

# PRESS RELEASE



**CycleCanada**  
166 Albert Street West, Box 310  
Alliston, ON L9R 1V6 Canada  
[www.CycleCanada.com](http://www.CycleCanada.com)

FOR IMMEDIATE RELEASE

## Cross-Canada Challenge Event Set for 2005

ALLISTON — October 9, 2004 — CycleCanada announced today that it has fixed the schedule for The Crossing™ — a six-week cross-country ride for 2005 that will set a new standard for cross-continent bicycle rides.

The Crossing will be a timed ride and daily average distances will be 185 km (115 miles). There will be several days of 200-plus kilometres in the schedule. Total distance of the ride from Vancouver to Halifax will be 6750 kilometres (4,200 miles).

Dates for The Crossing in 2005 will be July 2 to August 14. There are 37 riding days in the schedule over seven stages. Each stage will be followed by a rest day. Stages are The Pacific, The Rockies, The Prairies, The Canadian Shield, The Lakes, The Rivers and The Atlantic.

Riders enter as solo participants or as two-person tandem team, either as a same-gender team or a mixed team. Special arrangements can be made for a team with a different rider on each segment. Results will be recorded by age and gender using standard seniors and masters cyclists categories. For a tandem team or a segment team, the age category will be based on the youngest rider.

This is a challenging ride. Participants must follow a vigorous pre-ride training schedule. Riders should 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.

Cycle Canada, The Veloforce Corporation is a national cycling event management organization that has been staging challenging rides throughout Canada since 1988. Cycle Canada is owned by Bud Jorgensen, a long-time recreational cyclist and cycling advocate. Bud is founder of Tour du Canada, an annual coast to coast ride through all 10 provinces. Cycle Canada has its head office in Alliston, Ontario.

Details about the ride can be found online at [www.CycleCanada.com/TheCrossing/](http://www.CycleCanada.com/TheCrossing/)

**For more information contact:**  
**Bud Jorgensen**  
**Tel. 705-434-1100 or by e-mail at [sweep@CycleCanada.com](mailto:sweep@CycleCanada.com)**

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