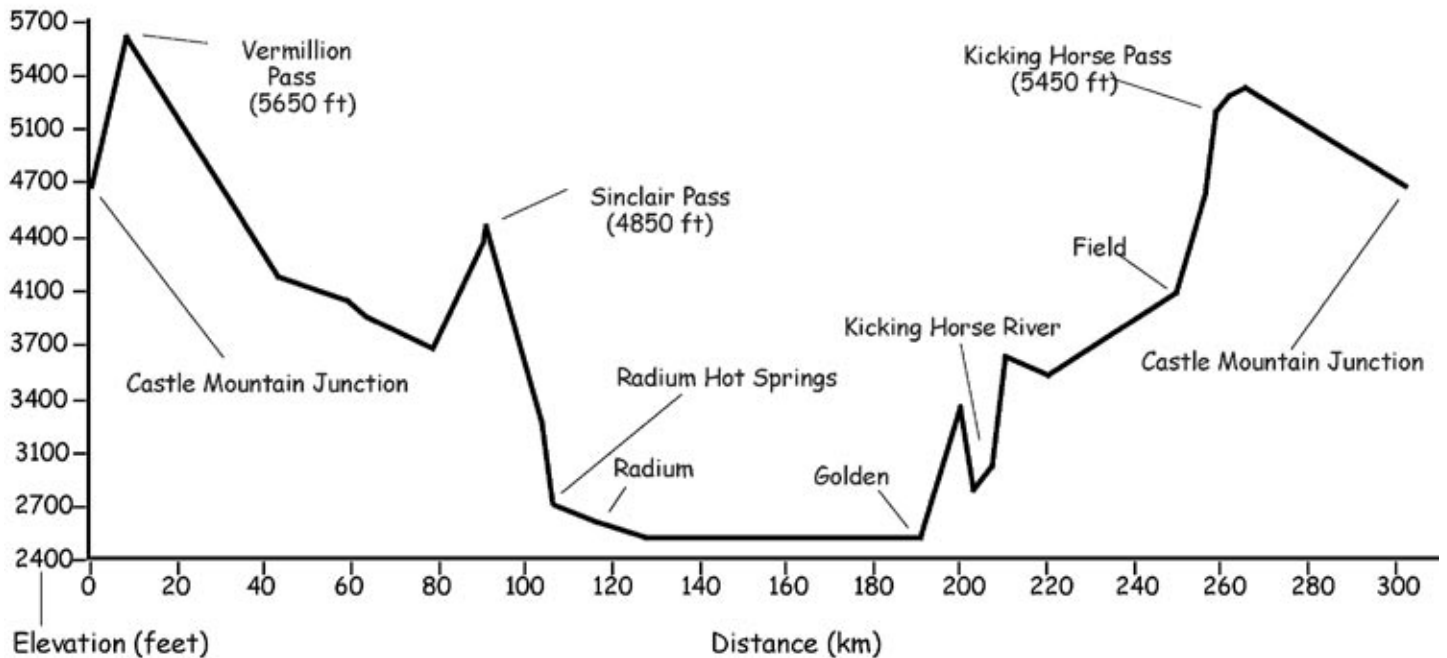


**ELBOW  
VALLEY  
CYCLE  
CLUB**



**GOLDEN  
TRIANGLE  
YEAR  
2005**



**CONGRATULATIONS ON JOINING THE GOLDEN TRIANGLE.**

**YOU ARE GOLDEN TRIANGLE RIDER NUMBER \_**

**PLEASE NOTE:**

- Day 1 parking is at the gravel pit and a few other pull-outs located at the Castle Mountain turn off approximately 850 metres from highway #1. (see maps on last page)
- Day 1 camping is at the Radium Baseball Diamonds. (see maps on last page)
- Day 2 camping is at the Golden Municipal Campground. (see maps on last page)

**BRING YOUR OWN CUP AND PLATE FOR LUNCHES.**

**LIMIT YOUR BAGGAGE - 1 PIECE ONLY (SIZE 1.5M X 1M, 15 KG)**

**SEE DETAILS INSIDE.**

Welcome to the 2005 Golden Triangle! The tour takes place on the May 21-23<sup>rd</sup> long weekend. Enclosed please find the information about the Golden Triangle and a detailed route description showing distances, elevations and of points of interest along the way.

