

# ELBOW VALLEY CYCLE CLUB

*Presents*

# The 2019 Golden Triangle

*36 Years and Still Going Strong*

**May 24, 25, 26, 2019**



Welcome to the GT, one of the most scenic rides in Canada. We hope that this year's ride will be special for you. Contained in this booklet is information to help make your ride enjoyable and safe. Please check it over carefully. If you have questions, please contact the Coordinators at [evccgt@gmail.com](mailto:evccgt@gmail.com)

## **SAFETY IS OUR FIRST PRIORITY!**

- Please protect yourself by wearing a helmet and not wearing headphones.
- Wear brightly colored clothing and have a flashing taillight that you can use if its wet or foggy.
- Ride safely, in single file and follow basic signs for letting fellow cyclists know what you are doing. (turns, stopping, pulling over, indicating obstacles like glass or holes)
- Pass safely. Call out “passing” or “on your left”
- Never, ever, pass on someone’s right.
- Stay to the right of the shoulder, allowing others to pass safely on your left
- When coming down a hill, watch for gravel or debris on the shoulder and if necessary, move into the lane.
- First Aid is available from most support vehicles which have radio contact with a nurse.
- Protect our volunteers by limiting your baggage weight. They have been instructed to not lift heavy bags – you could find yourself repacking before you start your ride.
- Food is handled by volunteers who have received instruction in food handling. Do not help yourself in food lines unless invited to do so.

## **FITNESS**

This is a challenging ride with over 100 kilometres to cover each of the three days and lots of hill climbing. Make sure you have done some long rides before the weekend so that your whole body (i.e. legs and butt) is ready for the challenge. The key is pacing – don’t let anyone else set your pace. Instead, set your pace that will allow you to be steady and strong throughout the day. Day one starts with a long climb so start slowly and give your body at least ten minutes warm up in a low gear. Day three also starts with a long climb so pace yourself and you’ll be proud.

## **BIKE PREPARATION**

This is a challenge for your bike too so please make sure it’s in perfect working condition with either a full tune-up at a shop or by yourself and then ride it for a long ride before the GT just to make sure it’s all perfect.

We have a skilled mechanic on the ride with us and he carries quite a selection of parts so if you do have trouble ask him for help and he likely will be able to get you on the road again. He carries a floor pump and sets up at lunch, snack and finish line to help you if needed. Costs of repairs are paid directly to him.

You are expected to repair flats and pump up you own tires on the roadside as well as lube you chain and do basic maintenance. Remember to carry correct size tubes and repair tools.

## **PACKING LIST**

A basic checklist – it is mountainous country with extreme weather changes possible and you will not be able to access your luggage during the day

Caution: Usually the weather is excellent but on occasion we have had cold wet weather too so packing things like shopping bags and elastic for emergency foot warmers and hand covering may help turn what could be a cold wet miserable ride into just a wet ride!

- Helmet
- Sunglasses
- Gloves, shorts, jersey, cycling shoes
- Windbreaker for cool mornings
- Off bike clothing and footwear – don't forget a swimsuit for Radium Hot Springs (many people carry this on day one and stop on their way down from the summit for a shower and relaxation before carrying on to Radium Village about 3 km further down.)
- Re-usable food and drink containers for Snack and Lunch stops
- Personal articles
  - Medications, a bit of toilet paper, small first aid kit,
- Clothing for rotten weather (remember there is no such thing as bad weather just bad gear)
  - Cycling jacket, full length tights, vest, neck tube, under helmet cap or toque, water-resistant or water-proof jacket, warm gloves, gaiters and/or shoe covers
- On your bike
  - Water bottles, tool kit, pump and tubes, gels or bars, and camera
- If you're camping
  - Tent with rain fly
  - Ground sheet
  - Sleeping bag and pad
  - Hammer for pounding in pegs in rocky parts of Golden campground
  - Flashlight or headlamp
  - Large plastic bags to put your camping gear in if it gets wet

## **BAGGAGE**

“It is not necessary to pack everything for just a weekend”

Pack Smart – no breakables, **35 lbs (16kg) is the maximum** not a goal. Your luggage will share space with over a hundred other bags and will be handled by volunteers a minimum of six times. Please pitch in if you can see a place to help and expect bags to be piled high in the truck so leave you best luggage at home. Baggage tags will be available at registration either in Calgary on Tuesday May 21 or at Castle Junction on Friday morning.

