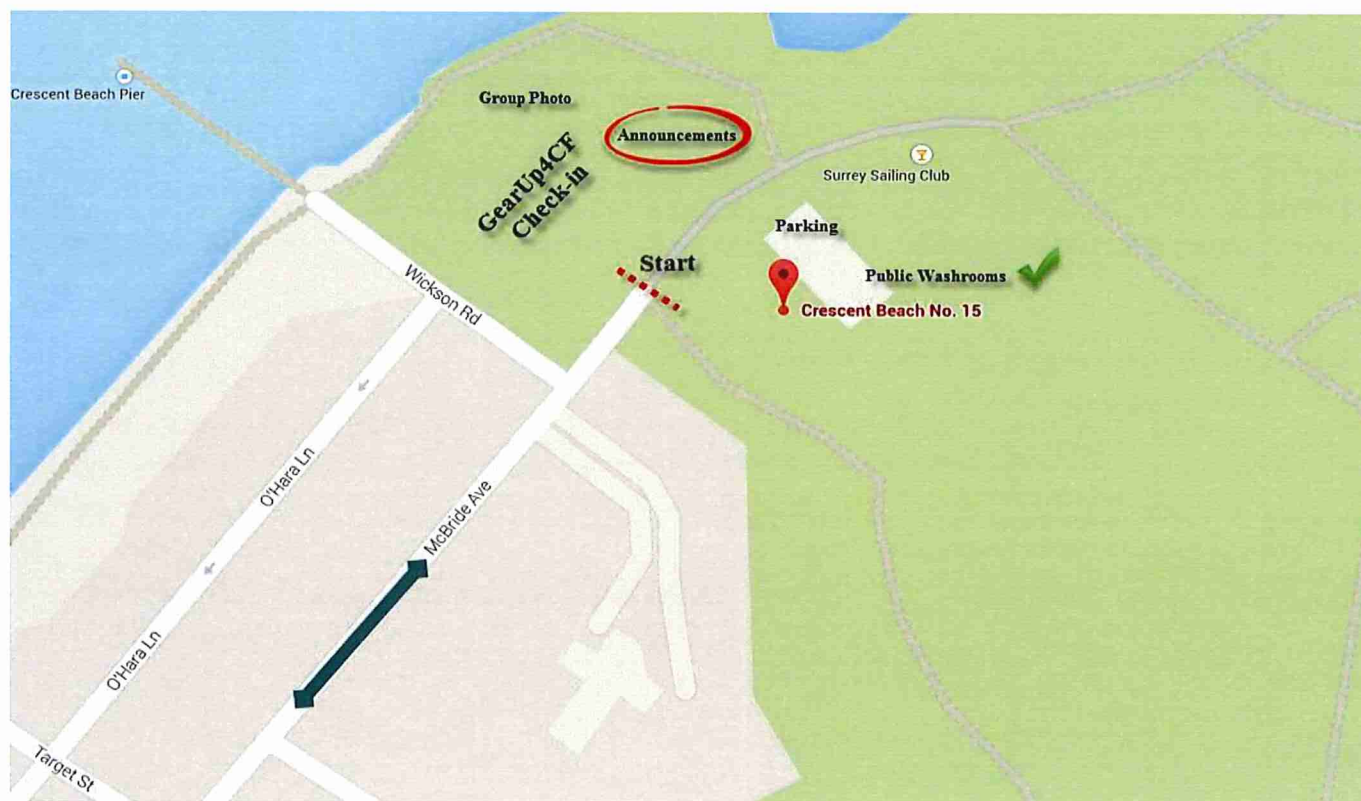


Day 1 route (White Rock to Chilliwack)  
14th Annual – GearUp4CF – June 22<sup>nd</sup>, 2019

