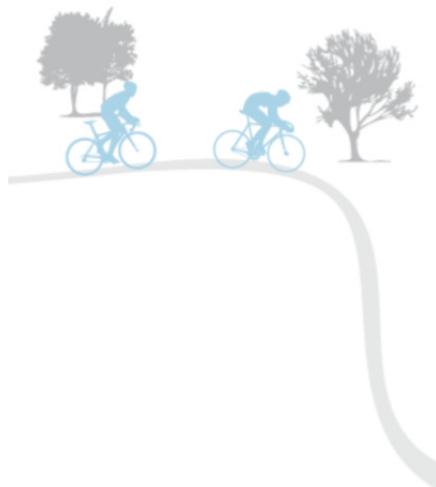




August 3rd to 8th, 2014
British Columbia, Canada
Rider Information





Welcome and thank you for your interest in the PowerCrank Contender!

Ride Canada is very proud of the challenge that we have created. Not only is it one of the most demanding cycling events anywhere on earth, the Canadian province of British Columbia provides a race course that are sure to inspire and keep your support crew's cameras working almost as hard as you do.

Your participation is welcome and we will do our very best to make you feel welcome, provide guidance through the process of preparing and doing our utmost to instill a safe approach to executing your race plan.

Our staff will be happy to answer your questions and even advise you on organizing your race team and support crew before the race. Our website will provide various resources beneficial in recruiting crew members, arranging for support vehicles, accommodations and sourcing any other items or services you may require.

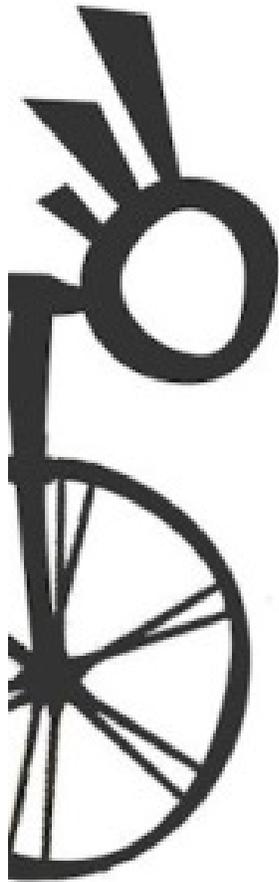
We wish you good luck, a safe, fast journey and all the adventure you can handle.

Perry Stone
Race Director
PowerCrank Contender



★ The PowerCranks Contender

At a distance of 1,617 kilometers and 27,200 meters of climbing the PowerCranks Contender is a multiday, mid-range ultra-endurance cycling event that is sure to challenge even the world's toughest and seasoned riders. Contested in three of British Columbia's major tourist regions; the Vancouver & Coast Mountains, the Thompson Okanagan and the Caribou Chilcotin cyclists will experience an exceptional, ever-evolving landscape for their journey of personal discovery.



The PowerCranks Contender begins and ends near the shores of the Pacific Ocean in the small border town of White Rock, British Columbia. But, for the riders, the barriers are not the ones separating Canada and the U.S.A.; they are the 4 category 1 climbs they will encounter on their first day of riding. Riders, and their escort crews, travel through Manning Provincial Park and its rich diversity of landscapes, mammals and birds (269 different species in all).

As cyclists leave the park behind, (but not the abundance of natural beauty and wildlife), they head up over Copper Mountain to the rugged terrain surrounding Princeton, BC, and into the endless orchards and vineyards of Peachland, BC. From there riders travel south on the shores of the 135 kilometer long Okanagan Lake past Summerland and into the vacation mecca of Penticton, BC.

Still heading south, riders now pedal their way to Oliver and Osoyoos, then east for a short stint before heading almost directly north for 129km along Highway 33, the Rock Creek Highway to Kelowna. From Kelowna it is further north along the shores of Kalamalka Lake to the hotspot of Vernon. Now following Highway 97 riders get into a rhythm that will take them about 180 kilometers to Merritt, BC.