---

## **PARKING AND REGISTRATION**

Riders must check in on Saturday May 21<sup>st</sup> between 7:30 am and 9:00 am SHARP at the Castle Mountain Gravel Pit. To find the pit, turn off Highway 1 at the Hwy 93 junction and go east a little way (~ 850 m) towards the Hwy 1A junction. Turn left before crossing the railway tracks. Come early as parking is limited. No trailers please. Other clubs will be vying for space too.

Park **only** in the gravel pit or other locations marked on the map on the last page - or you will be ticketed. Make sure you have a park sticker on display - otherwise you will also get a ticket. Parking is limited so car-pool if possible. No overnight camping is allowed in the gravel pit.

- Be sure to tag your own bag - one bag per person - pack it tight!

At the registration desk you will receive:

- a wrist-band - keep it on all weekend, it will be checked at feeding stations. If you lose your wrist-band you will need PHOTO-ID to get a replacement – No EXCEPTIONS.
- A piece of survey tape to identify you as an EVCC rider. Put in on the back of your helmet.
- a 22<sup>nd</sup> anniversary EVCC GT T-shirt
- a bag of gorp to get you started!

## **FITNESS**

Most people find this a tough ride, especially since it is early in the season. Inclement weather makes the trip harder. There are some very big hills and you cover over 100 km each day. We suggest you ride *at least* 750 km prior to the GT, including at least one 100 km day.

## **SAFETY**

- The Golden Triangle sets a high standard of safety for all cyclists. Do not spoil the enjoyment and fellowship of this event through carelessness or reckless behaviour. Sometimes cyclists get caught up in the excitement of seeing so many other riders that they forget the ride is along roadways shared with cars and commercial vehicles.
- You must ride single file on BC highways... it's the law! Day 3 of the ride is on the Trans-Canada highway. Traffic volume is heavy and the shoulders are narrow. Ride carefully. The RCMP will issue tickets for cyclists not riding safely.
- Helmets are mandatory throughout the ride - and are a legal requirement in BC.
- Wear bright clothing - the popular lurid green jackets show up well.
- Use good judgment and encourage others to do the same. Observe **all** traffic signs and regulations. Observe the club signs which will be set up in problem areas.
- When passing make sure there are no approaching motorists about to overtake, then pass quickly.
- Ride in a straight line and as far to the right as possible. Allow room for faster cyclists to pass. The RCMP will issue tickets to riders who cross the shoulder line when ample shoulder space is available
- Keep other cyclists warned of your intentions by calling "On your left" or "Passing". If you stop to rest or repair, move off the road - particularly important on hills where the shoulder is often very limited.
- Riding closely behind others (drafting) is not recommended on the GT. It is very easy to lose concentration and bring down a whole group of cyclists. Many accidents in previous years have occurred when drafting – injuries included road rash, broken wrists and hips.

**FIRST AID AND MEDICAL HELP**

Most GT support vehicles have basic first aid kits and some people certified for basic first aid. **We cannot provide any medication.** If you need aspirin or ibuprofen for aches and pains you must purchase or bring it yourself.

**EQUIPMENT**

Be prepared for rapid weather changes. You will **not** be able to access your bag in the luggage truck. Carry warm, weatherproof clothing with you. Often the weather is excellent, however on rare occasions we have encountered sleet and snow!

Make sure your bike is in **perfect** condition prior to the tour. Check your bearings, chain, brakes, spokes, shifters and cables. Don't expect the tour mechanic to do routine maintenance.

**MEALS**

Be environmentally friendly - bring your own cup and plate for lunches. Meal times are listed on page 7. If you arrive early at a stop be prepared to wait until the food crew is set up.

Extra meals can be purchased from Debbie Iversen, subject to availability. \$15.00 for dinner, \$5.00 for breakfast (half price for kids).