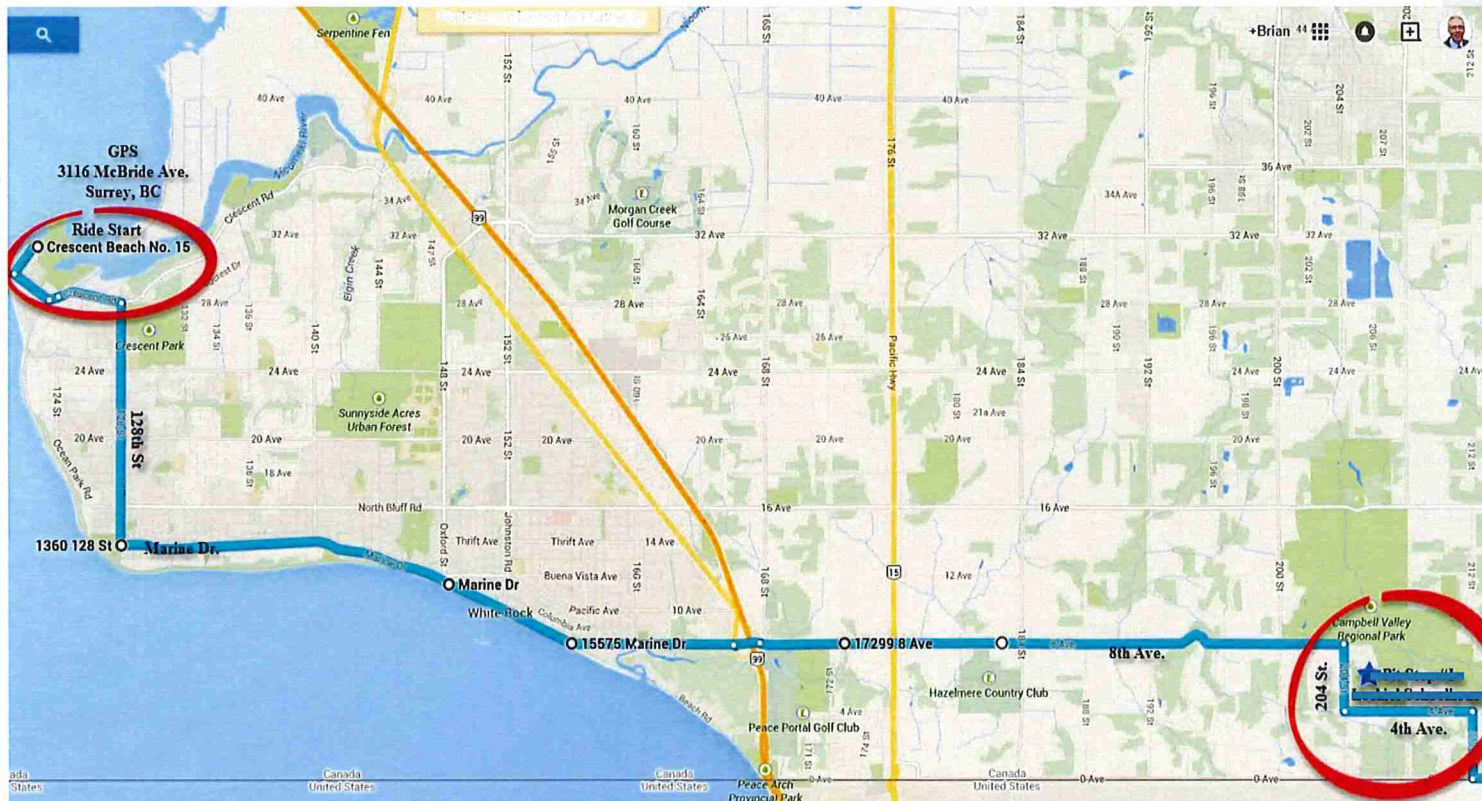


Cystic Fibrosis  
Fibrose kystique  
Canada

Blackie Spit Registration and Rider Check-in



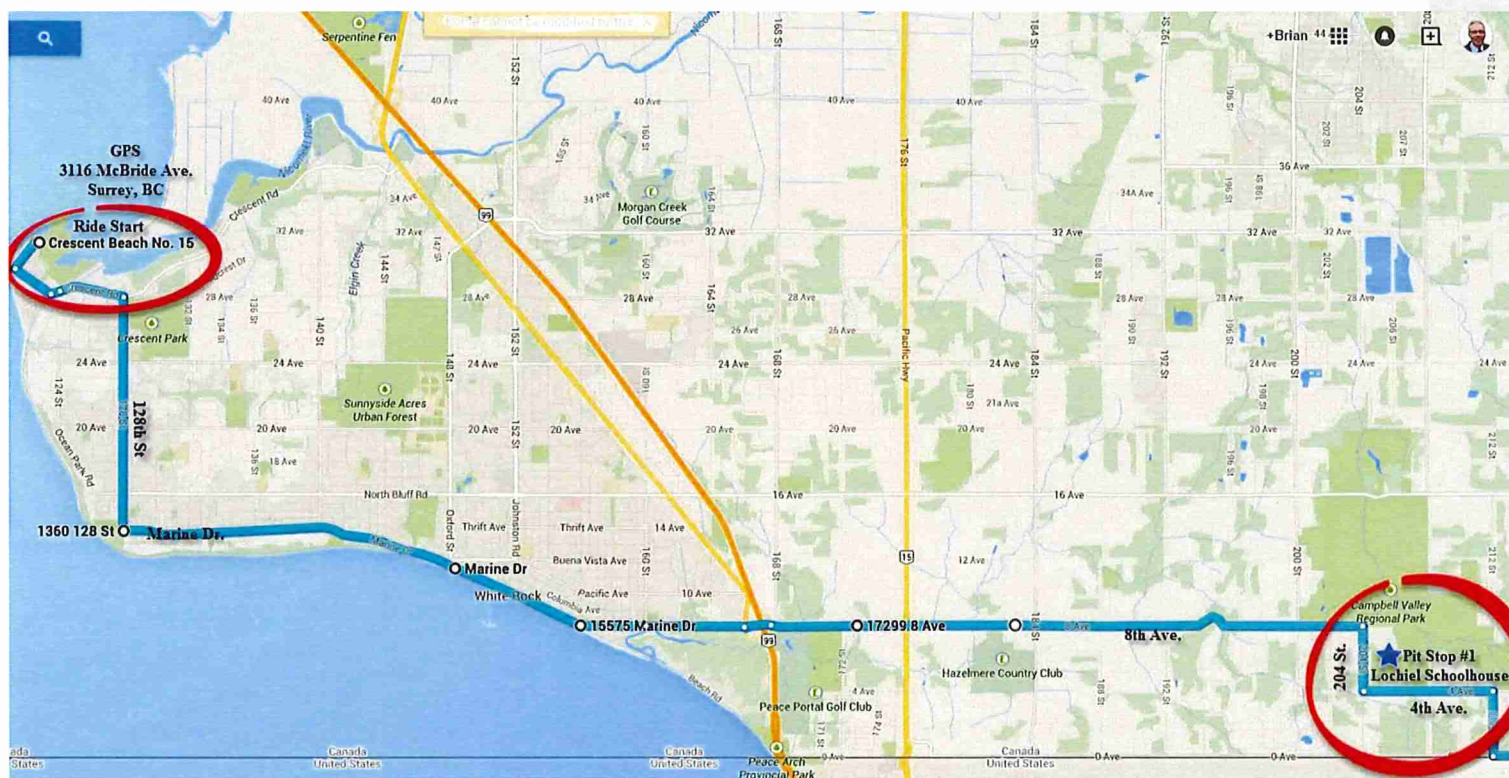
## MANDATORY CHECK IN





Marine drive & Balsam to Trailhead Campbell Valley (8th Ave. and 204 St.)

