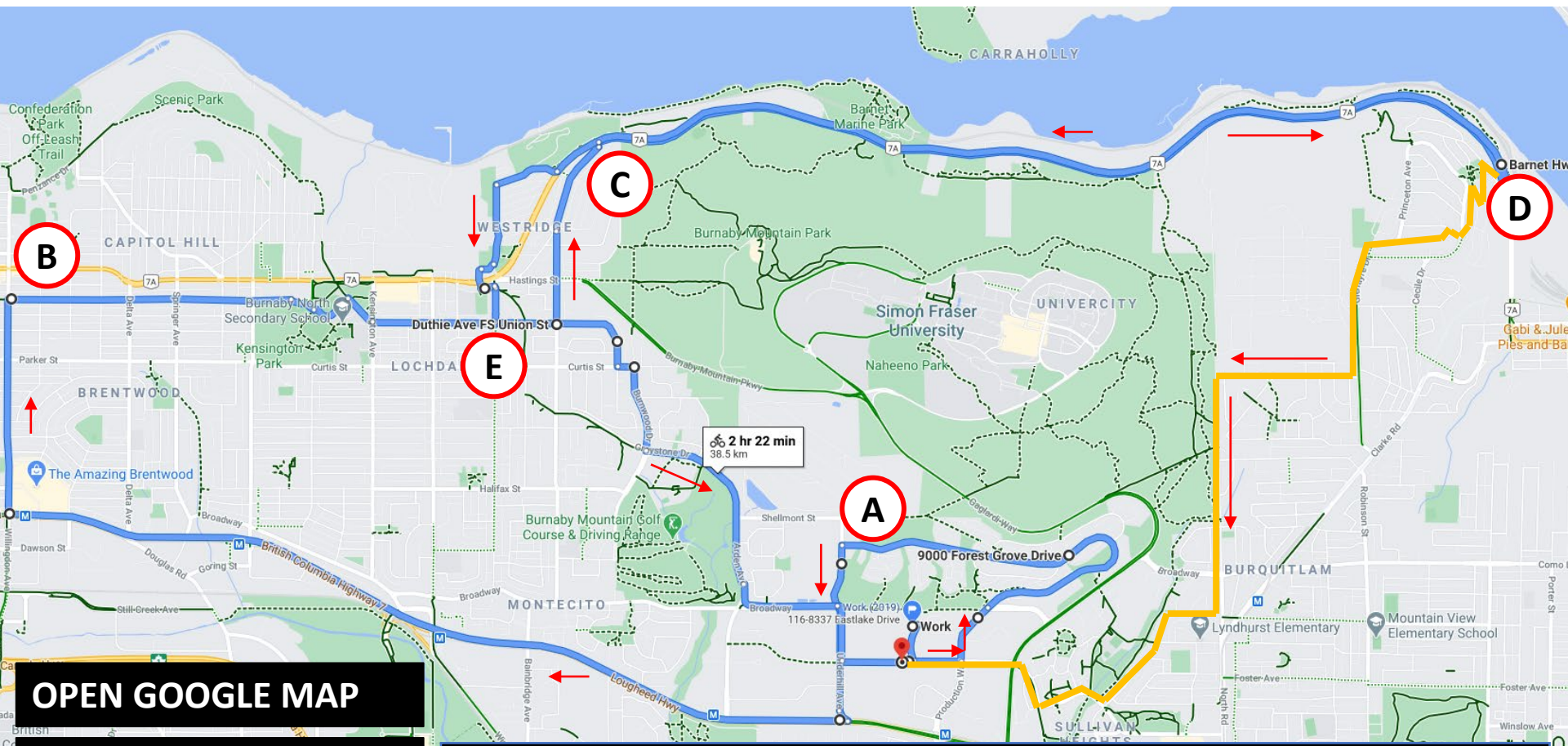


Burnaby Route



- OPEN GOOGLE MAP
- OPEN GARMIN MAP
- GARMIN MAP - Short

Main Route	Shortened	Direction	Meet-Up

Burnaby Ride Details

Afternoon Ride

Approx. Time: 12pm – 4pm (2hr ride)

