



Capilano
Volkswagen

Cypress

CHALLENGE

PRESENTED BY | GLOTMAN • SIMPSON
CYCLING

2025 RIDER GUIDE



MAKE THE CLIMB, SAVE LIVES



On behalf of the BC Cancer Foundation, thank you for participating in the 2025 Capilano Volkswagen Cypress Challenge presented by Glotman•Simpson Cycling.

By taking on Cypress Mountain, you're more than just conquering an iconic climb — you're helping to conquer one of the deadliest cancers. Your support is driving life-saving pancreatic cancer research at BC Cancer, led by Dr. Dan Renouf, co-director of Pancreas Centre BC and executive medical director at BC Cancer – Vancouver.

Together, we are more than riders. We are a force of strength, impact and progress. With your help, we are bringing hope to British Columbian families facing pancreatic cancer.

I look forward to riding with you on July 27. See you at the start line!

Sincerely,

Sarah Roth
BC Cancer Foundation President & CEO

**MAKE THE CLIMB
JULY 27, 2025**



**BC
CANCER** FOUNDATION

THANK YOU SPONSORS

TITLE SPONSOR



Capilano
Volkswagen

PRESENTING SPONSOR

GLOTMAN • SIMPSON
CYCLING

FINISH LINE SPONSORS

Beedie/



GRADIENTWIND
ENGINEERS & SCIENTISTS

WHEATON
PRECIOUS METALS



PAN AMERICAN
— SILVER —



MERCK

AMACON
LIVE WELL • WORK WELL

CLIMB SPONSOR

bici

FIRST LOOKOUT SPONSORS



onni
group

ZLC
FINANCIAL
est. 1999
With support from
Mr. Gerry Zietek

KM MARKER SPONSORS



GOWLING WLG

PCI
DEVELOPMENTS
PCI-GROUP.COM

Heritage Steel
Subsidiary

EVENT SUPPORTERS



ALEXANDER
HOLBURN

Blonyx

British
Properties

smythe

alkiss[®] WATER

cypress
mountain.com

MULGRAVE SCHOOL
THE INTERNATIONAL
SCHOOL OF VANCOUVER

MAKE THE CLIMB
JULY 27, 2025



**BC
CANCER** FOUNDATION

CONTENTS

5	The Route
6	Maps and Parking
8	Schedule and Package Pick-Up
9	Spectators and Volunteers
10	Bike Plate and Event Timing
11	Training Tips
12	Bike Maintenance
13	Rider Safety and Guidelines
15	Post-Ride Celebration