**MANDATORY CHECK IN**



CBSA detour between pit stop #2 & pit stop #3



Pit stop #2 to Pit stop #3

Trailhead Campbell Valley to South Abbotsford Church (32424 Huntingdon Rd)

**MANDATORY CHECK IN**



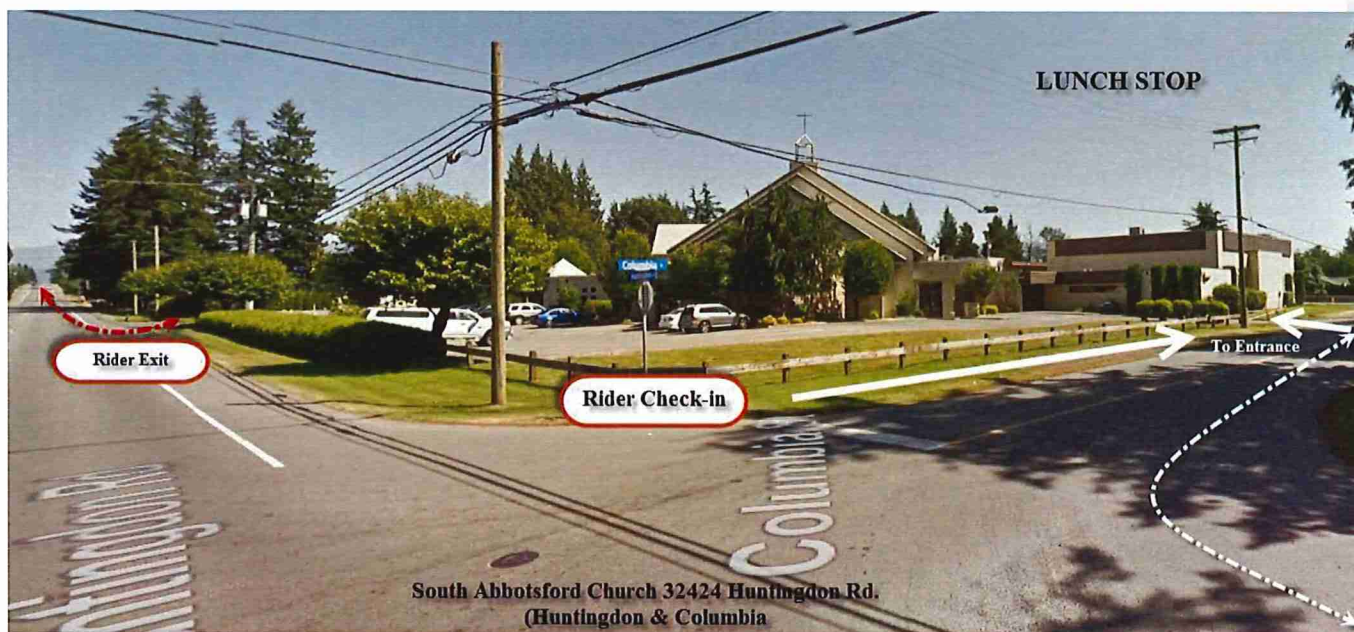


### Pit stop #3 – Lunch South Abbotsford Church

Turn right to go to the entrance. Park bikes on grass against the fence – **all riders must check-in.**

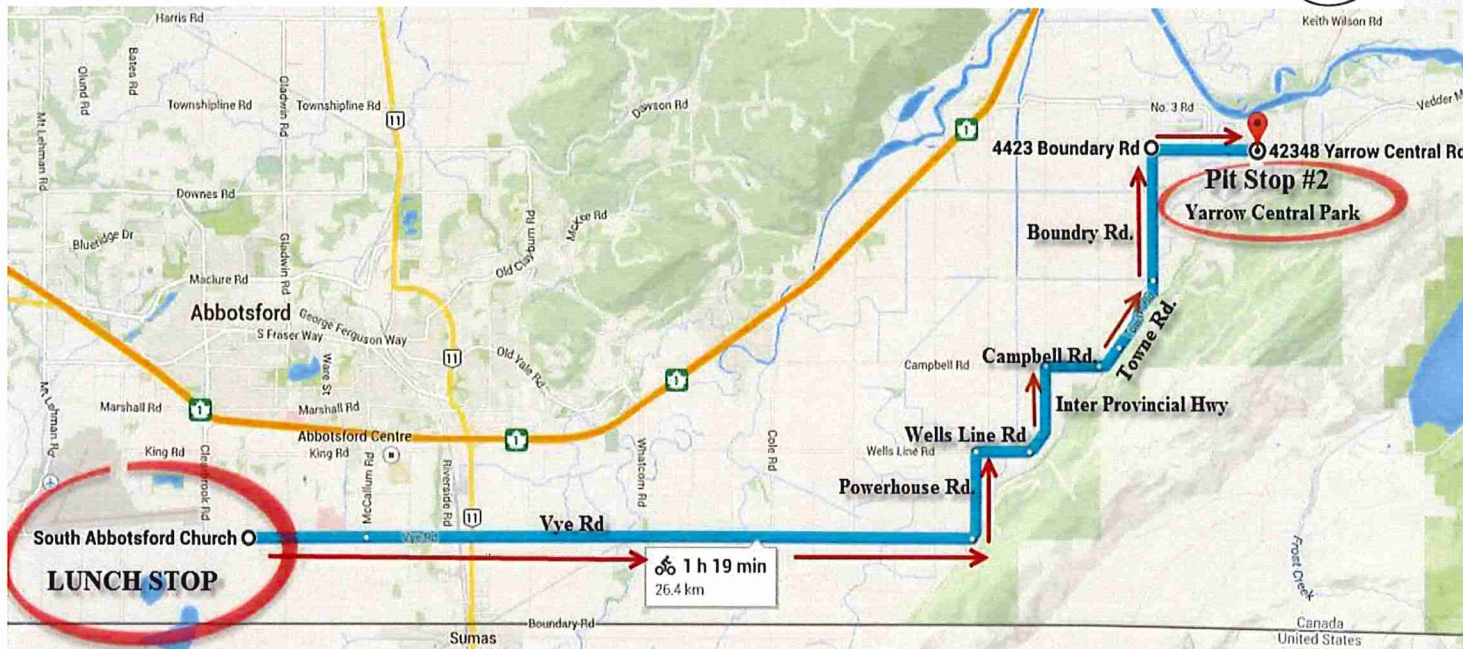
After lunch, exit at far end of the parking lot to continue on ride on Huntington which will turn into Vye Rd.

