Wheel 2 Heal are part of its bloodline. Government funding covers the basics...our hospital delivers excellence because of investments from donors like you and events like Wheel 2 Heal. While government invests heavily in our healthcare, there is still a significant need. **It is because of this need that we ask all Wheel 2 Heal-ers to meet a minimum fundraising goal of \$250\***. Thank you for helping us ensure you have the best healthcare in your backyard.

## Contributions and Related Prizes

**\$250 (Adults) or \$85 (Youth)** – Swag bag full of goodies and samples, W2H shirt, entry into Spirit prize draw, tax receipt for your donation, and complimentary access to the food tent at the Celebration Plaza.

**\$500** - receive (in addition to the above): This gunmetal-grey steel tumbler for your favorite hot or cold beverage!

**\$1000** - BE A HERO & RECEIVE: A High Sierra® Impact Daypack & be entered into the Honouring Hero Draw.

**Top Fundraiser** – We honour our heroes – but there can be only one Champion –Prize TBA

**Top Fundraising Team** – \$400 Browns Social House gift certificate

**Top Fundraising Kid**–Top Fundraiser Kid wins a half-day week-long Pedalheads Camp.

**See [www.wheeltoheal.ca](http://www.wheeltoheal.ca) for full list of prizes!**



**Spirit Draw** – Everyone who meets the minimum fundraising goal (\$250 for adults, \$85 for youth) **by April 29** will be entered into this draw to win a variety of great prizes!

# Sponsors

We can't put on an event without the support of our fabulous sponsors! Thank you to everyone for your generous support!

## Presenting

Blue Sky Properties

## Major

Cap's Westwood Cycle

## Official

Mr. Mike's Steakhouse & Bar

Norco

Trek

## Supporting

Cannondale

Happy Water

Impact Canopies Canada

Pedalheads

Sandpiper Signs

Western Turf

Global Bend

MedRay Imaging

## Promotional

McDonald's

## Media

Global TV

Tri-City News

## Community / In-Kind

MaxFit

The Cat Rental Store

Hunky Haulers

Speedwatch

St John Ambulance

Startline Timing

Thrifty Foods

Island Farms

Clif Bar

Nature's Path

Subway

Port Moody Health Integrative Medicine and

Cancer Care

Kushala Yoga

Kintec



## W2H PARTICIPANT MEDICAL FORM

Name: \_\_\_\_\_

Bib Number: \_\_\_\_\_

1. Any surgery or serious medical issues in the last three years: No ☐, Yes ☐ If yes, please describe: \_\_\_\_\_
2. Allergic to any medications: No ☐, Yes ☐ If yes, please describe: \_\_\_\_\_
3. Heart Problems: No ☐, Yes ☐ If yes, please describe: \_\_\_\_\_
4. Diabetes: No ☐, Yes ☐ If yes, please describe: \_\_\_\_\_
5. Asthma: No ☐, Yes ☐ If yes, please describe: \_\_\_\_\_
6. High/Low Blood Pressure: No ☐, Yes ☐ If yes, please describe: \_\_\_\_\_
7. Allergies: No ☐, Yes ☐ If yes, please describe: \_\_\_\_\_
8. List any other medical condition/s that would be of concern performing your role/participating in the ride: \_\_\_\_\_
9. Emergency Contact Information:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Relationship: \_\_\_\_\_

To the best of my knowledge, all of the above questions have been answered accurately as possible. **Must be signed.** (If under the age of 19, a Parent or Guardian signature is required)

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

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Print Name

\_\_\_\_\_  
Parent or Guardian Signature  
(if participant is under 19)

\_\_\_\_\_  
Parent or Guardian Name

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Witness Printed Name





## Waiver, Release and Indemnification

Timing # \_\_\_\_\_ (filled in by registration staff)

By participating in this event in support of the Eagle Ridge Hospital Foundation, I grant permission to the organizer and Eagle Ridge Hospital Foundation to photograph or videotape me in the course of my participation in the event, and to use my name and any photographs and videotapes for the Eagle Ridge Hospital Foundation purpose in perpetuity.

I waive and release any and all claims for myself, my heirs, executors, and administrators against the Eagle Ridge Hospital and/or the Eagle Ridge Hospital Foundation, their agents, employees and licensees and any sponsors, officials, volunteers and organizers of the event in conjunction with any injury, illness or death, or loss or damage to property, which may directly or indirectly result from my participation in this event, and any claim arising from the use of my name or any photographs or videotapes of me.

Eagle Ridge Hospital Foundation has not made any representations or guarantees to me with respect to the safety of the event, and in signing this agreement and participating in the event, I am fully aware of and freely accept the risks, dangers and the possibility of injury, death, or damage to property resulting from my participation in the event. I hereby indemnify and hold the Eagle Ridge Hospital Foundation harmless from all liability for any injury, loss, damage or expense of whatever nature or kind suffered by a third party or claimed by a third party resulting from my participation in the event. I acknowledge event and related course services will close at 2:30 PM. Course support (e.g. water stations, first aid, trail signage, timing and bike service) will no longer be available. Riders who are not finished at that time must continue to ride at their own risk, [or find alternate transport](#).

I acknowledge that I will not receive any financial remuneration for any of the above and that my compensation is the opportunity to participate in the event and contribute to the activities in support of the Eagle Ridge Hospital and the Eagle Ridge Hospital Foundation. I warrant that I am fit to participate in this event. I am responsible for ensuring that my bicycle is in good working order and my helmet is not more than 5 years old and is in good condition with a snug fit. If a participant is under 18 years of age, then a parent or guardian must sign this agreement on the participant's behalf.

Date: \_\_\_\_\_

Participant Print Name: \_\_\_\_\_

Participant or Guardian Signature: \_\_\_\_\_

Guardian Print Name: \_\_\_\_\_