MAKE THE CLIMB
JULY 27, 2025



BC
CAN
CER FOUNDATION

THE ROUTE

CYPRESS CHALLENGE

DISTANCE

12 KM

ELEV. GAIN

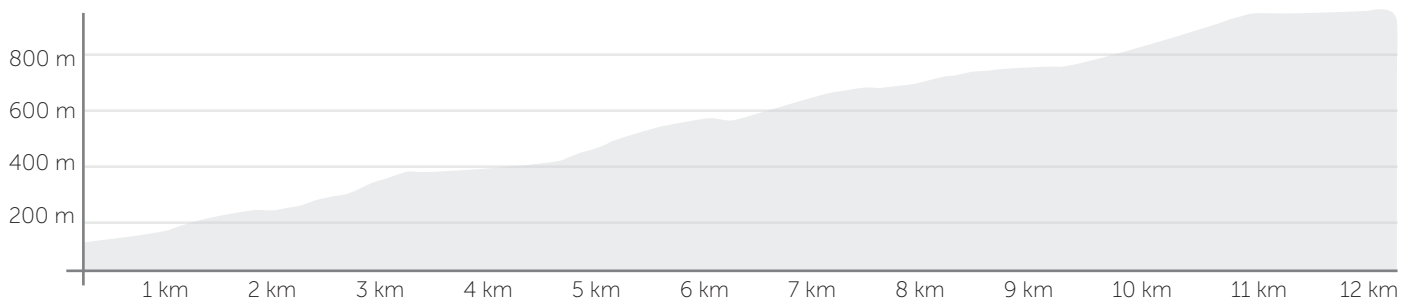
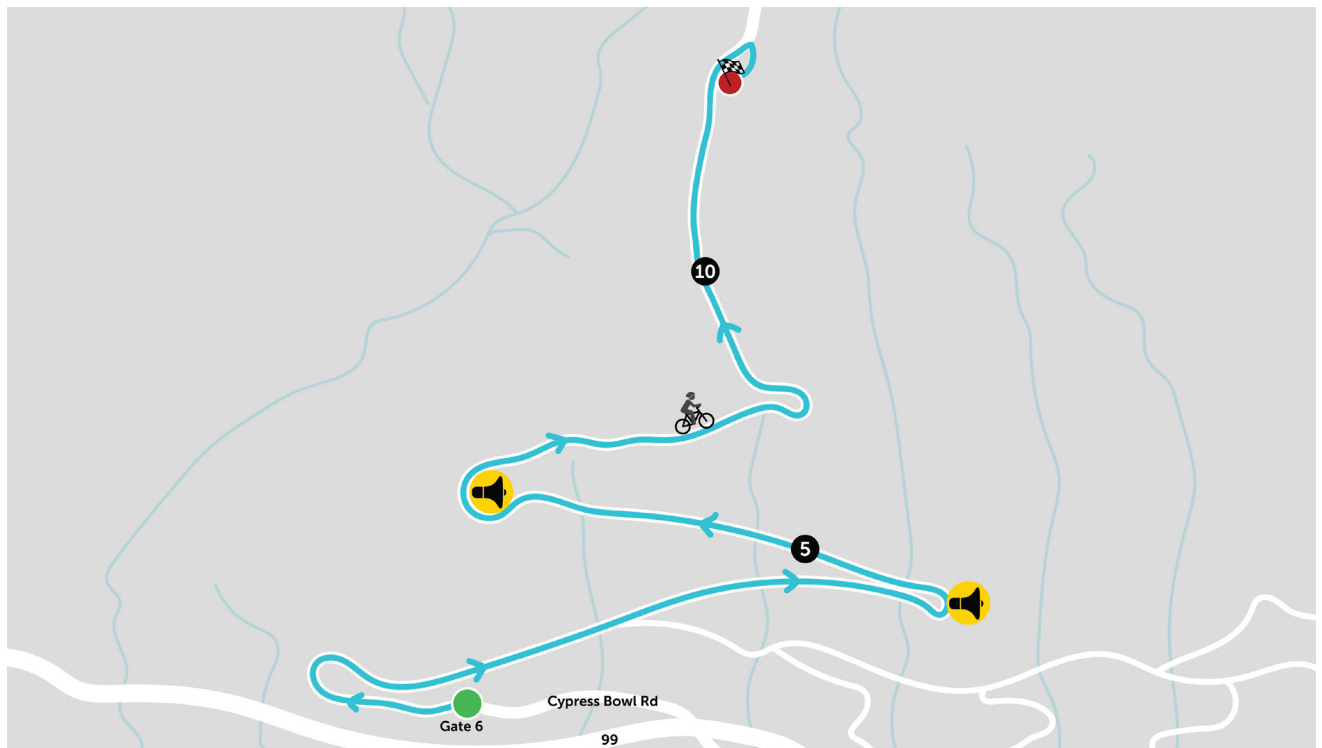
723 M

AVG. GRADE

5.9%

Set on one of Vancouver's most iconic bike climbs, the Capilano Volkswagen Cypress Challenge winds up Cypress Mountain with steady gradients and five hairpin turns. The classic route also offers stunning vistas, making the climb all the more rewarding.

Riders will gather at the start line and begin their climb at Cypress Bowl Road, Gate 6 (just past the turnoff for Mulgrave School) and cross the finish line at the Hollyburn Nordic Area.