Starting location: Cycling BC Office
(#116 – 8337 Eastlake Drive, Burnaby, BC)

Finish location:

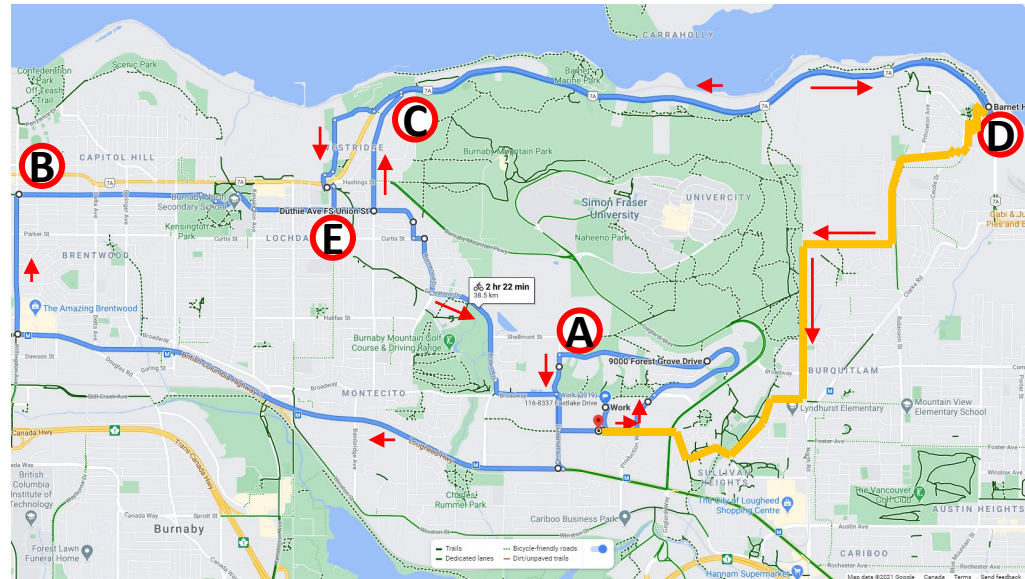
- Cycling BC Office (all groups)

Rendezvous:

- Top of Forest Grove
- Frances/Willington
- End of Duthie (restrooms @ Bike Park)
- Union Stop Lights
- Adanac / Union

Expectations

- 12 Rider maximum group size
- 4-6 Rider maximum group size (when single-file)
- All groups depart in 2min intervals



[OPEN GOOGLE MAP](#)

[OPEN GARMIN MAP](#)

[GARMIN MAP - Short](#)

