

Test of Humanity CBC Camp: September 14 & 15th

The goal of this weekend is to keep some skills fresh, practice a pre-race day training format and then discuss some tactics for a longer endurance event like this. On top of that, this is an incredible event for you and your family to be at. I will also give a prize to the rider who fundraises the most money towards the race cause - Canadian Humanitarian efforts in Africa. During the race day I can bring a toolkit and some other needed supplies. We can all set up our pit zone close together to help each other out.

When: Saturday September 14th and Sunday September 15th for the race

Where: Summerland, BC

What: Pre-race workout, skills session, and talk on racing tactics in endurance events. Sunday, race!

Deadline: Please respond with a yes or no by Friday August 30th

Cost: \$40 to non-targeted Cycling BC athletes

What to bring: With this being the end of summer in the Okanagan it could be 30C and sunny or 15C and raining. Expect a warm day but always expect a chance of rain.

September 14th Day schedule:

10:30 - Arrival and gear up at the Test of Humanity [parking lot](#)

11:00 - Depart for ride with a pre-race preparation workout

1:00 - Return to vehicles for snack

1:30 - Skills session on course

2:30 - Return to parking lot for talk before parent pick up. Please bring questions too!

3:00 - Parents arrive back for picks ups and departures.

There will be extra snacks, water and sunscreen at the coaches vehicle. Riders can leave extra food/water in the coach vehicle that will have a cooler in it.

Test of Humanity race on Sunday September 15th:

If the race is of interest to you (which I highly recommend, especially with it being the final race), please [READ](#) about the story behind the event and the amazing job done in fundraising. The link to register for the Test of Humanity is [HERE](#). Fees go up August 31 and registration ends on September 12. For riders over 16 years old you can participate in the four hour event and riders under 16 can participate in the two hour event. For the race it is always great to have some sort of cover, whether that be a tent or umbrellas in case it rains, chairs, a cooler and lots of food and liquids.

Please remember to bring for the camp day:

-Extra water

-Food that is conducive to fuel on the bike and to fuel for a race the following day

-spare parts for your bike to be self-reliant (tube, pump, tool)

-sunscreen

If you have any questions, please email [Evan](#).