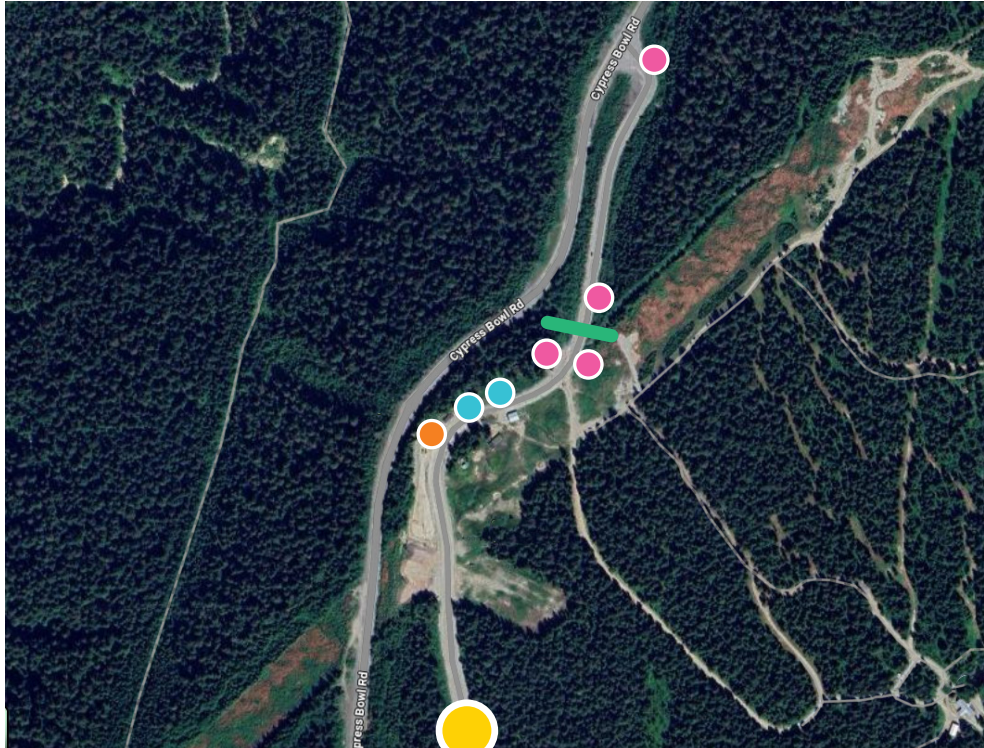
MAKE THE CLIMB
JULY 27, 2025



MULGRAVE SCHOOL



HOLLYBURN NORDIC AREA



- Parking
- Finish line
- Cheer stations
- Stage and tents
- Bathrooms
- Bike parking (not shown)

PARKING

Parking at the base of Cypress Mountain is limited, so we encourage you to carpool with friends or family to the event, if possible. If this option does not work for you, here are some alternative options:

Parking at Bottom

Mulgrave School

This is where event day registration and package pick-up take place. Limited on-site parking is available here.

Parking on Course

High View Lookout

Park here and take the short km ride down Cypress Bowl Road to the start line. Be sure to take the appropriate safety measures, as highlighted on page 13, while riding downhill.

Parking at Top

Hollyburn Nordic Area

You can park just beyond the finish line and warm up with a 12 km ride downhill to Mulgrave School. Be sure to apply the appropriate safety measures highlighted on page 13.



Bag check will be available with items shuttled to the finish line area for pick-up during the finish line celebration reception.

MAKE THE CLIMB
JULY 27, 2025



SCHEDULE OF EVENTS

Sunday, July 27

7:30 a.m.

Package pick-up and registration opens at Mulgrave School

8:30 a.m.

Riders gather at start line

8:50 a.m.

Opening ceremony

9:00 a.m.

Capilano Volkswagen Cypress Challenge starts

9:30 a.m.

First riders expected to cross finish line at Hollyburn Nordic Area

10:15 a.m.

Post-ride celebration and awards

10:50 a.m.

