



Presented by G&F Financial Group

Official Racer Information Package as of April 18, 2010

Presented by



Diamond Sponsors:



Silver Sponsor:

Norco Performance Bikes

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We hope you will find all the answers to your questions in this package. However, if you do have any questions not answered here, e-mail info@suburbanrush.com.

Hi Racers!

Welcome to the **6th annual Suburban RUSH!** Congratulations on securing a spot in this year's sixth consecutive sell out!

The Suburban RUSH course has great mountain vistas, fast cross country downhill single-track; off-road wilderness checkpoints; multiple run and bike sections; plus lots more that will hopefully have you loving this course as much as we do. As usual with Suburban RUSH expect a lot of elevation gain. Hopefully you've trained on the hills!

There are a few key things you must take care of before you see us on race day:

Checklist before the race:

- Mandatory bike check: Take a look at your bike. If it is questionable at all, bring it into the bike shops as soon as possible. Adjustments are always better to make a few weeks before the race so you have time to wear in the change before race day. Regardless, you must get your bike into one of the two bike sponsors for the **bike check**. (page 5).
- Mandatory Package Pickup: You must attend one of the **Racer Package Pickup Evenings** to submit your paperwork, collect your race bibs and racer bag. A friend or family member can attend on your behalf if they have your completed paperwork. (page 13 & 14)
- Organize your **mandatory gear** (page 4) Visit our sponsors **Caps Westwood Cycle in Port Coquitlam and Different Bikes** for any missing items on your list.
- Training. Continue to get out into the trails and do some running on uneven terrain and mountain bike through some intermediate trails.

Race Day:

- Drop off your bike before the race at the pre-race bike drop-off area on race morning between 8 am – 9am. This is *not* at the start line.
- The race map will be provided to you on race morning at Checkpoint 1 at the start line in Suter Brook Village between 8:30 am – 9:30 am

A dedicated and hard working team has been pulling together details in hopes of bringing you amazingly fun memories for April 24, 2010. On behalf of our volunteer leadership team, we wish you much fun and success for your race!

Dean Wutke

Co-Founder & Course Director
Suburban RUSH, Secondwind Events Inc.

Shawn Leclair

Co-Founder & Site Director
Suburban RUSH, Secondwind Events Inc

Mandatory Gear List:

Note: Mandatory Gear is for *your* safety and protection. You are participating in an event that has some inherent risks. Possible injuries and weather are factors not to be taken lightly. There will be no mandatory gear inspection before the race; however **spot checks** for gear may happen on the course and race day morning. It is your responsibility to ensure you have all the required gear listed. If you are found without a mandatory gear item, you will be penalized.

Mandatory Gear List for Each Racer:

Allen Key for Bike*
 Bike Pump*
 Certified Bike Helmet
 Chain Breaker*
 Emergency Blanket
 Insulating Hat/Toque
 Long Sleeve Polypro Top - an *extra* one from what you are wearing
 Pencil or Pen*
 Small backpack or Camelback
 Spare Tube
 Tensor Bandage*
 Tire Levers*
 Two Antiseptic Wipes*
 Two Anti-inflammatory Pills*
 Two Band Aids*
 One energy bar or equivalent food item
 Two Litres of Water (minimum) *We will make every effort to have extra water on the course, but can not guarantee supply*
 Water proof map bag or large zip lock bag*
 Water resistant jacket or shell jacket
 Whistle

Optional suggestions:

Bug Spray
 Extra water bottle filled with water on your bike
 If you need eye glasses to read the newspaper bring them on the race to read the mystery challenge instructions (note: the text will be in larger font)

Sunglasses
 Sunscreen
 Trail running shoes
 A change of dry clothes in your car

***One per team**

Racer Package Pickup Evenings: *(there is no race day package pickup for local residents)*

You will need to pickup your racer package before the race. Thank you for helping to ensure that the start of the race is on time and goes as smoothly as possible by attending one of these pre-arranged sessions.

