



## 2013 Lower Island School Cycling League

The 2013 Lower Island School Cycling League is for all middle and high school students (Grade 6 to 12) in school districts 61, 62, and 63. This cycling developmental series, designed to introduce riders to competition, offers a variety of disciplines of competitive events modified for beginners while accommodating riders aiming for the BC School Championships. Calendar highlights are attached; full details are available at <http://www.schoolbikeleague.com/SBL/Races.html>

Coaches may be available for interested schools.; for more info, contact

- Commissioner Eric Simonson (Oak Bay Secondary School) at [Esimonson@SD61.bc.ca](mailto:Esimonson@SD61.bc.ca); or
- SBL Race Director Lister Farrar at 250-595-1955, c 882-5420 or [listerfarrar@telus.net](mailto:listerfarrar@telus.net).

Important notes:

- BIKES: A regular mountain bike is suitable for most events, though a road bike is better for “road” events. A cyclocross bike is another alternative as it works great for both road and cyclocross. For road events, mountain bikes or cyclocross bikes can be adapted with inexpensive slick tires from any bike shop. For velodrome events, loaner bikes are provided. For bmx events, bmx or mountain bikes are recommended.
- REGISTRATION: All cyclists must register through their school. A school approved sponsor parent or teacher is required. Contact the school’s Athletic Director for details.
- WEATHER: All dates are rain or shine except velodrome, bmx and freeride. Any changes or cancellations will be posted and it is the riders and schools responsibility to check <http://www.schoolbikeleague.com/SBL/News/News.html>
- SUPPORTERS: Many of the races are on courses organized and marshaled by local clubs that support the league. Please take a moment to thank them for arranging the courses.
- MORE INFO: <http://www.lowerislandschoolsports.ca/middle-schools/cycling/>

*The School Bike League always focuses on the positive, fun aspects of competition, enabling each child to enjoy the racing experience and develop both their aptitude and self confidence.*

## 2013 SCHOOL BIKE LEAGUE CALENDAR OF EVENTS

Date	Event	Location	Host Club	Notes
Good Friday March 29	<b>BikeJam KICK OFF EVENT!</b>	Juan de Fuca Recreation	All	A festival-style participation event for kids to try the different disciplines and get hooked to do the SBL series. 7 stations with try- it demonstrations including: mountain bike, bmx, velodrome, road, cyclocross, dirt jump (airbag), dual slalom. 30 minutes at each station. Guest coaches include Olympians Kurt Innes and Erinne Willock; Downhill Mountain Bike National Coach Geoff Pendrel; local cyclocross expert Drew Mackenzie; Whistler Crankworx Freerider Jarret Moore and Trek-Procity's downhill team.
Tuesday April 2				Final week to register
Tuesday April 9	<b>SkilzJam Mountain Bike</b>	Hartland		Various stations challenge kids to try everything, with points for trying!
Tuesday April 16	<b>Super D Mountain Bike</b>	Hartland	Trek Pro City	Approx 2 km course, time trial style, one rider at a time, 30 sec intervals to avoid passing. Two rides for each rider if they want.(TBC)
Tuesday April 23	<b>Short track (Mountain Bike)</b>	Hartland		Short circuit around 500m, with easy and technical sections
Tuesday April 30	<b>Western Speedway Criterium (Road)</b>	Langford	Tripleshot Cycling Club	600 m racing oval. Multiple races, results by points in each race (omnium style)
Wednesday May 8 (track unavailable Tuesday)	<b>BMX</b>	Juan de Fuca Recreation Centre, Colwood	Greater Victoria BMX Association	Clinic followed by 3 Heats. Mountain bike dirt jump or bmx bikes (some bmx bikes for loan)
Tuesday May 14	<b>Maggie's Junkhouse Crossfest (Cyclocross)</b>	Margaret Jenkins Elementary School,	Margaret Jenkins School Bike Club, and Underground Cross Club	Mini clinic followed by races; open to mountain bikes and cyclocross bikes
Tuesday May 21	<b>City (Zone) Cross Country Champs (Mountain Bike)</b>	Hartland		Figure 8 course of regional and shock treatment course (TBC).

## 2013 SCHOOL BIKE LEAGUE CALENDAR OF EVENTS

Sunday May 25	<b>BC School Championships (Cross Country Mountain Bike)</b>	Port Moody		Grade 8-12 only; schools must be members of BC School Sports <a href="http://www.bcschoolsports.ca/pages/sports/biking.php">http://www.bcschoolsports.ca/pages/sports/biking.php</a>
Tuesday May 27	<b>Westshore Velodrome</b>	Colwood	GVVA	Clinic, followed by timed events such as flying lap, Olympic sprint
Tuesday June 4	<b>FreeRide ThreeRide: Pump, Jump and Dual Slalom</b>	North Saanich Freeride Park		Dual slalom, pump track TT, and dirt ; Suitable for beginners and experts.  School Bike League prizes, BBQ, riding, and lots of fun!