Main Route

Shortened

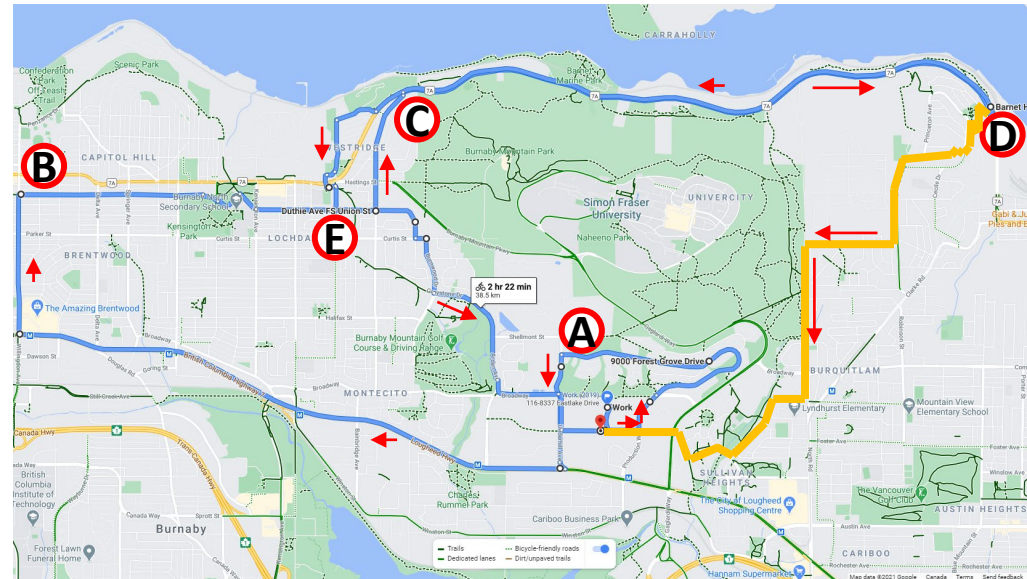
Direction

Meet-Up



Burnaby Ride Goals

- A → B:** Traffic Lights
Signals
Single Paceline
Check group for skill & fitness
- B → C:** Interacting with parked cars
Bike Route Etiquette
- C:** Paceline Practice:
 - Single
 - Double
 - Rotating
- C → D** Practice single paceline
- D → C** Practice rotating paceline
- C → E** Practice group pacing on a climb
- E → A** Practice safe descending



OPEN GOOGLE MAP

OPEN GARMIN MAP

GARMIN MAP - Short

Main Route

Shortened

Direction

Meet-Up



Sidney Route Plan & Details

Afternoon Ride

Approx. Time: 12pm – 4pm (2hr ride)

Starting location: Sidney Elementary
(2281 Henry Ave, Sidney, BC V8L 2A8)

Finish location:





- Sidney Elementary

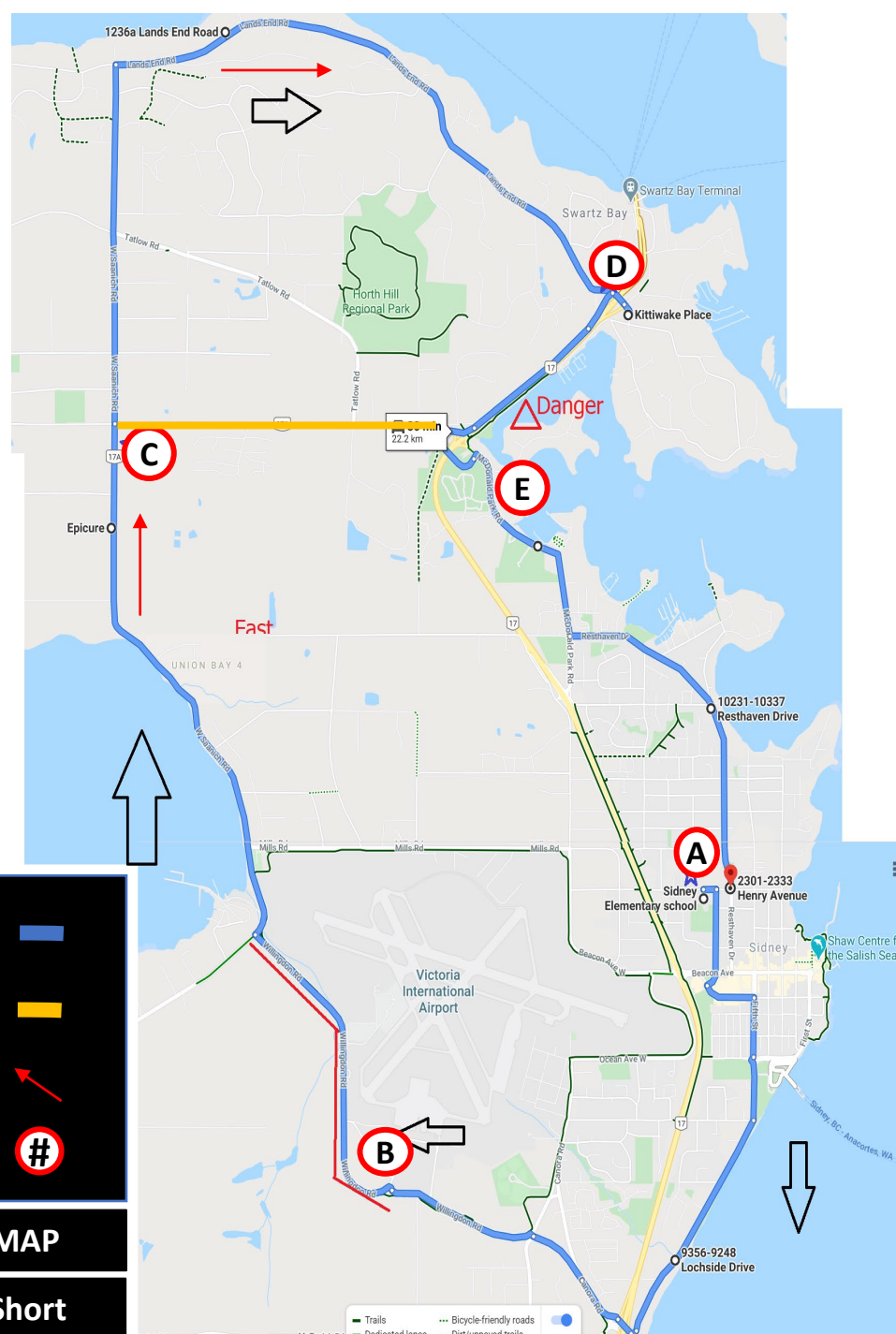
Rendezvous:

- South Airport
- Wain Road
- Lands End overpass
- Tsehum Harbour Park

Expectations





- 12 Rider per group
- 4-6 riders when single
- 2min between groups

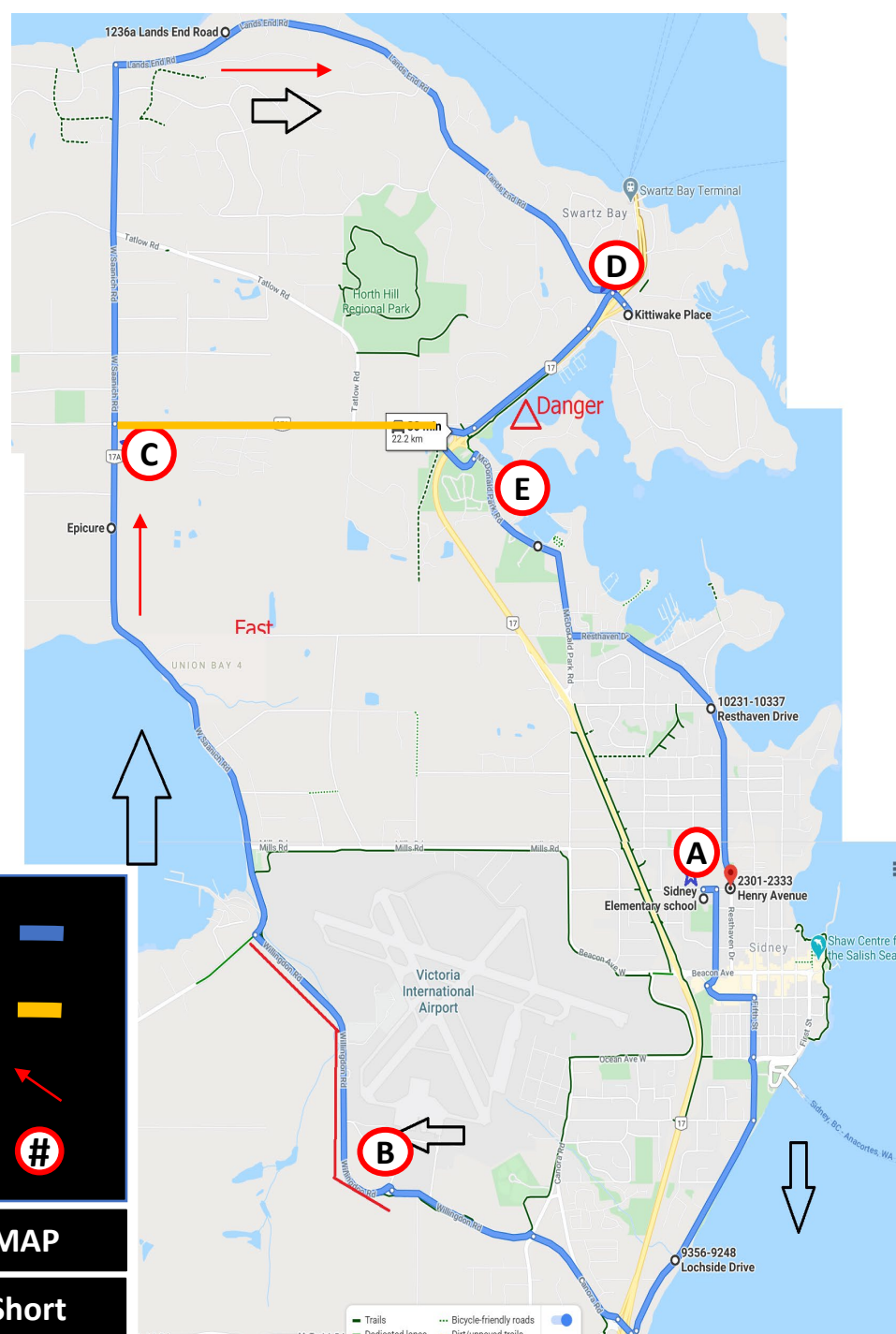
Main Route	
Shortened	
Direction	
Meet-Up	
OPEN GARMIN MAP	
GARMIN MAP - Short	



