

# Trans BC

Presented by Stages Cycling

Info Guide 2016  
(Version 1)



# ENTRY LIST

- CHECK THE SPELLING OF YOUR NAME
- CHECK YOUR CATEGORY IS CORRECT (ITS YOUR AGE AS OF DEC 31, 2016 FOR THE 40+ CATEGORY)
- CHECK YOUR COUNTRY IS CORRECT
- EMAIL [MEGAN@RIDINGBC.COM](mailto:MEGAN@RIDINGBC.COM) IF ANY CHANGES NEED TO BE MADE

NAME	CATEGORY	COUNTRY
Aaron Bradford	Open Men	USA
Adam Craig	Open Men	USA
alex petitdemange	Open Men	USA
Ally Mackay	Open Men	NZL
Ariel Lindsley	Open Men	USA
Barry Wicks	Open Men	USA
Ben Ferrante	Open Men	USA
Ben Friel	Open Men	UK
botsy phillips	Open Men	USA
Brian Haffner	Open Men	USA
cashion smith	Open Men	USA
Chris Patton	Open Men	USA
Craig Harvey	Open Men	USA
Darcy Neniska	Open Men	CAN
Dave sutton	Open Men	CAN
Dylan Stucki	Open Men	USA
Ed Kurly	Open Men	NZ
Emil Thor Gudmundsson	Open Men	ISL
Evan Choltco-Devlin	Open Men	USA
Francois Damseaux	Open Men	ZAF
Grant Lestock-Kay	Open Men	CAN
Hans-Ueli Aebischer	Open Men	CHE
James Norton	Open Men	GBR
Jamie Nicoll	Open Men	NZL
Jason First	Open Men	USA
Javier Chavez	Open Men	MEX
jee charlet	Open Men	NCL
Jeff Schmaus	Open Men	USA
Jeremiah Newman	Open Men	USA
Joe Buck	Open Men	GBR
Joey Thompson	Open Men	USA
Jon Gregory	Open Men	GBR
Jon Waghorn	Open Men	NZL
Jonas Stefansson	Open Men	ISL
Jonath' Chalmel	Open Men	NCL
Jürgen Fiederlein	Open Men	GER
Kris Sneddon	Open Men	CAN
Mark Jeffrey	Open Men	CAN
Mark west	Open Men	GBR
Matt Bowe	Open Men	USA
Matt Hightower	Open Men	USA
Matt Pacocha	Open Men	USA
Matt Snelling	Open Men	GBR
Mickael Bert	Open Men	CHE
Mike Hall	Open Men	USA
Mike West	Open Men	USA
Nick Quinn	Open Men	CAN
Nick Simcik	Open Men	USA
Nick Wilvert	Open Men	USA
Noah Sears	Open Men	USA
Oliv buffet	Open Men	NCL
Oliver Mckenna	Open Men	GBR
Owen Foster	Open Men	CAN
Peter Jordan	Open Men	GBR
Phil Gray	Open Men	GBR
Quentin Emeriau	Open Men	CAN
Rafael Guevara	Open Men	USA
Remy BROUILLAT FARGIER	Open Men	FRA
Riley Jondle	Open Men	USA
sadhu low	Open Men	USA
Samuel Burr	Open Men	USA
Scott Countryman	Open Men	USA
Scott Mitchell	Open Men	CAN
Scott Spoo	Open Men	USA
Sean Dugan	Open Men	GBR
Solvi Sig	Open Men	ISL