**SUPPORT VEHICLES**

The ride is supported by marked vehicles equipped with radios and manned by members of the Calgary Amateur Radio Club and EVCC volunteers. All vehicles have first aid kits. **Private sag wagons are strongly discouraged and are not permitted in the camp-grounds.**

**MECHANIC**

A mechanic will be available for major problems throughout the tour. You are expected to fix flats and other minor problems yourself. Carry money to pay for any needed parts.

**BAGGAGE**

It is not necessary to pack everything listed on page 5 for this weekend. This list is provided as a suggestion only. Pack intelligently. Your bag is allowed to be 35 pounds only. Anything over 40 lbs. will be charged \$1.00 per pound. Bags will be treated roughly- heavier bags more so. Lighter bags are much appreciated by all luggage loaders (usually other GT cyclists). Your name and phone number **must** be on your bag.

**EMERGENCY**

In case of accident where medical assistance is necessary, flag down a support vehicle for assistance, or call one of the following numbers:

Banff RCMP	(403) 762-2226
Banff Hospital	(403) 762-2222
Lake Louise RCMP	(403) 522-3812
Invermere RCMP	(250) 342-9292
Invermere Hospital	(250) 342-9201
Golden RCMP	(250) 344-2221
Golden Hospital	(250) 344-5271

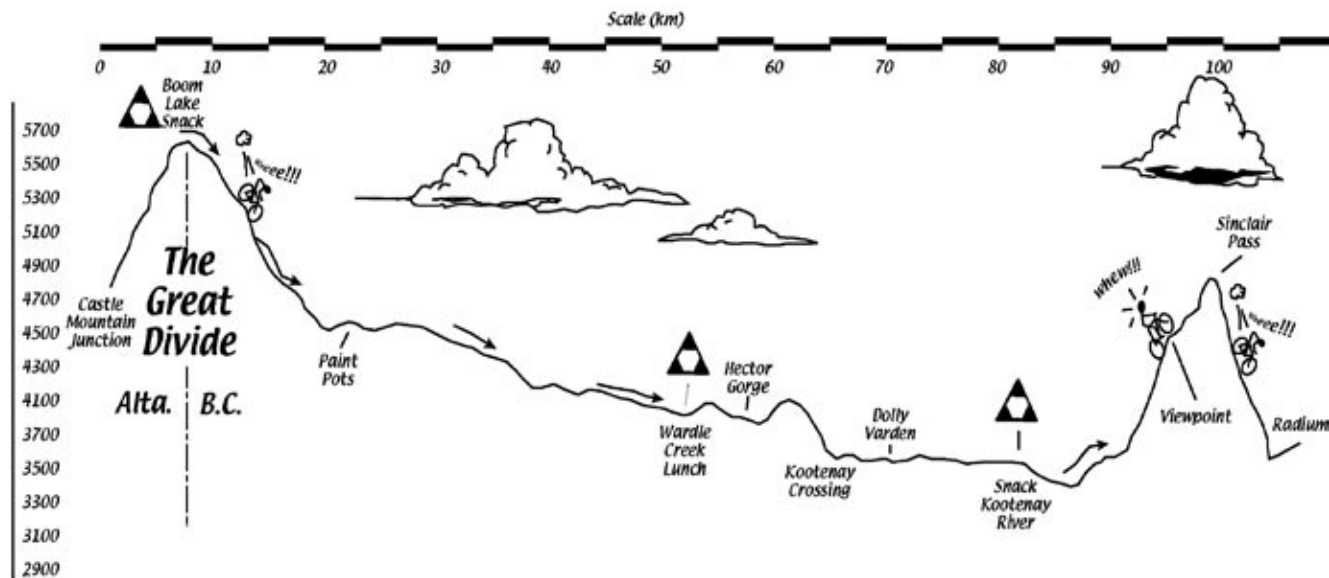
**FINALLY**

The GT is **not** a race. Enjoy the scenery of the Rockies and have a great weekend!

