



Langford  
**BIKEFEST**  
2023

Presented by  
**ADVANCED™**  
SELF STORAGE

**NOLAN RIDING**  
MOUNTAIN BIKE COACHING & GUIDING

**LIVE LIKE JORDIE**  
**ENDURO**

**OCTOBER 21, 2023**

**TECHNICAL GUIDE**

Revised October 11, 2023

# Welcome to the 2023 Live Like Jordie Enduro presented by Nolan Riding

The event will serve as the kick-off event for **2<sup>nd</sup> Annual Langford Bikefest** p/b Advanced Self Storage and feature the pristine trails of the **Langford Gravity Zone and Nature Trails at the Jordie Lunn Bike Park** with up to five timed technical descents. Riders will be timed individually with the completion of each section. The riders with the lowest accumulated time for the sections will be called the winners. The route will feature the following sections: **Wildcat, Peanut Butter Knife Fight, Berm Reynolds, Gold Rush, and On the Rocks.**

This technical guide will outline everything you need to know to have a safe, fun and rewarding experience on the trails. If you have any questions or if you think we've missed anything, please contact us at 250-415-3246 or email us at [info@panachecyclingsports.com](mailto:info@panachecyclingsports.com).

## Organizer

<b>Organizer/Organisateur:</b>	Wheelhouse Cycling Society
<b>Address/Adresse:</b>	615 Linden Ave., Victoria BC
<b>Name/Nom:</b>	Jon Watkin
<b>Telephone/Téléphone:</b>	250.415.3246
<b>Email:</b>	<a href="mailto:info@panachecyclingsports.com">info@panachecyclingsports.com</a>
<b>Website/Site Web:</b>	<a href="http://www.langfordbikefest.com">www.langfordbikefest.com</a>

Event Partners:



## LANGFORD BIKEFEST

CONTACT: Jon Watkin  
EMAIL: [info@panachecyclingsports.com](mailto:info@panachecyclingsports.com)  
PHONE: 250-415-3246

[Google Maps directions to Jordie Lunn Bike Park](#)

## Licensing:

1. The event is sanctioned and Insured by Cycling BC. All riders must have a licence to participate.
2. Riders have 3 options for licensing:
3. Hold a current UCI Licence or Cycling BC Provincial Race Licence
4. Purchase a "One Day Insurance" \$10/\$5(Under16) To purchase this option please print the form in the link and bring cash to the event.

**Refunds:** Due to the demand for Enduro for 2023 we are not offering refunds, but we are offering transfers or deferrals.

In the event of a major catastrophe please reply to your registration confirmation and we will see what we can do to help. In most cases you should consider your registration fee a donation to the good people that build and maintain the trails that you love.

Registration closes on the Friday October 20 before the race. Registration will be capped at 200-250 riders in 2023 depending on the venue.

## Parking

Vehicle Parking will be very limited at the Jordie Lunn Bike Park. To avoid traffic congestion and bottlenecks, please park your vehicle at the overflow parking at Constellation Ave. or near the YMCA. **DO NOT PARK ON IRWIN ROAD OR AT ANY OTHER NEARBY RESIDENTIAL ROADS. VEHICLES WILL BE TOWED AT OWNERS EXPENSE.**



# Schedule

## Pre-riding

**\*\*IMPORTANT\*\*** - While all trails are now open to the public for pre-riding. Please be mindful and respectful to your fellow cyclists, hikers, dog walkers in the area. Until race day, the trails are for shared use. Please use caution and manage your speed as there may be crews still working on some sections of trails.

**Friday, October 20, 2023** Pre-ride open on all trails from 9 am to 5pm.

**Peanut Butter Knife Fight, Berm Reynolds, Gold Rush, Wildcat, On The Rocks, Snake hole DH**

## **Saturday, October 21, 2023**

9:00 AM - 10:30 AM Package Pick Up and check in for all racers is at the Main Jordie Lunn Parking Lot on Irwin Road. Look for the Nolan Riding Tents!

