

2025 Bike the Creek Rider Briefing – Regional Ride – 7:15am (start 7:30am)

- Welcome to **Regional Rider Briefing for 68km route & 54km shortcut.**
- This is a route for confident experienced cyclists who are familiar with riding on roads.
- Allow 4 hrs at 18kph; 4.5 hrs at 16kph, including stops. You will be riding very slowly on trails and may only pick up the pace on roads. You will be on 93% paved roads and trails, 7% unpaved hard-packed trails. Elevation Gain 179m, Max Grade 6.7%
- If you want to switch to a shorter ride, return to registration, as these rides leave later.
- You should have checked-in at the registration table inside the recreation centre.
- You should have a **BLUE** tag for your bike handlebars.
- There will be many walkers on the trails today. Walkers have the right of way.
- Keep right on trails except to pass slower cyclists and walkers. **THIS IS NOT A RACE!**
- Ring your bell and pass cautiously on the left.
- Follow at a safe distance and pull off the trail if you need to stop.
- Be careful on narrow trails, blind curves and hills – slow down & ring your bell!
- Obey traffic laws, signs and lights.
- When you arrive at Creditview Rd. & Bleasdale, check your time. Take the **54km short-cut** if the time is past the **10:40am deadline**, or you will miss lunch. Otherwise, continue north.
- Ride with GPS is recommended. Free download, no data needed. Guided navigation cues.
- For a medical emergency, call 911. For other emergencies, call number on the back of handlebar tag.
- Options for mechanical breakdown are: call family, friend or CAA if you have a membership.
- Wear a helmet; it's required for all Ontario cyclists under 18.
- Wear **sunscreen** and **drink plenty of water.**
- Indicate your intentions with: LEFT, RIGHT turns, SLOWING or STOPPING
- You will be sent off in small groups in a staggered start.
- When you are told to leave, take the trail to the bottom of the hill and turn LEFT.
- Follow white pavement stencils marked "BtC" on the RIGHTHAND side of the trail.
- Follow **BLUE** dots, arrows & squares that match your handlebars! Look for temporary signs.
- Look ahead for the next stencil. Ignore old stencils blacked out & stencils on left side of trail.
- Listen to and obey volunteers and Peel Regional Police on the route. Be cautious on gravel.

Route:

- Stop and enjoy pavilions at Meadowvale and Southfields. Refill your water bottle.
 - Return to Jim Archdekin. Park your bike in **Bike Valet** beside registration entrance.
 - Remove and hold onto your handlebar tag – it's your lunch and prize draw ticket!
 - Visit **Sierra Club Peel Waste pavilion**, where they will help you sort your garbage. This is a zero-waste event.
 - Visit the booths to play games, learn skills and have fun!
 - **Lunch** from 11:15AM – 1:00PM for those preregistered.
 - Finale program and **Prize draw** at 12:15PM-12:45PM.
 - All riders back by 12:30PM. Event finished by 1:30PM.
 - Thanks for coming and have a wonderful day!
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