**COORDINATORS AND VOLUNTEERS**

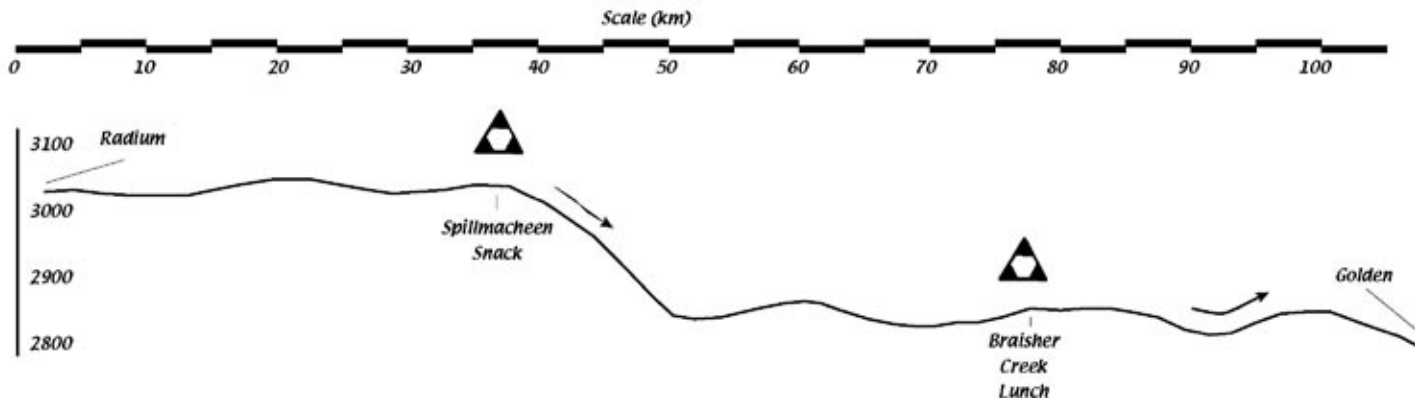
Debbie Iversen (General Coordinator )  
 David Bininda (Registration)  
 Don Lloyd (Radio Club Coordinator)  
 Betty Graham (Snacks and Lunches Coordinator)  
 Calgary Amateur Radio Association (on road support)  
 Neal Jensen (Mechanic)  
 Food and Snack volunteers  
 Golden Lions Club (Breakfast)  
 Lake Windermere Lions Club (Dinner & Breakfast in Radium)

**ELBOW VALLEY CYCLE CLUB**



Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
<b>0.0</b>	<b>106.1</b>		<b>4,750</b>	<b>Castle Mountain Gravel Pit</b>	<b>Start of Ride!</b>
1.0	105.1	J	4,750	Straight on	Hwy 1 to L and R
6.3	99.8	R	5,600	Storm Mtn Lodge	Ph
7.6	98.5	H	5,650	Top of hill - Great Divide	
<b>8.0</b>	<b>98.1</b>	<b>R</b>	<b>5,650</b>	<b>Boom Lake</b>	<b>Snack, PA, T</b>
11.6	94.5	L	5,400	AB-BC Boundary	
14.8	91.3	L	5,200	Stanley Glacier	Trailhead
18.4	87.7	R	4,850	Marble Canyon	Exhibit, T, Ranger Station
21.5	84.6	R	4,700	Paint Pots	PA, W, T
25.9	80.2	R	4,650	Numa Falls	PA, W, T
34.3	71.8	R	4,350	Floe Lake	Trailhead
42.5	63.6	R	4,200	Vermilion Crossing	Store, T, PA
48.8	57.3	L	4,050	Sir George Simpson	Exhibit
49.8	56.3	L	4,000	Animal Lick	Exhibit
<b>51.9</b>	<b>54.2</b>	<b>R</b>	<b>4,000</b>	<b>Wardle Creek</b>	<b>Lunch, PA, T</b>
58.2	47.9	L	4,000	Hector Gorge	Viewpoint
61.0	45.1	R	4,000	Kootenay Pond	
62.4	43.7	L	3,950	Kootenay Crossing/Ranger Station	Exhibit
69.2	36.9	L	3,900	Dolly Varden	PA, T, W
76.5	29.6	L	3,800	Mount Harkin	Exhibit
77.9	28.2	L	3,750	McLeod Meadows	Campground
78.1	28.0	L	3,750	McLeod Meadows	PA, W, Shelter
<b>82.0</b>	<b>24.1</b>	<b>L</b>	<b>3,750</b>	<b>Kootenay River</b>	<b>Snack, PA, W, T, Bottom of Hill!</b>
86.1	20.0	J	4,000	Straight on	Settler's Road to Right
89.4	16.7	L	4,400	View Point	Exhibit
90.0	16.1	L	4,500	Cobb Lake	Trailhead
92.7	13.4	L	4,850	Olive Lake	PA, T, Top of Hill!
102.8	3.3	L	3,300	Radium Hot Spring	Hot Pool, T
104.3	1.8		3,000	Kootenay Park	Park Exit
105.7	0.4		2,800	Radium Townsite	Turn left at intersection into Radium
<b>106.1</b>	<b>0.0</b>		<b>2,700</b>	<b>Radium Camping</b>	<b>End of Ride!</b>