**IMPORTANT! All racers must check in in order to receive their timing chip.**

10:45 AM Call to Start and rider briefing. (Nolan Riding Tents)

11:00 AM – 2:00 PM Live Like Jordie p/b Nolan Riding Course Open

11:00 AM \*RACE START

02:00 PM Expected Last Rider Finish

**\* Starting sequence will depend on number of participants in each category.**

11:00 PM - 03:00 PM Food at JLBP Clubhouse

1:15 AM First Finishers Expected

2:00 PM Live Like Jordie p/b Nolan Riding Course Closed

03:00 PM Awards Presentation at Jordie Lunn Bike Park Main Parking Lot on Irwin Road

## **START ORDER**

### **Expert Category 15km**

1. Peanut Butter Knife Fight
2. Berm Reynolds
3. Gold Rush
4. Wildcat
5. On The Rocks (2x and best time counts)
6. Snakehole DH

### **Masters and Junior Expert (U19) 15km**

1. On The Rocks (2x and best time counts)
2. Wildcat
3. Peanut Butter Knife Fight
4. Snake hole DH
5. Gold Rush
6. Berm Reynolds

### **Sport and Junior (U19)\* 10.5km** \*For riders with basic riding skills & experience

1. Gold Rush
2. Peanut Butter Knife Fight
3. Wildcat
4. On The Rocks
5. Berm Reynolds

### **Youth U12 5km**

1. Wildcat
2. Gold Rush

## **Race Details**

### **Safety**

The Live Like Jordie Enduro p/b Nolan Riding takes place on rugged and remote trails. Please be prepared by referring to our Mandatory Gear guide below. In the event of an emergency where you are unable to continue moving, be sure to notify a passing rider or, if carrying a cell phone, call 250-415-3246. We will have medical staff on the course, with course sweepers, but they can take time to reach you. If you are still mobile, proceed to the nearest Station for assistance. If you are forced to retire from the race you must notify a volunteer or race official immediately. Please provide them with your full name.

If there is reported animal activity in the area prior to the race we will take action to alter the course.

### **Bear safety:**

When biking, travel in groups of two or more and keep talking (talk out loud to yourself if you are on your own). Your speed and quietness put you at high risk for sudden bear encounters. Bears recognize the human voice and will avoid you in most instances.

Carry bear spray with you when in bear country. If you encounter a bear, do not yell, scream, or

run as this may trigger an attack. If the bear sees you, speak in a low voice to let the bear know that you are a human and move away slowly. Make noise, travel in groups, be alert and always watch ahead.

### **Medical and Health Concerns**

Please notify our medical staff of any health concerns you may have prior to the start of the race.

### **Course Markers**

The Enduro course will be well marked with flagging, signage and tape. Enjoy your surroundings but please always keep your eyes on the trail and on the lookout for markings. All junctions and turns will be readily visible. Markings can be several hundred meters, or more, apart on straight sections of the course. Once on a trail, stay on that trail unless otherwise instructed. It is your duty to know the course so please carry a map and review the route before starting (maps below and [HERE](#)).

### **Race Rules**

Important guidelines to remember:

1. All race participants must be at the start area at least 15 minutes prior to race start.
2. The race officially begins at 11:00 AM on race day.
3. All riders have 3 hours to complete the course for an official ranking. The course officially closes at 2:00 PM. If you cannot finish your current leg by this time, you will be asked to leave the course.
4. Timing tags may not be cut or altered in any way.
5. You may only travel by bike or foot. Travel by any other means is grounds for immediate disqualification.
6. Youth category racers may be accompanied on course by **ONE** non-registered rider. No other non-registered riders are allowed on course.
7. Follow the course markings at all times. The course is well marked, but if you go off-course, please re-enter at the point in which you left the course.
8. Race officials may remove any racer from the race course if, in their sole opinion, it is unsafe for the racer to proceed due to injury, dehydration, hypothermia, poor behavior etc.
9. Racers may only cross roadways at designated marshaled locations when safe to do so.
10. No littering on course – offenders will be disqualified. This includes gel and food wrappers dropped intentionally or accidentally.
11. Any disputes with the racecourse, race results, course management or the actions of other

racers must be submitted to the Race Director, in writing, within 60 minutes of the competitor completing the race. If not received within this time, complaints will not be considered.

12. The Race Director will determine if there has been a violation of these rules and will be the final authority in assigning penalties.