Go directly to Powerhouse Rd. then on to Pit Stop # 2 at Yarrow Central Park.



### Pit stop #3 – Pit Stop #4

South Abbotsford Church to Yarrow Pioneer Park (Yarrow central Rd. & Kehler St.)





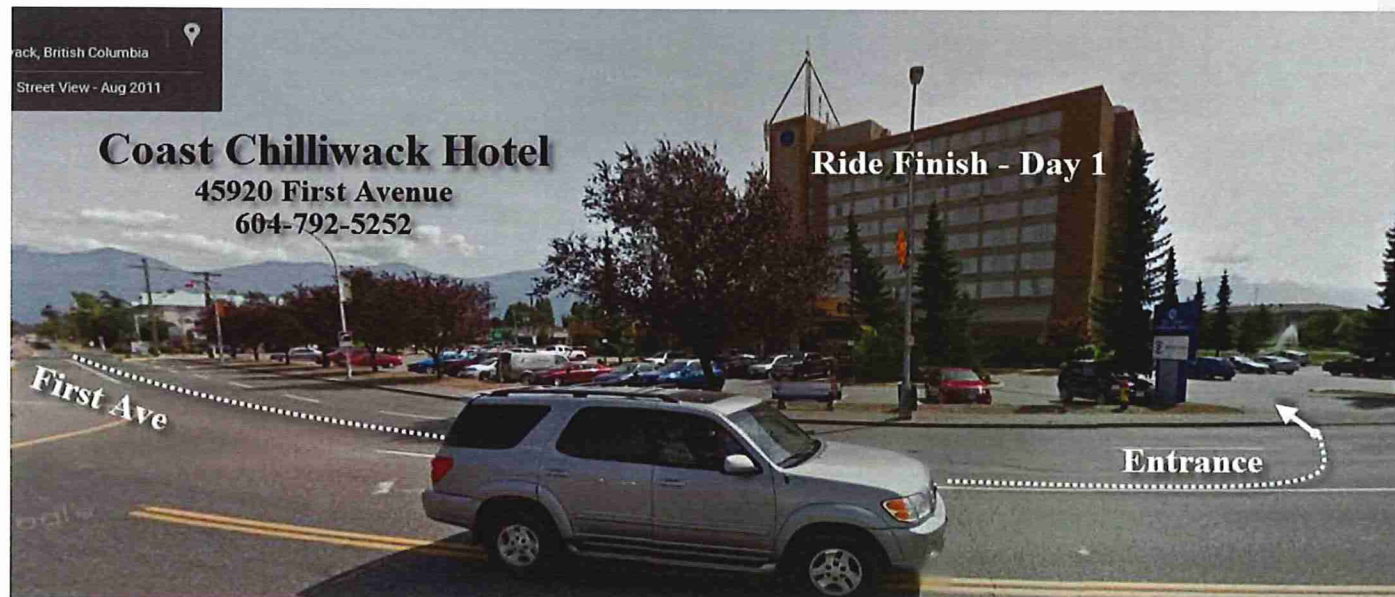
## MANDATORY CHECK IN





End of Race

Entrance around the curve off First Ave.



✓  
[Signature]

## Riders Check in

- Riders will cross the finish line at the hotel
- Riders are to check in with CF and volunteer teams posted at the front entrance of the hotel
- All riders will store their bikes in the hotel
- Day 1 riders will have access to shower facilities in the hotel's fitness area
- Day 2 riders will check into the hotel
- Day 1 & Day 2 riders are invited for dinner in the Coast hotel Ballroom
- Day 1 riders will have a transportation of them and bikes back to White rock and Vancouver after dinner