**Codes: B - Bridge; H - Hill; J - Junction; PA - Picnic Area; Ph - Phone; T - Toilet; W - Water; R - Right; L - Left.**

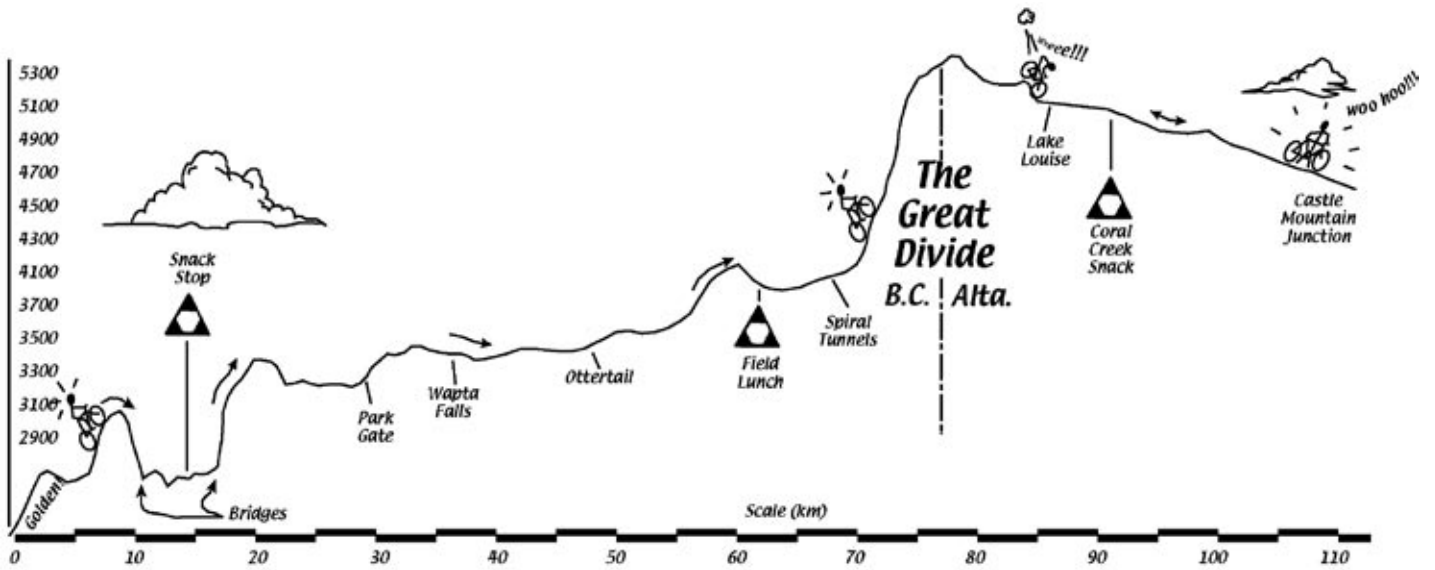


Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
<b>0</b>	<b>104.2</b>		<b>2,800</b>	<b>Radium Campground</b>	<b>Start of Ride!</b>
0.4	103.8	J	2,800	Turn Left to head out of town	
9	95.2	J	2,900	Straight on	Edgewater village to Right
16	88.2	B	2,850	Kindersley Creek	
19	85.2	R	2,800	Spur Valley	
22.5	81.7	B	2,700	Deadman Creek	
29	75.2	J	2,700	Straight on	Bugaboo Glacier Road to Left
29	75.2	R	2,700	Brisco	Store
<b>34.4</b>	<b>69.8</b>	<b>L</b>	<b>2,600</b>	<b>Spillimacheen Rest Area</b>	<b>Snack, PA, T</b>
40	64.2	R	2,600	Spillimacheen	Store, Ph
51	53.2	R	2,600	Harrogate	Store, T
54	50.2		2,600	Castledale	Village
69	35.2		2,600	Parson	Village, Store
<b>76</b>	<b>28.2</b>	<b>R</b>	<b>2,600</b>	<b>Braisher Creek Rest Area</b>	<b>Lunch, PA, T</b>
97	7.2	J	2,600	Straight on	Nicholson to Right
101	3.2	R	2,600	Wildlife viewing area	Exhibit
103	1.2	J	2,600	Golden Town Centre	Turn Right at lights
<b>104.2</b>	<b>0.0</b>		<b>2,600</b>	<b>Golden Campground</b>	<b>End of Ride!</b>

**Suggested Cycle Camping Checklist**

<b>Office</b>	<b>Tools</b>	<b>Washroom</b>	<b>Cycling Gear</b>
Pen	Lock	Toothbrush & paste	Helmet
Sunglasses	Wrenches	Soap, Sun Screen, Bug Juice	Windbreaker / Shell
Route Maps	2 Tubes	Toilet tissue	Sweater and T-shirts
Watch	Tire Levers	Comb	Shorts, gloves, shoes
Money and Plastic	Pump	Towel (doubles as a pillow)	Socks
ID and Licence	Patch Kit	First aid kit	Panniers or Fanny Pack
Camera & Film	Allen Wrenches		
<b>Bedroom</b>	<b>Rain / Cool Weather Gear</b>		<b>Off the bike</b>
Tent	Thermal tights and socks		Casual pants
Sleeping bag	Toque		Runners or sandals
Sleeping pad	Warm sweater		Undies
	Helmet cover		Swimsuit & towel
	Booties		