Notes: Team members do not have to arrive together. If your paper work is complete, someone can pick up on your behalf. Your mandatory gear will not be checked during the Racer Package Pickup Evening. Mandatory gear may be spot checked the day of the race and at race day check-in.

Bring the following to the Racer Package Evening:

- Bring your bike *if* it has not been approved by the bike check yet
- Completed and signed Waiver (page 14)
- Completed Medical Form (page 13)
- Last minute registration details (ie. Team name, other information your forgot to provide)

What you receive at Package Pickup Evening:

- Your race bib numbers & pins
- Your racer bag (including: bike tube, water bottle, Clif Bar, & other goodies.)
- Your bike approved sticker if you have your bike checked the same evening
- Your Suburban RUSH t-shirt

Locations and Dates for Package Pickup Evening:**Vancouver: Wednesday, April 21st, 4:30pm-7pm**

Different Bikes **(Broadway, Vancouver location only)**
1421 West Broadway (cross street is Granville) Vancouver
Ph 604 737.2344 <http://www.differentbikes.ca>

Port Coquitlam / Coquitlam: Thursday, April 22nd, 4:30pm-7pm

Caps Westwood Cycle **(Westwood, Poco Location only)**
3590 Westwood Street, Port Coquitlam
Ph 604 941.7822 <http://www.westwoodcycle.ca>

Bike Check:

Bring your bike into Caps Westwood Cycle (Westwood Poco location) or Different Bikes (4 locations) between April 17th & April 23th. Bike Check is also possible on April 21st or 22nd at the Package Pickup. Due to high volume and time constraints during these evenings it is HIGHLY recommended visiting the hop at an earlier date, or be prepared for a longer wait.

Parts to check:

- frame
- handle bars: make sure the stem, neck and handle bars are not loose
- gears: make sure the gears change and the chain will not come off the derailleur
- seat: make sure seat can be tightened
- brakes: test the brakes front and back
- Tires: make sure the tires are not bald or ripped – if seen as a valid safety concern the faulty tire will need to be replaced.
- Cranks: turn them a few times and listen for rattles. If there is a lot of rattling the cranks may be damaged and need replacing
- Wheels: ensure quick releases are tight. Check if the hubs are tight and there is no movement in the hub
- bar ends: cover bar ends with duct tape if the handlebar steel is exposed

If your bike passes, a bike sticker will be affixed on the head tube of your bike. The sticker must stay on the bike!

It is your responsibility to ensure your bike is in safe working order for race day even after your bike check.

No Slick Tires or Hybrid bikes will be accepted

Bike Check Locations Caps Westwood Cycle www.westwoodcycle.ca or Different Bikes www.differentbikes.ca

Event Day Schedule:

- 8:00 am - 9:00 am _____ Bike drop off at Panorama Dr. (directions enclosed)
- 8:30 am -9:30 am _____ Racer Check-in at Innovative Fitness, Suter Brook Village
- 9:45 am _____ Racer briefing at start line
- 10:00 am _____ Race starts
- 1:30 pm _____ Race Cut off CheckPoint 5
- 2:00 pm – 2:30 pm _____ Race Awards
- 3:00 pm _____ Race course closes
- 2:00 pm -6:00 pm _____ \$10 Burger & Beer at Golden Spike Pub (must be 19 years or older)