✓  



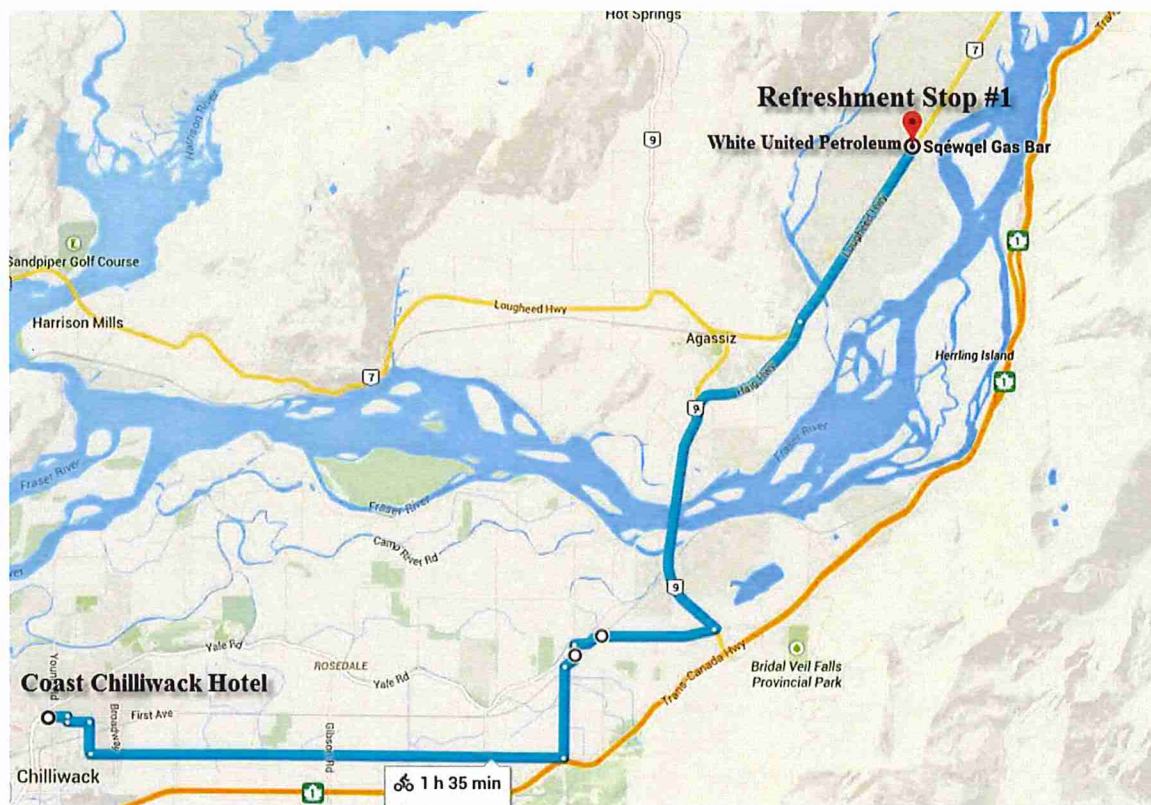

## Day 2 route (Chilliwack to Manning Park)

14th Annual – GearUp4CF – June 23<sup>rd</sup>, 2019

Start: Chilliwack Coast Hotel



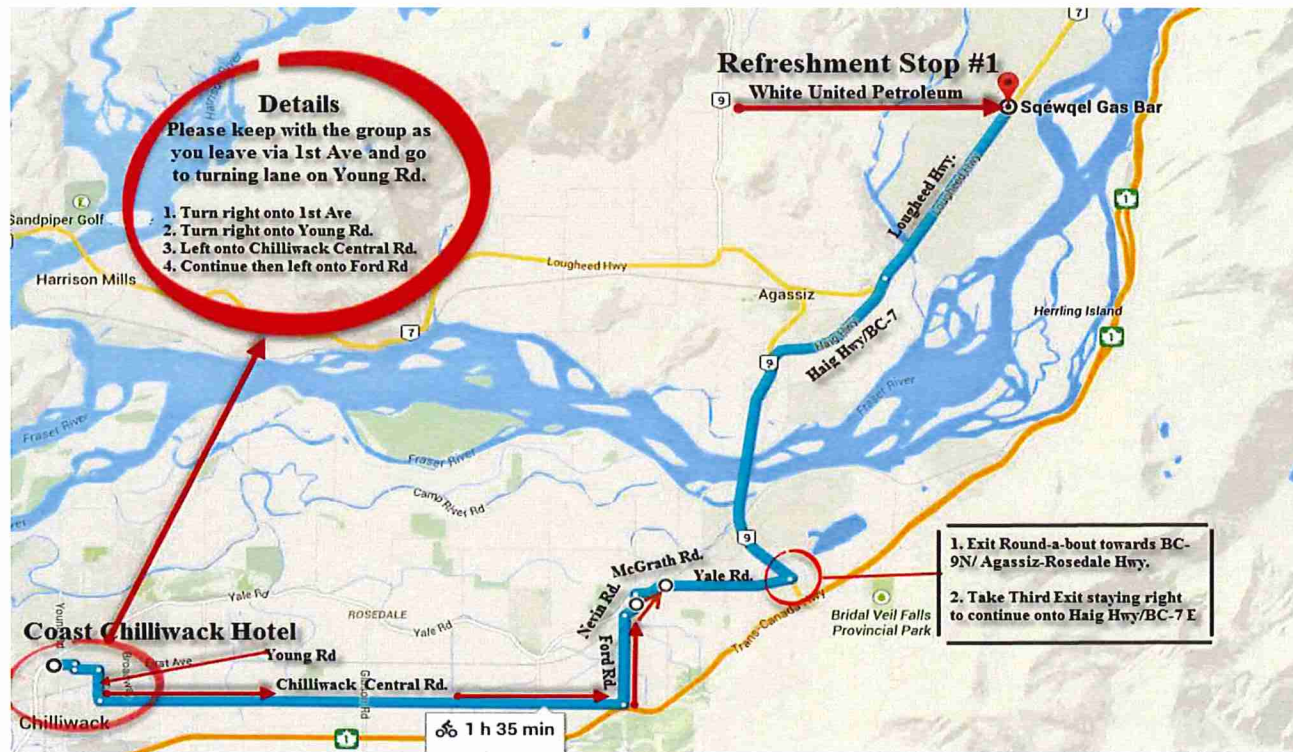
Cystic Fibrosis  
Fibrose kystique  
Canada