NAME	CATEGORY	COUNTRY
Thomas Kern	Open Men	CHE
Tobias Pantling	Open Men	GBR
Ty Hathaway	Open Men	USA
Zac Williams	Open Men	NZL
Zak Brown	Open Men	USA
Alex Pavon	Open Women	USA
Cait Dooley	Open Women	USA
Emily Sabelhaus	Open Women	USA
Emily Thompson	Open Women	USA
Gina jane	Open Women	USA
Isnaraissa Sparky Moir	Open Women	USA
Jaclyn Jeffrey	Open Women	CAN
Jen Mader	Open Women	USA
Julie Grialou	Open Women	USA
Karen O'Connell	Open Women	USA
Karey Watanabe	Open Women	CAN
Katie Spittlehouse	Open Women	CAN
Kristen Naber	Open Women	USA
Laura Mislán	Open Women	CAN
Leigh Bowe	Open Women	USA
Mary Jowett	Open Women	NZL
Meg Bichard	Open Women	NZL
Mical Dyck	Open Women	CAN
Nikki Hollatz	Open Women	USA
Rebekah Rottenberg	Open Women	USA
Sarah Rawley	Open Women	USA
Sarah Sturm	Open Women	USA
Sonya Loonie	Open Women	USA
Ali quinn	Master 40+ Men	NZL
Curtis Cole	Master 40+ Men	USA
Daniel Magnusson	Master 40+ Men	ISL
Dave Cohen	Master 40+ Men	USA
Dave Pfaffenberger	Master 40+ Men	CAN
David COSTENTIN	Master 40+ Men	NCL
David Foot	Master 40+ Men	CAN
Dom Drozd	Master 40+ Men	FRA
Eric Fourmentin	Master 40+ Men	BEL
Greg Matyas	Master 40+ Men	USA
Jaime Andersen	Master 40+ Men	USA
Jeff Woodgate	Master 40+ Men	CAN
John Jacob	Master 40+ Men	NZL
Kevin Eaton	Master 40+ Men	CAN
Mal Bull	Master 40+ Men	NZL
Marcus Hooper	Master 40+ Men	CAN
Mark Waechter	Master 40+ Men	USA
Matt Jones	Master 40+ Men	USA
Matt Patterson	Master 40+ Men	NZL
Matt Tebbs	Master 40+ Men	NZL
Mike Grenke	Master 40+ Men	CAN
Rene Damseaux	Master 40+ Men	ZAF
Rich Tilley	Master 40+ Men	UK
Richard Mulligan	Master 40+ Men	CAN
Robert Garcia	Master 40+ Men	USA
Roger Bartels	Master 40+ Men	USA
Seb Breugnot	Master 40+ Men	USA
stephane seelen	Master 40+ Men	NCL
Stephen Cox	Master 40+ Men	NZ
Terry McWhirter	Master 40+ Men	CAN
Torben Jensen	Master 40+ Men	CAN
Zach White	Master 40+ Men	USA

# DAILY SCHEDULE

## SATURDAY JULY 2ND: - (Volunteer Arrival Day)

ACCOMMODATION: NICOLA BUILDING, UBC OKANAGAN CAMPUS (1290 International Mews, Kelowna, BC V1V 1V8)

- 2.00pm – 4.00pm: All volunteers arrive to UBCO  
ADDRESS: (NICOLA Building, International Mews, The Commons , UBC Okanagan Campus, Kelowna)  
4.00pm onwards: Meetings, briefings, team dinner

## SUNDAY JULY 3RD: - (Racer Arrival Day)

ACCOMMODATION: NICOLA BUILDING, UBC OKANAGAN CAMPUS (1290 International Mews, Kelowna, BC V1V 1V8)

- 9.00am – 6.00pm: Riders self arriving and airport pickups all day long  
ADDRESS: (NICOLA Building, International Mews, The Commons , UBC Okanagan Campus, Kelowna)  
3.00pm – 7.00pm: Beer Garden and relaxation area open (on grass across from accommodation)  
7.00pm – 8.00pm: Dinner (in the SunRoom)  
8.00pm: Mandatory Briefing at Sunroom where dinner is (including those on the Base Package - be there for 7.30pm)  
9.00pm: ALL bikes should be loaded into the Uhaul Trucks ready for storage for the night

## MONDAY JULY 4TH: - Kelowna Area (Location not disclosed!)

ACCOMMODATION: NICOLA BUILDING, UBC OKANAGAN CAMPUS (1290 International Mews, Kelowna, BC V1V 1V8)

- 6.50am: Breakfast - Volunteers  
7.00am: Breakfast Wave 1 (slower riders)  
7.30am: Breakfast Wave 2 (faster riders)  
8.00am: All Uhaul Trucks loaded with Bikes leave (45min drive)  
8.30am: First Bus to leave (40 riders – slowest riders that need more time)  
9.00am: Second Bus to leave (40 riders – mid pack speed riders)  
9.30am: Third Bus to leave (fastest 40 riders)  
9.30am: 1st Riders on course  
2.30pm – 4.00pm: Riders finishing  
2.30pm – 4.00pm: Shuttles running to take riders back to UBCO (40mins drive)  
3.00pm – 7.00pm: **Beer garden, tech tent and relaxation zone open at UBCO on the grass on the Commons**  
6.30pm – 6.45pm: Load your bike into the Uhaul  
7.00pm: Dinner Wave 1 - Sunroom (for the first 70 riders finishing that day)  
7.30pm: Dinner Wave 2 - Sunroom (for last 60 riders finishing that day)  
8.00pm: Race briefing for next day and some pictures/vid to show (self supported riders to be there can be there if you choose to)  
8.00pm'ish: Volunteer Course Marshal meeting for Day 2