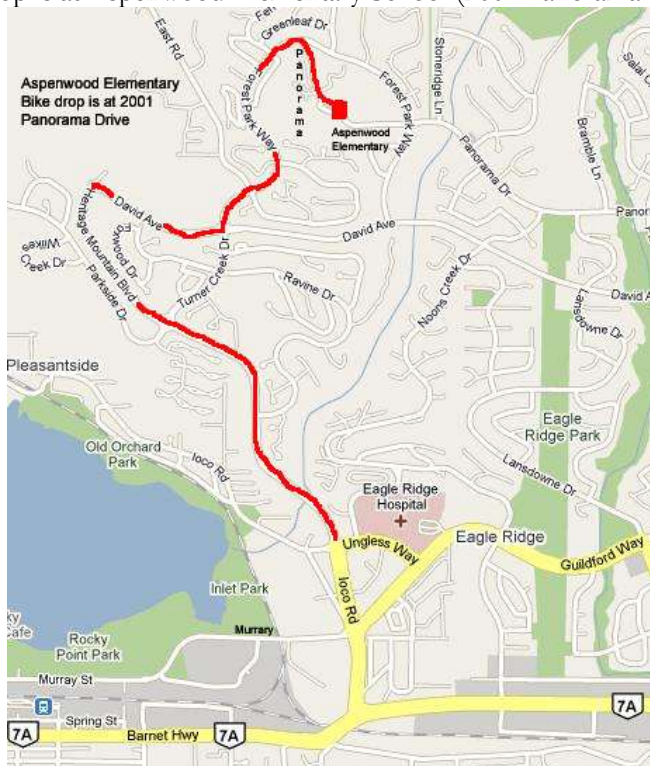
Race Awards and Race course closure time may change due to unforeseen circumstances.

Pre-Race Bike Drop-off on Event Day:

- You will need to drop your bike off at the designated bike drop-off location on Panorama Drive between 8 am – 9 am before the pre-race check-in on race day (map below).
- You may leave biking items attached to your bike at the bike drop-off *before* the race. (ie. helmet, bike shoes, spare tube etc) Ensure this equipment is attached to your bike (ie. in a plastic bag tied to your handle bars) as the Suburban RUSH volunteers are not responsible for lost items.
- Your race bib # must be attached to your bike before arriving at the bike drop-off area.
- Please have all items ready to go before arriving at the bike drop-off area as we will need you to clear your parking spot ASAP for the next racer.
- The drop-off area will be busy especially if you wait until 8:45am or later. The race will start at 10 am SHARP.
- Please note that during the race all your items will need to be brought with you *after* you leave the bike transition area/bike drop-off area.

How to get to the Pre-Race Bike Drop off Location on Panorama Drive

The Bike drop is at Aspenwood Elementary School (2001 Panorama Drive, Port Moody)



How to get to the Race start line area at Suter Brook Village:**(Drop off your bike, with your race bib on it, before going to the start line on race day)****FROM VANCOUVER, BURNABY (NORTH)**