	Warm cycle gloves		

**ELBOW VALLEY CYCLE CLUB**



Distance (Km)	Distance to Go	Code	Elevation (Feet)	Location	Facilities - See Key
<b>0</b>	<b>111.8</b>		<b>2,600</b>	<b>Golden Campground</b>	<b>Start of Ride!</b>
1	110.8	J	2,600	TURN RIGHT AT LIGHTS	
3	108.8	J	2,700	Follow off ramp out of Golden	Hwy 1 to Roger's Pass
9	102.8	H	3,400	Top of Hill	
<b>20</b>	<b>91.8</b>	<b>R</b>	<b>3,000</b>	8% Downhill	
25	86.8	H	3,700	<b>Rest Area</b>	<b>Snack, Pa, Tl</b>
30	81.8	R	3,600	Old Info Centre	Map, End of Yoho Park
33	78.8	R	3,600	Wapta Falls	Trailhead
34	77.8	L	3,650	Chancellor Peak	Campground
35	76.8	R	3,700	Hoodoo Creek	Trailer Camp
37	74.8	L	3,700	Faeder Lake	Exhibit, PA, T
42	69.8	L	3,700	Finn Creek	PA, W, T
46	65.8	L	3,800	Ottertail	Exhibit and Picnic area
59	52.8	R	4,100	Field Townsite	Store, Police
<b>59</b>	<b>52.8</b>	<b>R</b>	<b>4,100</b>	<b>Information Centre</b>	<b>Lunch, PA, T, Ph</b>
65	46.8	L	4,700	Spiral Tunnels	Exhibit
68	43.8	H	5,200	Steep Downhill	
69	42.8	L	5,250	West Louise Lodge	Hotel, Ph
75	36.8		5,350	BC-AB Boundary -Great Divide	High point, Kicking Horse Pass
81	30.8	J	5,100	Keep Right	Hwy 93 to Jasper to R
84	27.8	J	5,050	Turn Right	Highway 1A to Lake Louise
85	26.8	J	5,200	Turn Right	Lake Louise ski area to R
85	26.8	R	5,200	Parkway Map	Exhibit
<b>87</b>	<b>24.8</b>	<b>R</b>	<b>5,000</b>	<b>Corral Creek</b>	<b>Snack, PA, W, T</b>
89	22.8	L	4,950	Outlet Creek	Exhibit
96	15.8	R	4,850	Baker Creek	Motel, Restaurant, PA, Ph
96	15.8	L	4,850	Baker Creek	Exhibit, PA, T
99	12.8	L	4,850	Protection Mountain	Campground, Ph, T, W
105	6.8	L	4,750	Castle Lookout	Trailhead
108	3.8	R	4,750	Storm Mountain	Exhibit
109	2.8	L	4,750	Castle Cliffs	Exhibit
110.3	1.5	J	4,750	Castle Junction	Ph,T, St, PA, Gas
<b>111.8</b>	<b>0.0</b>		<b>4,750</b>	<b>Castle Mountain Gravel Pit</b>	<b>End of Ride!</b>