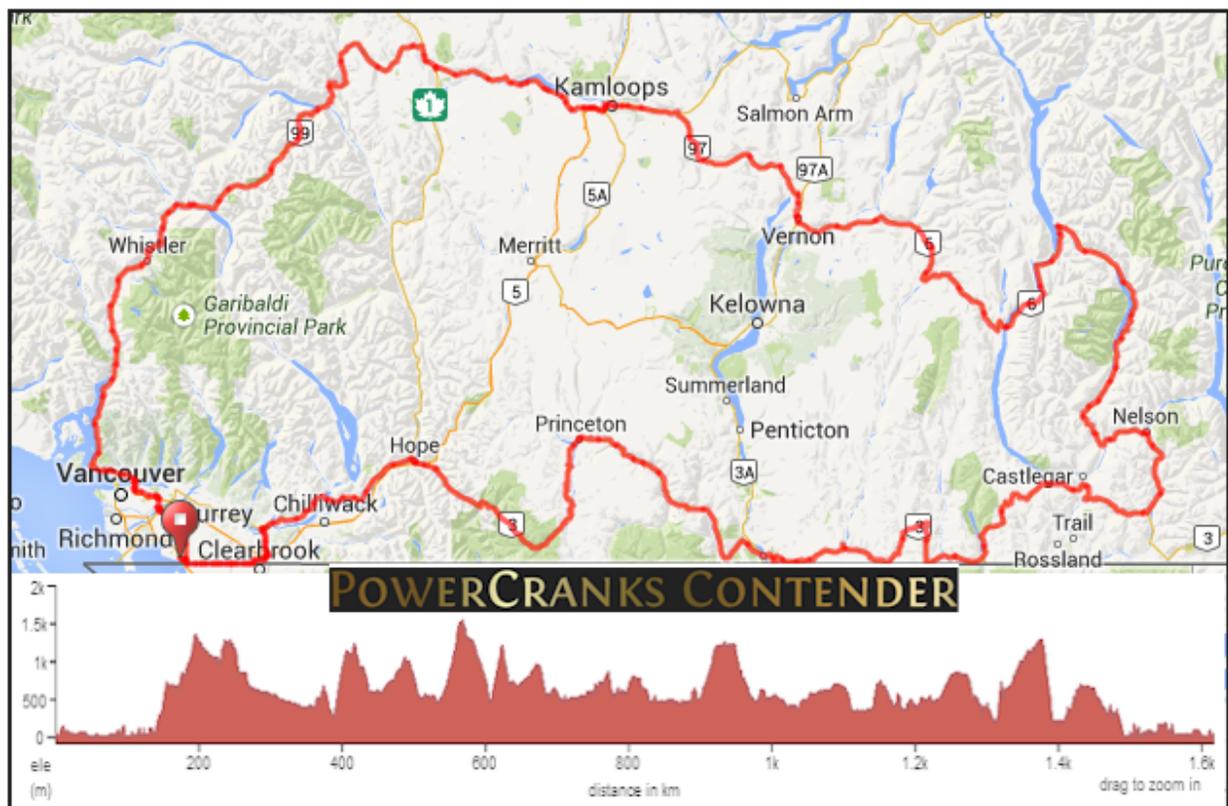
Now about 1,000 kilometers into their journey riders continue north and then north east through Logan Lake, Ashcroft, Marble Canyon Provincial Park and onto Duffey Lake Road before the route finally turns south.

Passing through Lillooet, the PowerCranks Contender travels to Pemberton via extremely windy and steep roads on route to the home of the 2010 Olympic Winter Alpine events; the ski-resort of Whistler. The finish line is now so close you can begin to imagine yourself crossing it and raising your arms in triumph. A

quick 5 hour ride down Highway 99, into Squamish and Vancouver and suddenly riders are a couple of bridges and 70 kilometers from where it all started in White Rock, BC.

The PowerCranks Contender is open to amateur and professional cyclists. The main consideration is safety, and riders must possess strong bike handling skills as descending the mountain roads can be dangerous if uncontrolled. To participate, each rider must organize their own escort crew who enhances team safety and enable riders to concentrate on the cycling. The PowerCranks Contender is open to soloists and relay teams with 2 or 4 riders who are over the age of 19 with the physical ability, desire and means to compete.

Riders are timed from the start line to the finish line and strive to attain one of three levels of accomplishment; Elite, Competitor and Official Finisher.