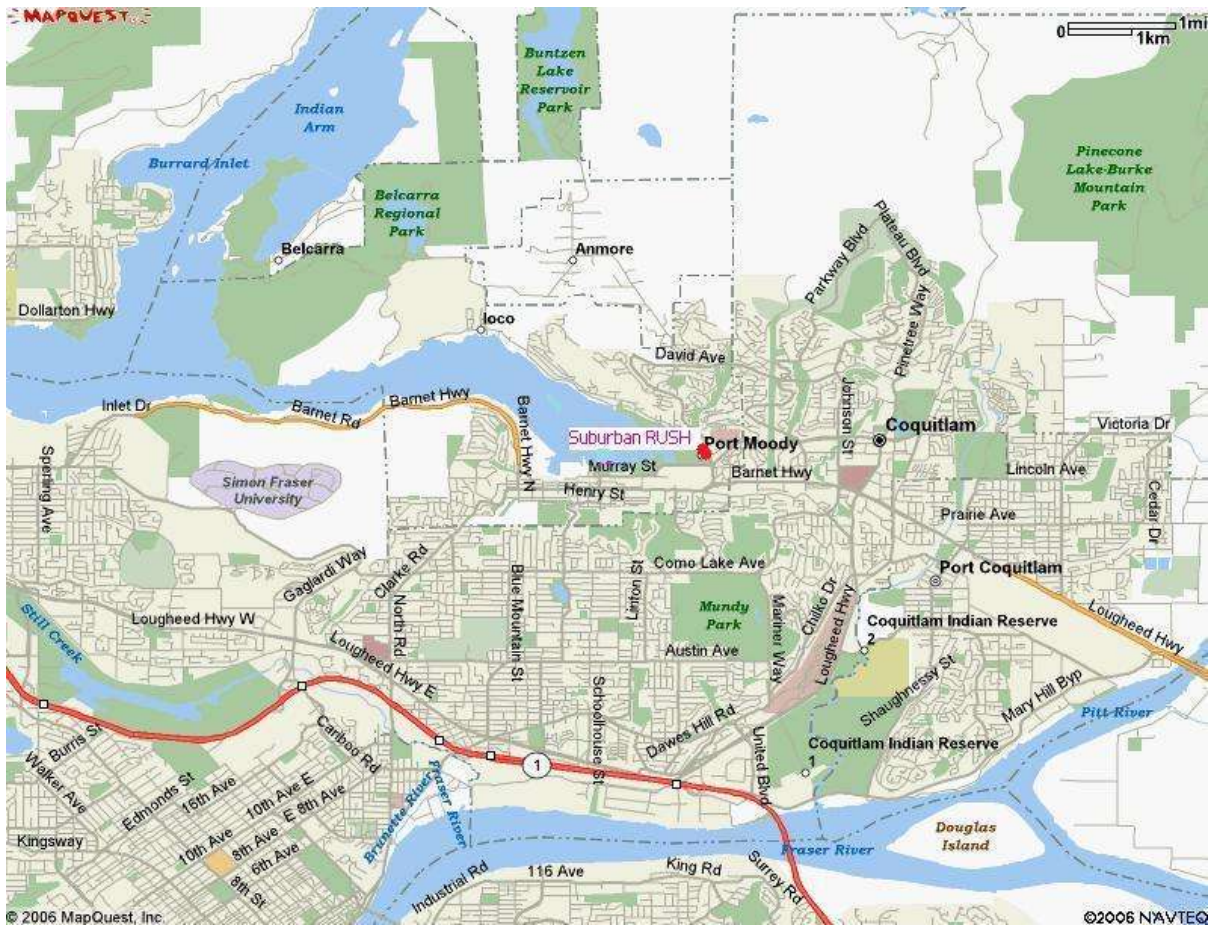
- Take Hastings Street east
- Continue through north Burnaby
- This turns into the Barnet Highway (slight left curve in highway)
- Continue on highway around Burnaby Mountain (past Kask Bros cement, Velodrome, Barnet Marine Park, Reed Point Marina).
- Turn left at St. Johns Street/Highway 7A (Craftsman Collision at intersection)
- Turn left on Ioco Road (at Esso station)
- Turn left onto Suter Brook Way.
- Turn left on Morrissey
- Find free (until 4pm) underground Parking immediately on left (Not the Residential underground parking)
- Racer check-in and the start line is located at Innovative Fitness on Capilano

FROM PORT COQUITLAM, POINTS EAST

- Take Lougheed Highway west.
- Continue straight on Barnet Highway past Coquitlam Centre/Coquitlam
- Continue west along Barnet Hwy/7A through Coquitlam for 2.3 km to Port Moody welcome sign.
- Just past sign, turn right on Ioco Road (at Esso station).
- Turn left onto Suter Brook Way.
- Turn left on Morrissey
- Find free (until 4pm) underground Parking immediately on left (Not the Residential underground parking)
- Racer check-in and the start line is located at Innovative Fitness on Capilano

FROM SURREY, SOUTH SHORE OF FRASER

- Take Highway 1 west over Port Mann Bridge.
- Take first exit (Exit #44, "Coquitlam Port Moody")
- Follow signs to Highway 7 east (signs say Coquitlam City Centre – Port Moody)
- Continue on Highway 7.
- Turn left at Coquitlam Centre, just past railway underpass
- Continue west along Barnet Hwy/7A through Coquitlam for 2.3 km to Port Moody welcome sign.
- Just past sign, turn right on Ioco Road (at Esso station).
- Turn left onto Suter Brook Way.
- Turn left on Morrissey
- Find free (until 4pm) underground Parking immediately on left (Not the Residential underground parking)
- Racer check-in and the start line is located at Innovative Fitness on Capilano



Parking:

Note that the finish line is a five minute walk from the start line.