### **Mandatory Gear List**

- Trail-worthy mountain bike. Full suspension is recommended.
- ANSI/CSA approved bicycling helmet
- 1 spare tube
- 1 tire pump
- 1 set of bike tools size 4, 5, 6, Allen keys, tire levers & chain tool
- Drinking water, food

### **Recommended Gear and Clothing List**

- Full length pants or tights
- Dry waterproof or water resistant jacket
- Gloves (we suggest something waterproof and full finger)
- Bring a toque (knit hat) that can be worn under a cycling helmet in cold weather

### **Other Recommended Equipment**

- Small first aid kit
- Bike computer/GPS
- Bear Spray
- Duct tape (MacGyver would approve)
- Sunscreen
- Bug spray

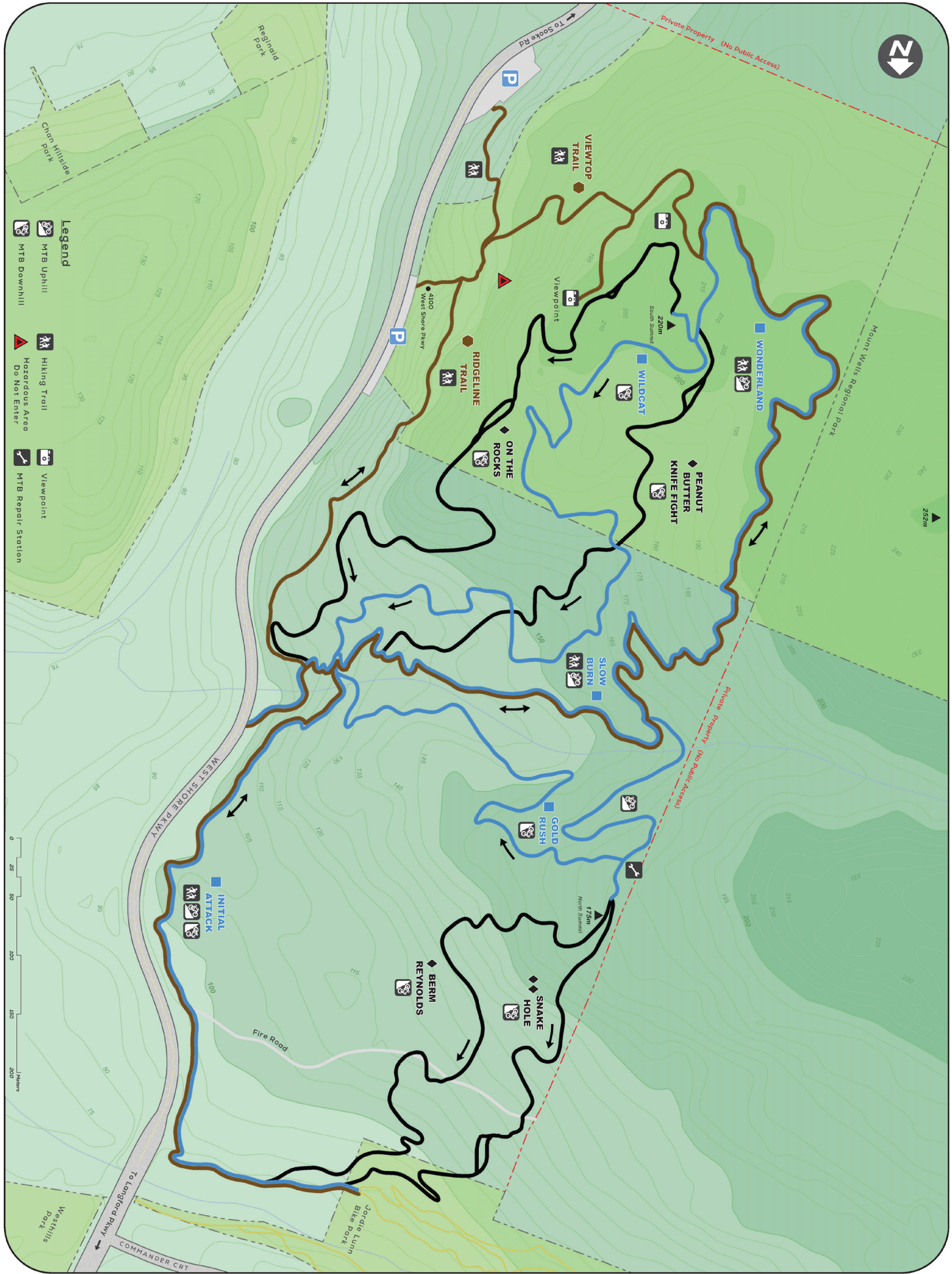
**DO NOT DRINK WATER DIRECTLY OUT OF A STREAM OR STANDING WATER!!!!**

### **Restricted / Prohibited Items**

- Headphones are not permitted. You are in the wilderness and need to be aware of your surroundings.



Private Property (No Public Access)



### Legend

- MTB Uphill
- MTB Downhill
- Hiking Trail
- Hazardous Area (Do Not Enter)
- Viewpoint
- MTB Repair Station