★ Participation Guidelines

While participating in the PowerCranks Contender is open to most people, Ride Canada does retain the right to reverse a rider's registration based on safety or other concerns they feel would be detrimental to the athlete or the event.

Riders should be over the age of 21 but people aged 18-21 may compete with signed parental or guardian permission. There is no senior age limit.

To make the challenge more approachable USL has developed three separate levels of recognition for riders completing the course. These levels of recognition are: Elite, Competitor and Official Finisher. The table below indicates the time limits involved and are for all racers in all divisions regardless of age or gender. Please keep in mind that riders are timed 24 hours a day and the pace

	Time limits (hours)		Minimum Pace (km per hour)			
	Number of Riders	SOLO	Pace	TWO	Pace	FOUR
ELITE	72	22.22	60	26.67	50	32.00
COMPETITOR	88	18.18	78	20.51	68	23.52
FINISHER	108	14.81	102	15.68	94	17.02

indicates the average speed to be maintained on that basis. For soloists who will not ride 24 hours a day they will have to maintain a faster on bike time than those indicated in the table below. Riders that cannot maintain the minimum pace will not earn official recognition for completing the PowerCranks Contender. (These time limits may be adjusted prior to the race start.) Racers will also be recognized by their finishing position within their category and division.

★ Classifications and Bicycles

'Keep it simple' is our mandate for the PowerCranks Contender in 2014. While statistical data will be recorded, reported and kept in every conceivable division and category the event will be structured in general classifications such as solo riders, 2 rider teams, 4 rider teams, and 8 rider teams. At this time there are no plans to make distinctions for gender or age in conjunction with our three recognized levels of accomplishment, but special recognition will be awarded for different ages and genders in various categories. All soloists, 2, 4, & 8 person teams regardless of age, gender or type of bicycle will race within their general division.

Riders may ride any bicycle or human powered vehicle desired; road, mountain, single-gear, fixed gear, hand-cycles, recumbent, bikes are all welcome. USL will recognize the finishing times of all different bicycle types and human powered vehicles entered. In 2014 each first place finisher establishing a course record in 2014.

For example if you are part of a 4 person relay team with both male and female riders your team will be entered into the 4 person team division. If you finish in 1st



place overall you will establish the record for 4 person teams. If your team finishes 1st amongst mixed 4 person teams you will establish the record for 4 person mixed teams. BUT, if you finish in more than 224 hours, even if you finish in 1st place your team will be recognized only as an official finisher.

Riders 60+ like all other riders must finish within the time limits stated and no extra time will be granted, however USL will recognize unofficial finishers at the discretion of the race director.

★ Self-Supported

Ultra-endurance cycling is self-supported racing and each entrant whether a soloist or a member of a relay-team must meet the minimum requirements for racing as set by USL. In general terms each team must have a support crew that has a minimum of two-escort vehicles and enough crew members to allow proper rest for each crew member. Safety is our top priority and it must be yours! Once registered, participants will receive a complete rule book detailing minimum requirements and all safety procedures.

★ Fees and Registration Process

You will find our registration fees are far less expensive than any comparable event, (Fees listed below) but in addition to that we created a race course that starts and finishes in the same location. This is considerable factor for getting to and from the PowerCranks Contender. Our host city of White Rock is ideally located 40 kilometers from two international airports, Bellingham International in Washington State and Vancouver International on

Bellingham International in Washington State and Vancouver International on

the Canadian side of the border. Race rental vehicle may be rented and returned to the same location.

★ Registration Entitlements

In addition to an official entry into race and circuit they selected, all participants will receive:

Complete route book in digital format and an appropriate number of printed route manuals that will include routing information and a general overview of where to find internet access, hotels, motels, rest areas, camping facilities, bike shops, restaurants, grocery stores and gas stations.

Solo and team entries will be provided with identification numbers to be applied to support vehicles and to each cyclist's helmet or bicycle. Each solo team receives decals for two vehicles. Each team receives decals for 4 vehicles and the corresponding number of riders. Additional stickers may be purchased for additional vehicles. All support vehicles are required to be identified.

All official finishers will be rewarded with a commemorative recognition of their level of accomplishment and will be enrolled in USL's Original Rider program which provides distinct recognition in future races and discounts on future race registrations.

For more information please contact:

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www.powercrankscontender.com