Campers are allowed two bags which will be delivered to the campgrounds in Radium and Golden.

If your bags are not labeled properly they cannot be delivered properly! It is your responsibility to ensure that they are properly labeled. If you are not staying at one of the motels listed on the registration, your bags can be picked up at the campground.

Motel guests – Please make sure your bags are at the spot designated by hotel management by 7:45 AM. We cannot be responsible for bags that are late or left in non-designated places.

### **YOUR REGISTRATION PACKAGE**

Your registration package includes the following: 1. Wristband – please keep this on all weekend. Photo ID is required to replace it. 2. Colored tape to tie to your helmet or bike rack 3. Swag bag – your coordinators and volunteers have provided some goodies for each rider. It's yours to keep and enjoy. 4. Parking Permit for the gravel pit. As a safety measure, please put the drivers name as well as any other cyclists riding with you on the permit. A permit will be available at registration or you can print one off at the end of this document and have it ready when you arrive.

You will also be able to pick up and fill out your luggage tags and your jersey (if ordered).

REMEMBER, you can pick up this package at the early registration night, May 21 from 7:00 pm to 9:00 pm and then on Friday just drop off your bags and ride.

### **THE GRAVEL PIT**

The Castle Mountain Gravel Pit is where you must leave your vehicle for the weekend. If you park in other locations nearby you could be towed. You cannot camp in the gravel pit. The pit is just off Highway #1 at the Highway #93 intersection. Go right and follow the signs for the Highway #1A intersection for about 850 metres. Just after you cross the bridge you will see volunteers directing traffic into the gravel pit on your left. Please follow the direction of the volunteers to guide you to a parking spot. The drop-off area is only for riders who are being dropped off by someone else and for people who have picked up their luggage tags at the early registration on Tuesday evening. The drop-off area is always a challenge so please keep your time in this area to under 10 minutes or avoid it altogether and bring your bags from your vehicle.

### **SUPPORT VEHICLES**

The ride is supported by marked vehicles equipped with radios and manned by members of the Calgary Amateur Radio Club and EVCC volunteers. If you are on the side of the road and need support from any of the GT vehicles, please signal for help by patting the top of your head with your hand. The support vehicle drivers will know this is the signal that you need help.

In case of emergency where medical assistance is necessary flag down a support vehicle for assistance or call 911.

### **SHOWERS AND DRYING OUT**

In Radium, if you are camping your only opportunity for a shower is at the Radium Hot Springs on Friday night. A shuttle vehicle will deliver cyclists from the campground and back between the hours of 3:30 and 9:00 pm. Meet at the west side of the baseball diamond/campground near the luggage drop.

A laundromat in Radium is located beside the Petrocan Gas Station and the 4-way stop intersection of Highways 93 and 95.

The campground in Golden has coin operated showers. The laundromats in Golden are at 801 10<sup>th</sup> Ave S and 625 10<sup>th</sup> Ave. N.

## **MEALS**

Remember to pack reusable cups and plates for lunches and snacks. Our volunteers are precious so please let them know they are appreciated.

Vegetarians and those on restricted diets will need to ask for their dinner and show their wristband which is a different color. Peanut butter is kept apart from all other food on a separate table. We cannot guarantee that cross contamination will not occur.

Snack and lunch times are listed on the summary at the end of this document. If you are a fast rider, please don't leave early as you may have to wait at the stops until they are set up and prepared. If, on the other hand, you take your time for pictures or a slower pace, make sure you get an early start.

Additional meals are available for ordering online through the club's website until May 5. Go to Events, Golden Triangle and then GT Storefront. If you have difficulty, please contact the coordinators at [evccgt@gmail.com](mailto:evccgt@gmail.com)

All food and meals are at the club's cost and are a major portion of your fee. You will be asked to show your wristband at each snack, lunch, breakfast and dinner occasion. If you have family and/or friends supporting you please have them contact the coordinators at [evccgt@gmail.com](mailto:evccgt@gmail.com) to purchase a snack and lunch package. (2019 price \$25.00)

At Golden volunteers will be setting up and taking down the tables and chairs so please help where you see something that needs doing.

## **RAFFLE PRIZES**

We have several prizes donated by Calgary and area bike shops and of course the major prize of a Specialized Tarmac Expert that we have purchased from Cranked at a huge discount. Bring lots of cash for raffle tickets sold during our Golden dinner!