Sidney Route Plan & Details

- A → B:** Traffic Lights
Signals
Single Paceline
Check group for skill & fitness
- B → C:** Dealing with wind
Single Paceline
- C → D** Dealing with hills
Explore different group formations
- D** Meet-up to discuss safety
- D → E** Bike Route etiquette
- E → A** Neighborhood riding

Main Route	
Shortened	
Direction	
Meet-Up	
OPEN GARMIN MAP	
GARMIN MAP - Short	



Ride Leader Training @ Kelowna

Start & Finish:

A) North Glenmore Elementary, [125 Snowsell Road](#)

Meet Up Spots:

B) Top of John Hindle Road

C) Underpass at the Okanagan Rail Trail

D) End of the Okanagan Rail Trail at Old Vernon Road
(Restrooms along this path)

E) Top of Lakha Road

F) Bottom of McKenzie Road before crossing Old Vernon Road

Guidelines: 12 Rider maximum per group, 4 – 6 maximum group size (when single file), All groups depart in 2 min intervals

Learning Outcomes:

A – B) Busy Road

- Bike lane & signals for debris
- Single Paceline

B – C) Shared bike path / Bike Lane on road

- Bike route etiquette
- Practice rotating single paceline

C – D) Shared bike path

- Bike Route etiquette
- 2 abreast if not busy (not rotating)