**TOUR SUMMARY**

**Day 1**

<b>Food Locations</b>	<b>Distance</b>	<b>Open Time</b>
Snack - Boom Lake Trailhead	8.5 km	9:00 am - 10:30 am
Lunch - Wardle Creek Picnic Area	52.4 km	11:00 am - 1:30 pm
Snack - Kootenay River Area	82.5 km	1:30 pm - 3:30 pm

**Camping** Baseball diamonds in Radium Townsite, West of motel strip. Hot water available (no showers). Shuttle Bus available to the Radium Hot Springs from 3:30 - 9 pm or stop in for a soak as you cycle past (it's downhill from the Hot Pool to the campground).

**Luggage** All luggage will be dropped at the campground by 3:30 pm.

**Dinner** Outside the Radium Community Hall, by the baseball diamonds from 5:00 pm - 7:00 pm - catered by the Lake Windermere Lions Club. The beer garden (3:00 pm - 8:00 pm) is at the same location.

**Day 2**

**Breakfast** Outside the Radium Community Hall, from 7:00 am to 9:00 am - catered by the Lake Windermere Lions Club. .

**Luggage** Must be packed and in the truck at Radium Baseball Diamond by 8:30 am. All luggage will be dropped off at the Golden Campground by 3:30 pm.

<b>Food Locations</b>	<b>Distance</b>	<b>Open Time</b>
Snack - Spillmacheen Rest Area	34.4 km	9:30 am - 11:00 am
Lunch - Braisher Creek Rest Area	75.8 km	11:00 am - 1:30 pm

**Camping** At the Golden Municipal Campground. (250) 244-5412. Showers are available at the campground and also at the Golden Curling Club (blue building) - right by the campground. Camping is included in GT registration price for riders only. Any additional friends or family must register at campground office and pay additional cost per person.

**Dinner** In the Golden Curling Club 5:00 pm - 7:00 pm - catered by Bad Habit Bistro.

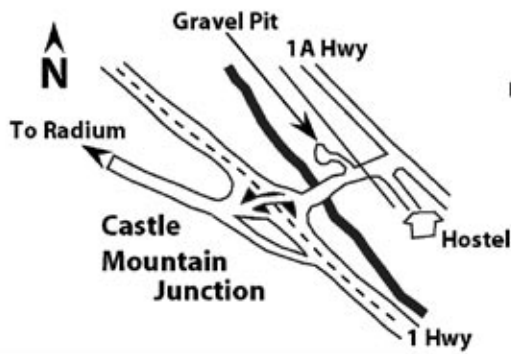
**Day 3**

**Breakfast** In Golden Curling Club, 7:00 am - 9:00 am - catered by the Golden Lions Club.

**Luggage** Will be picked up in Golden campground by 8:30 am. All luggage will be dropped off at Castle Mountain Gravel Pit by 3:00 pm.