GEARUP4CF

1  
A

Start – pit stop #1  
Chilliwack Coast hotel to White United Petroleum



✓



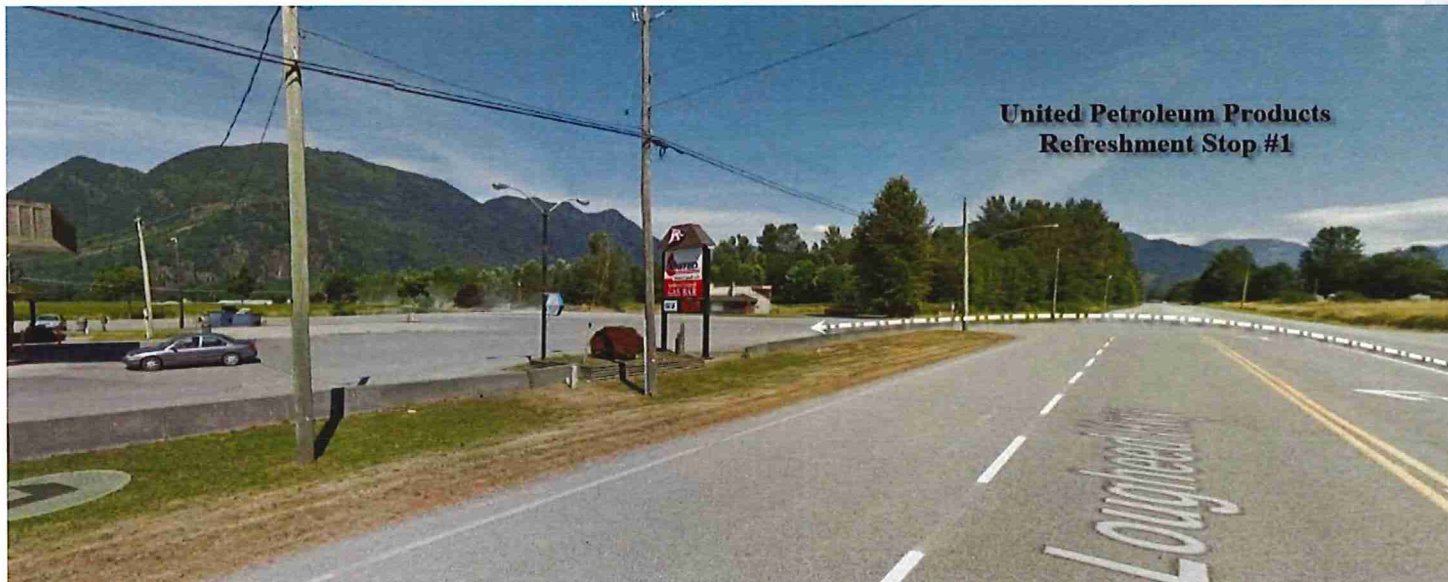
## Pit stop #1

### Chilliwack Coast hotel to White United Petroleum

MANDATORY CHECK IN

Stay right in bike lane until you reach the center left-turning lane  
(note the white dotted line shows the entrance to the parking lot)

Commented [T10]: Confirm this



Pit stop #1 to Pit stop #2

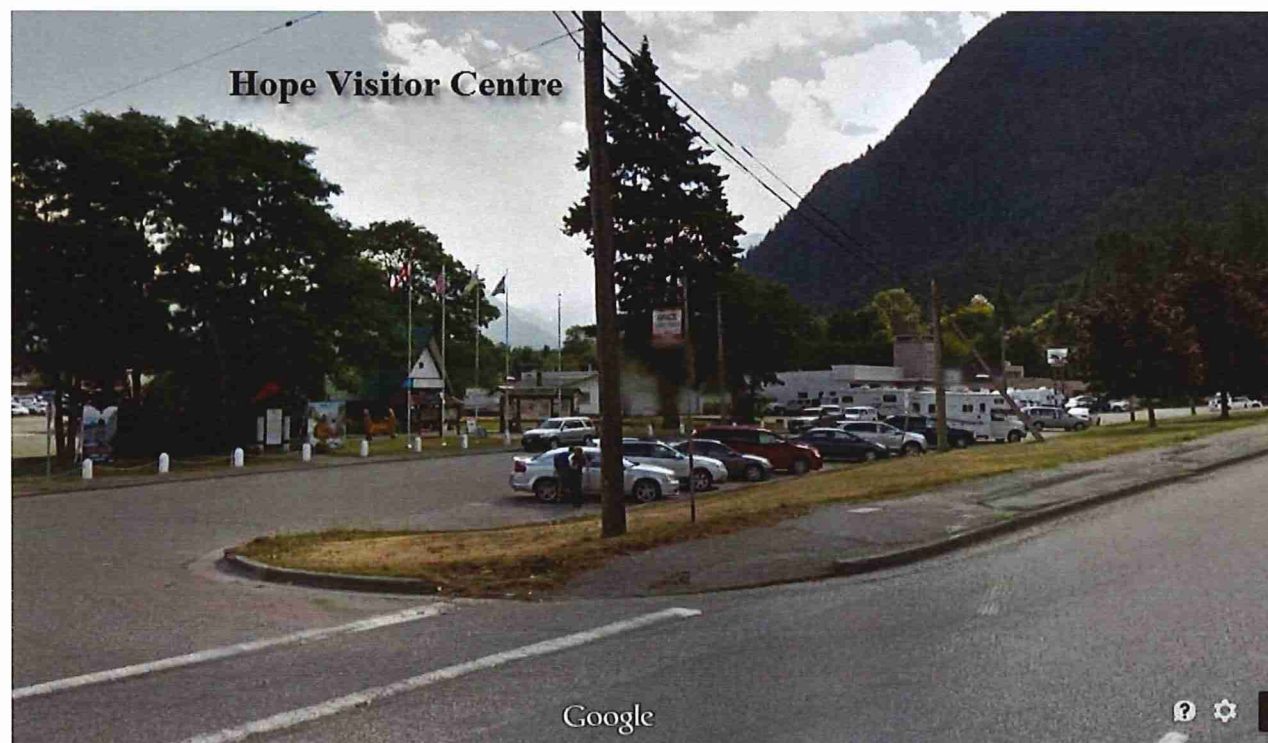
White United Petroleum to Hope Visitor Centre

