



# *The Crossing*

## Vancouver to Halifax — a cycling challenge ride across North America

### The Concept

The Crossing is a fast-paced ride between major Canadian sea ports on the Pacific and Atlantic Oceans. Vancouver to Halifax is a traditional trip for a timed cross-continent cycle journey.

It's a ride against the clock. We record daily and cumulative times, although riders need not have their times published.

Riders enter solo or as teams, either a team of two or a segment team with different riders in each segment.

Riders may be sponsored. Or they may ride for a personal challenge. Sponsorship may include charity fundraising

### Meeting the Challenge

This is a challenging ride. Participants must follow a vigorous pre-ride training schedule. We expect that riders will be prepared for a daily ride of 200-plus kilometres before the start of the trip.

Several century-plus rides (100 miles or more) should be part of the spring training schedule.

Individual requirements will vary because riders will have different base fitness levels, natural talent and mental discipline for proper pacing during the daily rides.

We expect that participants will be experienced cyclists who can handle a long, fast-paced ride with ease. The challenge on this trip is in riding long distances day after day.

A typical rider will have done at least 3,000 or 4,000 kilometres in a three or four month period ahead of the ride and probably will have logged at least 5,000 km in the previous season.

### The Route

The route for The Crossing starts in the Fraser River Valley. We leave the lowlands to tackle the Coquihalla Pass, a tough ascent over the Coast Mountains.

Then it is north and west to Jasper and more challenging hills on the Icefields Parkway.

Across the Prairies, we go through Rocky Mountain House and Saskatoon to roads that stay north of the Yellowhead Highway and take us through the Interlake District of Manitoba.

Entering Ontario, we travel around the east side of Lake of the Woods and through the Quetico Park lake district.

After passing through Thunder Bay the route follows the shore of Lake Superior to Nipigon, then to the northern plains district past Hearst and Kapuskasing.

At New Liskeard we reach the northern section of the Ottawa River system.

Our route follows the Ottawa River valley to the St. Lawrence, passing south of Ottawa and Montreal.

We cross the Beauce region of Quebec to reach northwestern New Brunswick.

Passing north of Moncton the route goes around the end of the Bay of Fundy past Truro. Then it's overland to Halifax.

### The Organizers

The Crossing is conducted by Cycle Canada, The Veloforce Corporation, which is owned by Bud Jorgensen. He is founder of Tour du Canada, a randonneur rider and a veteran of Paris-Brest-Paris, the 1,200 km quadrennial randonée that is the premiere event among randonneur rides worldwide.

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# The Crossing in Brief

## Prologue and Finish Line

The Crossing starts with a two-day prologue that includes orientation sessions and a time trial to set the starting order of riders on the first ride day.

Riders check in on the afternoon before the prologue. Accommodation that night is included in The Crossing package.

Spreading the orientation over two days allows plenty of time to talk through the daily schedule so that we can quickly settle into a routine on the first riding day.

The ride concludes with a group dinner in Halifax and accommodation that night included as well.

## What's in the Package

Overnight stays are a mixture of camping and indoor.

Having a camping component allows us to provide a full field kitchen for breakfasts and dinners on riding days. As well, we will have lunch supplies for riders to carry. And we will meet them at a mid-day point.

Accommodation will be indoor at rest day locations. Riders are on their own for meals on rest days

The support vehicle carries rider gear. Riders bring their own tents and bedrolls.

Our galley is wired for electricity and carries a refrigerator. The stove unit is set up outside for meal preparation.

Menu plans will be high in carbohydrates and proteins. Given the rigorous nature of the schedule, it is expected that rider appetites will be hearty.

A full tool kit will be on the truck, although bike maintenance and repair is the responsibility of riders.

## Schedule and Summary

DISTANCES & DAILY AVERAGES	Km	Mi
<b>Vancouver to Halifax</b>		
Total Distance	6,560	4,050
Daily Average	182	112
<b>Pacific Stage</b>		
Total Distance	952	588
Daily Average	159	98
<b>Prairies Stage</b>		
Total Distance	1,095	676
Daily Average	183	113
<b>Lakes Stage</b>		
Total Distance	1,146	707
Daily Average	191	118
<b>Northern Stage</b>		
Total Distance	1,124	694
Daily Average	187	116
<b>Rivers Stage</b>		
Total Distance	1,107	683
Daily Average	185	114
<b>Atlantic Stage</b>		
Total Distance	1,130	698
Daily Average	188	116

## DATES AND TIMELINE The Crossing 2008

Check-In	Afternoon of July 12
Orientation / Time Trial	July 13
Orientation / Afternoon Off	July 14
First Ride Day	July 15
Arrive in Halifax	August 24

Ride Days = 36 Rest Days = 5 Total Days = 41

Nights Camping = 30 Nights Indoor = 11

## Fees

For 2006, the full fee was C\$5,500, plus federal goods and services tax (GST). The fee for 2008 is yet to be set.

The fee includes all meals on riding days, single accommodation indoors at rest day locations and all camping fees.

## CYCLECANADA EVENTS

### *Tour du Canada*

Vancouver - St. John's

### *Tour Pacific*

Vancouver - Calgary

### *Tour Atlantic*

Loop from Halifax

### *Acadian Coast*

Bathurst - Moncton

### *The BiQue Ride*

Toronto - Montreal

### *Cariboo Trail*

Vancouver - Kamloops

### *Cabot Trail*

Loop from Baddeck

### *Erie Shores*

Windsor - Niagara

### *Fall Colours*

Dufferin - Niagara

### *Harvest Ride*

Loop from Ottawa

### *Icefields Parkway*

Jasper - Calgary

### *Scotia Bays*

Yarmouth - Halifax

### *Sunshine Coast*

Loop from Vancouver

### *Triple T*

Midland - Picton

### *Voyageur Route*

Ottawa - Quebec City

### *Southern Ontario*

#### *Century Ride*

Toronto Out & Back

Information on this sheet should be read in conjunction with the statement of Cycle Canada Practices and Policies and a separate statement of practices and policies that apply specifically to The Crossing.