Final riders expected to cross finish line

12:00 p.m.

Event ends and finish line closes



Package Pick-Up

All participants are required to check in, in person, before the start of the event. To avoid congestion on the event day, we encourage early check-in on Friday, July 25. If you check in early and receive your chip number on Friday, you are not required to check in again on Sunday.

All riders must pick up their Rider Package at one of the pick-up locations listed below.



Vancouver

Friday, July 25

12:00 p.m. to 6:00 p.m.

Glotman•Simpson

1661 W 5th Ave,
Vancouver, BC V6J 1N5



West Vancouver

Sunday, July 27 (Event Day)

7:30 a.m. to 8:30 a.m.

Mulgrave School

2330 Cypress Bowl Ln,
West Vancouver, BC V7S 3H9

Please note:

- Photo ID is required for pick-up.
- You may pick up a packet for another rider with their permission and a picture of their photo ID.
- All fundraising rewards (socks and jerseys) will be collected during package pick-up.

MAKE THE CLIMB
JULY 27, 2025



BC
CAN
CER FOUNDATION

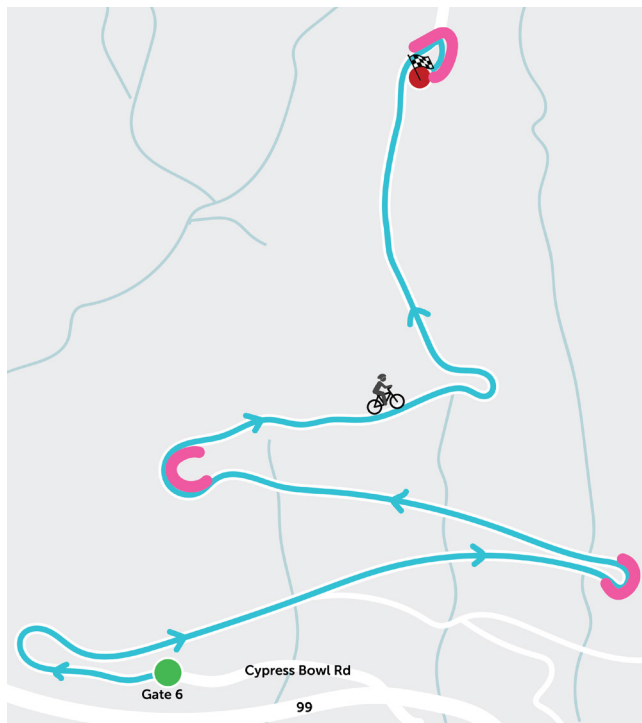
SPECTATORS AND VOLUNTEERS

HELP US SHIFT INTO GEAR

Our awesome spectators and volunteers make it all happen, fuelling the event and our riders with energy and enthusiasm!

Cheer Stations

Come out and cheer on our riders! Your excitement and enthusiasm will provide them with the extra fuel they need to make the climb.



— Cheer station locations

There are three dedicated cheer stations, each with limited parking.

- [1. First Lookout - Bici Corner](#)
- [2. Cypress Provincial Park Picnic Area](#)
- [3. Finish Line / Hollyburn Nordic Area](#)

Volunteers

We have more than 100 volunteer positions available, ranging in roles and responsibilities. These include roles needed for:

- Athlete check-in / package pick-up
- Bag check-in
- Bag check-out
- Course marshal
- Finish line
- Parking
- Set-up
- Start line

Encourage your friends and family to register to volunteer at:
cypresschallenge.ca/volunteer

MAKE THE CLIMB
JULY 27, 2025



BIKE PLATE AND EVENT TIMING

EMBRACE THE CHALLENGE

**Participants are encouraged to go at their own pace.
This is a community fundraising ride, not a race!**

However, if you'd like to challenge yourself, all participants will receive a timing chip to wear as they ride up Cypress Mountain. Awards will be presented for best time by age categories and top fundraising.