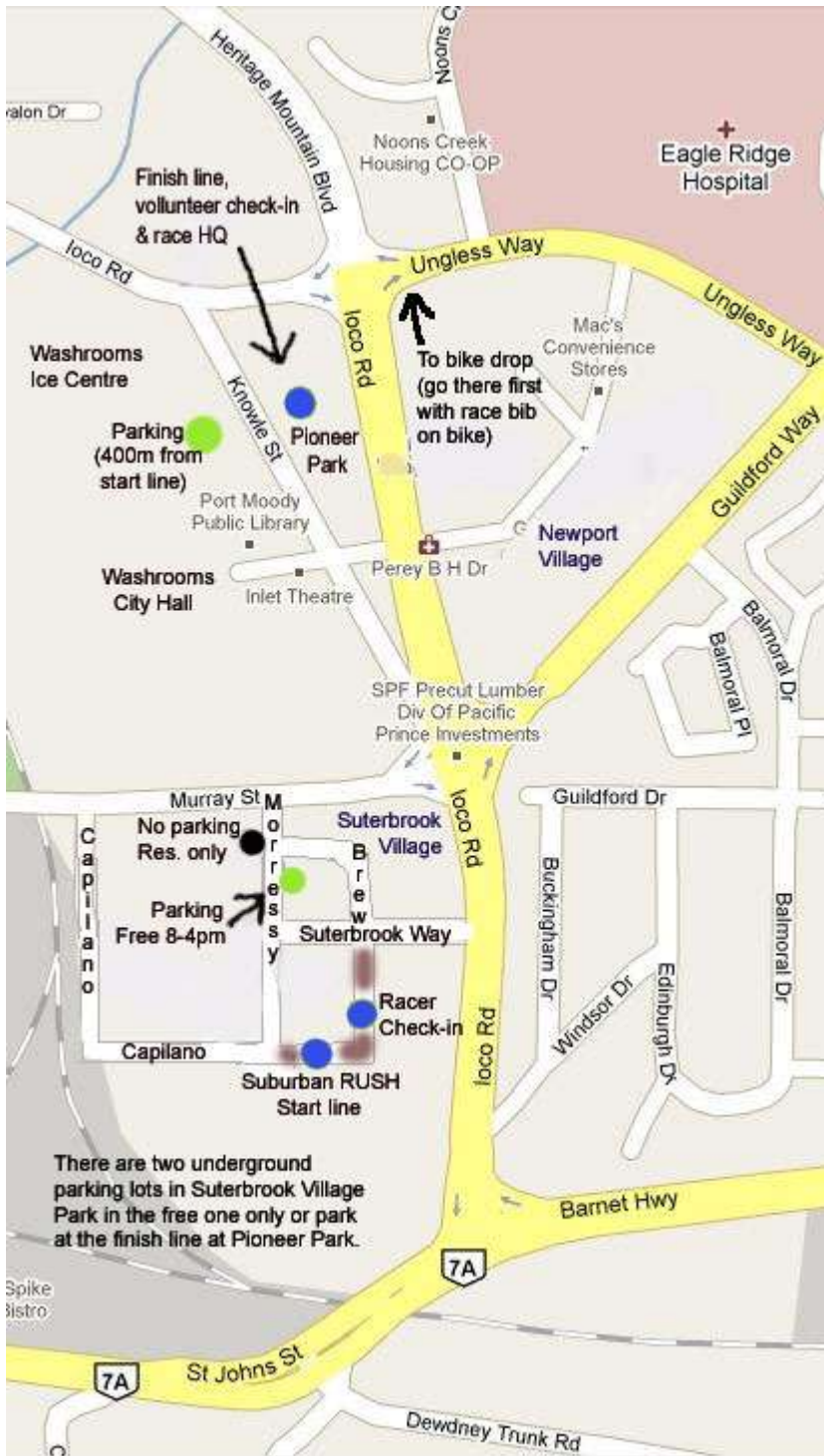
Parking at Pioneer Park (race finish)

You can park in the Port Moody Recreational parking lot off Knowles Street.