## TUESDAY JULY 5TH – Penticton

ACCOMMODATION: SANDMAN HOTEL (939 Burnaby Ave, Penticton)

- 6.20am: Breakfast - Volunteers  
6.30am: Breakfast Wave 1  
7.00am: Breakfast Wave 2  
7.15am: All course marshals AND All Uhaul Trucks loaded with Bikes leave (1.5hr drive)  
7.45am: First Bus to leave (40 riders – slowest riders that need more time)  
8.10am: Second Bus to leave (40 riders)  
8.30am: Third Bus to leave (fastest 40 riders)  
9.30am: 1st riders on course  
3.00pm – 5.00pm: Riders finishing at beach – **Beer Garden, bike wash and tech tent at finish line at beach**  
3.00pm onwards: Shuttles leaving beach to accommodation as needed (10min drive)  
7.00pm: Dinner Wave 1 – Sandman Hotel  
7.30pm: Dinner Wave 2 – Sandman Hotel  
8.00pm: Briefing for next day and pictures/video to show in the Hub at Pinewood Lodge  
8.30pm'ish: Marshal meeting for Day 3

### WEDNESDAY JULY 6TH – Rossland

ACCOMMODATION: RED MOUNTAIN RESORT (4300 Red Mountain Rd, Rossland)

6.20am: Breakfast - Volunteers  
6.30am: Breakfast Wave 1  
7.00am: Breakfast Wave 2  
7.15am: All course marshals AND All Uhaul Trucks loaded with Bikes leave (4hr drive)  
7.30am: First Bus to leave (40 riders – slowest riders that need more time)  
7.30am: Those with vehicles leave in first wave at 7.30pm  
8.00am: Second Bus to leave (40 riders)  
8.30am: Third Bus to leave (fastest 40 riders)  
11.30am: First riders on course  
5.00pm onwards: Riders finishing at Red Mountain Resort – **Beer Garden, Bike Wash and tech tent at finish line at Red Resort**  
7.00pm: Dinner Wave 1 – Red Resort Main Building  
7.30pm: Dinner Wave 2  
8.00pm: Briefing for next day and pictures/video to show in the Hub at Pinewood Lodge  
8.30pm'ish: Marshal meeting for Day 4

### THURSDAY JULY 7TH – Rossland

ACCOMMODATION: RED MOUNTAIN RESORT (4300 Red Mountain Rd, Rossland)

7.35am: Breakfast - Volunteers  
7.45am: Breakfast Wave 1  
8.15am: Breakfast Wave 2  
9.00am: First wave of riders leave  
9.30am: Second wave of riders leave  
10.00am: Third wave of riders leave  
3.30pm – 4.00pm: Riders finishing - **Beer Garden and tech tent at finish line**  
7.00pm: Dinner at Red Resort Wave 1 – Red Resort Main Building  
7.30pm: Dinner at Red Resort Wave 2  
8.15pm: Briefing for next day and pictures/video to show  
8.00pm'ish: Marshal meeting for day 5

### FRIDAY JULY 8TH – Nelson

ACCOMMODATION: MIXTURE OF SELKIRK COLLEGE NELSON 10TH AVE RESIDENCES & ADVENTURE HOTEL & VOLUNTEERS AT DANCING BEAR INN

6.50am: Breakfast - Volunteers  
7.00am: Breakfast Wave 1  
7.30am: Breakfast Wave 2  
7.30am: All Uhaul Trucks loaded with Bikes leave (1hr 20min drive)  
8.00am: First Bus to leave (40 riders – slowest riders that need more time)  
8.30am: Second Bus to leave (40 riders)  
9.00am: Third Bus to leave (40 riders)  
9.30am: Riders on course  
3.30pm – 5.00pm: Riders finishing - **Beer Garden and tech tent at finish line at Selkirk College**  
7.00pm: Dinner Wave 1 – Mary's Hall, Selkirk College  
7.30pm: Dinner Wave 2

