

# ELBOW VALLEY CYCLE CLUB'S 25<sup>TH</sup> ANNUAL

GOLDEN TRIANGLE 2008

- Castle Mountain Junction
- Storm Mountain Lodge
- Boom Lake • Great Divide • Stanley Glacier
- Marble Canyon • Paint Pots • Numa Falls • Floe Lake • Vermilion Crossing
- Simpson River • Animal Lick • Hector Gorge • Kootenay Pond • Ranger Station •

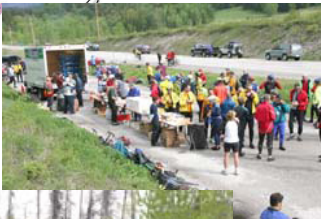
**MAY**

**17 - 19**

- Dolly Varden • Crook's Meadow • Mount Harkin
- McLeod Meadows • Kootenay River • Cobb Lake • Olive Lake • Radium Hot Spring • Radium Townsite • Kindersley Creek • Spur Valley • Deadman Creek • Brisco • Spillmacheen • Harrogate • Castledale • Parson • Braisher Creek • Golden Townsite • Kicking Horse River •

**320 KM**

- Top of Hill • Rest Area
- Old Info Centre • Wapta Falls • Chancellor Peak • Hoodoo Creek • Faeder Lake • Misko • Finn Creek • Ottertail • Field Townsite • Spiral Tunnels • Wapta Lake • West Lake Louise Lodge • Great Divide • Bow River • Coral Creek • Outlet Creek • Baker Creek • Protection Mountain • Castle Lookout
- Storm Mountain • Castle Cliffs • Castle Mountain Junction •



Don Hollingshead, Karl Buchner, David Bininda

# REGULATIONS AND REGISTRATION FOR THE GOLDEN TRIANGLE 2008



## PLEASE READ IT ALL

Read this information sheet thoroughly before filling in your registration form. All riders should check for changes in policies or procedures on this year's tour.



## WHAT IS THE GOLDEN TRIANGLE?

The Golden Triangle is a three day bicycle tour in mountainous terrain. It follows a clockwise route consisting of three approximately equal distance days. (Where it goes is below). The Golden Triangle is not an endurance contest nor a race. It is purely a recreational and social event. It is intended that all participants in the Golden Triangle will ride safely and intelligently. The Triangle is one of many annual 'Classic' bicycle tours organized by the Elbow Valley Cycle Club

The GT travels Clockwise: Castle Mountain Junction → Radium → Golden → Castle Mountain Junction.



## WHO CAN RIDE?

This tour, as in any EVCC Classic tour, is only open to members. In order to ride the Golden Triangle you must either have, or apply for a 2008 membership. Any rider who can average 15 km/hr for 130 km will find this trip enjoyable. Anyone younger than 18 years of age on or before May 17, 2008 will have to be accompanied by a parent or legal guardian. Only one rider under 18 years of age per parent or legal guardian will be allowed.



## COST

The cost for the tour is \$180.00 CAD. The price includes all food, transportation of your luggage, and camping sites at Golden and Radium, but does not include EVCC membership. The Golden Triangle ride is a revenue neutral event, however The Golden Triangle and the EVCC accept donations. Your contribution is greatly appreciated!



## WHERE AND WHEN?

The Golden Triangle's departure is 9:00 AM on Saturday May 17, 2008 from the Castle Mountain Gravel Pit located 26 km west of Banff near the junction of Hwy 1A and Hwy 93. Riders return here after completing the 320 km tour. Riders should be at the Castle Mountain

gravel pit by 7:30 AM to register and load their baggage on the luggage truck. Registration closes at 9:00 AM SHARP.



## GETTING THERE

Parking is limited at the Castle Mountain Junction. Final details for parking will be included in your Confirmation of Registration Package. Please try to car pool to fill any spare room in your vehicle.

NOTE: DONOT park in the Castle Mountain Bungalows or Service Station areas as your vehicle might not be there when you return. You MUST obtain a PARKS CANADA VISITORS PERMIT.

The Golden Triangle organizers will not coordinate carpools. Attend the EVCC monthly meetings as advertised in CADENCE to arrange joint transportation.



## REGISTRATION

Registration will be held at Castle Mountain Junction Gravel Pit, the starting point of the tour, on Saturday morning from 7:30 AM to 9:00 AM. The baggage truck will be available for loading at that time.