Tickets are three dollars each or three for five dollars.

## THE ROUTE

### ROUTE FILES FOR YOUR PHONE OR GARMIN

To get the location specific announcements from the RWGPS GT route files, riders need to click on this link (to the free Ride With GPS app) on their smartphones:

[https://ridewithgps.com/auto\\_approve/Event/78859/CRItx9nqnArBZm5Y](https://ridewithgps.com/auto_approve/Event/78859/CRItx9nqnArBZm5Y)

and follow the instructions.

If riders also open the above link on their laptop computers, they can

- export route files to their dedicated GPS devices (without the audible prompts)
- create cue sheets and custom route maps to print at home and take along

To see the entire route on one map, click on "show all on map" button (at bottom) when in the [EVCC Golden Triangle 2019](#) event.

To be sure you have the latest route file edits on the stored files on your phone, open the Ride With GPS app (with a wifi signal) the day before the GT and the files should update themselves automatically.

# Tour Summary

## DAY ONE

Food Locations	Cumulative Distance	Open Times
Snack – Boom Lake Trailhead	7.9 km	8:45 AM – 10:30 AM
Lunch – Wardle Creek Picnic	51.4 km	11:00 AM – 1:30 PM
Snack – Kootenay River Area	81.6 km	1:00 PM – 3:30 PM

**Camping:** Baseball Diamonds in Radium Townsite south and west of 4 way stop. No showers but shuttle to Radium Hot Springs from 3:30 – 9:00pm

**Luggage** will be dropped at motels as tagged. Campers and untagged bags will be available at the campsite.

**Dinner:** In the new Radium Hall next to the Ball Diamond/Campground from 5:30 to 7:30 pm. A cash bar will be run by the Lion’s Club from 3:00-8:30 pm.

## DAY TWO

Food Locations		
Snack: Spillmacheen Rest Area	34.9km	9:00 AM – 11:00 AM
Lunch: Braisher Creek Rest Area	76.0km	11:00 AM – 1:30 PM

**Breakfast:** In the new Radium Hall from 7:00 AM to 8:30 AM

**Luggage:** Campers luggage must be in the truck at the campground by 8:30 AM. Each motel will designate a place for the EVCC luggage to be left until pick-up starting at 7:45 AM

**Camping:** At the Golden Municipal Campground near the Hall and the Pool. Check in at office for designated area. Coin operated showers are available. Additional family and friends must check in and pay for camping.

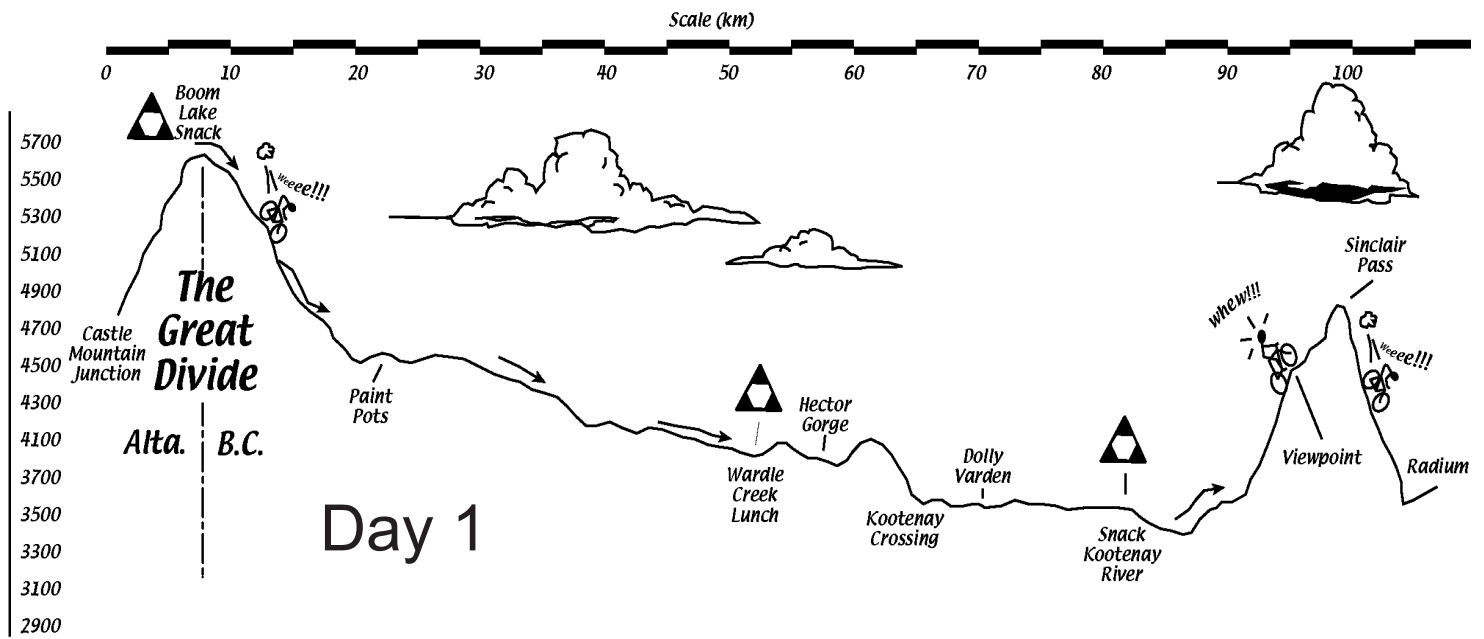
**Dinner:** In the Golden Rec Plex. The hall opens at 4:00 PM with Dinner served from 5:30 till 7:00 PM. Cash bar is available from 4:00 PM till 8:30 PM