### SATURDAY JULY 9TH – Nelson

ACCOMMODATION: MIXTURE OF SELKIRK COLLEGE NELSON 10TH AVE RESIDENCES & ADVENTURE HOTEL & VOLUNTEERS AT DANCING BEAR INN

6.50am: Breakfast - Volunteers  
7.00am: Breakfast Wave 1  
7.30am: Breakfast Wave 2  
8.00am: All Uhaul Trucks loaded with Bikes leave (50min+ drive)  
8.15am: First Bus to leave (40 riders – slowest riders that need more time)  
8.40am: Second Bus to leave (40 riders)  
9.00am: Third Bus to leave (fastest 40 riders)  
9.30am: Riders on course  
2.00pm – 3.30pm: Riders finishing - **Beer Garden – Location TBC**  
7.00pm onwards: Dinner at the Finleys Irish Pub in town then PARTY!!!

### SUNDAY JULY 10TH – (Leave or get return shuttle to Kelowna)

On your own for breakfast  
8.30am: Load shuttle to Spokane  
9.00am: Spokane Shuttle leaves  
9.00am: Loading buses for those heading back to Kelowna  
9.30am: All buses depart for Kelowna

# GENERAL INFORMATION

## LOSS OF LUGGAGE

I don't really want to say it, but with 130 people arriving on July 3rd and with a majority of this amount arriving by flights, there is a change baggage/bikes won't make it. We always hope not but if you need to give an address to the airline for your missing bags to be delivered to, then we will be at:

July 3rd and 4th: UBCO, Nicola Building, 1290 International Mews, Kelowna, BC V1V 1V8

July 5th: Sandman Hotel, 939 Burnaby Ave, Penticton, BC V2A 1G7

My cell number for contact is: 604-724-6558

## LAUNDRY FACILITIES

There will be laundry facilities at your accommodations every night during the event. Communal on day 1 and 2, and in your rooms night 3 and 4 and some of you for also nights 5 and 6.

## PROTECTION – KNEE PADS? FULL FACE?

There are no requirements or rules that you have to wear a full face helmet, knee pads, or elbow pads. I highly recommend kneepads. You are going to be out there for 4-6hrs a day so taking a full face is your own choice – if you are unsure then its best to bring both, then get a gauge for the trails after day 1 on what you feel most comfortable in.

## WEATHER

Be prepared for anything. You are in the mountains of BC that have a mind of their own. It could be 30-35C (85-95F), sunny and smoking hot or it could be clouded in, windy, rainy, cold and down to 10C (50 F). It makes it super tough for packing, but I will update you all the week before on what the weather gods are looking to deal us for the week to give you a rough idea! Bring a rain jacket, some warm base layers and warm gloves just to be sure.

## CUTOFF TIMES AND LIAISON STAGES

We will not be allocating any cutoff stages on the first day and you do not have any time restrictions for liaison sections between stages. I want to keep this fun and relaxing for you all. But if I find some people out there are having picnics and really taking their time, then I might have to enforce some course cut off times for the following days. If you need more time on course to get through it, then you **MUST** be on the first shuttle each day.

## FOOD STATION ON COURSE

There will be 1 food/water station each day on course at around the half way point. There will be a platter of food: bananas, bars, snacks, muffins, electrolyte, water etc. If you have favorite race food and snacks then bring them along. Most days you will get your lunch (Kaiser Rolls or wraps) at the on course food station.

## BIKE BOX STORAGE/TRANSPORT

ALL bike boxes will be bought down to Nelson regardless of if you plan to return to Kelowna at the end or depart from Nelson back home. For those taking the shuttle back to Kelowna on July 10th, you can decide whether to box your bike up in Nelson or leave it unboxed for the trip back to Kelowna.

## CELL COVERAGE AND WIFI ACCESS

There will be cell/mobile phone coverage each night and wifi or direct plug in most nights accommodation

# MEALS

## MEALS

All meals are included for those on the all-inclusive package. You will get dinner each night, breakfast that will include a few hot items like eggs and bacon along with continental of cereal and toast selections. You will be provided with a sandwich for lunch each day and this is either when you come in to the finish line, or out on course, based on what the day looks like. We understand that sometime riders like to head out to eat to try out other food options, so please see below what the event menu is for the 6 days and you can decide if there are any meals you would prefer to skip and go eat out in town! I wouldn't miss night Day 5 dinner though, it's a good one ;)