Timing Chip Instructions

Your timing chip and rider number will be provided during package pick-up. To ensure your time is correctly recorded, please do the following:

1. Attach the timing chip to your bike's seat post per the instructions on the packaging.
2. DO NOT bend your timing chip when wrapping it around the seat post.

Live timing updates and results will be available at startlinetiming.com during the event. Official results will be posted on cypresschallenge.ca after the event ends.



**MAKE THE CLIMB
JULY 27, 2025**



**BC
CANCER** FOUNDATION

TRAINING TIPS

Get ready for the ride with these training tips, courtesy of Bici.

1. Consistency is key

Riding a little bit often beats one huge ride on the weekend. Your legs love consistency!

2. Energy is everything

Snack little and often while riding, eat a carb-packed dinner the night before as well as a breakfast the morning of your ride, and refuel right after your rides.

3. Hills are friends, not foes

Don't avoid hills when training — they will make you stronger and faster.

4. Add some spice

Try four to five hill climb reps during a short post-work ride. It's like turbocharging your training without taking extra time.

5. Have fun!

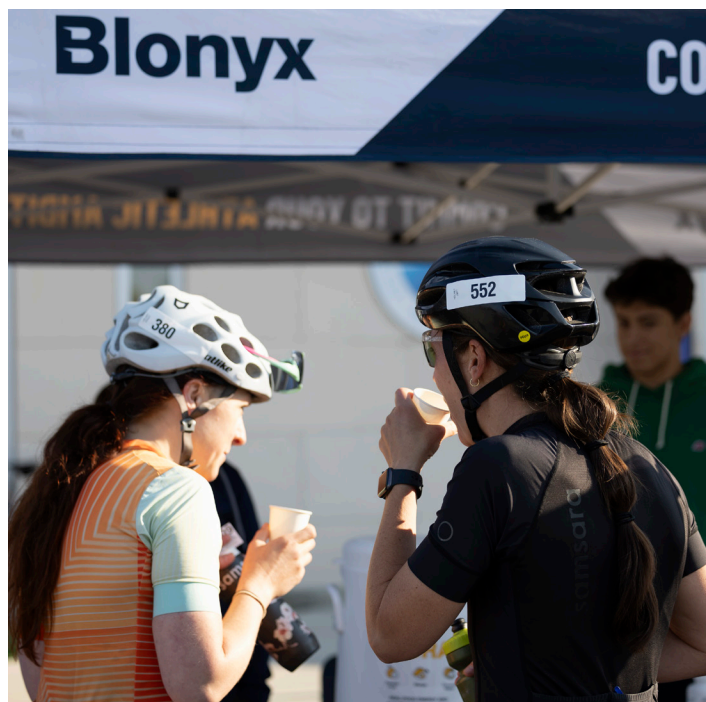
The best rides are the ones that make you smile. Enjoy the fresh air, the route, the scenery and the company!

Hydration and Nutrition

It's important to be properly fuelled and well hydrated for the climb.

You'll be burning a lot of energy, so ensure you consume enough carbohydrates and proteins the day before and the morning of the event. Be mindful of fibre-rich foods on the day of the ride, as they are harder to digest, and stick with foods you tolerate well.

Thanks to our amazing Event Supporter, Blonyx, hydration and recovery support will be available at the registration and finish line areas.



MAKE THE CLIMB
JULY 27, 2025



BIKE MAINTENANCE

Bike Prep

1. Clean bike = happy bike

Keep your chain shiny! Use degreaser to scrub off the gunk, then add some lubricant and wipe off the extra. Your chain should not be black.

2. No last-minute tweaks

Don't mess with your bike position right before event day — your body needs to get used to it.

3. Need help? Ask the experts

If you're unsure about anything, don't wait until the last minute. Bring it to Bici (1497 Adanac St, Vancouver, B.C.) or your local bike shop for professional inspection.

Event-Day Mechanical Support

Thanks to our Climb Sponsor, Bici, you'll have a mechanical support team to help you on the day of the event, should you need it. You can take comfort knowing that help is nearby and fully focus on the climb ahead.