## DAY THREE

Food Locations:		
Snack: Old Info Centre Yoho	30.1 km	9:00 AM – 11:00AM
Lunch: Field Information Area	58.4 km	11:00 AM – 1:30PM
Snack: Taylor Lake Day area	101.0km	1:00 PM – 3:00PM

**Breakfast:** In the Golden Rec Plex 1310 9<sup>th</sup> St. from 6:30-8:30 AM

**Luggage:** will be picked up starting at 7:45 AM. All Luggage will be available at the Gravel Pit by 2:00 pm

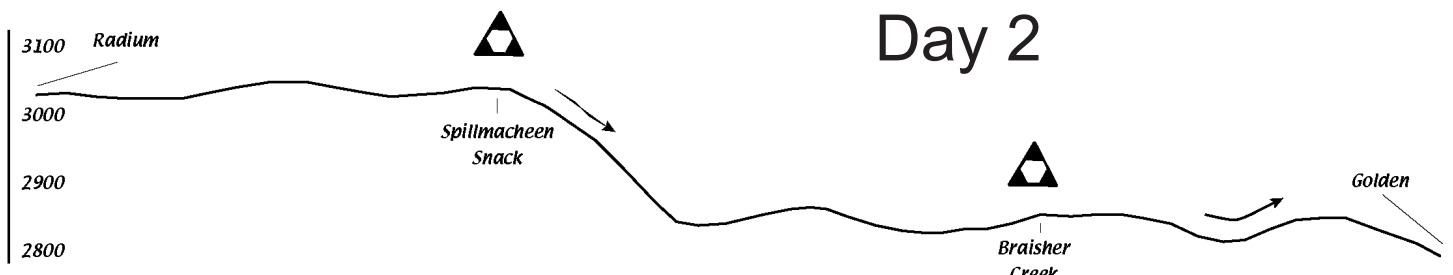
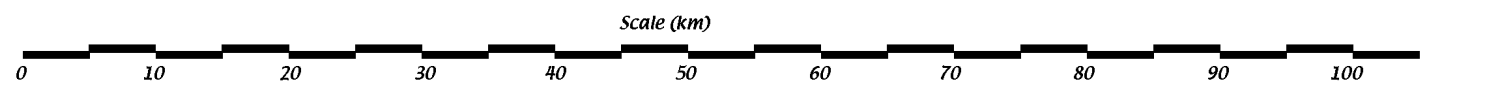
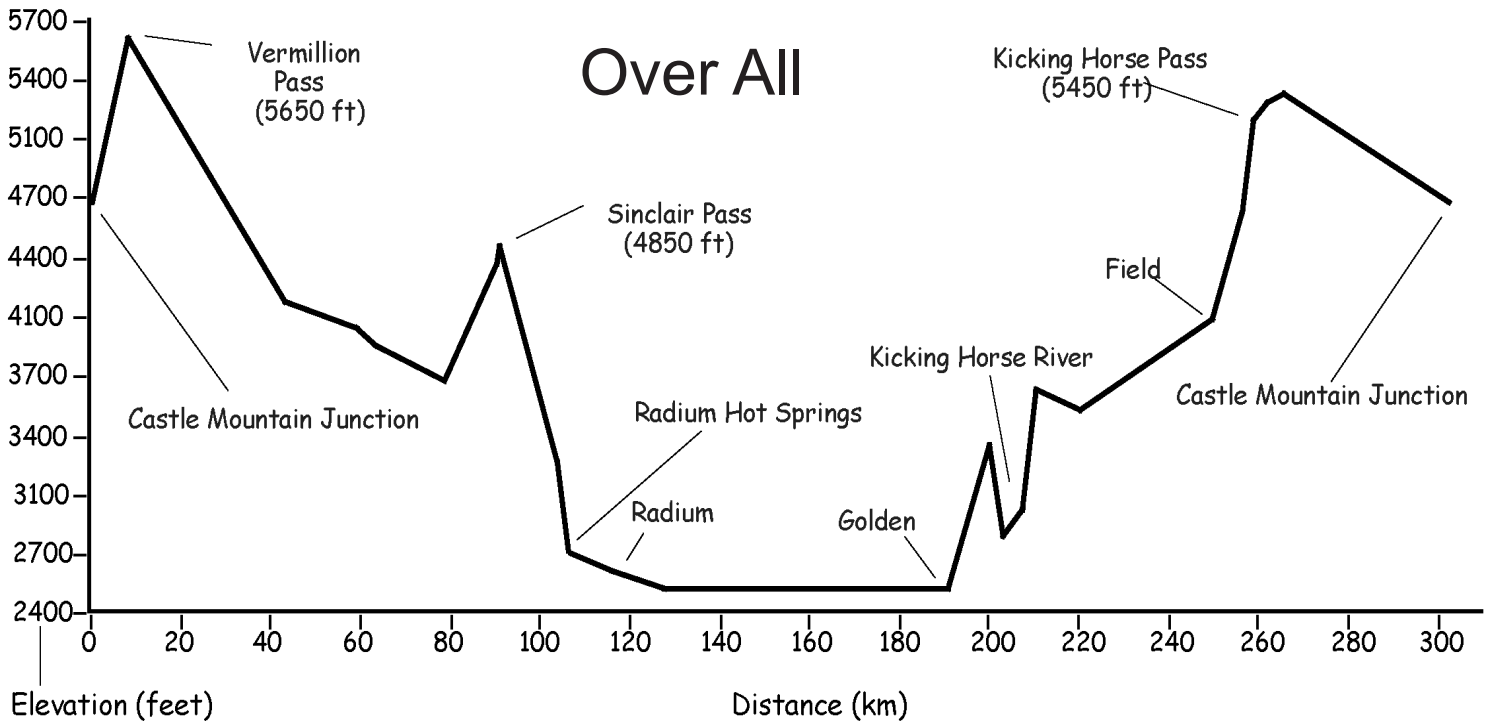