ARRIVAL NIGHT	
July 3 Dinner	Chicken Souvlaki Buffet, lemon rice, Greek salad, Caesar/bacon bits, pita and Tzatziki Sauce, dessert
DAY 1	
Breakfast	Scrambled Eggs, bacon, fruit, toast, cereal bar
Lunch	Assorted Kaiser Buns
Dinner	Beef Stirfry, (tofu for vegetarians) with quinoa stir-fry, steamed rice, rolls, dessert
DAY 2	
Breakfast	Scrambled Eggs & sausages, yogurt cups, toast, cereal bar
Lunch	Chicken & Other Variety of Wraps
Dinner	Penne and Spaghetti Noodles, Chicken Alfredo and Tomato Meat Sauce, Garlic Toast, Caesar Salad, Dessert
DAY 3	
Breakfast	Scrambled Eggs, Bacon & Mild Italian Sausages, Breakfast Potato's, Fresh Fruit Salad, Cereal
Lunch	Assorted Hoagie Sandwiches
Dinner	Chorizo/butternut squash enchilada, beans, corn, Caesar salad, dessert
DAY 4	
Breakfast	Eggs, bacon, hashbrowns, sausage, toast
Lunch	Assorted Kaiser Buns
Dinner	Grilled Chicken, Mango Salsa, Roast Potatoes, Seasonal Veg, Salad
DAY 5	
Breakfast	Eggs, bacon, hashbrowns, sausage, toast, oats
Lunch	Assorted Kaiser Buns
Dinner	Pork tenderloin, Spinach Salad w Strawberries, New Potato Gratin, Roasted Yams, Sugar Snap Peas, Dessert
DAY 6	
Breakfast	Baked omelets & bacon, muffins, scones, croissants, toast
Lunch	Assorted Kaiser Buns
Dinner	TBC

## ARRIVAL/DEPARTURES

### SATURDAY JULY 2ND:

We will be picking volunteers up from the Kelowna Airport as needed all day. If you are a rider arriving a day early we will do our best to pick you up based on what time you land. More details to come on this closer to the event

### SUNDAY JULY 3RD:

We will be picking up riders all day from 9.30am to 6.00pm. Shuttle vans just leave when full. Our accommodation is just 5 mins from the airport.

If there is request to pick up from downtown Kelowna then we will allocate 1 x pickup time for this once everyone has filled out the online spreadsheet.

### SUNDAY JULY 10TH:

Return shuttle back to Kelowna leaves at 9am from Selkirk College in Nelson. Its about a 5-6hr bus ride back and they will drop you back at UBCO Campus where we started with possibly another stop downtown if requested.

## PACKING LIST AND IDEAS

### PACKING LIST (JUST SOME IDEAS)

Now keeping in mind what tools and supplies we will have for you above, these are some things you should bring:

- You **DON'T** need a sleeping bag or pillow as they are provided for each of your nights accommodation in a REAL bed!
- Spare Hanger specific for your bike
- Allen Key Set for backpack
- Shock Pump (or share between friends coming – we will have one if you don't want to bring one)
- 2 x Spare tubes (you can buy extra's from mechanics if you go through them)
- Patch kit
- Sidewall patches
- Tire Levers
- Rain Jacket
- Warm base layer
- Earplugs for sleeping ;) .....very important!
- Power adaptor/converter if coming from overseas
- Headlamp
- And all the obvious stuff of bike, bike shoes, helmet, toothbrush etc ;)
- .....along with your sense of humor and adventurous spirit

# COURSE STATS

## COURSE DETAILS

To the good stuff! We are not releasing any of the specific course details until race day, that's what this is all about, keeping it exciting, riding blind and making sure the locals don't get an advantage over those traveling from afar! Here are just some stats, averages and a guide to keep you going and entertained and maybe get a little motivated to get some last minute long training days in the saddle!

A more detailed daily stage breakdown and stage notes will be emailed out 1 week prior to the race!