## BAGGAGE

The Golden Triangle volunteers will be handling 375 pieces of baggage. Baggage restrictions are as follows:

-Day packs, backpacks without frames, panniers, or other soft baggage; Weight limit is 35 lbs or 16 kg/bag; Your sleeping bag and tent must be inside; Please no breakables, as your baggage may be handled roughly; All baggage must be tagged with your own name tags in such a way that it cannot come off. Bags over 40 lbs will be surcharged \$1.00 per pound.

-Items which riders wish to have with them enroute must be carried on their bicycles. All baggage on the luggage truck will be unavailable until the day's destination is reached.

Exact locations for drop off of luggage will be given in the registration package.

The Golden Triangle Tour Committee, Volunteers, and the EVCC cannot be responsible for lost, stolen, or damaged baggage, or the return of unidentified baggage.

KEEP IT LIGHT AND TIGHT!



## PACE

Saturday morning the tour will officially commence at 9:00 AM. Riding for the remainder of the tour will be at your own pace. Slow riders should keep in mind how far they have to go before nightfall each day. Fast riders should note when food stops open. The GT is not a race.  
Day 1: 106 km  
Day 2: 103 km  
Day 3: 111 km



## BE IN SHAPE

All potential participants are reminded that they should not attempt to ride the Golden Triangle unless certain they are capable of riding the full 320 km. To enjoy the ride fully, the Golden Triangle should not be your first long ride of the season. Remember, you will be climbing several major mountain passes! Be in top physical shape. Join the EVCC day trips in the weeks before the GT with at least one 100 km+ ride completed before the Golden Triangle.



## SUPPORT VEHICLES

For riders with serious problems, there will be limited support vehicle service. This will only be for those who need medical help or who have irreparable bicycle trouble. The major problem on previous GTs has been broken bikes. Get your bike in perfect working order.

## REPAIRS

Although a bike mechanic will accompany the ride, each rider is expected to have basic tools and be capable of making simple repairs. Carry tools, spare tubes, a patch kit, and a pump. It is stressed that this tour is for the PREPARED cyclist. Don't expect mechanic to carry exotic spare parts for your bike. Stock parts carried by mechanic are very generic.



## FIRST AID

First aid kits will be available in most support vehicles. Medical assistance (basic first aid only) can be summoned via radio from any support vehicle. Please note that we cannot dispense medication (eg Aspirin). Please bring your own medication.

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## **SAFETY**

HELMETS are mandatory and brightly coloured clothing is highly recommended to increase visibility. Personal support vehicles are not permitted due to lunch/snack stop traffic congestion. When traffic is approaching, please show courtesy by keeping to the right. Drafting (riding in close single file) is not recommended. Most Golden Triangle accidents in the past have been caused by inattentive drafting technique. Safety is of prime concern on this tour - know your limits.



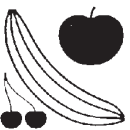
## **SWIM SUITS**

If you plan to visit the Radium Hot Springs before dinner in Radium on Saturday, be sure to carry your swim suit and towel on your bikes. Access to baggage will only be available after 3:00 pm. No showers are available at the camping area in Radium



## **GOLDEN TRIANGLE MICROFIBRE SHIRT**

For the 25th running of the Golden Triangle each rider will receive a special microfibre shirt. We hope they will be worn with fond memories of the 2008 Golden Triangle Tour. T-shirts will be handed out at registration on May 17th. Identify your size on the application (S, M, L, XL, XXL). Make sure you bring clothing for all weather conditions. Especially required are windjacket, sweater, slacks, gloves and rain gear. You may experience snow one day, and require sun block the next. Remember you will be cycling the Rockies with unpredictable mountain climate, so bring clothing for snow, rain, and sunshine.



## **FOOD**

Saturday breakfast before the tour is not provided. There are food stops every 30-40 km. If you are out of shape or get a late start, you may arrive after the food stops have closed. If you ride ahead of the pack you may get to food stops before they are open. In order to reduce the impact on the environment we encourage you to bring your own cup and plate. Sorry, but we cannot accommodate food allergies in our group meal plan. Bring one or two water bottles to quench your thirst between stops. Water will be available at the food stops to refill your bottles.



