

West Coast Super D - 2009

John Henry West Coast Super D

Sunday, April 26th, 2009 : Belcarra, BC

Question: What do you get when you mix a super-sized helping of twisty, flowing downhill with a bit of climbing, all set within a luscious garden of winding singletrack resurrected amid the long-forgotten trails of Belcarra?

Answer: the all-new John Henry West Coast Super D.

Legendary BC mountain biking supporters John Henry Bikes, Race Face, Ryders Eyewear, and ATAC Sportswear are combining with event organizer West Coast Racing to help bring you a truckload of swag, plus even a free DJ bike from John Henry (or trade in at the shop for equivalent value).

[CLICK HERE FULL RESULTS!](#)

[CLICK HERE FOR STANDARD \(NON-SLIDESHOW\) PHOTO GALLERY](#)

Event Partner/Sponsor/Volunteer Opportunities? Contact race director Gord Longden at gordl@westcoastracing.ca

How much? \$15 for pre-registered riders. You read it right - 15 buckaroos. WCR is your solution to beat the economy, bringing you great racing at a great price. 200 spots available first-come, first-served, with pre-reg closing Apr. 19th one week prior to race day.

Can I register day of? Day of registration planned at \$25, but don't count on spaces being available. Pre-reg for your best chance at scooping 1 of the 200 available spots.

Don't have a race license? No problem. \$10 gets you a one-day license (\$5 for U17), or choose \$30 option for extra medical coverage. If you want to get a Cycling BC Citizen race license or UCI race license, [CLICK HERE](#).

What type of bike do I need? If it's a mountain bike with knobbies, you've got all you need. Hardtails or full-on DH rigs, it doesn't really matter, although we're guessing the sweet spot will be a 4"-6" full susser. Full face helmet and/or armour recommended for safety, but not required (optional at rider's discretion)

What type of rider is it suited for? We like to refer to the course as the "great equalizer". Favouring neither the lycra monkeys or the stormtroopers, to leave vapour trails you'll want to bring your "A" game on the skills side, plus be able to punch the pedals when it counts.

Course Info/Estimated times: Fast times expected to be 12-15 minutes per run. Show up for a couple of practice runs on race day to double or triple your dose of singletrack goodness. Course will be marked for race day only. NOTE: "Self-guided" changes to the course, including but not limited to moving of tape, rocks, logs, modifying or building lines or features will mean the immediate end of your race day, since we are guests of the CPTA, BC Hydro, and GRVD at this venue.

Elevation Profile: see below, for 3km course

[CLICK HERE FOR ON-COURSE HELMET CAM VIDEO](#)

Course Map:

Parking: Turn left off Thermal road, up hill, through yellow gate into parking lot for CPTA/Canadian Pacific Trials Assoc.

Timing/results: Hand-timed (no electronic eye) but count on fast, complete results with full redundant failsafes - no foolin' around.

Event Schedule and categories:

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8:30am - Day-of registration (if spots available) and racer sign-in opens

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8:30am - Course open for practice

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11:30am - Practice ends

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11:30am to 12:00pm - Course clearing

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12:00pm - Timed race runs begin in category order

SHORT COURSE (eliminates 2nd smaller climb)

- Youth 13-14 Women

- Youth 15-16 Women

- Youth 13-14 Men

- Youth 15-16 Men

LONG COURSE (includes both climbs)

- Youth 17-18 Women

- Women 30+

- Women 19-30

- Youth 17-18 Men

- Men 30+

- Men 19-30

-

2:00pm - Timed race runs end, course closed (earlier if possible)

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2:15pm - Awards and draw prizes (earlier if possible)

Who is West Coast Racing?

West Coast Racing is a community cycling club operating as a not-for-profit society run entirely by volunteers from within its membership. Various outdoor and indoor cycling programs are run by West Coast Racing year-round for mountain

bikers, road riders, and cyclocrossers. West Coast Racing is also the organizer of the Cardiac Classic XC, hosting the BC provincial championships on Jun. 28th, 2009 and the Vanier Park Cyclocross Classic in Oct. 2009.

We would also like to thank the following organizations for their assistance in planning for the 2009 West Coast Racing Super D;

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Canadian Pacific Trails Association (CPTA - [click here to learn more](#))

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Cycling BC

-
Metro Vancouver Regional Parks

-
BC Hydro

Location and Driving Directions ([click on interactive map below](#)):

[View Larger Map](#)