(Go up the ramp and turn left onto Hwy 1 Trans Canada/BC-1 towards Hope Princeton – keep left at fork towards Hwy 1)





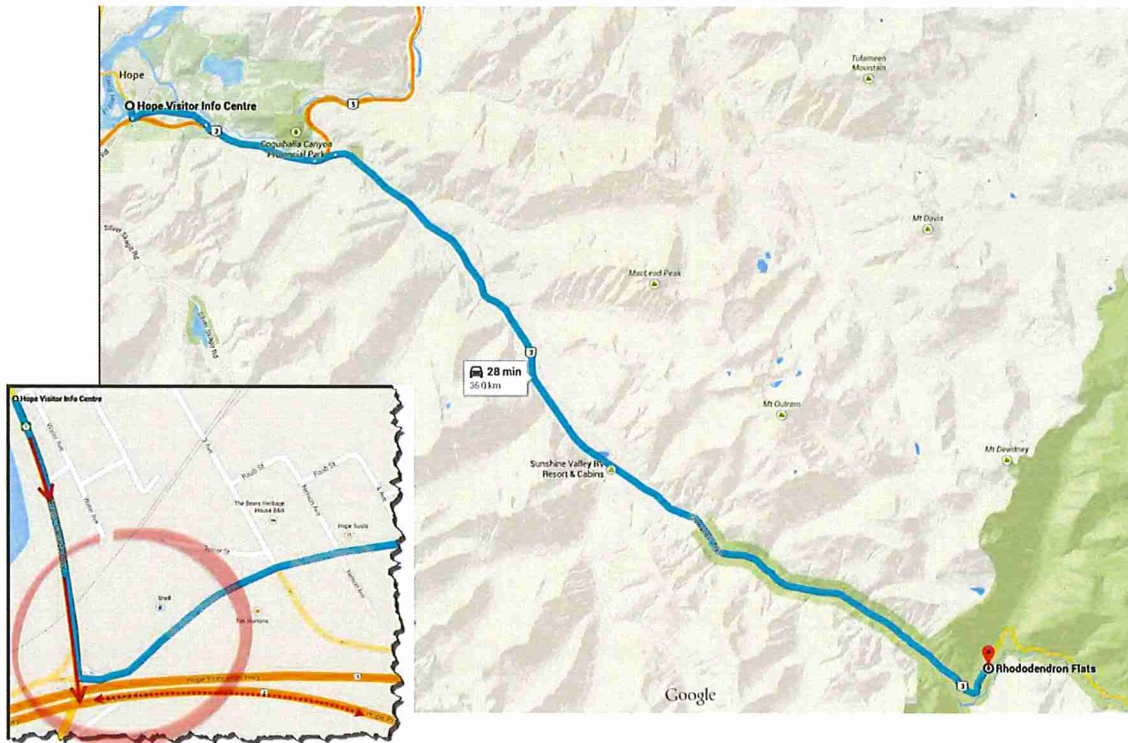
Pit stop #2: Lunch  
Hope Visitor Centre  
MANDATORY CHECK IN