Parking at Suter Brook Village (race start)

There is also FREE underground parking at Suter Brook Village from 8 AM – 4 PM on Saturday April 24th compliments of Onni Developments. *The street parking in the village is limited to 30 minutes – DO NOT park on the streets.* There is lots of free underground parking.

Map of the Start/Finish Line Area Suterbrook Village & Pioneer Park, Port Moody



Other Important Details:

- You do *not* have the right of way as trail /park users. Please respect all other visitors to the trails.
- There are some traffic crossings in this race, please follow the regular rules of traffic and obey all safety traffic officers.
- All mandatory gear must be carried with the team during the entire race. An exception is for *bike specific items* that can be left with your bike while completing a running section of the course.
- All bike equipment including your bike helmet, bike shoes, tube, pump, and bike tools can be left **attached** to your bike in the bike corral when you drop off your bike before the race *and* if you switch to a running section later in the race. We recommend attaching it your bike. Race volunteers are not responsible for lost or missing items.
- You must bring everything with you and leave nothing behind when you leave on bike from the bike transition area during the race (ie. If you use separate trail running shoes from bike shoes, you will need to carry your trail runners with you on your camel back/backpack during the bike portion of the race)
- There are toilets at Petro-Canada Ice Centre and in City Hall close to the race finish line.
- Be prepared for all weather conditions: sunscreen, bug spray, sunglasses, waterproof jacket, polypro shirts, and wear layers, bring a change of clothes for the finish line.
- Bring a camera if you like.
- If you need eye glasses to read the newspaper bring them on the race to read the mystery challenge instructions (note: the text will be in large font)
- Prizes are awarded as is
- Remember your biking shoes. Ie. If you use *biking* shoes while riding, don't forget to leave them in a plastic bag attached to your bike at the bike drop off.
- GPS is not permitted
- Have fun!

Race Rules:**General Rules**

- Suburban RUSH is a marked course, therefore participants must not divert from the course at any time
- All check points must be visited
- If on a team you must be within visual site of your team-mate at all times
- No solo racer or team will exit the race without notifying a check point volunteer who has a radio. This is one of the ways we are monitoring your safe return.
- If any participant is injured during the race, notify the next volunteer that you see with a radio / cell phone.
- While passing other racers or trail users it is courtesy to let them know you are passing them by saying 'on your right', 'on your left'.
- No assistance of any kind can be provided to racers from volunteers, spectators, or passer-by's, during the race. Outside assistance could result in disqualification.
- Help from other racers may be acceptable based on safety circumstances
- If you obtain first-aid help and the first aid officer deems that you are safe to continue the race, the participant will not be penalized. (If you have not veered from the course)
- All mandatory gear must be carried with the team during the entire race. All bike equipment including your bike helmet, bike shoes, tube, pump, and bike tools can be left attached to your bike in the bike corral during run portions.
- Spot checks may happen during the race by volunteers. If a participant is not carrying all the mandatory gear, there will be a time penalty added.
- Your team number must be shown on your bike at all times during the race
- Your team number must be shown clearly on your person at all times during the race, especially as you cross the finish line
- You must obey regular traffic rules and regulations. Stopping at intersections and looking both ways before you cross is your responsibility.
- You must obey race officials at key traffic intersections

Check Points

- Any stamp or item obtained at a check point must be brought all the way to the finish line to prove you reached all the check points
- If on a team, both team-mates must be present when arriving or leaving a check point
- While at the check point you must wait your turn until the checkpoint volunteer has checked you in and provided you with a stamp or item. If you leave without this happening you may be disqualified or a penalty may be added to your time

Mystery Challenges

- All mystery challenges should be attempted. If you do not wish to participate in a mystery challenge a penalty will be added to your time.
- Any mystery challenge that requires written words or stamps must be clearly legible and stamped properly. If not, you may be asked to repeat the mystery challenge.

Biking

- Bike helmets must be worn and properly fastened at all times while riding your bike during the race
- All rules of the road must be obeyed.
- Respect other park / trail users.