## **OVERNIGHT ACCOMMODATIONS**

Camping is included in the price of registration. Anyone wishing to stay at motels or hotels will be responsible for making their own arrangements. For out-of-towners with sleeping bags, the Banff, Castle Mountain or Lake Louise Hostels are recommended as the base before and after the Golden Triangle. For reservations contact:

The Banff International Hostel  
Box 1358  
Banff, Alberta T0L 0C0  
(403) 237-8282

Here is a listing of some motels and hotels. Book early, this weekend is a sell-out.

RADIUM:  
ALPEN MOTEL  
1-250-347-9823

CEDAR MOTEL - MAIN STREET  
1-250-347-9463/FAX # 1-250-347-9393  
TOLL FREE RESERVATIONS 1-877-347-9463

GATEWAY MOTEL  
1-250-347-9655/FAX # 1-250-347-9667  
TOLL FREE RESERVATIONS 1-800-838-4238

MOTEL BAVARIA - DOWNTOWN  
1-250-347-9915/FAX # 1-250-347-9218  
TOLL FREE RESERVATIONS 1-888-749-1119

MISTY RIVER LODGE - HIGHWAY 93  
1-250-347-9912/FAX # 1-250-347-9397

GOLDEN:  
MARY'S MOTEL - DOWNTOWN  
1-250-344-7111/FAX. # 1-250-344-7321

RONDO MOTEL - DOWNTOWN  
1-250-344-5295/FAX # 1-250-344-2645

GOLDEN GATE MOTEL - HWY 1  
1-250-344-2252/FAX # 1-250-344-2230

GOLDEN SUPER 8 MOTEL - TRANS CANADA HWY  
1-250-344-0888/FAX# 1-250-344-7288

PONDEROSA MOTOR INN - TRANS CANADA HWY  
1-250-344-2205/FAX # 1-250-344-7860

ROCKY MOUNTAIN MOTEL - TRANS CANADA HWY  
1-250-344-2251/FAX # 1-250-344-2730



## **HOW TO REGISTER**

Registrations are made online at our website <http://elbowvalleycc.org>. Be sure you have read all of this information carefully before completing your GT registration page. Each applicant must register separately.

If you have not yet applied for a 2008 EVCC membership, the GT registration form will not display, please fill out an application form, sign it and mail it along with your GT registration.

It is **not** possible to register for the GT without first establishing yourself as a member in our database. So if you pay for the GT, your payment will not be processed until your membership payment and waiver have been received and successfully processed.

Enclose a non-postdated cheque or money order payable to EVCC to cover the Golden Triangle fee and membership fee (where applicable). Entries received with NSF or postdated cheques will be returned. Only the first 375 entries will be accepted, so the earlier you send your entry the better your chances.

Mail your registration payment to:  
GOLDEN TRIANGLE TOUR  
Elbow Valley Cycle Club  
1111 Memorial Drive N.W.  
Calgary, AB, T2N 3E4

NOTE : Use regular mail or Special Delivery ONLY, as there will be no one to sign for registered mail or courier deliveries.

## **CONFIRMATION OF REGISTRATION**

If you require quick confirmation of successful registration, email the registrar at: [bininda@ucalgary.ca](mailto:bininda@ucalgary.ca). This year we will send the GT information package out by email to all registrants. Those who do not have email will get their package sent by regular mail. Please note that those signing up at the last minute (May 1st onward) will only receive an info package by email otherwise they will have to pick one up on the day of registration.

## **RE-FUND**

### **REFUND POLICY**

Mail your request for cancellation and refund to:  
Golden Triangle REFUND  
Elbow Valley Cycle Club  
at the same address as above.

Refunds for cancellations are as follows: before May 1: \$100, on and after May 1: \$70; after May 1: NIL. If EVCC cancels the Golden Triangle, registrants will receive all funds paid except those required by the administrative process in organizing the Golden Triangle. The EVCC membership is not refundable. If the tour is cancelled during the May long weekend, no refund will be given.



### **QUESTIONS**

Please save them for the following EVCC socials! They will be held at 7:30 PM at the Parkdale Community Assoc. (3512 - 5th Avenue NW). The dates are April 1, and May 6. Phone inquiries can be left on the EVCC warmline (403) 283-BIKE. Leave a message when asked to do so. We will return your calls ASAP (collect). You can also call the tour coordinator David Bininda (403) 510-1967, or check out our web page at:

<http://www.elbowvalleycc.org>  
[bininda@ucalgary.ca](mailto:bininda@ucalgary.ca)