GET SOCIAL!

Join our community on social media and share your content using #CypressChallenge!

Scan here to see our Instagram @cypresschallenge



Scan here to join us on Strava



MAKE THE CLIMB
JULY 27, 2025



RIDER SAFETY AND GUIDELINES

Safety Measures

We have worked closely with local authorities to deliver a unique and safe cycling experience. To ensure the safety of everyone involved, please:

- Call 911 in the case of an emergency
- Review the Rider Guidelines and Event Rules outlined below

Whether you're a cyclist or a driver, we all have a role to play in sharing the road responsibly. Learn more by visiting [GoByBike BC](https://www.goByBikeBC.com).

Rider Guidelines

- **Bike Maintenance:** Make sure your bike is in good operating condition, including tires, brakes and gearing
- **Personal Equipment:** Certified helmets are required at all times. It is also encouraged to carry a patch kit, tire levers, a spare tube and a pump
- **Traffic Awareness:** Know and obey all traffic signals, signs, markings, laws and regulations
- **Ride Predictably:** Always ride in control and in a straight line (in single file whenever possible). Avoid excessive weaving and never overlap your wheels with another rider. In most vehicle-bicycle accidents, motorists report not seeing the cyclist in time
- **Passing Safely:** Always use hand signals to indicate when overtaking another rider. Overtake on the rider's left only and do not cross over lanes to overtake
- **Stopping Protocol:** Move completely off the road to rest or make repairs

Event Rules

- This is not an official race, but a self-paced ride
- Participants are permitted to use standard road bicycles, hybrids, tandems, Class 1 e-bikes (pedal assist only), commuters or mountain bikes
- Certified helmets are mandatory, and the chinstrap must always be buckled while riding
- Ride only within the designated route
- Ride safely, in control and single file whenever possible
- All riders must obey traffic officers, traffic control personnel and course marshals
- Emergency vehicles ALWAYS have the right of way — if you see/hear an emergency vehicle in response mode (with lights/sirens on), please immediately and safely slow down, pull over to the side of the road and dismount your bike
- Event ID must always be displayed (rider number and timing chip) for safety purposes and to receive an official finish time



MAKE THE CLIMB
JULY 27, 2025



**BC
CAN
CER** FOUNDATION

RIDER SAFETY AND GUIDELINES

Ascending Cypress Mountain

The climb up Cypress Bowl Road is long and sustained, with steady elevation gain and limited shade. Pace yourself, hydrate regularly and listen to your body. Use the right-hand lane at all times and stay as far to the right as safely feasible to allow for passing riders and vehicle traffic.

Be courteous and aware of your surroundings at all times, especially in narrower sections or near blind curves.

Descending Cypress Mountain

Please note that the ride is unsupported on the descent down the mountain with no closures in place. After the event concludes, please use extreme caution on the descent or arrange a personal ride down if you do not feel comfortable descending.

Cypress Bowl Road is steep, winding and open to public vehicle traffic. Riders should control their speed, stay to the right, and maintain a safe distance from others. Be especially mindful of sharp turns, changing road conditions and vehicles sharing the road. Use both brakes evenly and feather them on long stretches to avoid overheating. Always descend in control and with heightened awareness.



MAKE THE CLIMB
JULY 27, 2025



**BC
CAN
CER** FOUNDATION

POST-EVENT CELEBRATION

Join us at the finish line for an unforgettable celebration with music, snacks and awesome goodies, all thanks to our incredible supporting partners! We'll have local community leaders on hand for inspiring speeches and to announce fundraising totals starting around 10:15 a.m.

What you can expect:

- Finish line breakfast sponsored by Wheaton Precious Metals
- Delicious snacks brought to you by Buntain Insurance
- Recovery support by Myo and 3 Peaks Cycling
- Powerful speeches
- Award ceremony
- Lively music
- And so much more

Don't miss out on the fun!



**MAKE THE CLIMB
JULY 27, 2025**



**BC
CAN
CER** FOUNDATION