Other

- No littering on the course. A time penalty will be added if any participant is seen littering
- All racers must obey volunteers, and marshals while on the course
- Any unsportsmanlike conduct will be penalized or may result in the disqualification of the racer/team.
- Any abuse of volunteers and other racers will result in automatic disqualification
- All racers must race within control and concern themselves with their own safety as well as the safety of volunteers, spectators and other racers
- No portable music devices are permitted
- No cell phones are permitted during the race except for an emergency. For your information, there may be limited cell phone coverage

Based on the above rules, time penalties or disqualification will be applied depending on the severity of the rule that is broken. The race director determines the time penalties or disqualifications. Examples (may change based on circumstances)

20-30 minutes for:

- missing a mandatory gear item at a spot check
- littering
- incorrectly filling out/stamping a mystery challenge sheet
- missing a mystery challenge
- not staying in site of your team-mate

30 minutes or disqualification for:

- missing a check point
- being unsportsmanlike

Disqualification for:

- intentionally putting other racers, volunteers or spectators in danger
- not wearing a helmet while riding a bike during the race
- violating a traffic law

Other

- All complaints or appeals are directed to the race director via a formal complaint form.
- The race cut-off time may be changed if the race director sees fit.
- Please beware that due to unforeseen weather conditions or other unforeseen events the race director may change the course.

Racer #: _____ (filled in by race staff)

WAIVER, RELEASE AND INDEMNIFICATION

Suburban RUSH Off-Road Adventure, April 24, 2010

(Completed by each racer)

Must be signed. (If under the age of 18 a Parent or Guardian signature is required)

I am aware that this adventure race may be difficult and hazardous even for well-conditioned athletes under the most favourable conditions. I understand that I should not compete in this off-road multi-sport adventure race that includes trail running, mountain biking and mystery challenges, unless I am in excellent physical condition, have trained adequately and have no medical condition that might be worsened by physical activity. I, the undersigned in consideration of being Permitted to participate in the SUBURBAN RUSH Off Road Adventure on April 24, 2010, starting in Port Moody, BC, hereby release and forever discharges against Secondwind Events Inc., Onni Development Corporation, BC Hydro, the city of Port Moody, GVRD, village of Anmore, the race Sponsors, the Volunteers, and all of the employees and agents from any and all liability for accident, injury (including but not limited to death), or damage to person or property howsoever caused arising out of or in connection with my participating in the SUBURBAN RUSH Off Road Adventure. This Release and Indemnity shall apply even if the injury or damage may have been contributed to or caused by the negligence of the above named groups of their agents. I agree to Indemnify and save harmless all of the above named groups and their agents from any and all damages caused by me as a result of my participation in the Suburban RUSH Off Road Adventure. I also agree that any of the above named groups are not responsible for theft of my property including my mountain bike. I understand that this race may involve mystery challenges that may put me in physically awkward positions. Further, I grant irrevocable permission to Secondwind Events Inc., and any media covering this year's race, and the authorized agents, contractors, and representatives of each, to use my name and likeness in any photographs, videotapes, motion pictures, recordings or any other records of my participation in this event for any purpose.

Signed this _____ **day of** _____ **2010.**

Participant Signature _____

Participant Print Name _____

Parent or Guardian Signature: _____

(if participant is under 19)

Parent or Guardian Name _____

Witness Signature _____

Witness Printed Name _____

Racer #: _____ (filled out by race staff)

Medical Information Form

Racer Name: _____

- 1. Any surgery or serious medical issues in the last five years: No , Yes If yes, please describe: _____
- 2. Allergic to any medications: No , Yes If yes, please describe: _____
If yes, would Adrenaline or Epinephrine injection be required?: No , Yes
- 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. Allergy: No , Yes If yes, please describe: _____
- 8. List any other medical condition/s that would be of concern: _____

- 9. Emergency Contact: _____ Tel: _____

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

Signed this _____ day of _____ 2010.

Participant Signature _____

Print Name _____

Parent or Guardian Signature: _____

Parent or Guardian Name _____

Witness Signature _____

Witness Printed Name _____