<b>Food Locations</b>	<b>Distance</b>	<b>Open Time</b>
Snack - Rest after big hill	25.5 km	9:30 am - 11:00 am
Lunch - Field Information Centre	59.0 km	11:00 am - 1:30 pm
Snack - Coral Creek	87.0 km	1:30 pm - 3:00 pm

Finish! The ride officially finishes at 5 pm - make an early start!

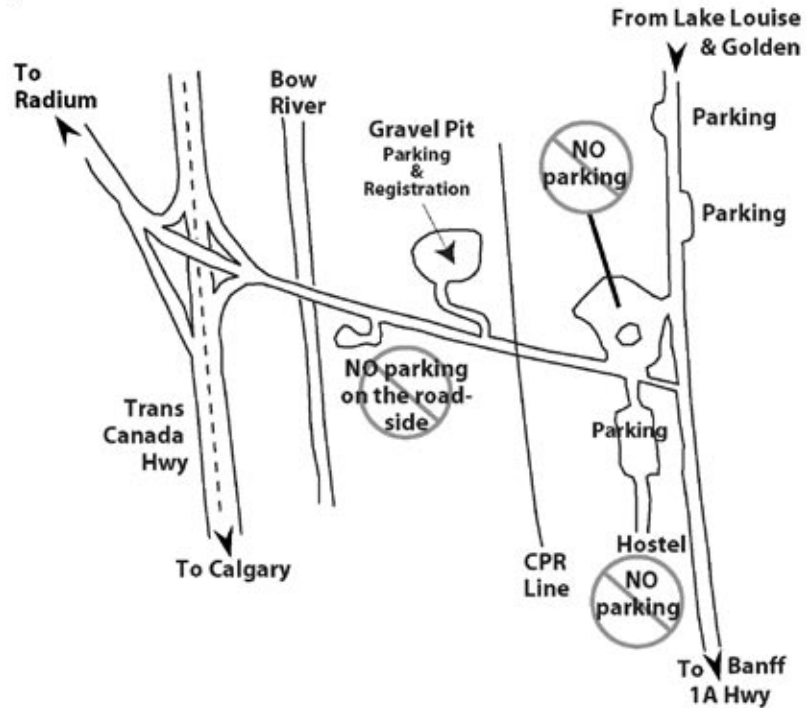


## Townsite Maps

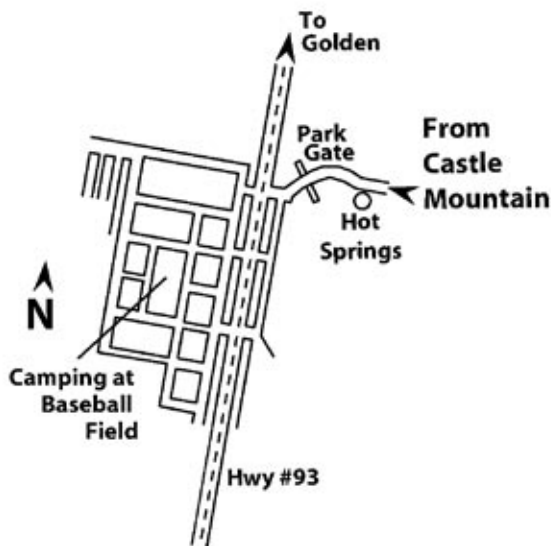
— Detail of map at left

**Castle Mountain Junction  
Registration Day 1 & End  
of Trip Day 3**

- o Please do not litter
- o **Park only in the areas indicated in the map**
- o Riders from other cycle clubs ride on this weekend reducing the already limited parking available so car pool if you can.
- o **Do not park on the road-side, you will be ticketed.** Roadside parking leaves ruts which reduces re-growth for the year and encourages others to park there as well.
- o Don't forget your National Park Pass!



## Radium Townsite Camping Day 1



## Golden Townsite Camping Day 2