Pit stop #2 to Pit stop #3  
Hope Visitor Centre to Rhododendron Flats Rest Stop

**MANDATORY CHECK IN**

Commented [TT11]: Double check this

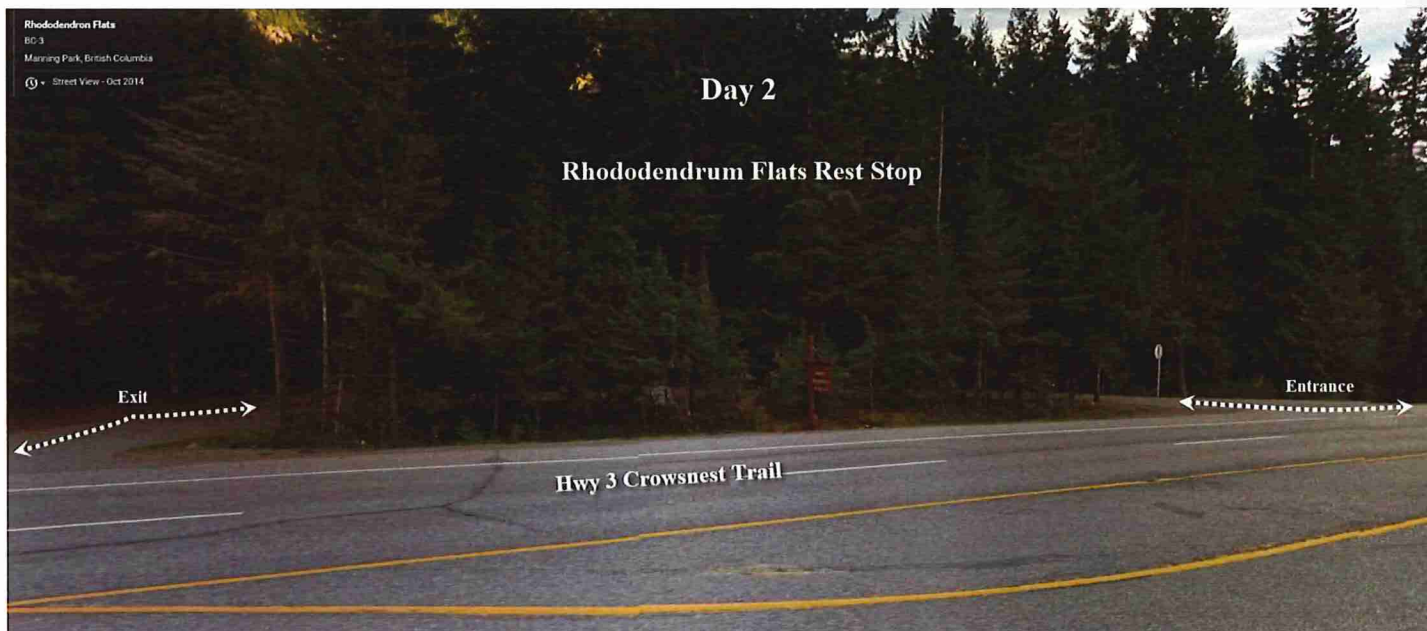




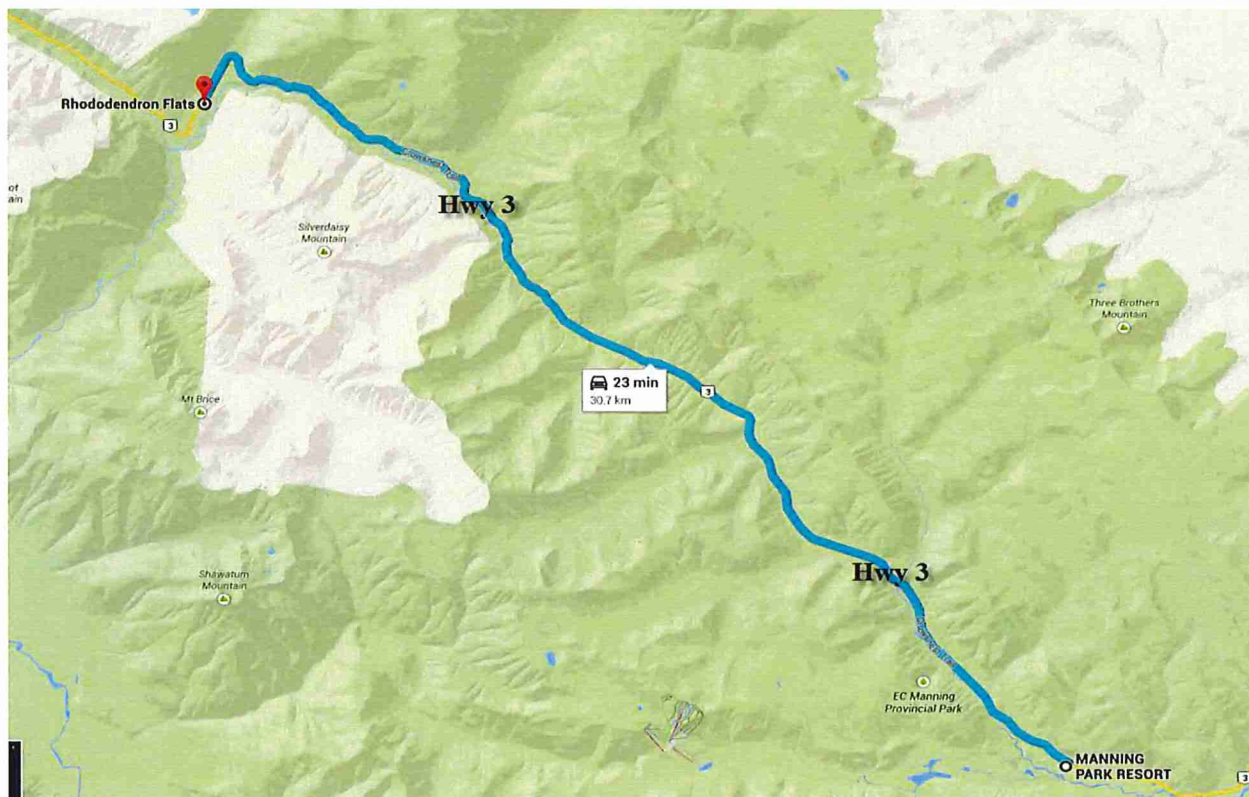
Pit stop #2: Lunch  
Hope Visitor Centre  
**MANDATORY CHECK IN**

CF Vehicles will be parked inside of the parking area and are visible once you enter the parking area at the entrance marked.

Commented [TT12]: Double check if this is required or not mandatory



Pit stop #3 to Pit stop #3  
Rhododendron Flats Rest Stop to Manning Park Resort



Finish  
Manning Park Resort  
**MANDATORY CHECK IN**

Proceed to parking lot after exiting Hwy 3 then to lodge as shown below