# Day 1

Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
<b>0.0</b>	<b>106.39</b>		<b>4,735</b>	<b>Castle Mountain Gravel Pit</b>	<b>Start of Ride!</b>
0.88	105.51	J	4,757	Straight on	Hwy 1 to L and R
6.3	100.36	R	5,658	Storm Mtn Lodge	Ph
7.56	98.83	H	5,730	Top of hill	
<b>7.89</b>	<b>98.50</b>	<b>R</b>	<b>5,711</b>	<b>Boom Lake</b>	<b>Snack, PA, T</b>
10.95	95.44	L	5,438	Cont. Divide AB-BC Boundary	
14.31	92.08	L	5,210	Stanley Glacier	Trailhead
18.32	88.07	L	4,808	Marble Canyon	Exhibit, T, Ranger Station
20.58	85.81	R	4,720	Paint Pots	PA, W, T
25.23	81.16	R	4,557	Numa Falls	PA, W, T
33.47	72.92	R	4,345	Floe Lake	Trailhead
41.75	64.64	R & L	4,154	Vermilion Crossing	Store, T, PA
48.17	58.22	L	4,094	Sir George Simpson	Exhibit
49.32	57.07	L	4,020	Animal Lick	Exhibit
<b>51.39</b>	<b>55.00</b>	<b>R</b>	<b>4,079</b>	<b>Wardle Creek</b>	<b>Lunch, PA, T</b>
57.85	48.54	L	4,149	Hector Gorge	Viewpoint
60.84	45.55	R	3,922	Kootenay Pond	
61.85	44.54	R	3,884	Kootenay Crossing/Ranger Station	Exhibit
68.93	37.46	L	3,819	Dolly Varden	PA, T, W
76.39	30.0	L	3,741	Mount Harkin	Exhibit
77.60	28.79	L	3,748	McLeod Meadows	Campground
78.11	28.28	L	3,727	McLeod Meadows	PA, W, Shelter
<b>81.62</b>	<b>24.77</b>	<b>L</b>	<b>3,673</b>	<b>Kootenay River</b>	<b>Snack, PA, W, T, Bottom of Hill!</b>
85.48	20.91	J	3,950	Straight on	Settler's Road to Right
89.20	17.19	L	4,487	View Point	Exhibit
89.80	16.59	L	4,500	Cobb Lake	Trailhead
92.51	13.88	L	4,866	Olive Lake	PA, T, Top of Hill!
102.53	3.86	L	3,353	Radium Hot Spring	Hot Pool, T
104.25	2.14		3,041	Kootenay Park	Park Exit
105.53	0.86		2,889	Radium Townsite	Turn left at intersection into Radium
<b>106.39</b>	<b>0.0</b>		<b>2,852</b>	<b>Radium Camping End of Ride!</b>	

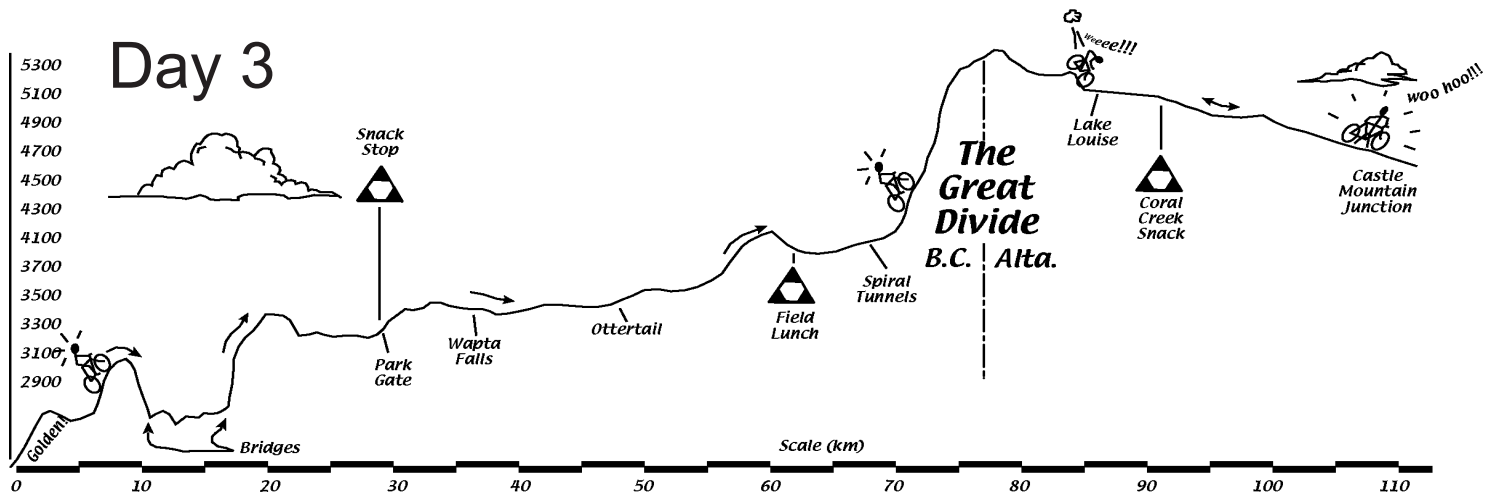
Codes: B - Bridge; H - Hill; J - Junction; PA - Picnic Area; Ph - Phone; T - Toilet; W - Water; R - Right; L - Left.





Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
<b>0</b>	<b>105.20</b>		<b>2,800</b>	<b>Radium Campground</b>	<b>Start of Ride!</b>
0.62	104.58	J	2,800	Turn Left to head out of town	
9.40	95.80	J	2,900	Straight on	Edgewater village to Right
16.18	89.02	B	2,850	Kindersley Creek	
18.94	86.26		2,800	Spur Valley	
22.93	82.27	B	2,700	Deadman Creek	
28.77	76.43	J	2,700	Straight on	Bugaboo Glacier Road to Left
29.05	76.15		2,700	Brisco	Store
<b>34.92</b>	<b>70.28</b>	<b>L</b>	<b>2,600</b>	<b>Spillmacheen Rest Area</b>	<b>Snack, PA, T</b>
70.65	53.2		2,600	Harrogate	Store, T
51.00	54.20		2,600	Castledale	Village
54.00	51.20		2,600	Parson	Village, Store
<b>77.94</b>	<b>29.26</b>	<b>R</b>	<b>2,600</b>	<b>Braisher Creek Rest Area</b>	<b>Lunch, PA, T</b>
96.49	8.71	J	2,600	Straight on	Nicholson to Right
102.44	2.76		2,600	Wildlife viewing area	Exhibit
104.15	1.05	R	2,600	Golden Town Centre	Turn Right at lights
<b>105.20</b>	<b>0.0</b>		<b>2,600</b>	<b>Golden Campground</b>	<b>End of Ride!</b>

Codes: B - Bridge; H - Hill; J - Junction; PA - Picnic Area; Ph - Phone; T - Toilet; W - Water; R - Right; L - Left.



Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
<b>0</b>	<b>111.47</b>		<b>2,591</b>	<b>Golden Campground</b>	<b>Start of Ride!</b>
1.03	110.44	J	2,575	Turn right at lights	
2.37	109.10	J	2,602	Follow off ramp out of Golden	Hwy 1 back to Castle Mountain
11.02	100.45	H	3,264	Drop into Kicking Horse River Valley	
<b>14.7</b>	<b>96.7</b>		<b>3111</b>	Rest Area	T, Ph, W
<b>16.3</b>	<b>95.17</b>	<b>B</b>	<b>3109</b>	<b>Kicking Horse Bridge - enjoy the view!</b>	
19.3	91.45		3,660	Rest Area	T
29.2	<b>81.33</b>	<b>R</b>	<b>3,698</b>	<b>Yoho Park Gate</b>	<b>Snack, start of Yoho Park</b>
33.88	77.59		3,623	Wapta Falls	Trailhead
35.75	75.45		3,607	Chancellor Peak	Campground
36.02	75.72		3,626	Hoodoo Creek	Trailer Camp
37.47	74.00		3,630	Faeder Lake	Exhibit, PA, T
42.27	69.20		3,729	Finn Creek	PA, W, T
46.78	64.69		3,842	Ottertail	Exhibit and Picnic area
57.50	53.08	R	4,142	Field Townsite	Store, Police
<b>57.60</b>	<b>53.08</b>	<b>R</b>	<b>4,142</b>	<b>Information Centre</b>	<b>Lunch, PA, T, Ph</b>
62.29	49.18	H	4,158	Steep Uphill	The "Field Hill"
65.69	45.78	L	4,798	Spiral Tunnels	Exhibit
69.75	41.72	L	5,237	Great Divide Lodge	Hotel, Ph
74.36	37.11		5,418	BC-AB Boundary -Great Divide	High point, Kicking Horse Pass
81.38	30.09	J	5,111	Stay on #1 Hwy	Hwy 93 to Jasper to R
83.10	27.36	J	5,097	Take Off-ramp Right	Near Lake Louise townsite
83.50	27.36	J	5,097	Cross Hwy 1A	
83.80	27.36	J	5,097	Take Hwy 1 Eastbound On-ramp	Rejoin Hwy 1 eastbound

### Continue on Hwy 1 to Castle Junction

<b>101.00</b>	<b>8.5</b>	<b>R</b>	<b>5,220</b>	<b>Taylor Lake Day Use Area</b>	<b>Snack, PA, W, T</b>
108.50	0.50	R	5,315	Hwy 93 exit	
108.8	0.40	L	5,029	Hwy 93 North	
109.7	0.30	L	5,021	Entrance to Gravel Pit	
<b>110.00</b>	<b>15.23</b>		<b>4,930</b>	<b>Finish!</b>	<b>End of Ride</b>

Codes: B - Bridge; H - Hill; J - Junction; PA - Picnic Area; Ph - Phone; T - Toilet; W - Water; R - Right; L - Left.