### Day 1: Kelowna

- 40min shuttle to start and 40mins shuttle back at end of day
- We are throwing you right in there for day 1....Some Alpine Riding, Great Scenery, mix of trail types from steep tech, to high speed flow, to roots, and loose dirt. This day has a little bit of everything and depending on the weather will depend on how it rides. It's a great course to start the event with a good amount of challenging sections for all of you!
- 6 Stages
- 27km, 1200m/4000ft of climbing, 2000m/6500ft of descending, 4hrs for the fast folks and 5+hrs for the slower folks

### Day 2: Penticton

- 1hr 15min shuttle to start and 10min shuttle back to accommodation at end of day
- This day is like none of the others. Its rocky, its dry, its loose and it will EAT your tires. Guarantee 25% of you will get a flat today ;) Don't let it be you and put on a wise tire choice!
- Its hard to describe the riding, but there isn't anything steep on today's course, but a ton of rocky tech moves, your always on the gas, never a second to switch off and you really have to pay attention to where the trail goes. It will involve a lot of mental and physical strength today!
- 7 Stages
- 35km, 1240m/4000ft of climbing (but feels like way more) and 1550m/5000ft descending, 4.5hrs for the fasties and 6hrs for back of packers

### Day 3: Rossland

- This is our biggest travel day (3.5hr bus ride from Penticton to Rossland), you then finish within steps from your accommodation where you are treated with some pretty sweet condos and hot tubs!!
- A full mix of terrain today. You are going to get a piece of everything.....save yourself for the last stage
- 3 Stages (3 climbs)
- 33km, 1570m/5100ft Climbing and 1900m/6200ft of Descending, 4.5hrs for the fasties and 6hrs for back of packers

### Day 4: Rossland

- Get ready for your biggest day – you are getting the full down right tour of Rossland today, but you are going to have to earn every turn. We are bringing in the new school trails and the old school trails to make one epic day
- Just to get the best bang for your buck you will get a few cheeky uplifts today, a 20min shuttle to start the day and another 10min within mid course – your going to appreciate every second of it!
- You finish right back at your accommodation again today
- 6 Stages (a lot of climbs!)
- 37km, 1600m/5200ft of Climbing and 2300m/7500ft Descending, 5hrs for the rippers and 6.5hrs for back of packers



## Day 5: Nelson

- 1hr shuttle to the start then a cheeky 10min bump up mid course then finish right at your accommodation
- You guys are getting a true BC treat here. This is the heart of the best trails in BC and we are the first ever outside mountain bike event to be coming to town to use their trails, so appreciate every minute of it.
- We had about 6 options of courses pieced together here and have hand selected what we think is the pure gem!
- Expect: alpine, expect roots, expect more roots, expect steep, expect deep dark woods and pure mountain bike bliss!
- 7 Stages (2 major climbs and 1 smaller climb)
- Distance 36km, Climbing 1470/4800ft, Descending 2500/8200ft, 4.5hrs for the rippers and 6hrs for back of packers

## Day 6: Nelson

- 30min shuttle to the start
- Still getting confirmation on our final day, but if we get the green light – then we saved the best for last but you better have enough hand grip and gas in the tank
- Stage 1 is nothing but steep, raw, super fun alpine trail high above Nelson and then if you think you its all over, your wrong, the final stage of the day is going to be the best of the 6 days. 20 to 28min pure ear to ear grinning descent, the flow, the fun, the playfulness will never end – fingers crossed we get the green light!
- 3 Stages (with one MAJOR climb for the day and a short little guy)
- Distance 27km, Climbing 1200m/4000ft, Descending 2000m/6500ft, 3.5hrs for the rippers and 4.5hrs for those that didn't prepare well enough to get through all 6 days ;)

# TOOLS AND MECHANICS

## TOOLS AND MECHANIC ACCESS

We will have tech support at the finish every day. These guys will have all the tools needed and be there to do any minor tweaks. If you need any parts or major servicing then they can do this but at a cost. They will also have extra tubes, tires, break pads etc if you are in need of any emergency purchases. But we recommend you bring an extra set of pads for your specific brand just in case.

**Trans BC will have the following tools for you to use and have access to throughout the duration of the race:**

Bike Stand

Floor/track Pump – that works to pump up your tubeless tires

Cable Cutters

P-Handle Hex Set of Allen Tools

Cassette Remover

Chain Breakers

HG Cassette Lock-ring tool (Shimano compatible. Also suitable for Shimano Centre-lock lock rings)

Small screwdriver (for derailleur adjustment)

8 x 10mm forged steel-open-ended wrench

Bottom bracket wrench

Steel hub-cone wrenches (13 x 14 x 15 x 16mm)

Forged 8-groove spoke adjuster

2/2.5/3/4/5/6mm hex key wrench set (4/5/6 ball-end)

Pedal wrench

Shock Pump

If there is anything missing from this list that you think should be on there, then please ask/request [megan@ridingbc.com](mailto:megan@ridingbc.com) but again remember the mechanics will have extra supplies on top of this, this list is just the Trans BC tool supplies.