

# Tour Itinerary Day 1 : June 6, 2009

Long Route,  
Day 1 - 69 km  
Short Route,  
Day 1 - 56 km

8:00 am - 10:00 am **TOUR CHECK-IN**



Arrive at the Sandman Hotel for tour check-in; drop off your pledge envelope; pick up your check-in kit & T-shirt; enjoy a coffee and a light breakfast, and get a complimentary safety check on your bike!

Gather your team for a team photo.

**Team Captains**

Meet at the TeamMS tent.

10:00 am

**Start Bike Tour**

Rest Stop 1

**Glenugie Winery**

Rest Stop 2

**Domaine de Chaberton Winery**

Lunch Stop /

**Campbell Valley Park**

Rest Stop 3

(Old Orchard Picnic Area)

Rest Stop 4

**Township 7 Vineyards & Winery**

Rest Stop 5

**BC Museum of Flight**

Last Stop

Congratulations you've completed the first day. Drop off your bike, check in to your room. Enjoy your free time and sign up for a complimentary massage.

4:30 pm - 6:00 pm

**Riders Meet 'n' Greet** at the Shark Club.

Hosted by Team Roadkill and Team Agwest Yellowtails

6:00 pm & 6:15 pm

Board buses to West Langley Hall

7:00 pm

Dinner and Team awards banquet

**'80s Rewind featuring**

**live music by FUSIONpresents**

10:00 or 10:30 pm

Choose a return time to take buses back to the Sandman Hotel and your comfy bed.



Presented by Okanagan Springs Brewery and Barefoot Wines.

**Hello McFly Helloooo!** Our annual themed dinner dance returns! Dust off your high tops and get the Hammer pants out of the closet 'cause we're going BACK to the '80s. Prize categories include best costume (individual and team), best team name, and most spirited team, just to name a few. Our friends at **FUSIONpresents** will provide live music.

**Interested in showing off your Lip Synch Skills?** Enter the lip synch contest and compete for some fantastic prizes. **Deadline to register is May 29.** Tell us what song your team would like to perform and how many of you will be on stage. Email Jason Hulbert at [jason.hulbert@mssociety.ca](mailto:jason.hulbert@mssociety.ca) to register or for more details.



# Tour Itinerary Day 2: June 7, 2009

7:30 am

## CHECK OUT

Check out of your room at the Sandman Hotel. Enjoy a buffet breakfast at Denny's and get a complimentary safety check on your bike when you pick it up.

9:00 am

## Start Bike Tour

Rest Stop 1

## Fort Wine Company

Lunch Stop /  
Rest Stop 2

## Krause Berry Farms

1:30 pm

## Wrap up & Fundraising Awards

Enjoy the food (compliments of the Shark Club) and entertainment. Pick up your pre-purchased wine and pie. Family and friends are welcome to join you.



Long Route,  
Day 2 - 54 km

Short Route,  
Day 2 - 47 km



## On the Road

### Road Support/First Aid

Cycling tour leaders and St. John Ambulance will be available for any emergency.

### Motorcycle Escorts

Amazing motorcycle escorts will be on the route for both days of the ride. Having difficulties during the event? Stop and a motorcycle escort will give you a helping hand.

## Strawberry Custard Pies!

Yes, they taste as good as they look! Krause's famous 10" pies are filled with creamy custard and topped with luscious strawberries; they are heaven and a perfect, well-deserved treat. Plus, \$2 of every purchase goes to the MS Society (please specify RONA BIKE TOUR, when you order your pie).

Unfortunately strawberries will not quite be ready on event weekend but you can pre-order your custard pies and you will be called to pick up your order when the pies are available.

**YOU MUST PRE-ORDER YOUR PIE** on day 2 of event weekend. Pies are \$13.50 each (includes taxes) *Note: As these are fresh pies, once you are called it is recommended you pick up your pie within 48 hours.*

If you would like to take home a pie on Sunday, try some great frozen berry pies that you can bake and enjoy anytime. If you prefer, your pie can be freshly baked by the Krause Kitchen prior to delivery – simply specify on your order. Order and pay for your pies on site and on Sunday they will be delivered to the Sandman Hotel for pick up at the conclusion of the tour. **Easy as pie!**



## What to Bring

Come wind, rain or sun... going through our handy checklists will help you come to the Tour prepared for all of beautiful BC's weather conditions!

### RIDING GEAR

- Helmet
- Personal identification
- Your bib
- Route map
- Basic bike repair kit
- Water bottle
- Cycling gloves
- Rain gear
- Seat/Handlebar bag
- Sunscreen for lips and skin
- Sunglasses
- Cell phone

### PERSONAL GEAR

- Toiletries
- Casual clothing and shoes for dinner & dancing – Don't forget your '80s themed costume!
- Camera
- Medications
- Pain reliever
- Extra clothing for Sunday ride
- Money for wine and pie purchases and cash bar at dinner and dance