D – E) Interacting with cars

- Practice rotating paceline
- Practice pacing on short hills

E – F) Practice rotating paceline

- Practice safe descending

F – A) Interacting with cars

- Busy intersection & signaling
- Practice group pacing on climb

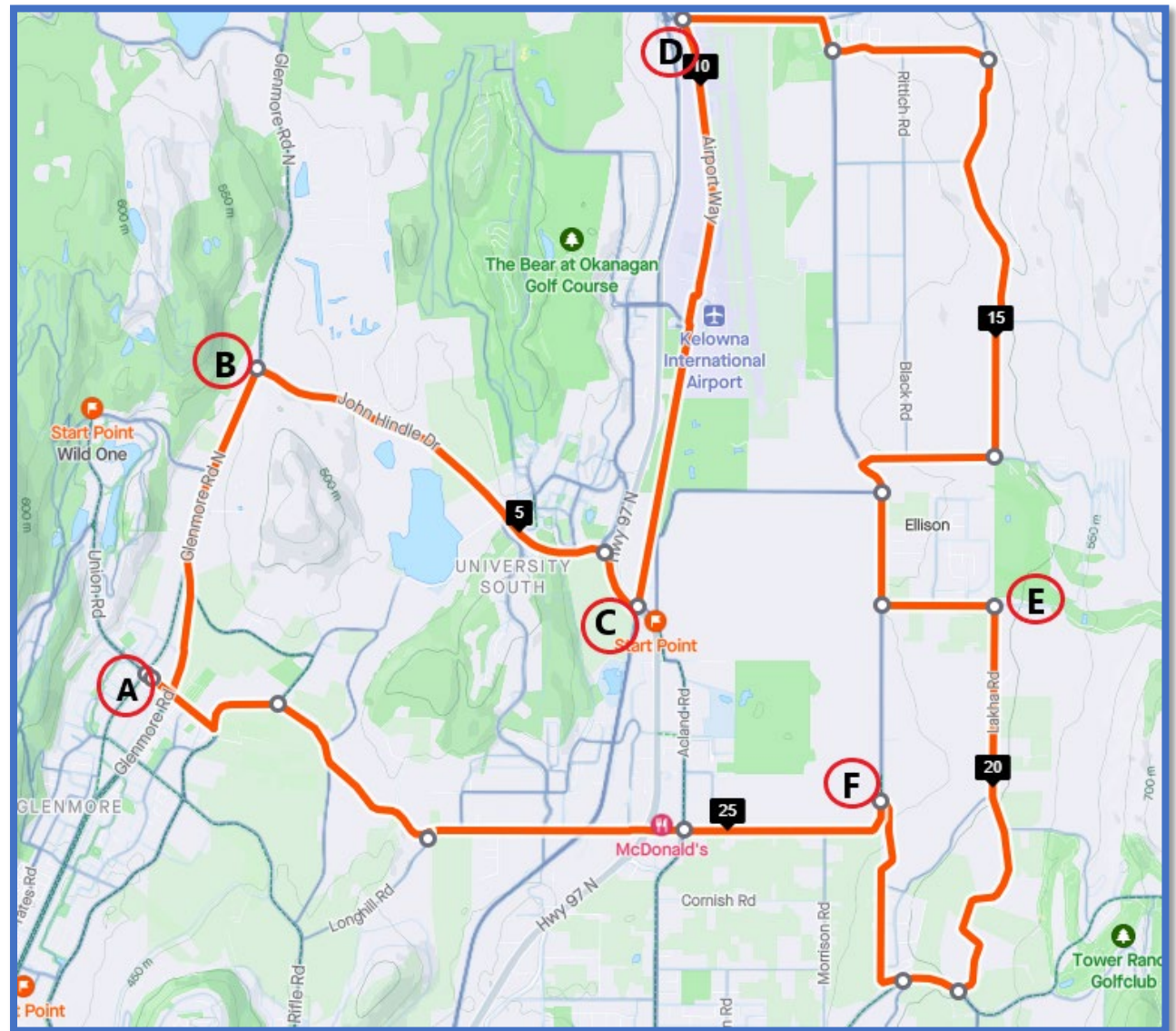


Figure 1: [DOWNLOAD STRAVA MAP BY CLICKING HERE](#)

Emergency Action Plan (Summary): **IN AN EMERGENCY... CALL ... 911**

Venue:

- North Glenmore Elementary
- 125 Snowsell St., Kelowna BC

Nearest Hospital:

- Kelowna General Hospital
- 2268 Pandosy St, Kelowna, BC

Charge Person: Vicki Greenwood 778-837-5576

Call Person:

Backup: Ben Chaddock @ 604-224-7433

Non-Emergency

- RCMP 250-762-3300
- Fire-Rescue 250-469-8801.
- City 250-469-8500
- Needle Pickup 250-469-8801

Facilitator Checklist:

- Facility Inspection + Knowledge of Area
- 1st Aid Kit
- Tools
- Flat Kit: Pump, Tire levers, Spare tubes (various sizes), Patch Kit
- Other: Allen keys, Duct tape, Zap straps, Chain Breaker
- Sustenance: Water & Food (extra snacks for participants)
- Spare Clothing

Key Landmarks

- John Hindle Road
- Okanagan Rail Trail
- Anderson Road
- Lakha Road
- Old Vernon Road
- Sexsmith Road

